



Trump Impeachment coming to an end: No new witnesses or evidence



WASHINGTON (TIP): The Senate voted January 31 evening to block consideration of new witnesses and evidence in the impeachment trial, all but securing President Trump's acquittal, says a Times

report. The motion failed 49 to 51, with Senators Susan Collins and Mitt Romney joining all 47 Democrats.

Leaders from both parties settled on a schedule for the remainder of the trial, with a plan to bring it to a close on Wednesday. Earlier in the day, the House managers and Mr. Trump's lawyers made their final pleas, debating for several hours whether to consider hearing from witnesses.

The Senate will return at 11 a.m. Eastern on Monday for a few hours of closing arguments, and senators will have a chance to give floor speeches on Tuesday. The final vote, on whether to remove Mr. Trump from office, will take place at 4 p.m. on Wednesday.

However, Trump's acquittal is a foregone conclusion, given the arithmetic of votes in the Senate. It is thumbs up for Republicans and Trump.

India's 71st Republic Day Celebrated across USA with Full Fervor and Enthusiasm

NEW YORK (TIP): The 71st Republic Day of India was celebrated at the Embassy of India, Washington D.C. with great enthusiasm. Over 500 members of the Indian diaspora from the Greater Washington region took part in the celebration.

Charged'Affaires Ambassador Amit Kumar paid floral tributes to the statue of Mahatma Gandhi at the Mahatma Gandhi Park in front of the Embassy. Thereafter, Cd'A Ambassador unfurled the National Flag followed by singing of the National Anthem. He also addressed the gathering and read out the address of the President of India delivered on the eve of the Republic Day.

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In Washington DC Charge d'Affaires Ambassador Amit Kumar paying floral tributes to the statue of Mahatma Gandhi at the Mahatma Gandhi Park in front of the Embassy

Four Indian Americans among 141 Padma Awardees



Dr Jagdish N. Sheth: Padma Bhushan ; Romesh T. Wadhvani, Prof S.P. Kothari and Dr. Prasanta Kumar Pattanaik: Padma Shri

NEW DELHI /NEW YORK (TIP): The Government of India made the announcement for Padma awards- the three highest civilian awards in India this Republic day. While seven citizens were awarded Padma Vibhushan award, sixteen received the Padma Bhushan and a hundred and eighteen citizens were bestowed the Padma Shri. Amongst them, three Indian-Americans, namely, Romesh T. Wadhvani, Prof S.P. Kothari and Dr. Prasanta Kumar Pattanaik were listed for the Padma Shri award while one Indian-American, Dr Jagdish N. Sheth became a Padma Bhushan recipient. They are among a group of 141 awardees. Dr. Jagdish Sheth is the Charles H. Kellstadt Chair in Marketing at Emory University. Prior to coming to Emory University, Dr. Jagdish Sheth was the Robert E. Brooker

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Indian American Arvind Krishna named new CEO of IBM to succeed Ginni Rometty



IBM named Arvind Krishna its new CEO to succeed Ginni Rometty who takes over as executive chairman

NEW YORK (TIP): In a reshuffle at IBM, Krishna will become the new CEO to replace Rometty, who will become executive chairman and Red Hat CEO Jim Whitehurst will become IBM president.

IBM on Thursday, January 30 said that Arvind Krishna, currently the company's senior vice president for cloud and cognitive software, will take over as CEO, while James Whitehurst, currently senior vice president of IBM and CEO of Red Hat, will move up to become president of IBM.

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Thousands Fill Streets of America during India's Republic Day Celebration to Protest CAA and NRC



Protesters in Washington hold placards saying "we will see"

NEW YORK (TIP): In one of the largest protests ever by Indian diaspora in the USA, thousands of Indian Americans joined protest rallies to raise their voices against the Citizenship Amendment Act (CAA) that discriminates against Muslims in the grant of citizenship and the National Register of Citizens (NRC) in 30 cities across America on India's Republic Day. Children, women and men turned up at the protest locations in Washington DC, New York City, Chicago, Atlanta,

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India's 71st Republic Day Celebrated across USA with Full Fervor and Enthusiasm

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This was followed by singing of patriotic songs by the students of Gandharva School of Music, Richmond.

Republic Day was celebrated on January 26 at the Permanent Mission of India in New York where the Permanent Representative of India to the United Nations Ambassador Syed Akbaruddin unfurled the Indian national flag. Excerpts from President's address to the nation on the eve of the Republic Day were read out by Ambassador Akbaruddin who in his address praised the work of the PMI staff and spoke of the challenging task ahead for them. The gathering, mostly the staff of the PMI, and some guests, were accorded a reception.

The Consulate General of India, New York celebrated the 71st Republic Day of India on Sunday, January 26, 2020 in the Consulate premises with full fervor and enthusiasm. Despite cold weather, a large number of members of Indian diaspora and friends of India numbering 250 attended the event. As is customary, a Flag Hoisting Ceremony was held in the morning in the Consulate Ball Room. Consul General Sandeep Chakravorty unfurled the national flag and the national anthem was sung. Consul General conveyed his greetings to the gathering and read out the address of the President of India.

In his speech, President Ram Nath Kovind hailed the Indian diaspora for enhancing India's image before the world community. "Another source of pride for our country has been our diaspora. During my visits abroad, I have observed that Indians have not only brought prosperity to their adopted lands, they have also enhanced India's image before the world community. Many of them have made great contributions in a wide variety of endeavors", he said.

Patriotic songs and poems were sung by artists of Bhartiya Vidya Bhavan. Mr. Niranjana Bharathi of SBI recited patriotic poetry and children presented a short patriotic dance.

In the evening, Consul General hosted a reception which was attended by members of the Diplomatic Corps. More than 125 people were present for the reception. Live performances by Mr. Ted Moreno (Sitarist) and Mr. Todd Miller (Tabla player) enthralled the guests.

In Chicago, nearly 250 members of the Indian



In Houston Consul General Aseem R Mahajan addressing the gathering.



In Atlanta Consul General Dr. Swati V. Kulkarni welcomed the dignitaries



Ambassador Syed Akbaruddin, Permanent Representative of India to the United Nations addresses the gathering at Permanent Mission of India, Jan 26
Photo / Mohammed Jaffer-SnapsIndia



In New York Consul General Sandeep Chakravorty reading out the address of the President of India
Photo / Jay Mandal-on assignment



In Chicago, Consul General Sudhakar Dalela welcomed about 250 members of the Indian community and friends of India



community and friends of India attended the 71st Republic Day celebrations with great enthusiasm. Consul General Sudhakar Dalela hoisted tricolor and read out Rashtrapatiji's address to the Nation.

Indian Consulate in Atlanta organized an evening function which commenced from 6PM at Sandy Springs City Hall. The event was graced by political dignitaries and members of local State Congress, Mayors, Consul Generals, local Commissioners, Presidents of Indian Committee Organizations and friends of India, members from Media etc. About 500+ strong attended the reception. The hall was decorated with banners of Incredible India and the two projectors showed Republic Day Parade before the program started. Consul General Dr. Swati V. Kulkarni addressed the gathering. The speech included highlights of President's speech, pertinent details of India-US relations including the work done by the Consulate during the last year. The speech was followed by four cultural performances depicting the rich diversity of India.

In San Francisco CG Sanjay Panda hoisted the National flag in front of a large gathering of Indian community and read the address of Hon'ble President of India to the Nation.

The Consulate General of India, Houston, also celebrated the 71st Republic Day of India with full fervor and enthusiasm. Consul General Aseem R Mahajan addressed the gathering.

In San Francisco CG Sanjay Panda hoisted the National flag in front of a large gathering of Indian community

India's Gita Sabharwal Appointed UN Resident Coordinator in Thailand by UN Secretary-General



Ms. Sabharwal brings 25 years of experience in development, peacebuilding, governance and social policy across five Asian countries

NEW YORK (TIP): United Nations Secretary-General António Guterres has appointed Gita Sabharwal of India as the United Nations Resident Coordinator in Thailand, with the host Government's approval.

Ms. Sabharwal brings 25 years of experience in development, peacebuilding, governance and social policy across five Asian countries. She most recently served the United Nations in Sri Lanka as the Peacebuilding and Development Advisor for nearly seven years.

Prior to joining the United Nations, she was The Asia Foundation's Deputy Country Representative for Maldives and Sri Lanka and has held positions as the Poverty and Policy Advisor for the United Kingdom's Department for International Development (DFID) in India and Vietnam.

She holds a master's degree in Development Management from the University of Wales, UK and is the author of numerous policy papers on South and South-East Asia.

Indian American John Kapoor Sentenced to 66 Months in Prison



In May 2019, Kapoor was convicted by a federal jury of racketeering conspiracy along with four other Insys executives

BOSTON (TIP): The founder of Insys Therapeutics, John Kapoor, was sentenced Jan 23 in federal court in Boston for orchestrating a scheme to bribe practitioners to prescribe Subsys, a fentanyl-based pain medication, often when medically unnecessary.

John Kapoor, 76, of Phoenix, Ariz., was sentenced by U.S. District Court Judge Allison D. Burroughs to 66 months in prison, three years of supervised release, and ordered to pay forfeiture and restitution to be determined at a later date. The government recommended a sentence of 15 years in prison. In May 2019, Kapoor was convicted by a federal jury of racketeering conspiracy along with four other Insys executives. "Out of pure greed, Insys executives, from John Kapoor on down, bribed doctors to prescribe this powerful and highly addictive narcotic to people who did not need it. (Read full story on www.theindianpanorama.news)

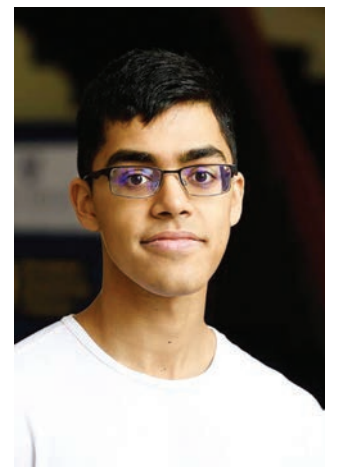
Three Indian Americans Awarded 2020 Churchill Scholarships

NEW YORK (TIP): Three Indian American students are among 15 students who have won the Churchill Scholarship 2020. They are MIT Senior Mehtaab Sawhney, a senior from Commack, New York, Duke University senior Azim Dharani, and Vinay Ayyappan - a Johns Hopkins senior majoring in biomedical engineering.

Awarded by the Winston Churchill Foundation of the United States, the scholarship supports science, mathematics, and engineering students from the United States as they complete a master's degree program at Cambridge. The scholarship is valued at about \$60,000 and includes living and travel stipends as well as tuition for the program, which ranges in length from nine months to one year. Students are selected based on their academic achievements, extracurricular interests, and dedication to research.

Mehtaab Sawhney will graduate this February with a BS in mathematics and a minor in computer science. At Cambridge, he will undertake Part III of the Mathematics Tripos master's degree before returning to the U.S. to enroll in a mathematics PhD program. He aspires to become a professor of mathematics specializing in combinatorics.

Sawhney completed his first year of undergraduate studies at the University of Pennsylvania and then transferred to MIT. At MIT, he has contributed to more than a dozen published or submitted academic papers, a rare feat for an undergraduate student. Sawhney continued to work on math problems in the Math Olympiad, International Science and Engineering Fair, and then eventually the Putnam Mathematical Competition (where he was an honorable mention in both 2016 and 2018). He volunteers his time with the U.S. Mathematical Olympiad and the U.S.



Mehtaab Sawhney, Azim Dharani, and Vinay Ayyappan among 15 students who have won the Churchill Scholarship 2020

Team Selection Test as a grader and reviewer.

Dharani, a senior Angier B. Duke scholar from Lewisville, Texas, is completing a major in chemistry and minors in computational biology and classical archaeology. He is the 22nd Duke undergraduate to receive this honor. At Duke, most of Dharani's research focused on developing metal-binding, prostate cancer-targeting drugs with Professor Katherine Franz. Outside of Duke, he has pursued computational chemistry research at the Sloan-Kettering Cancer Center and the D.E. Shaw Research institute. Dharani is a Goldwater Scholar and a member of Phi Beta Kappa and has received the American Association for Cancer Research Undergraduate Fellowship. He is a teaching assistant for introductory chemistry and serves as the co-president for the Undergraduate Research Society, for which he develops programs to help undergrads get involved with research.

Vinay Ayyappan a Johns Hopkins senior majoring in biomedical engineering is a research assistant for

three professors in the School of Medicine: Kristine Glunde, radiology and cancer imaging professor; Anthony Leung, oncology professor; and Ishan Barman, associate professor of oncology, radiology, and radiological science. Ayyappan, who received a Goldwater Scholarship in 2019 and is a two-time recipient of the Astronaut Scholarship. Working in the lab of Cambridge radiologist Ferdia Gallagher, Ayyappan will perform human trials of hyperpolarized magnetic resonance imaging-a cancer imaging technique developed by Gallagher that is 10,000 times as sensitive as traditional imaging methods. Ayyappan's interest in researching cancer progression dates back to high school, when a close friend and teacher were both diagnosed with the disease. In addition to his work in the classroom, Ayyappan serves as the president of the Johns Hopkins chapter of Engineering World Health and volunteers at the Johns Hopkins Children's Center, where he spearheaded a project to help patients keep up with schoolwork through the help of Johns Hopkins undergraduates.

Indian American Charged with Murder of Three Teen Boys

RIVERSIDE (TIP): On Jan. 23, 2020, the Riverside County District Attorney's Office charged a Corona area man of Indian origin with three counts of murder and three counts of attempted murder in the weekend crash that killed three 16-year-old boys and injured three other teens.

According to findings, Anurag Chandra, had intentionally driven his vehicle into the car after he got irritated with the teens playing 'ding-dong ditched' on his door. He is facing three murder charges and three attempted murder charges, said Riverside County District Attorney's Office said. Along with the attempted murder and murder charges, the DA's Office has filed a special circumstance allegation of multiple murders.

(Read full story on www.theindianpanorama.news)

Indian American Shivani Patel Sentenced in Connection with Embezzling Over \$3 Million

BOSTON (TIP): The former executive assistant of a Waltham-based technology company was sentenced Jan 28 in connection with a fraud and embezzlement scheme that netted over \$3 million. Shivani Patel, 38, of Vineyard Haven, was sentenced by U.S. District Court Judge Leo T. Sorokin to four years in prison, five years of supervised release, and ordered to pay restitution of \$3,819,366 and forfeiture of \$3,076,369. In October 2019, Patel pleaded guilty to one count each of bank fraud, money laundering and filing false tax returns. As an executive assistant to the chief financial officer, Patel's duties included retrieving incoming mail containing customer checks made payable to her employer, recording the checks into the payment system and depositing the checks into her employer's bank account.

(Read full story on www.theindianpanorama.news)

Indian American Neurologist Sentenced to 24 Months in Prison

NEW ORLEANS, (TIP): U.S. Attorney Peter G. Strasser announced that Anil Prasad, M.D., age 63, a resident of Covington, Louisiana was sentenced on January 28, 2020 by U.S. District Judge Jane Triche Milazzo to 24 months' imprisonment followed by (3) three years of supervised release, with the condition that the first 12 months of supervised release be served on home confinement in connection with his guilty plea to conspiracy to unlawfully distribute controlled substances and conspiracy to commit health care fraud. In addition, Prasad, agreed to pay \$1,657,461.15 in restitution to the Medicare and Medicaid programs.

(Read full story on www.theindianpanorama.news)



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JOYOUS CELEBRATION OF 71ST INDIA REPUBLIC DAY ANNIVERSARY IN NEW YORK



A spirited Salute to India



IOC members with NY State Senator John Liu and NY City Council Member Barry Gordenchik

NEW YORK (TIP): India Republic Day Celebration by the Indian Overseas Congress, USA began with an elegant setting and color at the Sohna Punjab Restaurant on January 26, 2020 where a large gathering of leaders of various local communities as well as several elected political officials had joined the Indian diaspora, to wish "Happy Republic Day" to one another and enjoy the splendid evening. Special appreciations were expressed to Dr. Sam Pitroda ji, Mr. Himanshu Vyas ji, Mr. Anura Mathai ji, Mr. George Abraham ji and Mr. Mohinder Singh Gilzian ji.

Harbachan Singh, Secretary-General of IOC, USA spear-headed the event with a rendering of the Indian National Anthem sung by Amir Rashid in which all the audience participated solemnly with a deep sense of conviction, love and

patriotism. Everyone remained standing as Harbachan Singh next read the Preamble to the Constitution of India with the Indian diaspora guests repeating after him while some stood in attention with a salute. General Secretary Rajinder Dichpally loudly hailed "Bharat Mata ki Jai" giving vibrance to the meeting.

Luminaries included, New York State Senator John C. Liu, New York City Council Member Barry Gordenchik, New York City Council Member Donovan Richards Jr., Democratic Leader Richard David, and several other community leaders who had joined the celebration. They unanimously praised the joint efforts of the two largest Democracies in the world, India and the US, for collaborating and upholding the principles of Democracy.

Appreciating the significant



Secretary General of IOC Harbachan Singh extended a word of welcome



NY City Council Member Barry Gordenchik praised India and Indian Americans for their contribution to America



The Indian Panorama Editor Prof. Indrajit S Saluja called upon the present government of India to ensure that the provisions of the Indian Constitution were applied in a just and fair manner.



New York City Council Member Donovan Richards Jr who addressed the gathering is seen with IOC members

contribution by the Indian Americans to the economic, social and legal components of USA, speaker after speaker also praised the great efforts of the Indian diaspora in maintaining the culture and customs of their homeland thereby enriching the mosaic composition and zest of the American people.

Prof. Indrajit Saluja believed that the present government must ensure that the provisions of the Indian Constitution were applied in a just and fair manner. The local community leader from the Nepalese group, Mr. Somnath Ghimire, the Guyanese American leader Albert Baldeo, the African American Leader and Pastor Emmanuel Asse, the former Secretary of local DC 37 Trade Union, Ahmed Shakir, all spoke highly of their cordial and bustling inter-relationship with the Indian community. It was

happily noted that India's soft power attributes, like Yoga, Indian cinema, music and cuisine were unparalleled and it generated tremendous goodwill and support for India.

Other leaders who addressed the gathering included, Satish Sharma, Tejinder Singh Gill, Leela Maret, Amir Rasheed, Jose George, Devendra Vora. Dr. Jayeshkumar Patel, Gujrat Chapter President sent in sweets for the occasion for the guests, but he was unable to attend due to death in the family. Sophia Sharma, General Secretary IOC, USA emceed the meeting and Malini Shah, Vice-President gave a vote of thanks and then opened the door to a sumptuous dinner that was awaiting all the invitees. It was a truly befitting tribute for the Republic Day of India which was enjoyed by all.

(Press Release)



Flag hoisting



Donald X. Clavin Jr., Hempstead Town Supervisor appreciated the contribution of Indian Americans

Town of Hempstead celebrates India's Republic Day

HEMPSTEAD, NY (TIP): India's Republic Day is celebrated as the Anniversary of the Constitution of India which came into effect by replacing the Government of India Act as the governing document of India and the transition of India from the British Rule to a Republic on 26th January, 1950.

Indians all over the world proudly salute their Tricolor Flag, sing their National Anthem and patriotic songs to pay tribute to all the freedom fighters

who sacrificed their lives in order to gain the freedom for India with Flag ceremonies, parades and public celebrations. Chair, Indu Jaiswal of Indian American Forum, and Board of Trustee, Mohinder Taneja and their team along with the Indian community in Long Island organized India's 71st Republic Day on January 24th, 2020 at Town of Hempstead, Nassau County, Long Island, New York. Town officials and several Indian community leaders and members gathered to show solidarity, strength, diversity and National pride. *(Read full story on www.theindianpanorama.news)*

Eminent Ophthalmologist VK Raju Underscores Importance of Prevention of Childhood Blindness, at the Centennial Celebrations of Rotary Club of Calcutta



Dr. VK Raju making a presentation at the centennial celebrations of Rotary Club of Calcutta, January 1, 2020.



Rotary Club of Calcutta honored Dr. Raju at their centennial celebrations. L to R: Club President Purnendu Roy Choudhury, Dr. VK Raju, and Centenary Chair Saumen Ray

KOLKATA / NEW YORK (TIP): (TIP): "Childhood blindness is one of the tragedies in the world. 70% of childhood blindness can be prevented or treated with today's available technology and resources", West Virginia based eminent ophthalmologist Dr. VK Raju said at the Centennial celebrations of Rotary Club of Calcutta, the oldest Rotary Club in West Bengal, January 2020.

Dr. Raju was invited as keynote speaker to speak on avoidable childhood blindness. "80% of our learning is through vision. Screening the children for vision problems is essential", he said.

"3.5 million premature babies are born each year in India. More and more of these babies are surviving because of neonatal care. They must be screened for Retinopathy of Prematurity to prevent blindness. This is one of the most cost-effective health interventions," said Dr. Raju.

The Eye Foundation of America which Dr. Raju founded and is heading now has gifted a retinal camera to screen these babies. The Rotary Club of

Calcutta and Priyamvada- Aravind Eye Hospital in Kolkata will collaborate to do this service even if the parents cannot afford.

The Rotary Club of Calcutta honored Dr. VK Raju for his passionate commitment to prevention of avoidable childhood blindness and for his enormous work across the world.

About Dr. VK Raju

Dr. VK Raju received his medical degree from Andhra University, India and Residency and Fellowship in UK. He is a fellow of the Royal College of Surgeons and a Fellow of the American college of Surgeons.

V.K. Raju, MD, FRCS, FACS is a clinical professor of ophthalmology at West Virginia University, WV, USA and practicing ophthalmologist at Regional Eye in Morgantown, WV, USA. In 1977, work began on what is now known as the Eye Foundation of America. With Dr. Raju's guidance, the Eye Foundation of America's work has grown. To date, the Eye Foundation of America has

performed over 3 million vision screenings in rural areas of over 30 countries. Through the Eye Foundation of America, over 350,000 sight-saving surgeries have been performed at no cost. Over 700 medical professionals, including many residents and ophthalmologists, have been trained to identify and treat eye diseases.

Dr. Raju remains highly involved as the Founder and President of the Eye Foundation of America to this day, returning to India every few months to participate in educational programs, vision screening camps, and surgeries.

His insatiable drive to improve the lives of others has also resulted in the recent culmination of another lifelong goal. The construction of another eye hospital is underway with wings devoted to specialties including ocular oncology, pediatric ophthalmology, and the retinopathy of prematurity, a disease effecting premature babies.

Dr. VK Raju has received awards from American Academy of Ophthalmology four times for his teaching, research and

international service. A partial list of awards include Doctor Nathan Davis International award of Excellence in Medicine by American Medical Association Foundation, Lifetime Achievement Award from WV State Medical Association, the President's Lifetime Achievement Award from President Barack Obama, Mahatma Gandhi Pravasi Samman award for Achievement in Medicine, House of Lords, London. He also received the Martin Luther King, Jr. Achievement Award from West Virginia University. He was also inducted into Medical Missions Hall of Fame by University of Toledo and Medscape placed him among the best doctors in America.

For over 40 years, Dr. Raju has dedicated himself to eliminating avoidable blindness in children and adults through outreach programs, surgeries, and educational efforts. V. K. Raju has published over 100 scientific articles, 17 book chapters, and 2 books. Still, he will tell you, "My work is only beginning."

Anjani Kumar assumes charge as India's Ambassador to Mali

BAMAKO / NEW YORK (TIP): India's ambassador designate to Mali Anjani Kumar Sahay presented the letter of credentials to H.E. Mr. Ibrahim Boubacar Keita, President of the Republic of Mali at the credentials ceremony held January 17, 2020 at the Presidential Palace in Bamako

Before being assigned as ambassador to Mali, Ambassador Sahay was posted at the Permanent Mission of India to the United Nations in New York.

Ambassador Sahay joined the Indian Foreign Service (IFS) in 2003.

As a career diplomat, he has served at the Indian Embassies in Madrid, Mexico City, Caracas and at the Permanent Mission of India to the United Nations in New York.

At the Ministry of External Affairs in New Delhi, he has worked in various



Ambassador designate Anjani Kumar Sahay presented letter of credentials to H.E. Mr. Ibrahim Boubacar Keita, President of the Republic of Mali at the credentials ceremony held January 17, 2020 at the Presidential Palace in Bamako

capacities in the Divisions dealing with Policy, Planning & Research, India's relations with Bangladesh, Myanmar and Sri Lanka, Administrative and Personnel Matters and in the office of Minister of State for External Affairs.

He graduated in History from Shivaji College followed by a Masters' degree in Sociology from Delhi School of Economics, University of Delhi. He also has a Bachelor's Degree in Journalism from Ranchi University.

Making short documentaries on people, places, nature and culture is his hobby. He is also interested in music, sports and travelling. He speaks Hindi, English and Spanish.

He is married to Mrs. Indumati Dwivedi and they have two daughters, Meshika and Avila.



By Upneet Lalli

There are links between extremism, social exclusion and radicalization. Sociological interventions to prevent or counter extremist behaviors are needed. The success of Kerala and Maharashtra program of de-radicalizing indicates how community-based programs may work in vulnerable states. Let us not forget that disaffected youth with no real job prospects and limited futures are vulnerable.

When terrorism became too difficult to predict, the focus turned to radicalisation, a term introduced after 9/11 to describe "what goes on before the bomb goes off". Since 2002, eight of the nine regions in the world experienced an increase in terrorism. The November 2008 terrorist attacks in Mumbai perpetrated by the Lashkar-e-Taiba, wherein 166 people were killed, revealed how deadly violence can be unleashed by a few individuals.

It has been seen that rigid, dogmatic convictions, along with condemnation beliefs, lead to a path of destroying the other. Last year, when the fidayeen suicide attack on a convoy of the CRPF in Pulwama took place, it revealed how a youth with a history of minor grievances can be indoctrinated. Prisons have been found to be fertile grounds for radicalisation. Imprisonment may increase a prisoner's susceptibility to new and radicalizing ideas or beliefs; referred to as a cognitive opening.

The threat from radicalisation remains underestimated and understudied in India. There is also no official Indian policy on radicalisation and de-radicalisation. Statements about opening up of de-radicalisation camps, as a solution to the radicalisation problems have been made recently. The focus is yet to turn to understanding about the philosophy of radicalisation, its precursors, process nodes and the potential of de-radicalisation.

Radicalisation is a process with multiple reinforcing pathways of developing extremist beliefs, emotions, and behaviors. People become increasingly motivated to use violent means against members of an out-group or symbolic targets to achieve behavioral change and political goals. Radicalisation develops gradually over time and may occur at individual, group or mass public levels. It also involves changes in attitudes, beliefs, behavior, ideals, goals, ideology, and willingness, which become extreme. Those extreme aspects are related to political, social, religious, ideological, economic or societal issues.

Research in this critical area continues to shed new light. Different models have been suggested, and it is clear that feelings of discrimination can evoke radical thoughts and actions. The New York Police Department Study of 2007 has explained various stages of the process of radicalisation-pre-radicalisation, self-identification, indoctrination and jihadization stages. The first stage occurs when

individuals are placed in environments that lead to being receptive to extremism. The drivers can be either intrinsic or extrinsic. Commitment is constantly calibrated and re-calibrated.

Be it the left wing extremism, right wing, North-East insurgency, Kashmir militancy or the separatist Khalistan movement, the perceptions of injustice play an important role in pushing someone to extremism and the radicalisation process. Many individuals who join radical groups do so because they have the feeling that they have not received the treatment they deserve. In order to better deal with feelings of relative deprivation and injustice, experts suggest empowering individuals by helping to increase their perceptions of efficacy and self-esteem, and fostering the creation of a strong self-identity.

De-radicalisation is a process in which people reject the ideology they once embraced. This is a step further than disengagement, characterized by a change in behavior (leaving the radical group, stopping violence) without giving up. Individual disengagement and de-radicalisation programs cannot be looked at in isolation. It has been argued by Daniel Koehler, Director of the German Institute on Radicalisation and De-radicalisation Studies, that when an individual has a "cognitive opening" and an environment that supports personal reflection, then de-radicalisation can be initiated. Detained former Tamil Tigers underwent a de-radicalisation programme in Sri Lanka that addressed the educational, vocational, spiritual, recreational, psychosocial, and socio-cultural/familial aspects of an individual's life when transitioning back into society. The most developed programs at the prison level have been in Saudi Arabia and Singapore. Yemen is the best example how not to do it since the government showed little interest in after-care. Former extremists often ended up being the victims of police harassment. The focus should be on reform and rehabilitation of individuals.

Looking for one's own identity forms a part of every normal development process from child to adulthood. Studies have pointed out that many individuals enter extremist groups during adolescence. Not only is there more thrill-seeking, but also increased efforts to maximize short-term pleasures. Peer pressure and unfamiliar situations can make adolescents less capable of logical reasoning than adults. Internet remains an active vector for violent radicalisation.

At the primary level, what are the chances of parents identifying the personality changes? Angry, alienated youth can be easily ideologically driven. Radicalisation leads in adopting a (new) identity or self-image. Personal growth is also an important push factor.

While interviewing one such radicalized person in

AS I SEE IT

The challenges of de-radicalization



Feelings of relative deprivation and injustice can evoke radical thoughts.

a prison, I found that there was existential angst that had pushed the person towards radicalisation. In prison, opportunity for reflection and finding new meaning in life, by being redirected towards more positive goals, such as a meaningful job or education, can take place. The longing to reestablish good relationships with family members, and to start own family can work to pull away from radicalisation.

The European Union approach focuses on supporting families in preventing radicalisation and in de-radicalisation. Many parents and teachers are uncertain of how to deal with signs of radicalisation. Educating and equipping them becomes essential to recognize vulnerable individuals who are at risk or are in the early stages of radicalisation. Focus should be to train and educate professionals, and to stimulate disengagement and de-radicalisation.

At the primary level, the government needs to reinvest in educational institutions. The aim should be to decrease prejudice, stereotyping and discrimination and to increase knowledge about democracy. Collective sports and citizen programs based on exchanges have been found helpful.

Prof Theo Gavrielides recently led a three-year study in the UK. More than 3,000 young people and professionals in schools, youth prisons, universities, migrant centers, and online were interviewed. The research found that when young people were encouraged to develop a talent or pastime, the radicalisation process was successfully challenged.

There are links between extremism, social exclusion and radicalisation. Sociological interventions to prevent or counter extremist behaviors are needed. The success of Kerala and Maharashtra programs of de-radicalizing indicates how community-based programs may work in vulnerable states. Let us not forget that disaffected youth with no real job prospects and limited futures are vulnerable. The war on terror is to be countered more in the human mind, and requires different skills and tactics.

(The author is Deputy Director, Institute of Correctional Administration)



COMMENT

Prof I.S. Saluja

The state Thruway Authority proposed the first toll increases for the newly opened Gov. Mario M. Cuomo Bridge, with the cost growing from \$4.75 to \$5.75 by 2022 for E-Z Pass users. The news has been well received, without anybody feeling unhappy over the increase. The Thruway Authority has given ample notice to users of the Bridge.

While nobody will mind this increase, the present structure of "violations fee" being imposed by Bridges and Tunnels

Thruway Authority Must Withdraw the Unreasonable, Unjust and Usurious "Violation Fee"

Authority of NY/NJ is a worrisome issue. At present, a violation fee of \$100.00 is imposed for a delay in a payment, regardless of the amount of toll. It is ridiculous to be imposing \$100.00 "violation fee" on a toll bill of \$1.25.

Many did not get to know what the "violation fee" is. Public is largely unaware of the fee. In the first place, the Thruway Authority should have first publicized any penalty it proposed

to impose for late payment of tolls. Secondly, the penalties should have been reasonable, not the way these are that a toll of \$1.25 invites a "violation fee" of \$100.00.

On behalf of the people who have been hit hard by the unreasonable and unjust "violation fee", we urge Governor Cuomo to order discontinuation of the imposition of the present "Violation fee". Also, Governor is requested to waive the "Violation fee" imposed on all toll

bills. Next, the Governor may reconsider the whole issue of "Violation fee" and decide afresh on a reasonable and just penalty as in the case of violations in other departments, including DMV.

We very strongly feel the present "Violation Fee" structure is painful, unreasonable, unjust and usurious, and needs to be demolished with one stroke of Governor Cuomo's pen.

Had Gandhi lived longer, he would've made it count



By Amitabha
Bhattacharya

Gandhi would have concerned himself with the trauma that followed Partition. His healing touch would have been crucial in settling the millions of refugees and addressing the key question of Hindu-Muslim amity, the proper resolution of which at that time would have perhaps avoided the latter-day conflicts in the country.

In a letter to his friend Acharya Satish Chandra Mukherjee, Gandhi wrote, "May you attain the full span of 125 years, which I may not attain for lack of equanimity prescribed for it in the Gita... I am trying hard to reach that state."

That was not to be. An assassin's bullets cut short his holy life, a few months after India attained independence. He was in good health and fully active. It can be reasonably assumed that he would have lived a decade or even more. If that were so, it would be an interesting mind game to guess what he would have engaged himself with and how that would have impacted the course of our national regeneration.

Gandhi (1869-1948) in all likelihood would have been awarded the Nobel Peace Prize in 1948, as Rajinder Singh in his book on the subject has discussed. Though that would have made hardly any difference to Gandhi; he would have perhaps used the money for constructive activities dear to his heart. 'The Disobedient Indian', as noted political philosopher Ramin Jahanbegloo writes in a book of this name, discussing the Gandhian philosophy of resistance, would have encouraged those "struggling for democratic swaraj to increase peace and nonviolence in the public realm."

Being a pragmatist par excellence, he would have allowed the government to be run by Nehru, Patel, Azad, Ambedkar and others - with his role being largely confined to dotting the i's and crossing the t's. Gandhi knew their mind and of the way the Constitution was shaping up. As long as the government ran as per its letter and spirit, Gandhi wouldn't have perhaps interfered much. It can be surmised that, being a man of

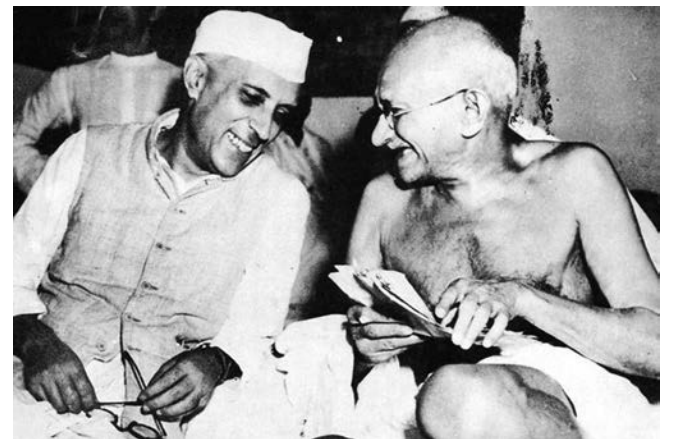
action, he would have devoted himself to the following main, but broadly interconnected, issues.

He would have concerned himself with the trauma that followed Partition which even he could not avert. Gandhi's healing touch would have been crucial in settling the millions of refugees and simultaneously addressing the question of Hindu-Muslim amity, the proper resolution of which at that point of time would have perhaps avoided the latter-day conflicts within the country and without. Being incapable of hatred, Gandhi alone had the moral authority and stature to negotiate this vexed problem at a time when the passions were raw.

He would have perhaps worked steadfastly to reforming Hinduism from within, as Swami Vivekananda and others had sought to do earlier. Pre-Independence, he waged a relentless battle against the evil of untouchability. Regarding it as a greatest blot on Hinduism which "has sinned in giving sanction to untouchability," he had once said, "If it is proved to me that this is an essential part of Hinduism, I for one would declare myself an open rebel against Hinduism itself." While untouchability has been abolished by law, it may still take time for it to be erased entirely from the psyche of many an individual. I would love to guess, based on Gandhi's belief that pure Hinduism brooks no inequality, that he would have started working against oppressive casteism, widely prevalent even today, the brunt of which is borne by a very large segment of our population. He once said, "I do not believe in caste in the modern sense. It is an excrescence and a handicap on progress." Gandhi alone could have made a decisive impress in this direction.

Local self-government associated with decentralized planning would have been the cornerstone of our development model. In our anxiety for centralized planning - which was indeed necessary at that phase of our development - the ideas of panchayati raj were largely neglected. Even decades after constitutional amendments, progress in this front has been painfully slow. Issues of poor health and sanitation, low levels of literacy, high infant mortality, degradation of environment, and subordination of women, especially in villages, could have been much better addressed through local self-governance. This has largely been an area of darkness which Gandhi would have illuminated.

He would have fought relentlessly for universal primary education and basic health for all, demanding much higher budgetary allocations for these sectors. To impute that in the first few Plan periods these sectors did



Pragmatist: Gandhi would have allowed the government to be run by Nehru, Patel, Azad and Ambedkar as long as it ran as per the Constitution's letter and spirit.

not receive any attention would be simplistic, but relative neglect there was, mainly because there was no constituency developed in our electoral democracy to demand such universal services. Had Gandhi lived, he would have created a national consensus on this score. The establishment of IITs, large public sector undertakings for core sectors, multi-purpose projects on major rivers and national-level scientific laboratories was crucial, as Nehru envisioned. Gandhi would have ensured at least equal priority accorded to meeting basic health and education needs for all citizens. A drastic reduction of poverty, the attainment of a much higher level of human development indicators and containment of unsustainable migration from rural to urban areas would have been a reality if the bottom-up approach of planning had been practiced from the early fifties.

As Gandhi's "harmonious vision was directed towards a true revolution of values", as Jahanbegloo reminds us, he would have committed to gender justice and protection of the environment. "If non-violence is the law of our being, the future is with the women." He would have also been critical of the powerful state seeking to undermine dissent, as he believed, "Discontent is a very useful thing. As long as a man is contented with his present lot, so long is it difficult to persuade him to come out of it. Therefore, it is that every reform must be preceded by discontent." We may well remember it, as long as we know such discontent is for sustained public good and not accompanied with violence.

(The author is a former bureaucrat)

A Happy Impression



By Devraj Aiyar

As we look around us, we find folks amidst us who are simply amazing and unique.

In 2019, I had the fortune to meet a few but let me share my experience with one person Pravin Chandra, who works at our office as a cleaner.

We are in the Stone business and import different kinds of natural stones such as granite, marble and various types of artificially made engineered stones.

The stones are susceptible to breakages and hence a large amount of packing materials is used to bind and hold them together in containers.

They are in the form of wooden logs nailed to hold the stones firmly and plastic sheets to prevent scratches. The constant movement of trucks and forklifts provided additional challenges in our ability to maintain the level of hygiene we desired.

I still recollect the first day when Pravin walked into our office on a colleagues recommendation and he could barely speak Hindi let alone English.

At 60+ his age not exactly working to his advantage, his trait and demeanor none of which suggested that he would be able to do even a reasonable job of maintaining such a large space. More so considering the mess at the warehouse, and the amount of debris we collect in the form of wood, sawdust and plastic every single day.

It was perhaps, sheer desperation to find someone on that particular day as we had to fire the last person at that job and the mess was piling up, that we went ahead and Pravin became part of our Company.

I still recollect the first day as I took him around and curiously watched his

reaction as we approached the subject of cleaning the washrooms, the office and maintaining the 80000 sft warehouse. I hardly expected him to accomplish all the above but if he could manage some portions of his duties, it would be commendable.

He seemed unperturbed and his expression hardly changed. This of course, reinforced my confidence that he would probably last for a week or so.

That week, I hardly got a chance to interact with Pravin as he would report to the warehouse supervisor but would occasionally catch a glimpse of him pushing the small cart to accumulate and transport the debris into dumpsters. It was the middle of winter and he would be dressed in a flimsy Tshirt chewing on his tobacco. Upon asking, he came with "the work keeps me warm"

Lo and behold, this man transformed our warehouse within a fortnight.

Since the inception of the Company, we had never arrived at this level of hygiene. I couldn't believe my eyes one day, when I walked into the warehouse as every nook and corner was devoid of dust. He would barely acknowledge any

compliment except with a nod and as a man of very few words, he largely communicated in mono syllables. Pravin needed no compliments or motivation. He motivated others and believed in challenging his limits

Once I had called him to my office, complimented him for the excellent work and attempted to tip him with a \$50 bill. He simply shrugged and proudly refused. His reaction "Kyu ?", meaning "why?" and I was not sure how to handle that. His heart full of pride, his expression hardly changed as he turned around and walked away.

I tucked the \$50 bill back into my wallet Pravin Chandra still works at our office. Most days, as I park outside the office, I catch a glimpse of Pravin pushing the handcart ahead of him chewing on his tobacco. I make a feeble attempt to catch his eye but he hardly ever acknowledges me, all focus on the task ahead of him. I mutter a silent good morning.

Pravin Chandra was busy and that department of our Company was in able hands.

FLASH FLOODS KILL NINE IN INDONESIA

MEDAN (TIP): Flash floods and landslides have killed at least nine people and forced thousands into temporary shelters on Indonesia's Sumatra island, the local disaster agency said January 30.

Torrential rain in North Sumatra this week sparked the disaster, with most victims drowning or hit by logs swept away in the current, the agency added.

"We suspect (two victims) were killed after getting hit by logs," said Safaruddin Ananda Nasution, head of Central Tapanuli's disaster mitigation agency.

Rampant illegal logging in the area may have contributed to the disaster by loosening the soil and making it susceptible to landslides, he added.

Several thousand residents have fled to shelters. — AFP

Nepal sets record for highest altitude fashion show

KATHMANDU (TIP): Nepal has set an all new Guinness World Record for the highest altitude fashion show event ever held. The Mount Everest Fashion Runway, organised by RB Diamonds and KASA Style in support of Nepal Tourism Board, was held at 5340 metres elevation at Kala Patthar, near the Everest base camp on January 26. The event was part of the Visit Nepal Year 2020 campaign of the Nepal Tourism Board. Models from various parts of the world participated in the show. PTI

Ildie in factory fire

LAHORE (TIP): At least 11 people, including two women and minors, were killed in a fire caused by an explosion of a gas cylinder at a perfume factory in Shahdara area of Lahore on January 28.

Two others were critically injured in the incident. The fire that engulfed the whole building caused its roof to collapse and damaged the structure located adjacent to it. PTI

Shah Rukh's Pak cousin dies

Peshawar (TIP): Noor Jehan, a cousin of Bollywood superstar Shah Rukh Khan, passed away in Peshawar, a media report on January 28 quoted a family member as saying.

Jehan's younger brother, Mansoor Ahmed, confirmed the news of her death to Geo News, saying she had been fighting cancer for some time.

Jehan, a paternal cousin of the leading Indian film actor, resided in Mohallah Shah Wali Qataal area close to Peshawar's Qissa Khwani Bazaar. Mian Zulfiqar, a former town council member and Jehan's neighbour, also confirmed her death, the report said without giving her age. — PTI

Pakistan govt dismisses reports of four-fold pay hike for Imran Khan

KARACHI (TIP): The cash-strapped Pakistan government has dismissed as "baseless" reports of Prime Minister Imran Khan getting a near-four-fold hike in salary, according to media reports.

The clarification was issued after news reports claimed the prime minister's gross salary would be increased from Rs 2,01,574 to around Rs 8,00,000.

"At a time when the prime minister was carrying out a campaign to slash the government's expenditures, the propagation of such a baseless and concocted news report was unfortunate," the Prime Minister's Office spokesperson was quoted as saying by Dawn News.

Khan recently said he could not manage his household expenses from his official salary, the report said.

"We have reduced the expenses of the Prime Minister House by 40 per cent. I live in my own home, pay my own expenses. My (official) salary is not enough to cover the expenses of my own household," Khan said.

He has also claimed that his foreign visits have cost the exchequer 10 times less than his predecessors.

Khan said his visit to Switzerland earlier in the month for the World Economic Forum was the "cheapest" by a Pakistani state leader.



Khan said his trip was sponsored by two businessmen.

According to The News, Khan earned Rs 1,96,979 after deductions, as per his February 2019 pay slip.

The Pakistan government has been implementing austerity measures to improve the country's finances. In July last year, Pakistan registered a currency reserve of less than USD 8 billion—enough to cover only 1.7 months of imports.

In August 2018, Pakistan approached the International Monetary Fund for a bailout package after the Khan government took over.

The IMF formally approved the USD 6 billion loan to Pakistan in July 2019, citing "significant" economic challenges.

Pakistan has so far received billions in financial aid packages from friendly countries like China, Saudi Arabia and the UAE during the current fiscal year. — PTI

5 mountaineers to attempt winter Everest climb

KATHMANDU (TIP): Three Spanish mountaineers and two Germans are embarking on a daring mission to climb Mount Everest, the world's highest peak, in winter—a feat that has not been done since 1993.

Alex Txikon, Oscar Cardo, Jonatan Garc a headed to Everest Base Camp on Sunday, ready to start their climb next week, the director of Outware Treks & Expeditions, Pemba Sherpa, told Efe news. "The team of Sherpa, also known as Icefall doctor, has opened the route up to Camp I (6,000 m) that passes through the Khumbu Icefall," he said.

The trio has already climbed Mt Ama Dablam (6,812 m) as part of acclimatisation training.

The Khumbu Icefall, located between Everest Base Camp and Camp I, is the most treacherous section of the route, where giant slabs of ice loom and sometimes break off.

"As the Spanish have completed their acclimatization on Mt Ama Dablam, they will not begin their climb as soon as they reach the Everest Base Camp," said Sherpa. "They will not use supplemental oxygen." It will be the trio's third attempt at the challenge after failed attempts in 2016 and 2017.

In 2017, the climbers reached Camp IV (8,000 m), but had to return due to the weather.

"Their luck this year, obviously, will

depend on the weather. Until today (Sunday), whether in the Everest region is good," said Sherpa. He said that in winter the days are shorter and the nights longer and cold, making climbing harder. Everest witnesses some of the strongest winds at this time of the year, with temperatures regularly reaching -36 degrees Celsius. It can drop as low as -60 C. Winter climbing permits last until the end of February.

Besides the Spanish trio, German climbers Jost Kobusch and Hug Daniel are also tackling the slopes of Everest, Rabin Neupane, the director of Satori Adventures, told Efe.

The pair has moved down to Base Camp at 5,380 m after reaching Camp II (6,400 m) as part of their acclimatization, Neupane said.

The Germans are not using climbing aids, such as ropes and ladders, and are also without supplemental oxygen.

"They have not announced the date to climb, but are waiting the right time that's good weather window," said Neupane. The last winter ascent, according to Nepal's Tourism Department records, was completed by Japan's Shinsuke Ezuka on December 20, 1993. Krzysztof Wielicki of Poland first climbed Everest in the dead of winter on February 17, 1980. The peak sees the highest number of climbers during the spring. — IANS

Two Rohingya women killed as Myanmar army shells village

YANGON (TIP): Two women, one pregnant, were killed and seven other people injured after Myanmar troops shelled a Rohingya village on February 1, according to a lawmaker and a villager, two days after the UN's highest court ordered the country to protect the minority.

Maung Kyaw Zan, a national member of Parliament for Buthidaung township in northern Rakhine state, said shells fired from a nearby battalion hit Kin Taung village in the middle of the night. Government troops have been battling ethnic rebels in the state for more than a year.

"There was no fighting, they just shot artillery to a village without a battle," he told Reuters by phone, adding it was the second time this year that civilians had been killed.

The military denied responsibility, blaming the rebels who they said attacked a bridge in the early hours of the morning.

More than 730,000 Rohingya Muslims were forced to flee northern Rakhine state in 2017 after a military crackdown that the U.N has said was executed with genocidal intent.

More recently, the region was plunged into further chaos by fresh fighting between the military and the Arakan Army, a rebel group that recruits from the mostly Buddhist majority in the state. Reuters

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Thousands Fill Streets of America during India's Republic Day Celebration to Protest CAA and NRC



A large group protested CAA and NRC in front of the Indian Consulate in New York

CONTD FROM PAGE 1

San Francisco, Houston, Indianapolis, Minnesota, Detroit, Wichita, Bay Area, and Seattle. Citizenship Amendment Act (CAA) would be providing a path to Indian citizenship for Hindu, Sikh, Buddhist, Jain, Parsi, and Christian religious minorities from the neighboring

Muslim majority countries of Pakistan, Bangladesh and Afghanistan. Protesters called it violative of the secular Indian constitution as it excludes Muslims. CAA coupled with a plan to implement a nationwide counting of citizenship (National Register of Citizens or NRC) by Modi government has triggered



Protesters in Chicago



Protesters at Harvard University

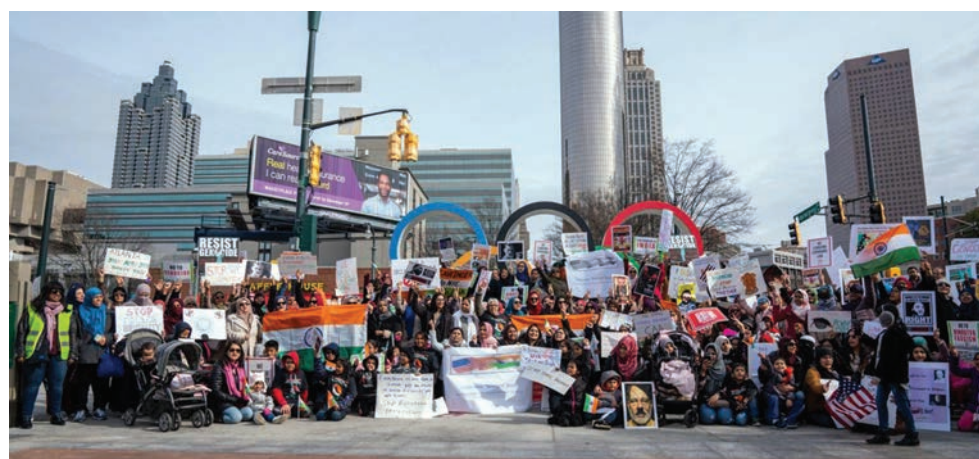
widespread protests in the USA as well.

In New York people from all age groups, backgrounds, castes, and religions gathered in front of Indian Consulate on Jan 26 during the Republic Day celebration. The New York protest was part of nationwide protests and marches organized by the recently formed Coalition to Stop Genocide - a broad coalition of Indian Americans and US-based civil rights organizations such as

the Indian American Muslim Council, Hindus for Human Rights, Equity Labs, Shri Guru Ravidass Sabha of New York, Black Lives Matter and the Jewish Voice for Peace.

Washington, Houston, San Francisco and Chicago witnessed the similar protests. Over several hundred people assembled outside the Indian Consulates and chanted slogans against CAA. The largest gathering of anti-CAA protestors was reported from Chicago where Indian Americans gathered in large numbers and formed several mile-long human chains. In Washington DC, more than 500 Indian Americans marched from a park near the White House to the Gandhi Statue in front of the Indian Embassy.

Across the protest locations, protesters waved hundreds of Indian national flags and sang patriotic Indian songs, including India's national anthem and saare jahan se achchha, the iconic song penned by poet Iqbal. In several places, protesters publicly read out the Preamble to the Indian constitution and raised banners against Prime Minister Modi, Home Minister Amit Shah, the ruling Bharatiya Janata Party (BJP) and its ideological parent, the Rashtriya Swayamsevak Sangh (RSS).



Protesters in Atlanta

NEW FORM 1040-SR, ALTERNATIVE FILING OPTION AVAILABLE FOR SENIORS

TAX TALK



Department of the Treasury
Internal Revenue Service

WASHINGTON(TIP): The Internal Revenue Service wants seniors to know about the availability of a new tax form, Form 1040-SR, featuring larger print and a standard deduction chart with a goal of making it easier for older Americans to read and use.

The Bipartisan Budget Act of 2018 required the IRS to create a tax form for seniors. Taxpayers age 65 or older now have the option to use Form 1040-SR, U.S. Tax Return for Seniors. Form 1040-SR, when printed, features larger font and better readability.

Taxpayers who electronically file Form 1040-SR may notice the change when they print their return. More than 90% of taxpayers now use tax software to prepare and file their tax return.

Taxpayers born before Jan. 2, 1955, have the option to file Form 1040-SR whether they are working, not working or retired. The form allows income reporting from other sources common to seniors such as investment income, Social Security and distributions from qualified retirement plans, annuities or similar

deferred-payment arrangements.

Seniors can use Form 1040-SR to file their 2019 federal income tax return, which is due April 15, 2020. All lines and checkboxes on Form 1040-SR mirror the Form 1040, and both forms use all the same attached schedules and forms. The revised 2019 Instructions cover both Forms

1040 and 1040-SR.

Eligible taxpayers can use Form 1040-SR whether they plan to itemize or take the standard deduction. Taxpayers who itemize deductions can file Form 1040-SR and attach Schedule A, Itemized Deductions, when filing a paper return. For those taking the standard deduction, Form 1040-SR includes a chart listing the standard deduction amounts, making it easier to calculate. It also ensures seniors are aware of the increased standard deduction for taxpayers age 65 and older.

Married people filing a joint return can use the Form 1040-SR regardless of whether one or both spouses are age 65 or older or retired.

Both the 1040 and the 1040-SR use the same "building block" approach introduced last year that can be supplemented with additional Schedules 1, 2 and 3 as needed. Many taxpayers with basic tax situations can file Form 1040 or 1040-SR with no additional schedules.

(Press Release)

Indian origin Prem Parameswaran is among the New Commissioners to the President's Advisory Commission on Asian Americans & Pacific Islanders

Vice President Pence Administers the oath with Three Cabinet Members Present to Celebrate Lunar New Year at the White House

WASHINGTON (TIP): On Monday, January 27, 2020, Vice President Mike Pence administered the oath of office to members of President Donald J. Trump's Advisory Commission on Asian Americans and Pacific Islanders at the White House in celebration of the Lunar New Year.

Key Administration officials speaking at the event included co-chairs of the White House Initiative on Asian Americans & Pacific Islanders U. S. Secretary of Transportation Elaine L. Chao and U.S. Secretary of Commerce Wilbur Ross. U.S. Secretary of Labor Eugene Scalia also gave remarks. This is the first time that there were three Cabinet members present for the swearing-in of the Commissioners with the Vice President.

In addition, the special new postage stamp commemorating the Year of the Golden Rat was unveiled by Chairman of the U. S. Postal Service Board of Governors Robert M. "Mike" Duncan at a special stamp dedication ceremony.

Vice President of the United States Mike Pence said, "This year we've got a lot to celebrate. I'm proud to report that under the leadership of President Donald Trump, Asian Americans are prospering like never before. The American economy is soaring and Asian Americans are driving capital investment and growth and job creation in cities and towns large and small all across the land."

U. S. Transportation Secretary Elaine L. Chao said, "We look forward to the



VP Pence (4th from left) is with cabinet members and the new commissioners. Prem Parameswaran is 8th from the left.

work of this Initiative and Commissioners to further the advancement of opportunities for Asian Pacific Americans."

U. S. Commerce Secretary Wilbur Ross said, "It was my pleasure to participate in today's Lunar New Year celebration with everyone involved in the newly re-established White House Initiative on Asian Americans and Pacific Islanders. We look forward to working with all of you in building a prosperous future for everyone in this wonderful community."

U. S. Labor Secretary Eugene Scalia said, "The coming of a New Year is an occasion for renewal, a chance to look with excitement and optimism toward the future. We have much to be optimistic about, including our strong economy and the opportunities it's providing American workers. Over this past year we

saw not only the lowest unemployment in 50 years, but also the lowest unemployment ever for Asian Americans. I wish all an even more prosperous year to come."

Chairman of the President's Advisory Commission Dr. Paul Hsu said, "There are so many things we can and should do for our community to bring the opportunities and prosperities to Asian Americans and Pacific Islanders, helping them to realize achieving the American Dream is possible for everyone."

"The Postal Service is proud to join Asian Americans and Pacific Islanders to celebrate the Lunar New Year by unveiling our newest stamp," said Chairman Duncan. "U.S. postage stamp help our nation celebrate its diverse cultural heritage, and we are

grateful for the opportunity to mark this important holiday and its traditions."

The members of the President's Advisory Commission on Asian Americans and Pacific Islanders who took their oath of office at the event include:

- Dr. Paul S. Hsu of Florida
- Congresswoman Amata C. Radewagen of American Samoa
- Rev. Herman Martir of Texas
- Governor Eddie Calvo of Guam
- Ms. Doris Flores Brooks of Guam
- Ms. Grace Y. Lee of Michigan
- Mr. Prem Parameswaran of New York
- Supervisor Michelle P. Steel of California
- Ms. Chiling Tong of Maryland
- Ms. Jennifer Carnahan of Minnesota
- Mr. George Leing of Colorado
- Ms. Jan-Ie Low of Nevada
- Ms. Keiko Orrall of Massachusetts

SOCIAL SECURITY LAUNCHES NEW CAMPAIGN TO FIGHT SCAMMERS

WASHINGTON (TIP): The Social Security Administration launched a new Public Service Announcement (PSA) campaign to continue warning people about the ongoing nationwide telephone impersonation scheme. The PSAs feature a message from Social Security Commissioner Andrew Saul. Social Security and its Office of the Inspector General (OIG) continue to receive reports about fraudulent phone calls from people falsely claiming to be Social Security employees. The scammers mislead victims into making cash or gift card payments for help with purported identity theft, or to avoid arrest for bogus Social Security number problems.

"I want every American to know that if a suspicious caller states there is a problem with their Social Security number or account, they should hang up and never give the caller money or personal information. People should then go online to oig.ssa.gov to report the scam call to Social Security," said Commissioner Saul.

People should also be on the lookout for a new version of this scam. Fraudsters are now emailing fake documents in attempts to get people to comply with their demands. Victims have received emails with

attached letters and reports that appear to be from Social Security or the OIG. The letters may use official letterhead and government jargon to convince victims they are legitimate; they may also contain misspellings and grammar mistakes.

The new PSA addressing the telephone impersonation scheme is available online at www.youtube.com/socialsecurity and below:

Social Security employees do occasionally contact people—generally those who have ongoing business with the agency—by telephone for business purposes. However, Social Security employees will never threaten a person, or promise a Social Security benefit approval, or increase, in exchange for information or money. In those cases, the call is fraudulent and people should just hang up.

Generally, the agency mainly calls people who have recently applied for a Social Security benefit, someone who is already receiving payments and requires an update to their record, or a person who has requested a phone call from the agency. If a person is not in one of these situations, they normally would not receive a call from the agency.

Social Security will not:

- Tell you that your Social Security number has been suspended.
- Contact you to demand an immediate payment.
- Ask you for credit or debit card numbers over the phone.
- Require a specific means of debt repayment, like a prepaid debit card, a retail gift card, or cash.
- Demand that you pay a Social Security debt without the ability to appeal the amount you owe.
- Promise a Social Security benefit approval, or increase, in exchange for information or money.

If there is a problem with a person's Social Security number or record, in most cases Social Security will mail a letter. If a person needs to submit payments to Social Security, the agency will send a letter with instructions and payment options. People should never provide information or payment over the phone or Internet unless they are certain of who is receiving it.

To get more Social Security news, follow the Press Office on Twitter @SSAPress. (Press Release)



Social Security Administration Commissioner Andrew Saul has warned Americans against scammers

AIR INDIA PLANE WITH 324 INDIANS EVACUATED FROM WUHAN LANDS IN DELHI

NEW DELHI (TIP): Air India's jumbo B747 plane, evacuating 324 Indian nationals from the novel coronavirus-hit Wuhan in China, landed here on Saturday morning, officials said.

The plane reached Delhi around 7.30 am, they said. There were five doctors from Ram Manohar Lohia (RML) Hospital and one paramedical staff on board, said an Air India spokesperson.

The evacuees from Wuhan comprised three minors, 211 students and 110 working professionals, the spokesperson said.

The Army has set up a quarantine facility in Manesar near Delhi to keep those evacuated from China's Hubei province.

Officials said they would be monitored for any signs of infection for two weeks by a qualified team of doctors and staff members.

"With 324 passengers, special flight has taken off for India from Wuhan. It may reach Delhi at 7.30 am," said the Air India spokesperson at 1.19 am on Saturday.

The flight had departed from Delhi airport at 1.17 pm on Friday to evacuate Indian nationals from China, where more than 250 people - none of them Indian - have died due to novel coronavirus.

On Friday evening, the Air India spokesperson had stated that another special flight might take off from Delhi airport on Saturday to evacuate Indians from Wuhan.

The death toll from the novel coronavirus outbreak in China has risen to 259 with total confirmed cases surging to 11,791 amid stepped-up efforts by a number of countries to evacuate their nationals from Hubei province, the epicentre of the virus, officials said on Saturday.

Jamia shooting: Delhi court sends gunman to 14-day protective custody

NEW DELHI (TIP): The 17-year-old youth who fired at students of the Jamia Millia Islamia university during an anti-Citizenship Amendment Act (CAA) protest on Thursday, was sent to 14-day protective custody by a Delhi court on Friday.

The youth was earlier produced before the Juvenile Justice Board, PTI reported.

Delhi Police sources told NDTV the shooter showed "no remorse for his actions", that he had been influenced by social media, TV coverage and WhatsApp videos, and he wanted to create panic at Shaheen Bagh. "He did not know how to get to Shaheen Bagh. An auto driver dropped him off at Jamia and told him he could not go to Shaheen Bagh as the road is shut. He told him to walk it," a police officer told NDTV.

On Thursday, protesters and police personnel faced off near the university after the youth fired a pistol at a group of anti-CAA protesters, injuring a student before walking away while waving the firearm over his head shouting "yeh lo aazadi".



India to grow 6-6.5% next year: Economic Survey

Deepak Dwivedi

NEW DELHI (TIP): India's economic growth is expected to "strongly rebound" to 6-6.5 per cent in 2020-21 from 5 per cent estimated in the current fiscal, the Economic Survey said on Friday, adding that the government with a strong mandate has the capacity to expedite reforms.

The Economic Survey 2019-20 tabled in Parliament said there are tentative signs of bottoming out of slowdown in manufacturing activity and global trade, which will have a positive impact on growth in the next fiscal.

The government's thrust on affordable housing, Make in India, reduction in corporate tax rate, and improvement in ease of doing business, besides others factors, will help in boosting economic growth, it said.

However, it has also cautioned that continued global trade problems, escalation in US-Iran geopolitical tensions, and weak economic recovery in advanced economies are the downside risk which have the potential to drag down the growth.

"On a net assessment, it appears that the upside risks should prevail, particularly when the government, with a strong mandate, has the capacity to deliver expeditiously on reforms.

"GDP growth of India should strongly rebound in 2020-21 and more so on a low statistical base of 5 per cent growth in 2019-20," said the survey tabled by Finance Minister Nirmala Sitharaman.



Chief Economic Adviser Krishnamurthy Subramanian.

On a net assessment of both the downside/upside risks, it said "India's GDP growth is expected to grow in the range of 6 to 6.5 per cent in 2020-21."

On 2019-20 GDP, it said the estimate of 5 per cent growth suggests an uptick in expansion in the second half of 2019-20.

The survey also stresses that deceleration in GDP growth can be understood within the framework of a slowing cycle of growth. The financial sector has acted as a drag on the real sector.

The survey said that the uptick in second half of 2019-20 would be mainly due to 10 positive factors like picking up of Nifty India Consumption Index for the first time this year, an upbeat secondary market, higher FDI flows, build-up of demand pressure, positive outlook for rural consumption,

rebound of industrial activity, steady improvement in manufacturing, growth in merchandise exports, higher build-up of foreign exchange reserves and positive growth rate of GST revenue collection.

The document also emphasised that merger of public sector banks may increase the financial strength of the merged entities, lower the risk aversion and result in lowering of lending rates.

Further, as the implementation of GST further settles down, the increased unification of the domestic market may reduce business costs and facilitate fresh investment.

Reforms in land and labour market may further reduce business costs, said the survey, presented a day before Sitharaman's Union Budget 2020-21.

4 DELHI GANG RAPE CONVICTS GET A REPRIEVE, JUDGE CANCELS DEATH WARRANT

NEW DELHI (TIP): Just 12 hours before the four men who raped a 23-year-old in 2012 were to be led to the gallows at Tihar, a Delhi court on Friday stayed the black warrant for their execution. This was the second time that their execution was put off by the judge. This time, the judge did not issue a fresh warrant for their execution.

Several hours earlier, Judge Dharmender Rana had heard the lawyer of the convicts seek cancellation of the death warrants since the four were yet to exhaust their legal options. One mercy petition is still pending before the President.

A little after 5 pm, the judge emerged from his chambers to deliver his one-line verdict. "Execution Order Stayed Till Further Orders," he said.

In the written order that was made available later, the judge ruled that seeking redressal of one's grievances through procedures established by law is the hallmark of any civilized society.

"The courts of this country cannot afford to adversely discriminate any convict, including death row convict, in pursuit of his legal remedies, by turning a Nelson's eye towards him" the judge underscored.

The convict's lawyer had cited the prison manual which says that in a case where more than one person has been handed over the death penalty, the execution cannot take place unless all the convicts have exhausted their legal options.

PREZ CALLS CAA HISTORIC, DRAWS OPPN PROTESTS

NEW DELHI (TIP): Hailing the new citizenship law as "historic" and a fulfilment of Mahatma Gandhi's wish, President Ram Nath Kovind today deprecated violence in the name of protests, saying it weakened the society and nation, remarks that came amid protests against the contentious law.

The President's glowing reference to the Citizenship (Amendment) Act in his address to a joint sitting of Parliament drew protests from Opposition members, many of whom wore black bands, with some shouting "shame shame", while BJP MPs thumped benches in support. The President said the government enacted the CAA in tune with the wishes of Mahatma Gandhi who had said that Hindus and Sikhs who did not wish to live in Pakistan could come to India.

Delivering his 70-minute address in Hindi which marks the start of the Parliament's Budget session, Kovind pointed out that mutual discussions and debates strengthen democracy. "Any kind of violence in the name of protests weakens the society and the nation," he said. Condemning the religious persecution of minorities in Pakistan, he urged upon the global community to take a note of it.

He said doing away with Articles 370 and 35(A) had paved the way for speedy development of Jammu and Kashmir and Ladakh. Elections were held for about 4,400 panchayats and 300 Block Development Councils, while 24,000 houses were constructed under the Pradhan Mantri Awas Yojana in Jammu and Kashmir, he said.

COV TOLL HITS 213, WHO DECLARES EMERGENCY

BEIJING (TIP): The death toll in China's coronavirus epidemic spiked to 213 and total infections reached 9,692, the government said on Friday as the World Health Organisation (WHO) declared the outbreak that has spread to more than a dozen countries, including India, as a global health emergency. The death toll rose to 213, mostly of elderly people, after 43 new deaths all but one in Hubei, the epicentre of the outbreak, China's national health authorities said, adding that 1,982 new cases had been confirmed, bringing the total to 9,692.

About 20 countries, including India, the UK, US, South Korea, Japan and France, have reported confirmed cases of the virus in travellers coming from China. The WHO, which held an emergency meeting in Geneva on Thursday, on declared the outbreak a global health emergency, a rarely used designation that could lead to improved international co-ordination in tackling the disease. "Our greatest concern is the potential for the virus to spread to countries with weaker health systems," WHO chief Tedros Adhanom Ghebreyesus said as he announced the virus as a Public Health Emergency of International Concern. — PTI



Nations should not overreact: China

China has said all countries should behave in a 'responsible' manner and avoid overreaction that may result in more negative spillover effects. "China is decisively working to control the deadly outbreak of the novel coronavirus," Chinese ambassador Chen Xu told reporters in Geneva on Friday, insisting there was no need for countries impose "excessive measures" like border closures. Agencies

Britain cuts loose from EU

PM Johnson hails dawn of new era for country

BRUSSELS (TIP): The EU's three chiefs hailed Britain's departure from the bloc on Friday as "a new dawn for Europe", warning London would not keep the benefits of membership when it leaves.

Charles Michel, Ursula von der Leyen and David Sassoli — the presidents of the EU Council, European Commission and European Parliament, respectively — used an open letter published in European newspapers to say they would do "everything in their power" to make the new relationship with Britain a success.

The three EU leaders made clear they would not roll over easily or allow Britain to "have its cake and eat it", insisting Britain could not have full access to the EU market unless it agrees to follow European labour, taxation and environmental rules. "How close that partnership will be depends on decisions that are still to be taken," they wrote.

"This is the moment when the dawn breaks and the curtain goes up on a new act. It is a moment of real national renewal and change," Downing Street said in a read-out of Prime Minister Boris Johnson's address to the nation. — Agencies

What's next for uk?

Prime Minister Boris Johnson has a bulging to-do list for what he has cast as a "new dawn" for the country. Below are the biggest issues he has to deal with:

TRADE: As soon as the UK formally



Joy, sadness alike

The UK left the European Union on Friday in a major blow to 70 years of efforts to forge European unity from the ruins of two world wars. Britons either side of the Brexit divide expressed either sadness or delight. For proponents, Brexit is "independence day" — an escape from what they cast as a doomed German-dominated project that is failing its 500 million people. "I voted to leave," said Mark Campbell, a 52-year-old writer. "Let's hope it's a success. I mean, also, 50 years is nothing." "It's a very sad day," said Roger Olsen, an engineer. Reuters

leaves the EU, it can start negotiating trade deals with other countries

TRUMP AND CHINA: Johnson granted Huawei a limited role in Britain's 5G mobile network on Tuesday, frustrating a global attempt by the Trump-led US to exclude the Chinese telecoms giant from the West's next-generation communications. It is unclear what impact the decision will have on relations with the US — UK's closest ally

ECONOMY: Some businesses are reporting a post-election "Boris bounce" recovery, and finance minister Sajid Javid says he is hopeful UK's economic growth can bounce back to its pre-financial crisis levels of nearly 3% a year.

In Egypt, 12-year-old girl dies after genital mutilation

CAIRO (TIP): A 12-year-old girl died this week in southern Egypt after her parents brought her to a doctor who performed female genital mutilation, a criminal practice that remains widespread in the region, according to a judicial statement.

The girl's death in the province of Assiut prompted Egypt's public prosecutor to order the arrests of her parents and the physician who performed the procedure, also known as female circumcision, said the statement released late January 29 by the prosecutor's office.

"Judges are lenient when it comes to cases entailing violence against women." — AP

Russian strikes kill 10 civilians in Syria's Idlib

ARIHA (SYRIA) (TIP): Russian air strikes near a bakery and a medical clinic in Syria's rebel-held Idlib region killed 10 civilians on Thursday as government forces kept up a ground offensive.

The government and its allies have upped their deadly bombardment of the last major rebel bastion, slowly chipping away at it from the south.

Rebel-held territory has shrunk to just over half of Idlib province, along with slivers of neighbouring Aleppo and Latakia, following a series of government gains. — AFP

German nurse accused of poisoning babies with morphine

FRANKFURT AM MAIN (TIP): A nurse in Germany has been arrested on suspicion of poisoning five premature babies with morphine, police said on January 30, adding that the infants had survived.

The woman was taken into custody on Wednesday after investigators found a syringe containing breast milk and traces of morphine in her locker at Ulm university hospital in southern Germany.

The babies, who were between one day and one month old and staying in the same hospital room, all suddenly developed breathing problems "at almost the same time" in the early hours of December 20, Ulm police chief Bernhard Weber said.

"Only because of the immediate action taken by the staff could the five lives be saved," he told a press conference.

Doctors do not expect the infants to suffer any lasting harm.

The young nurse taken into custody has yet to be formally charged but faces five counts of attempted manslaughter, Ulm prosecutor Christof Lehr said at the same press conference. She denies poisoning the babies, he added. Hospital staff initially suspected the infants had caught an infection, "but this could be ruled out after urine tests", police chief Weber said. AFP



AKSHAY KUMAR'S 'BELL BOTTOM' GETS NEW RELEASE DATE

Akshay is one of the busiest actors in Bollywood. He announced that Bell Bottom will now release on April 2, 2021. He joked that there were enough memes about his films clashing at the box office with each other. Meanwhile, Akshay has now confirmed two films in 2021 already. Bell Bottom is said to be set in the '80s and will be "a roller-coaster spy ride". Actress Mrunal Thakur is expected to play the lead opposite Akshay in Bell Bottom.

Another poster of Bell Bottom was also unveiled as the film's new release date was announced. In the hues of sepia, the Akshay can be seen donning a coffee brown blazer and matching trousers along with dark shades and big moustache in the vintage looking poster of Bell Bottom. As he poses in front of a red vintage car, a flight is seen taking off behind him amid grim and dark clouds.

MALANG: DISHA PATANI & ADITYA ROY KAPUR STARRER GRANTED 'A' CERTIFICATE

Aditya Roy Kapur and Disha Patani starrer Malang happens to be one of the most talked about movies which is going to be released this year.

The movie has been making a lot of headlines ever since its inception. The release of its trailer has further piqued the interest of the audiences. Now as per the latest media reports, the action thriller has been granted an A certificate by the CBFC. However, this did not move forward without certain verbal cuts!

According to the same reports, the makers of Malang have been asked to remove certain scenes from the movie where there has been a use of drug-related terms like 'ecstasy,' 'pot,' and 'joint.' The board did not have any issue with the intimate scenes though which have been filmed between Disha and Aditya. Other than that, the makers have also been directed to anti-drug tickers along with rhyming messages in few scenes from the movie.

As per the reports, a particular scene involving a religious symbol also fell under the board's radar and has been instructed to be chopped off from the movie. The makers have been instructed to add a disclaimer during the filming which will contain a message that the characters of Malang do not support any kind of violence or atrocities against women. Talking about the movie, it also features Kunal Kemmu and Anil Kapoor in pivotal roles. Malang has been directed by Mohit Suri and is slated to be released on February 7, 2020.



SUNNY LEONE SAYS SHE HAS NO EGO, WILL 'SERVE CHAI' ON HER SETS IF NECESSARY

Producing movies is a natural progression for many actors in the film industry, and Sunny Leone is set to step into that phase of her career. The 38-year-old actor is turning a producer, and will soon begin shooting of her film. "I'm right in the middle of a project which will go on floors this year. I'm excited. It doesn't have a social message. It is a fiction; a psychological thriller," shares Sunny.

She further adds, "In Bollywood, unless you're a Salman, Aamir or Shah Rukh (Khan) or one of those people making these huge films, a lot of films have to fit into a certain budget. If the budget is under my control and the story is also under my control, then I can never say that it was the producer or the director's fault. I want to test that theory on my own."

The actor along with her husband, Daniel Weber, is closely working on the project. She says that the finance is being handled by them.

"We usually do see a turn of profit. That's extremely exciting because we know exactly where we



need to go and we have the right people in place. I have no ego. If I have to go and serve chai to somebody on my films' sets, I would do it. For me, everyone is equal, until they show me that they are not a nice person. The production and the shooting of the film will be interesting," she says.

Besides her production, Sunny is also looking at her various acting projects, this year. "There is one action project, one drama and there is also one father-daughter story. So there is a variety of work coming my way both in films and web projects and you can enter different spaces you want," she says.



ALAYA F WAS REJECTED SEVERAL TIMES BEFORE JAWAANI JAANEMAN

One more star kid is entering the entertainment industry and as usual, the expectations are sky-high. We are talking about Pooja Bedi's daughter and Kabir Bedi's granddaughter Alaya F, who is gearing up for her Bollywood debut with Saif Ali Khan and Tabu starrer, Jawaani Jaaneman, which is set to hit screens this Friday. The promo and songs have received a positive feedback from the audience and we are expecting the film to take a decent start at the box office.

Looking at the promo, we believe Alaya has the spark and we are hoping she will impress us with her acting skills. In a recent interview with Filmfare, the 22-year-old actress revealed that despite being a star kid, she was never approached for a film and got rejected several times. "I got rejected several times, then, was lucky enough to bag this film. I'm glad that I got rejected and grateful my debut is happening with Saif Sir and Tabu ma'am."



THE BATMAN BEGINS FILMING

Matt Reeves' *The Batman* has started production. The DC superhero movie is a reboot of the Batman franchise and is expected to bear no connection to Ben Affleck's *Batman*.

We do not know the specifics, but the film will be a standalone movie, not related to anything in the rest of the DC film universe. It will likely not be an origin movie. Reeves has said that the film will focus on Batman's detective skills, something which has not been explored in detail yet.

"I really like Matt Reeves and his set up. I mean it's an interesting direction. It's something from the comics which hasn't been really explored yet," Pattinson told *Variety* last month.

The film has accumulated an impressive cast of characters. Apart from Pattinson as the Caped Crusader, it stars Zoë Kravitz as Catwoman, Paul Dano as Riddler, Andy Serkis as Alfred Pennyworth, Colin Farrell as Penguin and Jeffrey Wright as Jim Gordon.

A YEAR ON, MILEY CYRUS AND LIAM HEMSWORTH FINALIZE THEIR DIVORCE

Miley Cyrus and Liam Hemsworth have finalized their divorce 13 months after they tied the knot.

The former couple were officially declared single on Tuesday, according to new legal documents obtained by PEOPLE.

There were no "community property assets or liabilities" created during their marriage and neither Hemsworth or Cyrus is seeking spousal support, according to the court papers.

The documents cited "irreconcilable differences" as the reason for the split.

Attorneys for both Cyrus, 27, and Hemsworth, 30, did not immediately respond to PEOPLE's request for comment.

The former couple is believed to have come to a settlement last month. A source told PEOPLE in December that Cyrus was "relieved that she and Liam reached an agreement when it comes to the divorce," adding "She just wants to move on."

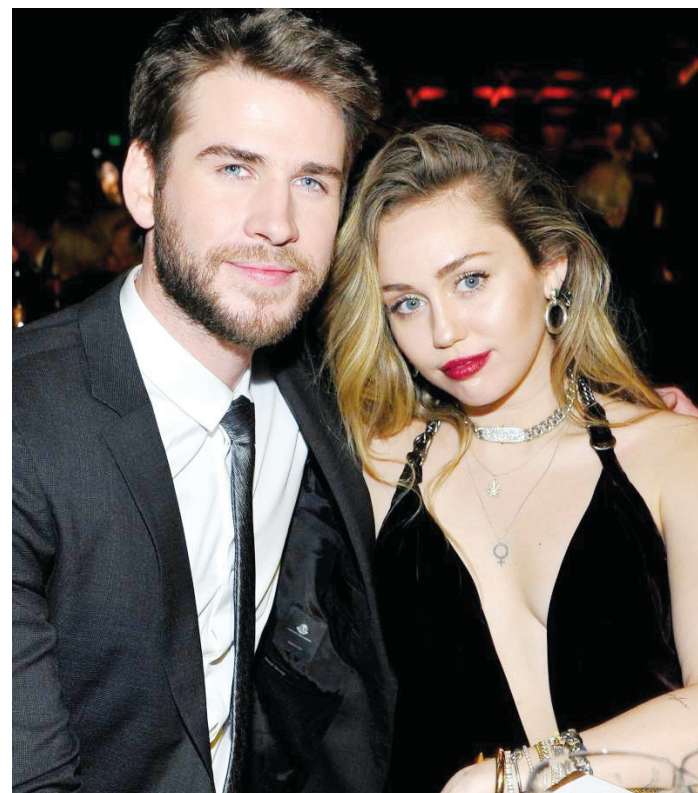
Cyrus and Hemsworth got married in December 2018 with *The Hunger Games* star filing for divorce just months later in August.

Since the split, both Cyrus and Hemsworth have both moved on.

A source previously told PEOPLE that Cyrus' new relationship with Cody Simpson is going "great," adding, "They had a wonderful Christmas day with her family. They are also talking about an Australia trip next year. Miley seems very happy."

Over the weekend, Hemsworth and his new girlfriend Gabriella Brooks were seen grabbing a bite to eat in Malibu, California. The sighting comes after the pair were spotted packing on the PDA during a trip to Hemsworth's home country Australia.

"Liam and Gabriella have spent a lot of time in Australia together," a source previously told PEOPLE of the duo,



adding that they were "getting serious."

Cyrus and Hemsworth, who met in 2009 on the set of Nicholas Sparks' romantic drama *The Last Song*, had a rocky, on-again, off-again relationship for years before he proposed in 2012.

The two ended their engagement and broke up a year later, before reconciling in 2015.

Pamela Anderson marries for the fifth time

Former *Baywatch* star Pamela Anderson has tied the knot for a fifth time, to hairdresser-turned-Hollywood mogul Jon Peters. The actor and animal rights activist wed *Batman* producer Peters on Monday, more than three decades after the pair first dated.

"They were married yesterday in a private ceremony in Malibu. They love each other very much," a source connected to the couple told AFP. Penning a lovestruck statement in the form of a poem after the nuptials, Anderson dubbed Peters "the original 'bad boy' of Hollywood."

"No one compares -- I love him deeply like family," Anderson wrote to *The Hollywood Reporter*. Canadian-born Anderson, 52, has previously been married to rockers Tommy Lee and Kid Rock. She twice wed professional poker player Rick Salomon.

More recently she dated French soccer star Adil Rami, with whom she lived in France. Peters, 74, a former hair stylist, rose to Hollywood prominence after a high-profile romance with Barbra Streisand, going on to produce her 1976 version of *A Star Is Born*.

He subsequently oversaw the Tim Burton *Batman* films in the 1980s and 1990s, and brought another DC comic



books icon back to the screen in 2006's *Superman Returns*. He was co-chairman of Columbia Pictures for a stint in the 1990s.

Peters told THR: "There are beautiful girls everywhere. I could have my pick, but -- for 35 years -- I've only wanted Pamela." Peters reportedly first met Anderson at the *Playboy* Mansion in the 1980s, and proposed to her shortly after.

But until recently the pair had grown apart -- when asked about their relationship in an interview with THR in 2017, Peters said: "You'll have to do your research. I can't even remember anymore."

JESSICA SIMPSON TO RELEASE FIRST NEW MUSIC IN NEARLY A DECADE



New Jessica Simpson music is on the way! While promoting her upcoming memoir, *Open Book*, the 39-year-old singer revealed that, in conjunction with the book's release, she'll also drop six new songs that tell her story. The songs will be included on the memoir's audio book, which Simpson narrated herself.

"It's been a long hard deep emotional journey, one that I've come through the other side with pure happiness and fulfillment and acceptance of myself," she tells *People*. "I've used my pain and turned it into something that can be

beautiful and hopefully inspiring to people."

"I've never felt more inspired," Simpson adds. "There is power in the truth." The upcoming songs will mark Simpson's first foray into music since 2010, when she released *Happy Christmas*.

During a 2015 interview with *Today*, Simpson teased that she would "absolutely" return to music someday.

"That's how I started, and that's one of my biggest passions in the world," she said at the time. "I love to use my voice."

Open Book will hit shelves Feb. 4.

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Cinematters/JCC host NY Social Justice Film Festival on MLK Weekend

By Mabel Pais

"TOGETHER WITH OUR COMMUNITY, THE MARLENE MEYERSON JCC MANHATTAN CREATES OPPORTUNITIES FOR PEOPLE TO CONNECT, GROW, AND LEARN WITHIN AN EVER-CHANGING JEWISH LANDSCAPE." - **JCC MISSION STATEMENT**

"THE MARLENE MEYERSON JCC MANHATTAN IMAGINES JEWISH LIFE THAT IS DIVERSE AND ENGAGES MEANINGFULLY WITH ITS VALUES, CULTURE, AND IDEAS IN EVERYDAY LIVES." - **JCC, VISION STATEMENT**

"WE BELIEVE IN ACCESSIBILITY." "WE STRIVE TO CREATE AN INCLUSIVE AND ACCOMMODATING ENVIRONMENT FOR PEOPLE OF DIFFERENT BACKGROUNDS AND ABILITIES WITH OPPORTUNITIES FOR GROWTH AND CONNECTION." - **A JCC CORE VALUE**

The First 'Cinematters: NY Social Justice' Film Festival to honor MLK weekend was held January 16-20 primarily at the Marlene Meyerson Jewish Community Center (JCC), Manhattan.

Cinematters: NY Social Justice Film Festival presented impactful films to engage the community toward a more democratic, inclusive, and just society. The festival explored various themes of social inequality, injustice, and responsibility. Through films, special events, and conversations, the Festival aims to inspire participants to reflect and take action and to create a community of civic-minded individuals eager to make a collective change. In the spirit of Dr. King's legacy, our ultimate goal is to promote social action that leads to positive change in our society and beyond.

The following is the list of films shown each day -

Opening Night | 'All Rise,' followed by the Opening Night Reception, Thu, Jan 16, 7 pm @ JCC. Dir. Anthony Mandler; Writers: Radha Blank, Cole Wiley, Janece Shaffer; 98 min | Narrative

"Monster" is what the prosecutor calls 17-year-old honors student and aspiring filmmaker Steve Harmon, charged with felony murder. But is Steve really a monster? Adapted from the best-selling novel 'Monster' by Walter Dean Myers.

'Always in Season,' Dir. Jacqueline Olive, 90 min | Documentary, Fri, Jan 17, 12:30pm and Sun, Jan 19, 4:30pm

Claudia Lacy moves from paralyzing grief to leading the fight for justice for her son, Lennon. Lennon's case, and the suspicions surrounding it, intersect with stories of other communities committed to breaking the silence of their own recent histories and leading the way to justice.

'American Muslim,' Dir. Adam Zucker, 82 min | Documentary, Fri, Jan 17, 7 pm @ JCC, Fri, Jan 17, 3pm @ IFP

In the initial 18-month battle over the Muslim ban, five Muslim-Americans in New York City confront the Age of Trump.

Film and Shabbat Shabbang 7pm. Film was followed by Q&A.

'Changing the Game,' Dir. Michael Barnett, 95 min | Documentary, Sat, Jan 18, 5 pm @ JCC

This dynamic documentary takes us into the lives of three transgender high school athletes-all at different stages of their athletic seasons, personal lives, and unique paths experiencing both success and fierce resistance in the world of sports.

'Praying With My Legs,' Dir. Steve Brand, US | 27 min, Sat, Jan 18, 4 pm @ JCC

Praying with My Legs explores the life, thought and transformative impact of Rabbi Abraham Joshua Heschel: scholar, mystic, devout Jew, fervent advocate for social justice and one of the most powerful voices of the religious left in the 20th Century. This screening, presenting a 27-minute excerpt of the work-in-progress, features Heschel's social justice activism and highlights his bond with Martin Luther King Jr. in the struggle for civil rights and in their mutual opposition to the war in Vietnam.



Steve Harmon in Opening Night 'All Rise.'

'Slay the Dragon,' Dirs. Barak Goodman and Chris Durrance, 101 min | Documentary, Sat, Jan 18, 7:30 pm @ JCC

A secretive, high-tech gerrymandering initiative launched 10 years ago threatens to undermine our democracy. Slay the Dragon follows everyday people as they fight to make their votes matter.

Thirst for Justice, Dir. Leana Hosea, East Coast Premiere, 70 min | Documentary, Sun, Jan 19, 2 pm @ JCC

In the face of official denial and repression, extraordinary citizens fight for clean water. Can they succeed?

'We Are the Radical Monarchs,' Dir. Linda Goldstein Knowlton, 97 min | Documentary, Sat, Jan 18, 2 pm @ JCC

The Radical Monarchs, a group of young girls of color at the front lines of social justice in Oakland, was started by two fierce queer women of color. We follow them as they face the challenge to grow the organization, before and after the 2016 election.

'The All-Americans,' Dir. Billy McMillin, 98 min | Documentary, Sun, Jan 19, 4:30 pm @ JCC

Every year, in the nation's largest Latino immigrant community, a game between the country's fiercest high school football rivals draws over 25,000 spectators. The All-Americans follows four players struggling to find their place in today's America, as they prepare to play in the East LA Classic.

True Justice: Bryan Stevenson's Fight for Equality, Dir. Peter Kunhardt, George Kunhardt + Teddy Kunhardt, 101 min | Documentary, Mon, Jan 20, 2 pm @ JCC, Mon, Jan 20, 4:30 pm @ BEDFORD

Bryan Stevenson, founder of the Equal Justice Initiative, advocates on behalf of the condemned, seeking to eradicate racial discrimination. We follow his struggle to create greater fairness and see how racial injustice emerged, evolved, and continues to threaten the country.

Closing Night | Harriet, Dir. Kasi Lemmons, Writers: Gregory Allen Howard, Kasi Lemmons, 125 min | Narrative

Based on the thrilling and inspirational life of an iconic American freedom fighter, Harriet tells the tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Her courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history. Mon, Jan 20, 5 pm @ JCC

Pre-film Closing Night Reception 4 pm @ JCC

Special Events

Special Events, some free, some paid, were held alongside the film screenings each day.

Shabbat Shabbang, Friday, January 17 night

Shabbat Shabbang refers to the Sabbath (Saturday), a day of rest when certain Jewish rituals are practiced. Shabbang is a community celebration dinner on the Sabbath. This was held on Friday and Saturday nights during the Festival. There was a charge to participate.

The JCC dinners, at other times, include films, panels, and music that inspires social action-taking the spiritual practice of breaking bread together and using the shared time to explore social justice, history, current and political happenings, and other matters of interest to Jewish and NYC audiences.



Harriet Tubman in Closing Night 'Harriet'



Anti-Gerrymandering Leader, Katie at Town Hall, in 'Slay The Dragon.'

Shabbat Shabbang, at the JCC, is held approximately once a month on Saturday nights.

R&R refers to Rest and Relaxation, an exercise and rejuvenation practice was held on Saturday 2-5 p.m. This was free and open to all. You don't need to be a member. Suitable for adults and children, this day included films and artists, storytelling, the Peace of Heart Choir, social justice text study, art, yoga, musical performances, discussions, panels, open play, and more.

At other times at the JCC, R&R is held every Saturday, 2-5 p.m. throughout the winter (November to March), every year.

Cinematters Social Justice Fair, Sun, Jan 19, 12 - 5 pm

This was an opportunity to speak face-to-face with representatives from community organizations doing powerful social justice work across a wide variety of issues including climate change, housing justice, immigrant and refugee rights, and more! Participants at the Festival were invited to plug in, get connected, and take action.

MLK Morning of Advocacy and Service: Documentary Storytelling with 'Great Big Story,' - Age range: Adults, Sun, Jan 19

For the past four years, 'Great Big Story' (GBS) has tackled stories from every corner of the world, while offering a platform for voices lacking representation. With a focus on inspiring viewers through people, places, food and cultures that bring us together, 'Great Big Story' brings a fresh and unique approach to short form. Documentary storytelling: Executive Producer Sadie Bass and Supervising Producer Samantha Stamler demonstrated the insightful lesson examining how GBS uncovers stories while cutting through the crowded media landscape.

From Intention to Action: A Morning of Advocacy + Service, MLK Day, Jan 20, 11 am-2 pm

On MLK Day, a morning of learning, reflection, service, and action to honor Dr. King's legacy was held. Participation in workshops on how to take action on immigrant rights, environmental justice, racial equity, and more; or participation in hands-on service projects, including cooking a meal for the B'nai Jeshurun/The Church of St. Paul and St. Andrew Homeless Shelter was encouraged.

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SAD TO SUPPORT BJP IN DELHI ASSEMBLY POLLS

NEW DELHI (TIP): The BJP and its oldest ally, Shiromani Akali Dal (SAD), seemed to have made up on Wednesday. BJP president J.P. Nadda went over to SAD chief Sukhbir Singh Badal's residence here for what was a patch-up meeting after the two parties fell out over the seat-sharing for the Delhi Assembly election.

Addressing a press conference with Badal, Nadda said: "One of the oldest constituents of the BJP-led NDA, the SAD has always been at the forefront of serving society. A strong coalition between the BJP and the SAD will remain intact." He also thanked the SAD for deciding to support the BJP in Delhi, though its sitting MLA Manjinder Sirsa had been denied ticket. The SAD had supported the Citizenship (Amendment) Act in Parliament, but has consistently been stating — both in the House and outside — that the Muslims should be added to the list of communities under the Act.

When talks broke down between the BJP and the SAD over seat-sharing, Sirsa alleged that this was one of the reasons for the pact being broken.

Backing for CAA

At the press conference, Badal, however, clarified: "We never broke our alliance with the BJP. We were just considering the possibility of contesting separately. We have supported the CAA from the beginning and have consistently raised the issue of persecuted Sikhs in Pakistan and Afghanistan with the NDA government."

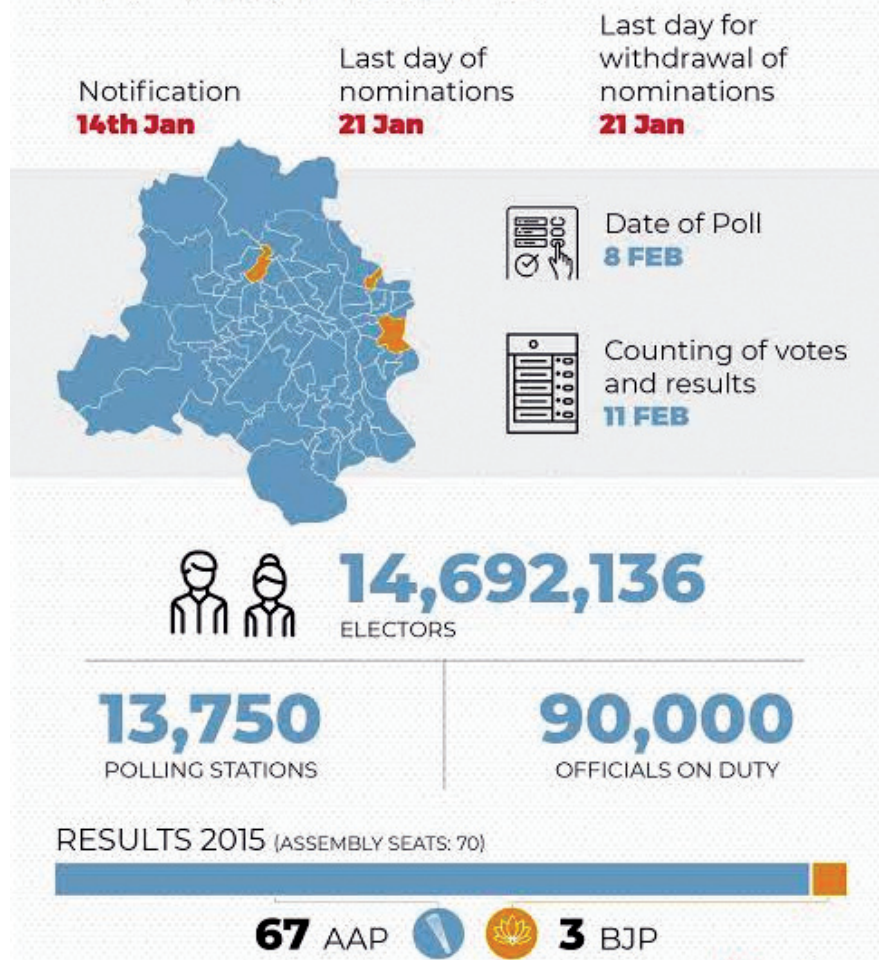
The SAD had been given three seats in Delhi in the last three elections, but was kept out of the alliance this time, with the Janata Dal (United) getting two seats and the Lok Janshakti Party one.

All set for fierce battle in Delhi

NEW DELHI (TIP): The fight for Delhi Assembly Election 2020 is getting fiercer with BJP fielding state Yuva Morcha President Sunil Yadav from the New Delhi constituency against Chief Minister Arvind Kejriwal. BJP, which is trying desperately to dethrone Kejriwal's Aam Aadmi Party (AAP) this time, has announced the list of 10 candidates so far, while AAP's has already announced the list of all its candidates for the Delhi Assembly polls. Congress, on the other hand, has released a list of 61 candidates, fielding Romesh Sabharwal against Chief Minister Arvind Kejriwal. The Congress ruled the mega city for three consecutive terms from 1998 to 2013. It is for the first time that it'll go in the Delhi assembly polls in alliance with another party, Rashtriya Janata Dal (RJD). From BJP, prominent among those who've got tickets are Delhi BJP spokesperson Tajinderpal Singh Bagga from Hari Nagar and BJP's Purvanchal Morcha president Manish Singh from Delhi Cantonment. In an unusual twist, BJP's age-old ally, Shiromani Akali Dal (SAD), is not contesting along with the saffron party this time. Instead, the BJP has roped in JD (U) and Lok Janshakti Party (LJP).

The Delhi Assembly election 2020 will be held on February 8 and the results will be announced on February 11. It will be a three-cornered contest this time between the ruling Aam Aadmi Party (AAP), the BJP and the Congress. Present Delhi chief minister Arvind Kejriwal-led AAP saw a thumping win in 2015 Assembly elections with the party bagging 67 seats, leaving just three (seats) for the BJP.

DELHI POLLS IN NUMBERS



The Model Code of Conduct has come into effect in Delhi after Chief Election Commissioner Sunil Arora's announcement on Monday. He also said that 90,000 policemen will be deployed for the smooth conducting of Delhi election. There are 13,750 polling stations in Delhi.

There are 58 general category seats, 12 for SC and none for STs in Delhi assembly. According to the chief electoral officer (CEO) Delhi Ranbir Singh, there are a total of 1,46,92,136 (1.46 crore) voters in Delhi comprising 80.55 lakh males and 66.35 lakh females.

'Kejriwal Ka Guarantee Card' promises pollution-free city

Aam Aadmi Party (AAP) national convener Arvind Kejriwal launched the "Kejriwal Ka Guarantee Card", a 10-point shorter election manifesto of the party.

The card promises to make Delhi "pollution-free" and has fixed an aim to reduce air pollution by three times. It also promises to introduce "mohalla marshals" for women's safety.

The card also promises 11,000 buses and to increase Metro train lines to over 500 km.

"This is my guarantee to people of Delhi for the next five years. The manifesto will be launched later and it will have more things specific for students, teachers among others. This will be for everyone," he said. "Opposition is saying many of our schemes will be only till March 31, so this is our guarantee that these schemes will continue for the next five years," he added. "24 hour electricity will continue. 200 units of free electricity will continue," he said.



BJP OFFERS CHEAP FLOUR, 2-WHEELERS

The Bharatiya Janata Party (BJP) promised bicycles and electric scooters to disadvantaged girls who stay in school and make it to college, wheat flour (instead of grain) at Rs2 per kg to families from the economically weaker section (EWS), a new Yamuna riverfront, and insurance and health check-ups for cows, in its poll manifesto released on Friday.

The BJP also promised a comprehensive strategy to combat air, noise and water pollution in "mission mode". From installing air purifiers at traffic junctions to setting up charging stations for electric vehicles, the party listed measures which it said it will take to tackle air pollution, which has emerged as an annual health crisis in the winter months.

The Sankalp Patra (vision document) was silent on the subsidies in electricity and water bills currently given by the ruling Aam Aadmi Party (AAP), which is seeking to stay in power in the national capital.

Releasing the party's manifesto for the February 8 Delhi elections, Union road transport and highways minister Nitin Gadkari said that air and water pollution were two main concerns in the city.

The party's 48-page vision document promised Rs10,000 crore investment in infrastructure, 10,000 new buses, the creation of nine boards and commissions for the effective implementation of projects and welfare schemes for infrastructure development in unauthorised colonies and urbanised villages, and welfare schemes for traders and women.

Is Congress in sleep mode?

As star campaigners of AAP and BJP are making headlines and churning controversies in an all out attempt to woo voters, the third major participant in the poll race is missing in action. The rival leaders are firing salvos clocking overtime but the question that many are asking is, where is the Congress party?

Its manifesto is still at the printers, the campaign in cold storage and the party in sleep mode.

Better late than early?

Knowing that it is facing two highly charged up opponents, what is the Congress waiting for?

Well, the man in the thick of things, PC Chacko does not agree that the Congress has been slow. He, instead, feels that the BJP is overdoing it.

"The candidate offices are in order and committees are in place, we will roll out our star campaigners from 1st February to 6th of February. That is when the election campaign will be at its peak. We are on time. In fact, the BJP is desperate and overdoing it while [Delhi Chief Minister Arvind] Kejriwal is a marketing guru. He is just marketing lies," Chacko told India Today TV. He is the Delhi in-charge of the Congress. Wonder where the star campaigners are!

Congress president Sonia Gandhi is likely to address two rallies. Former Congress president Rahul Gandhi and Congress general secretary Priyanka Gandhi Vadra would be participating in roadshows covering almost seven to ten constituencies a day.

This is the second time when Priyanka Gandhi will campaign in Delhi. She had campaigned for late Sheila Dikshit during 2019 Lok Sabha election calling herself 'Dilli ki ladki' (the girl from Delhi).

Will Modi magic beat Kejriwal's governance?

NEW DELHI (TIP): Who will win the Delhi Assembly election 2020? Will Arvind Kejriwal-led Aam Aadmi Party (AAP) retain power on its claim of work on electricity, health, schools, and water, etc.? Or the Bharatiya Janata Party (BJP) will turn the table in the name of 'Modi, Mandir and persecuted Hindu minorities in Afghanistan, Bangladesh and Pakistan'?

This we will get to know on February 11. The Election Commission of India (ECI) has announced the schedule for the 11th Delhi Assembly Election. 1.46 crore voters of Delhi will cast their votes on February 8 to decide who will govern the national capital. Will the AAP retain power? Can the BJP end its dry-run in Delhi after 21 years? What is the role of the Congress party in this Assembly election?

DECISIVE NATURE OF DELHI VOTERS

This needs a careful reading of the Delhi voters' mood, as elections in Delhi at different levels produce different outcomes. Since the inception of the AAP in Delhi election 2013, the electoral fight became triangular. However, the choices of Delhi voters mostly very decisive when it comes to choose their government except 2013 polls- be it Assembly, Lok Sabha or MCD.

What is significant is that since the emergence of the AAP in Delhi, the Congress party has become a distant third party in the state which ran Delhi continuously 15 years between 1998 and 2013.

Second, that the AAP gained against the Congress mostly as the BJP's vote share has been continuously stagnant between 32 and 36 per cent in last three Assembly elections. The minimum for the BJP in Delhi Assembly was 32 per cent votes in 2015.

The third takeaway is that small parties and independents have been getting less attraction of voters in Delhi. In the last few elections, Assembly or Lok Sabha, the aggregate vote share of three major parties - AAP, BJP and Congress - has been more than 95 per cent of votes.

At the same point, who Delhi gives the mandate, they give 'chhappad phad ke'. In the last Assembly election, the AAP won 67 out of 70 seats, the BJP managed to win only 3 seats and the Congress was not able to open its account.

However, in the last Lok Sabha election 2019, the BJP was leading in 65 out of 70 Assembly segments while the Congress was leading in only 5 Assembly segments and the AAP was not leading in even a single Assembly segment.

Even in terms of vote share, it is totally surprising how Delhi's voters behave very decisively and one sided in different elections. The AAP had 54 per cent of votes in Delhi Assembly election in 2015 but the vote share reduced to 18 per cent in the 2019 Lok Sabha election. On the other hand, the BJP's vote share in 2019 Lok Sabha jumped 25 per cent from the 2015 Assembly election.

KEJRIWAL AND HIS CHALLENGE

The vote swing of Delhi voters makes Delhi election interesting till the last moment. As one of the recent survey on Delhi governance done by the prestigious institution Lokniti-CSDS suggested a very high level of satisfaction with the performance of the Arvind Kejriwal government in the state.



86 per cent of the total respondents said they are either fully satisfied (53 per cent) or somewhat satisfied (33 per cent) with Kejriwal. This satisfaction level not only comes from the Arvind Kejriwal's personal popularity as the chief minister but also comes from the benefits of the different welfare schemes like free water charge, low price of electricity, implementation of Mohalla Clinic and improvement in school infrastructure, etc.

However, the fight for the Delhi Assembly election 2020 is not very easy for the AAP if we look the declining vote share of the party after the 2015 Assembly election.

The vote share of the AAP has been declining since the 2015 Assembly election. Just two years back in the 2017 MCD election, the AAP lost 28 per cent votes after getting a huge mandate in 2015.

And this decline continued in the recent Lok Sabha election 2019, when the AAP's vote share further declined to 18 per cent.

On the other hand, the BJP gained a massive vote share in 2019 Lok Sabha from its past performance in the Delhi Assembly and MCD election which helps them not only to win all seven parliamentary seats but also to get a lead in 65 assembly segments.

In the meantime, the performance of the Congress was not spectacular in these three elections. However, the party's performance directly impacts the performance of the AAP.

In these three elections, the Congress' vote share has been increasing and it mainly comes at the expense of the AAP. Except the BJP in Delhi which got more than 30 per cent of votes in each election since 1990s, the base vote of the AAP and Congress has been fluctuating from election to election. If the BJP holds its cadre vote and the Congress get the substantial share of votes then the outcome of the Delhi Assembly election 2020 would be very interesting.

THE 2020 BATTLE IN DELHI

To make the Delhi election triangular, the Congress either needs to maintain its vote share of Lok Sabha 2019 (23 per cent) or improve from there. However, it seems unlikely due to two reasons - first, due to lack of a credible face (leader) and weak organisation of Congress in Delhi when it comes to choose the state government and second, due to the decisive nature of Delhi voters as they always go with the leading party. One of the significant points is that after the 2019 Lok Sabha election, the BJP was not be able to maintain its performance in the state Assembly elections. In the recent Assembly elections in Haryana and Jharkhand, the BJP lost around 20 per cent of votes from the 2019 Lok Sabha election, within a span of a few months. Also, since Gujarat election 2017, the BJP has not been able to get the majority in a single state. This shows the BJP's weakness to perform in the state Assembly.

In the name of Modi, the party has been able to maintain its base vote around one-third in the state Assembly but when you have to fight against another strong state leader like Kejriwal, the party needs to gain an additional 5 to 10 per cent of votes from its base vote to win the election. Will Modi, the Ram Mandir verdict and implementation of the CAA (as the BJP campaigns on these three issues) get additional votes for the party in this election to defeat the AAP? Only time will tell.

HOUSE PLANTS THAT PURIFY AIR

House plants aren't just a natural, decorative accessory and choosing the right one could be the difference between cleaner air or not, at home. In the late eighties a study by NASA discovered that house plants are a great option for absorbing harmful toxins in the air. Not only is it a natural way, it's also inexpensive and will provide a decorative element to your home too. One big thing to be aware of when searching for the perfect plant for your home, are your beloved pets.

Many house plants although great for your environment, are toxic to cats and dogs - so best to bear this in mind.

To make the air fresher in your space, these are the best house plants to invest in now.

Monstera Deliciosa (Swiss Cheese Plant)

The Monstera Deliciosa or Swiss cheese plant as it is commonly known is a plant you might have seen whilst trawling Pinterest for bedroom decor inspo. Not only does the Monstera plant have a unique and trendy appearance that will brighten any home, it's also one of the most effective house plants you can buy to reduce air pollution.

Parlour Palm

Of all of the house plants to buy, the Chamaedorea Elegans Palm is one of the most sought after plants today, the first being its super elegant and relaxed looking palms.

This plant is the gift that keeps on giving, as your leaves bloom more, this leads to a lot of oxygen production, which we can never say is a bad thing.

Variegated English Ivy

English Ivy has green and white marbled leaves, with interesting twisted growing tendencies. It'll add a botanical accent to your home and is fairly low for maintenance.

This particular plant is especially good at combating mould in the home, as well as reducing airborne faecal particles - making it the perfect plant to keep in your bathroom.

Dracaena Marginata (Dragon Tree)

If you're going for subtle decoration in the home a Dracaena is an ideal option.



Swiss Cheese Plant



Parlour Palm



Dragon Tree



Chinese Evergreen



Spider Plant



Boston Fern

Add beautiful foliage to a room with minimal effort, perfect.

Among all of the pollutants found in the average household, this plant is especially good at fighting against trichloroethylene and xylene.

Chinese Evergreen

The Chinese Evergreen plant requires a little bit more attention than most house plants, if you don't mind the extra upkeep it's a winner.

The tropical plant is great for removing most common pollutants from the air - benzene, carbon monoxide, formaldehyde and trichloroethylene to name just a few.

Unfortunately, the plant is extremely toxic to dogs and won't be suitable for furry friend loving households.

Aloe Vera (Syn Aloe Barbadosensis)

Aloe Vera is known for its many

benefits, ranging from skin care must-haves to treating burns and eliminating formaldehyde and benzene found in many varnishes and detergents.

Chlorophytum Variegatum (Spider Plant)

The Spider plant is an easy to grow and maintain plant that is perfect for green-fingered novices.

The relatively small plant works tirelessly to remove toxins from the air, including carbon monoxide and xylene.

Good news for pet lovers, the Spider plant is one of the few house plants that isn't toxic to animals.

Mother in Law's Tongue

The snake plant has a strong, yet stylish appearance that will make a welcome accent to any home.

Also known as Mother in Law's Tongue, the decorative plant has been named as one of the top picks for

purifying the air - ridding your space of harmful toxins such as formaldehyde, xylene, benzene and many more.

If you have trouble sleeping, the clever succulent releases oxygen at night, helping you to drift off easier and stay asleep for longer.

Boston Fern

If you're an allergy sufferer, the Boston Fern is a house plant you'll want to seriously consider.

Not only does it have an eccentric and tantalising look that will brighten any home, it's also great at removing toxins from the air, whilst improving humidity by helping to naturally restore moisture to the air. This will help you save money on an expensive humidifying machine too. Other health benefits are said to support those who suffer from dry skin, noses or throats the most.

Husbands cause more stress for wives than kids

The constant demands of parenting can put a real strain on mums and dads - but a study has found husbands cause a higher level of stress in their wives than their offspring.

A survey of 7,000 mums by Today found on average they rate their levels of stress at a worryingly high 8.5 out of 10. And 46 per cent say their husbands add more stress to their day-to-day lives than the children they care for.

Many mums complained that they view their other half as 'big kids' rather than equal partners, giving them yet another not-so-little terror to keep an eye on.

Mums also believed that the stress they experience is very different to 'dad stress', leading to an inability to see eye-to-eye as a parenting team which only, again, increases levels of stress.

Three quarters feel the majority of parenting and household tasks falls largely on them, and mums stress most about not having enough time in the day to complete everything that needs to be done.

One in five also admit a daily source of stress is being left to feel like they don't feel like they get enough support or help from their spouse.



Hal Runkel, a therapist and author, said the 'problem is not men, it's marriage', arguing even good marriages are stressful by nature.

He believes 'marriage is a more difficult relationship than parenting' and combining the two is a recipe for stress.

CHAMPAGNE TRIFLE

Ingredients

Chocolate Cake - 200 gms (readymade)
Strawberries - 1/2 cup, chopped
Champagne - 3/4 cup (or Sparkling water for a non-alcoholic version)
Water - 1/4 cup
Eggs - 2
Sugar - 50 gms
Corn Flour - 1 1/2 tsp
Vanilla Extract - 1/2 tsp



Method

Cut the cake into small pieces, Combine the champagne, water, eggs, sugar, corn flour and vanilla extract in a bowl. Whisk well. Heat a pan of water over medium flame. Place the bowl over the water, but ensure the bowl does not touch the water. Whisk well until thick and remove from flame. Allow it to cool. Add some of the cake and strawberries to a champagne glass (or any serving bowl). Top up with the champagne custard and keep it in the fridge if required.

CORONAVIRUS: MYTHS ABOUT THE VIRUS BUSTED

As the coronavirus outbreak spreads, authorities are rushing to dispel myths about the disease spreading online.

2019-nCoV emerged in southern China in December, but in the last few weeks has spread to other countries and begun killing people.

Having started in a country with little media freedom and a history of covering up the spread of infectious diseases - such as the closely-related SARS virus from 2002/3 - it's not surprising people have rushed to fill the perceived information gap with half-truths and false information.

Here's what's true and what isn't.

The virus jumped to humans via bat soup

Genetic testing has suggested the virus, like SARS, jumped from humans from bats (perhaps via snakes, according to one study).

A video that did the rounds online last week supposedly showing a woman eating bat soup in outbreak epicentre Wuhan, despite the outbreak, was held up as proof. Critics noted at the time there was nothing to suggest the video was legit, particularly as the woman was wearing summer clothing at a time when Wuhan was experiencing near-zero winter temperatures.

It's since emerged the video was shot four years ago in Palau.

"It was turned over by some accounts sponging of the heat and fanning out malicious panic," travel writer Wang Mengyun - the woman in the clip - wrote in a blog post.

While it's believed the virus made the leap from animals to humans in a food market in Wuhan, it's not yet clear exactly where it happened, or how. It took several years to trace the origin of the SARS virus to a remote cave.

You can get the virus from eating noodles, fortune cookies and Red Bull

A social media post claiming the virus can be caught by eating food from China, or popular with Chinese communities, prompted Australian health authorities to issue a rebuttal.

The badly-spelled post claimed the disease was "starting to spread in the greater Sydney region" and products such as rice, Mi Goreng noodles, ice tea, Red Bull, onion rings and wagyu beef were infected with "corona's virus".

The post cited the fake 'The Bureau of Diseaseology Parramatta', claiming air tests showed the virus was circulating at train stations.

A spokesperson for NSW Health - which definitely exists - said nothing in the post was true.

"NSW Health has been made aware of a social media post that is being widely circulated warning people to not consume certain foods or visit certain locations in Sydney," a spokesperson told AFP.

"This post has not originated from



NSW health or any entity relating to us. Further, there is no such entity as the 'Department of Diseaseology Parramatta'. NSW Health would like to assure the community that the locations mentioned in this post pose no risk to visitors, and there have been no 'positive readings' at train stations."

None of items mentioned in the post have been recalled by the NSW Food Authority either.

The virus was created in a lab and patented in 2015

Some conspiracy theorists have put a Stephen King spin on the virus' origin story. They claim, much like in the horror author's epic novel *The Stand*, 2019-nCoV was engineered in a lab. One, who also claims you can cure virus by drinking a bleach solution (more on that below), suggested a UK research institute funded by the Bill and Melinda Gates Foundation is behind it. Their motive? Money of course, as nations rush to buy the inevitable vaccine, which they claim will only spread the disease further.

The UK-based facility singled out, Pirbright, decried the "misinformation" in a post on its site. It said not only does it have nothing to do with studying human coronavirus strains, the patent cited by the conspiracy theorists was in relation to a vaccine it is working on to "prevent respiratory diseases in birds and other animals", and was not funded by the Gates Foundation.

Fact-checking site Snopes says the confusion - assuming it's not deliberate misinformation - appears to stem from the word 'coronavirus', which has become synonymous with the current outbreak despite being a family with many members - SARS was one, for example.

"Social media users sharing what they believe to be patents for the new virus, a member of the coronavirus family, are in fact sharing separate patents for avian infectious bronchitis virus and SARS," Snopes said.

Fake news sites like InfoWars

have also claimed the Gates eerily predicted 65 million deaths by coronavirus just three months ago. The truth is a simulation run by the Johns Hopkins Center for Health Security and the Gates Foundation in October suggested it was possible an outbreak could kill that many people, "but we explicitly stated that it was not a prediction", John Hopkins said.

"Instead, the exercise served to highlight preparedness and response challenges that would likely arise in a very severe pandemic... Although our tabletop exercise included a mock novel coronavirus, the inputs we used for modeling the potential impact of that fictional virus are not similar to [2019-nCoV]."

Unorthodox cures

A bleach solution known to fraudsters as 'Miracle Mineral Solution' has been touted as a cure for 2019-nCoV. Jordan Sather - the guy above who claimed the virus was patented in 2015, and also a believer in the bizarre debunked QAnon conspiracy mega-theory - told followers to use it.

"I'm going to have to get home, and MMS the whole state," he said in a video. "MMS the whole sh*** out of everything."

As did another QAnon account known as @chiefpolice2, who has nearly 18,000 followers on Twitter.

"PROTECT YOURSELF. Get the 20-20-20 spray," he told followers, calling the virus part of an "evil depopulation agenda" that will only escalate when the vaccine is released.

Sather pointed to a 2005 study which showed the SARS virus could be killed by the key ingredient found in MMS, chlorine dioxide - but failed to mention that study only looked at its effects outside the body, not inside it. Coronavirus is also not the same as SARS.

Genesis Church, the scammers behind the 20-20-20 spray, claim it can cure not just coronavirus, but also cancer, arthritis, diabetes and autism.



LUNGS MAY HAVE NEAR 'MAGICAL' POWER TO REPAIR DAMAGE IF YOU STOP SMOKING, SAY SCIENTISTS

Lungs have the near 'magical' ability to repair damage caused by tobacco as long as you give up smoking, according to scientists.

Lung cell mutations caused by smoking which can lead to cancer were originally thought to be permanent.

But findings published in the journal *Nature* revealed some cells are able to escape the damage caused by the chemicals in tobacco and can then repair the lungs.

"We were totally unprepared for the finding," Dr Peter Campbell, from the Sanger Institute, told BBC News.

"There is a population of cells that, kind of, magically replenish the lining of the airways", he added, "One of the remarkable things was patients who had quit, even after 40 years of smoking, had regeneration of cells that were totally unscathed by the exposure to tobacco."

'Magically replenish'

The regeneration was even seen in smokers who had smoked a pack a day for 40 years before giving up the habit.

Chemicals found in tobacco damage lung cells by mutating the DNA, gradually turning them from healthy to cancerous.

Dr Kate Gowers, one of the researchers who is based at University College London, referred to these as "mini time bombs" which were "waiting for the next hit that causes them to progress to cancer."

However, scientists found in 5 out of 6 ex-smokers, 20 to 50 per cent of the cells had a low level of mutation which was similar to the profile of non-smokers of the same age range.

These almost normal cells had longer versions of DNA structures called telomeres, which can suggest they have not undergone many divisions.

And so researchers have speculated these healthy cells may have come from previously dormant stem cells but it remains unclear.

Around 47,000 people are diagnosed with lung cancer every year in the UK, according to NHS figures.

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NEST THERMOSTATS WILL WARN OF PROBLEMS WITH YOUR AC OR FURNACE

You might not have to wait until your home is frigid to find out that there's a problem with your furnace. Google has started testing a Nest thermostat feature that sends email alerts when the device detects unusual patterns in your HVAC system. If it's taking an oddly long time to warm up your house, you might get a notice well before there's a full-fledged breakdown.

People in a handful of cities (Atlanta, Boston, Denver, Las Vegas and San Diego) will also get help contacting professionals through Handy, so you might not have trouble booking a service appointment.

HVAC warnings aren't completely new. Users have received alerts for more immediate problems. However, Google is now focusing on symptoms that may take a long time for humans to spot. In a sense, it's offering a peek at a future where your smart home does more to anticipate problems and help fix them before it's too late.

SCIENTISTS CREATE ROBOTS THAT 'SWEAT' LIKE HUMANS TO STOP OVERHEATING

Robots have been created by scientists that 'sweat' like humans during demanding tasks to stop them overheating.

Robotic technology is advancing every day and machines are being given more demanding tasks that generate more heat as a by product.

This heat could cause the robot to malfunction if it doesn't cool down, which prompted researchers from Cornell University to look at how humans get cool.

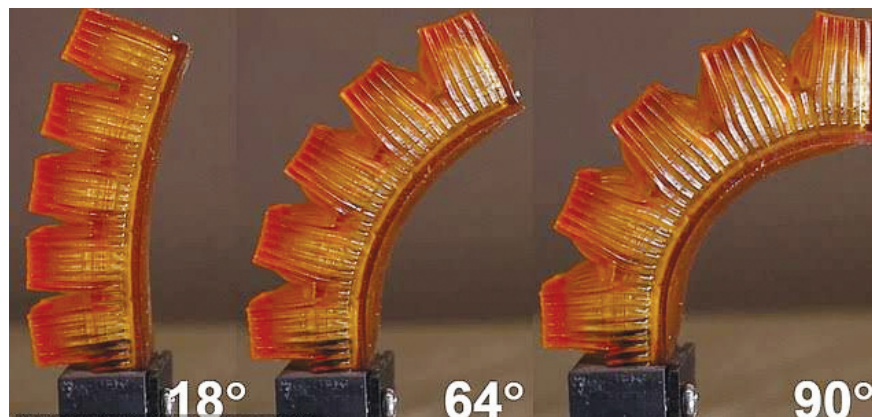
They developed a technique that allows machines to 'sweat' off cooling liquid stored around the component responsible for moving and controlling the system.

It is still an early prototype with a number of problems including the sweating process causing the robot to struggle to move.

The team, which includes a scientist from Facebook's reality lab, are hopeful it will eventually be a more reliable alternative to bulky cooling systems in use today.

Traditional actuators, the component responsible for moving and controlling a mechanism or system, are rigid and include fans and radiators.

This limits robots and mechanisms to bulky, solid objects, which goes against a trend to create more fluid and soft forms of robots.



Traditional cooling components take up valuable space inside electronics and add a lot of weight, according to Thomas J Wallin from Facebook reality lab.

'Additionally these components are conventionally made from rigid materials that are incompatible with fully soft robots.

'So to realise the numerous advantages of soft robots, we wanted to explore a thermo regulatory strategy that was compatible with soft polymeric materials.'

They created finger-like fluidic actuators that are made of hydrogels, a type of material that can hold a large amount of water and act as heat reservoirs.

Each of these fingers feature a

bottom layer with an internal channel for water flow and a top layer dotted with micropores.

At low temperatures below 86 degrees Fahrenheit, the pores remained closed.

When the temperature rises, the top layer expands, dilating the pores and allowing pressurised fluid from the bottom layer to 'sweat' out of the pores.

In testing the sweating actuators cooled off about six times faster than their non-sweating counterparts when exposed to wind from a fan.

However, it will be a while before they start appearing in mainstream technology, as the team haven't been able to find a way to replenish water lost during operation.

How to use your Fitbit to monitor your blood oxygen levels

Earlier this month, Fitbit quietly rolled out blood oxygen monitoring to five of its devices: the Versa, Versa 2, Versa Lite, Ionic, and Charge 3. (Interestingly, this is a feature that Apple said its Apple Watch is capable of doing, but which has yet to be released for that device.)

Why is this important? Because your blood oxygen levels indicate how well oxygen is distributed throughout your body, which is important for making sure your organs are functioning properly.

Monitoring your oxygen levels is helpful during both exercise (to see how your body adjusts during an intense HIIT workout or a long hike, for example) and sleep (when it could help with early detection of underlying health issues). So far, Fitbit has only made blood oxygen monitoring available under the sleep portion of its app, and presents the data at a generalized level, so don't expect to see exact, hour-by-hour levels of oxygen in your bloodstream.

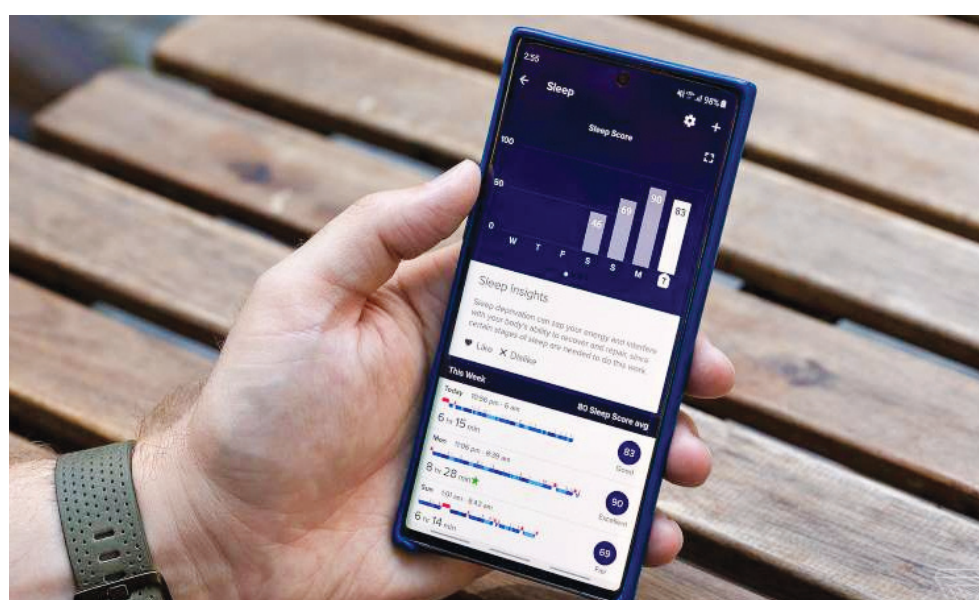
Here's how you can access it.

Make sure app is up to date

If you own one of the five Fitbit devices that received this feature, make sure your app is updated with the most recent software version. To check:

Open up the Fitbit mobile app and tap on the upper left corner of your avatar.

Select the Fitbit device you want to update. If there is an Update icon on



this main page, that means an update is available. If you don't see one, it is likely that the app is already up to date, or hasn't received it over the air just yet.

To update, make sure that your Fitbit device is paired, is located close to your phone, and has enough battery to run the update. Ideally, you should leave your Fitbit on its charging dock, as updates can take anywhere from a few minutes to an hour depending on the last time you updated the device and on your internet connection speeds.

Set it and forget it

After the update, you don't need to do much else to enable blood oxygen monitoring. Simply wear your Fitbit to sleep. The data should be available to you under the Sleep section of your Fitbit app when you wake up.

To view it, open the mobile app and look at your daily summary. Sleep should be one of the categories of data tracked while you're wearing the Fitbit. If you scroll down past the hours tracked and sleep stages, you should see a section called Estimated Oxygen Variation. Keep

in mind that the feature is still in its roll-out stages, so if you don't see it yet, keep wearing your Fitbit to sleep and checking back.

If you do not see your sleep tracking information on your app's home screen at all:

Scroll to the bottom of your Today tab and click the black Discover button.

Tap "Health & Fitness Stats" and select "Sleep" to manually open the section.

Making sense of the data

The Estimated Oxygen Variation is presented as a chart that tells you how much variation occurred in the hours you were asleep. This is how your body is distributing oxygen in your bloodstream. You'll notice Fitbit is choosing to generalize the data presented by indicating whether there is a big or small variation in your blood oxygen level. (There are many reasons for this, one big one being that Fitbit does not want this data to be used for medical diagnoses.)

If you notice consistent, big variations in your sleep, talk to a medical professional to get further testing done. Underlying causes could be anything from depression, high blood pressure, sleep apnea, or just a very tiring week — so before you freak out about seeing those big variations, monitor your levels for a few weeks before talking to your doctor.

Global markets come down with coronavirus

MUMBAI/HONG KONG (TIP): A glimmer of hope for recovery in global growth this year after the US and China reached a temporary truce in their trade war seems likely to be derailed as the deadly coronavirus quickly spread to 19 countries and now threatens to escalate further.

Investors around the world rushed to dump equities and flocked to safer havens, fearing that the coronavirus could slow down global growth.

The outbreak that began in the central Chinese city of Wuhan has killed 107 people in China and infected more than 4,500 globally. The World Health Organization called the outbreak an emergency for China, but stopped short of designating it a global emergency.

"The Wuhan coronavirus poses a significant downside risk to the near-term Asia-Pacific economic outlook in 2020 if the epidemic continues to escalate in coming weeks," Rajiv Biswas, Asia-Pacific chief economist at IHS Markit, wrote in a recent report to clients. "The extent and duration of this negative shock to regional economic growth will depend on how quickly the Wuhan virus epidemic can be brought under control."

The MSCI World index, which captures large and mid-cap representation across 23 developed markets, has fallen 1.3% in the past 10 days. The sell-off has been sharper in the MSCI Emerging Markets index, which shed 3.57%, while India's benchmark Sensex lost nearly 2% during the period. On Tuesday, the Sensex fell 0.46% to 40,966.86 points.



According to analysts, investors in India have reacted to the concerns related to coronavirus as well as worries about fiscal slippages.

"Though Indian markets have declined in tandem with global peers, Union budget will steer equities ahead. Any unfavourable announcement in the budget may deter sentiment and result in some sell-off," said an analyst on condition of anonymity.

Companies including Honda Motor Co. Ltd and Nissan Motor Co. Ltd are evacuating workers from the affected area, while theme park operators, movie theatres, retailers and restaurant chains are suspending or curtailing operations to protect workers.

While it is too early to assess the full impact on China, where national holidays have been extended and the central city of Wuhan has been locked down, it is clear the virus is hurting

consumption and tourism. The city of 11 million has been locked down in a bid to stem the spread of the virus, leaving roads empty and millions of people isolated and idle. Economists are still running the numbers on how that will hurt economic growth. Many are benchmarking the spread and severity of the coronavirus against the SARS (Severe Acute Respiratory Syndrome) outbreak in early 2003.

During the SARS crisis, close to 800 people in 17 countries died of the previously unknown respiratory illness that originated in southern China.

During SARS, Asia-Pacific airlines lost 39 billion revenue passenger kilometres or around 8% of annual traffic in 2003, according to the International Air Transport Association (IATA). Global cost from SARS was estimated at \$33 billion, or 0.1% of world GDP in 2003.



STARBUCKS' RESULTS TOP ESTIMATES BUT CORONAVIRUS SLOWS SALES

It was a happy holiday at Starbucks, but the company's sales momentum could start to slow due to the coronavirus outbreak in China.

Starbucks said it had intended to raise its full-year earnings guidance Tuesday, but uncertainty about China put that on pause. Starbucks said it has already closed more than half of its stores in China due to coronavirus.

China's 4,292 Starbucks stores brought in 10% of the company's revenue during the October-December period, so the closure will affect earnings, the company said. But it's not yet clear how much of an impact there will be. Starbucks had expected full-year revenue growth in the 6% to 8% range and same-store sales growth of 3% to 4%.

"We remain optimistic and committed to the long term growth potential in China," Starbucks President and CEO Kevin Johnson said in a conference call Tuesday with analysts.

Starbucks shares fell 1.6% to \$87.20 in extended trading following the earnings report.

AHEAD OF TRUMP'S FEB VISIT, 'LIMITED' INDIA-US TRADE DEAL ON THE CARDS

NEW DELHI (TIP): After months of hard negotiations, India and the US have moved closer to a trade deal that will include New Delhi's commitment to extend greater market access in medical devices and agriculture. But an agreement on Washington's demand for a sharp cut in or abolition of import duties on seven ICT products, including mobile phones worth over Rs 10,000, is still elusive, a source told FE. So a 'limited deal' could be signed during US President Donald Trump's expected visit to India in February, just three months after New Delhi pulled out of the Beijing-dominated RCEP trade pact.

While the quantum of incentives involved in the deal is unclear, it could cover products with total annual bilateral trade of around \$10 billion. A limited deal was supposed to be signed during Prime Minister Narendra Modi's visit to the US in September last year but a lack of consensus stalled it.

Airbus faces record USD 4 billion fine after bribery probe

Airbus faces a record \$4 billion fine and lower 2019 profits after unveiling a preliminary deal with French, British and U.S. authorities following a crippling three-year probe into allegations of bribery and corruption over jetliner sales.

The deal, believed by anti-corruption experts to be the largest ever in a bribery case, ends an almost four-year crisis that led to a sweeping management overhaul and delayed plans to redeploy the plane giant's cash surplus. If approved by courts, the deal is expected to allow Airbus to avoid criminal charges that risked banning the company from public contracts in the United States and European Union – a massive setback for one of Europe's top defence and space firms.

The European planemaker has been investigated by French and British authorities for suspected corruption over jet sales dating back over a decade. It has also faced U.S. investigations over suspected violations of export controls.

Reliance launching new road project to counter plastics pushback in India

NEW DELHI (TIP): Reliance Industries, India's largest petchem player, is launching a project to use plastics in road construction, amid growing concerns over pollution in the country of 1.3 billion whose major cities are often plagued with smog and litter.

India, which uses about 14 million tonnes of plastic annually, lacks an organized system for management of plastic waste, leading to widespread littering.

Prime Minister Narendra Modi is urging India to end consumption of single-use plastics by 2022.

But Indians should focus on fighting pollution, not plastics, executives at Reliance, whose chairman is Asia's richest man Mukesh Ambani, said during a launch event on Tuesday.

The company will seek to work with India's highway authority and individual states to potentially supply a plastics-infused mix to make some of the thousands of kilometers of roads Modi wants to build to upgrade India's creaking infrastructure.

Light plastics, the type used as carry bags or snack wrappers, are typically not viable to recycle and so end up in landfills, street corners or oceans. Reliance wants to shred these plastics and mix them with bitumen, a formula the conglomerate says is cheaper and longer-lasting.

"(This) can be a game-changing project both for our environment and our roads," Vipul Shah, the COO of



the petrochemicals business, said at a company petchem plant in the western state of Maharashtra.

Shah was coy on details, saying Reliance had yet to work out the financial fine print in what he stressed would be a philanthropic endeavour.

Reliance's announcement comes as campaigners such as Greta Thunberg ramp up pressure on businesses to help tackle climate change.

"It is happening internationally and now has started percolating to India too, though it's at a very early stage," said Sunil Dahiya, an analyst at the Center for Research on Energy and Clean Air.

"Corporates and industries are a big source of all kinds of pollution in India, so much more serious thoughts, policies and actions are required from them," he added.

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SARASWATI PUJA

Saraswati Puja is celebrated on Basant Panchami or Vasant Panchami that marks the beginning of the spring season. Basant means spring and Panchami means "the fifth day", so Vasant Panchami literally means the fifth day of the spring season. The day is also celebrated as Saraswati Puja and the goddess of wisdom and knowledge, Saraswati, is worshipped on this day. Popular in Bengal, Odisha and North Indian states like Uttar Pradesh, Bihar, Rajasthan, Madhya Pradesh, Basant Panchami and Saraswati Puja day is an auspicious one. According to drikpanchang.com, Vasant Panchami Muhurat is 10:45 am to 12:34 pm. The Panchami Tithi Begins at 10:45 am on January 29 and Panchami Tithi Ends at 1:19 pm on January 30, 2020.

On Saraswati Puja, women get ready in bright yellow sarees and men wear traditional kurtas and offer flowers and prasad to the goddess. On this day, children worship Goddess Saraswati, who is the deity of music, culture and learning.

The Saraswati Puja is also referred as "no study day" for them. Students place their books, pens and musical instruments beside the idol for the entire day on Saraswati Puja to seek Goddess' blessings.

On Basant Panchami, devotees worship Goddess Saraswati to get enlighten with knowledge and get rid of lethargy.

Rituals & Tradition

The festival is celebrated with great pomp and show in all parts of India. On this auspicious day, the Hindus get up early in the morning and worship the Sun God after taking bath, if possible, in the sacred river Ganges. Then they clad themselves in yellow, as it signifies spirituality and prosperity. The color yellow also signifies the color of the ripened spring crop. Festive sweets are prepared at home using saffron, as it helps in deriving the color yellow. The goddess is dressed in yellow and the deity is worshipped by the worshippers who are dressed in yellow too. Later, swings are tied to the trees and women have fun singing traditional folk songs to greet the beautiful season of spring. After these rituals, sweets are distributed among the loved ones. The traditional sweet which goes along with the spirit of the festival is 'Kesar Halwa' and 'Sweet Rice' which are prepared with saffron to add yellow color to the preparation.

Schools and other teaching institutions organize cultural programs on this day, including the worshipping of goddess Saraswati. Along with these rituals, another important part of this festival is introducing children to the world of knowledge, hence marking a beginning to their learning phase. Floral designs are made in front porch of houses to signify the arrival of spring. Colorful kites are arranged by children and the sky gets filled with numerous kites on this auspicious day.

Kite Festival

The festival of Vasant Panchami is celebrated to welcome the season of spring, a season when the earth replenishes itself. Spring also denotes pleasant weather, during which calm wind whistles in your ear and caresses your face with its light cool touch. It is the season when the weather is neither hot nor cold, when the wind has a cooling effect but not the kind to chill your bones. This kind of weather reminds you of a number of things including Basant



Panchami, the primary festival of this season. It is one of the most colorful and wonderful festivals of this effervescent nation. The festival brings in a number of colors in the form of colorful attires. Being the color of spring, yellow gets into vogue as it also denotes prosperity, happiness, intellect and energy.

Flying kites is a sport much popular in India. In a clear and pleasant weather, you will see plenty of kites in the sky. Being a part of Vasant Panchami, kite flying competitions take place during this festival. Fighter kites were designed in India and Pakistan for decades. Ferozepur, a small town in Punjab, is famous for this sport and a number of children including both girls and boys purchase kites and fly them. Popular among adults too, they get on to their building's terrace along with the children, play songs at high volume and dance with the rhythm while flying kites.

The event of kite flying is filled with a lot of enthusiasm and thrill. Both skilled and unskilled participants bring in their fancy colorful kites and the joy they receive when they cut their opponent's kite is a sight to cherish. With pomp and show the kites are flown and interesting kite fights take place thereafter. Children learn to fly kites from their elders, who themselves like flying them a lot. Kite fighting being the main attraction, people from around the world come to this place to experience the fun involved with this colorful festival. The kites are flown with the help of a string called 'Manjha'. There are a number of such competitions which are organized during the festival. The competition is always there to rule the sky and one has to keep his kite flying till the end to be the winner. There are judges too, some of whom decides which the most beautiful kite is while others decide which is the biggest. The festival brings with it colors in form of greenery and colorful kites.



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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."



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 February 3 - February 9, 2020

ARIES: Ganesha says you need the support of everyone to make true progress. You will seek out new pursuits like occult and psychic phenomena, spirits and witches, necromancy and magic, to name a few. You are aiming for an escape from stress and are seeking a balance between the material and spiritual worlds. A lot of time and energy is spent in funds, investments, raising capital, loans, selling and buying. Ganesha wishes you well.

TAURUS: There has been so much happening in your life the past period that you desperately need a break. You look for a quieter phase in your life which ushers a period of introspection. You may take a second and hard look at alternative medicine, healing, social work and other such diversions. You are not naturally inclined to social work and philanthropy but this can be a much-needed change.

GEMINI: You have been on a huge ego trip and have been boastful and arrogant, but now a sense of completion is on the cards. You come full circle. Ganesha approves. You are learning valuable lessons. You continue with your work but there are many domestic demands. There could be problems in your marriage and trouble with teenaged children.

CANCER: You like to be the boss at home and your commands obeyed but there could be a revolt brewing. You will be put in your place and not listened to at all, and when this comes from family, from your own flesh and blood, it will be very difficult to take. You will have to manoeuvre the situation with delicacy. If you are not careful, there may be repercussions like children running away from home and an elopement.

LEO: The situation could get even worse as youngsters these days have access to several modes of communication and have many influences acting on them. However, I must add that these are mere generalisations. I do not have your personal horoscope and so cannot be specific. Plus, please also remember that though I have been accurate on several occasions, I can also be wrong.

VIRGO: The focus now is on relationships because they will be the key to your happiness and progress. You will have to compromise to resolve differences at work and at play. Please remember that the stress should be on teamwork and co-operation both at home and the workplace. You need to look at innovations at work and at home as well as come up with new strategies for cohesion and harmony.

LIBRA: You look for more freedom in whatever you do. This can be a very critical line particularly for those in their late twenties. You want to break out of all the structures imposed on you. You seek independence and are serious about establishing your presence in the world. You break away from old groups and branch out on your own.

SCORPIO: You make significant changes in your life which could include liberating yourself from an existing relationship and looking for another one that will suit you better. For the seniors though there will be stability and progress. There will be challenges thrown at you and you will have to wade through murky waters. There could even be moments of sadness and despair and you may seem distraught at times.

SAGITTARIUS: You could be sullen and moody but this is all a part of the package of life. You can't have it your way all the time. There will be quiet moments of bonding away from the madding crowd. Ganesha is with you. This is an energetic and pleasant influence and you may be inclined to sit back and bask in it. But this is a very significant period because you can reach out to people and taste new areas of life.

CAPRICORN: Your creative potential is enormous, your drives are very strong, and you can very easily accomplish a great deal. You are full of self-confidence and believe that you can do wonders. Usually this is also a time when you enjoy good health and a feeling of well-being. You will be charged to join the gym or will take to the outdoors in a big way.

AQUARIUS: You could be hiking, cycling, running or just walking depending on where you stay and how much time you have at your disposal. Since you will be overconfident and will overestimate your energies, do not take foolish risks. It hurts no one to be a little slow and cautious. Circumstances always play a huge role in such predictions. There is also new romance and it all depends on what you want to do with it. Ganesha wishes you well.

PISCES: You look seriously and hard at new money-making ventures. This is an excellent time for all financial matters and you plunge into it. You will feel like making your surroundings appear more elegant, and you may spend quite a lot of money too. Expenses soar but along with this concern with material acquisition, there are also some very real possibilities for inner growth.

Birthday Horoscope February 3 - February 9, 2020

FEB 3: Ganesha says there's a powerful accent on communication. A message delivered will be heard. You're moved to action by another's words. There can be a meeting of minds, though that entails some struggle.

FEB 4: There's friction in relationships, to be sure, and obstacles must be faced head-on. To do that, however, everyone will have to be made to feel at ease so that buried feelings can surface and be aired.

FEB 5: Tensions, whether domestically or concerning a relationship that turns confrontational, may well get out of hand. Damage control can be achieved with a bit of forethought.

FEB 6: Commitments involving others fall through and leave you scrambling if you don't have a backup plan. Likewise, results concerning home projects are not what you expected.

FEB 7: You'll likely find others to be fair, reasonable, and equitable, even if initially

there seem to be areas of discord and disagreement, but complacent attitudes are in for an awakening.

FEB 8: Despite good intentions, you might not be able to come up with a workable plan for the weekend. You might not see any light at the end of the tunnel until tomorrow.

FEB 9: Today's emphasis on home and family isn't without its problems. Too high expectations concerning others will only add to the general sense of disappointment. Focus on what works.

VRINDAVAN: LORD KRISHNA'S CHILDHOOD ABODE

One of the oldest cities on the banks of Yamuna, Vrindavan is considered to be one of the most important places of pilgrimage for the devotees of Krishna. It is said that Lord Krishna had spent his childhood in Vrindavan. The name of the city has been derived from Vrinda (meaning basil) and van (meaning grove) which perhaps refer to the two small groves at Nidhivan and Seva Kunj. Since Vrindavan is considered to be a sacred place, a large number of people come here to abandon their worldly life.

The city of Vrindavan hosts hundreds of Lord Krishna and Radha temples scattered throughout, the most famous ones being Banke Bihari temple, ISKCON temple. The vibrant surroundings perfectly depict the playful and benevolent nature of Lord Krishna. Located along the waters of River Yamuna, the numerous temples set amidst the thick woods and lush greenery of Vrindavan are the major attractions here. Also known as Vrindavan, this city derives its name from the groves of Brinda and Vana meaning forest.

Places to See in Vrindavan

Govind Dev temple

The Govind Dev Temple in Vrindavan, built in the 16th century by Raja Man Singh is an excellent example of medieval Indian architecture. The building of this temple is closely associated with the famous Vaishnavite preacher and poet, Rupa Goswami. It is an astonishingly beautiful seven storey temple dedicated to Govind Dev, another name for Lord Krishna. The temple has an imposing facade, looking like a European cathedral because of the pillars and colonnades. It is made of red sandstone and is currently in a state of considerable decay, with the main puja related activities having shifted to a smaller temple behind the main structure.

Krishna Balam Temple (ISKCON)

The Krishna Balam Temple was established in 1975 under the aegis of ISKCON, an international Krishna Consciousness religious group. The Krishna Balam Temple is one of the most beautiful temple complexes in the city of Vrindavan and is seen as the spiritual and religious center of the worldwide Hare Krishna movement. It has three temples within the complex, one belonging to Sri Gaura Nitai, one to Lord Krishna and Balam and the third to Sri Radha and her milkmaids, Vishaka and Lalita. The temple is alive through the year with its many celebrations commemorating every aspect and step of Lord Krishna's life.

Bankey Bihari Temple

The Bankey Bihari Temple of Vrindavan is one of the most auspicious temples in the town, established in the Mughal times by Swami Haridas, the guru of Tansen, the famed court singer of the Mughal emperor Akbar. The temple earns its name from the bent



posture of the Krishna idol within the main chamber, an idol with a history. This idol is supposed to have been made according to the image of Lord Krishna that Swami Haridas saw in a dream. The temple is one of the most thronged sites in town and during the Jhulan Utsav, the temple administration brings out many gold and silver swings for the jhulan rituals with a lot of pomp.

Madan Mohan Temple

The Madan Mohan Temple is one of the oldest temples in the town of Vrindavan and it sees many pilgrims visiting all through the year. It is a site that is closely linked to the life of Sri Chaitanya Mahaprabhu, one of the most important personalities within the Vaishnavite thought. Situated near the Kali Ghat, the Madan Mohan Temple is said to have been built by one Kapur Ram Das from Multan on the advice of Sanatan Goswami, a saint and follower of Chaitanya Mahaprabhu. The original idol of Madan Mohan had been shifted to Karoli, Rajasthan, under the rule of the Mughal king, Aurangzeb and now a replica of the original image is worshipped at the temple.

Shahji Temple

The Shahji Temple, built in the mid-nineteenth century by the two brothers from Oudh, Shah Kundan Lal and Shah Phundan Lal, is another important and prominent temple in the town of Vrindavan. The temple is dedicated to the deity Sri Thakur Radha Raman Ji and receives a steady flow of pilgrims all across the year. One of the main attractions of this temple is one of the richly carved verandahs, which has the portraits of the two founders and their families beautifully carved into the floor - an unusual characteristic of a Hindu temple. The temple also has many rich carvings over the walls and ceilings inside.

Rangaji Temple

Built in 1851, the Rangaji Temple is one



of the more unusual temples of Vrindavan because of its South Indian style architecture with an impressive gopuram. The deity in the temple is called Sri Ranganatha and is represented as sleeping on the Shesh Nag. The imposing Dhvajastambha within the temple premises is very famous. The

temple sees a great influx of tourists during the Brahmotsav in spring, where devotees pull the ropes of the chariot of the god. The annual Jalvihar festival is also another main attraction of the Rangaji Temple, when devotees from all over the country participate in the ritual bathing of the idol.

CONTD FROM PAGE 1

Four Indian Americans among...

Professor of Marketing at the University of Southern California and the Walter H. Stellner Distinguished Professor of Marketing at the University of Illinois. He was also on the faculty of Columbia University and MIT.

Also known as "Jag," Dr. Sheth has published more than 350 research papers and books in various areas of marketing, including consumer behavior, multivariate methods, competitive strategy, relationship marketing and more recently, marketing for emerging markets.

Dr. Sheth is an American Psychological Association Fellow and past President of the Association for Consumer Research (ACR). He is also a Fellow of the American Marketing Association and the Academy of Marketing Science. Among his past and present accolades, Dr. Sheth was the recipient of the Viktor Mataja Medal from the Austrian Research Society in Vienna (1977) and the 1989 Outstanding Marketing Educator Award from the Academy of Marketing Science. In 1991 and again in 1999, Dr. Sheth was also recognized as the "Marketing Educator of the Year" by Sales and Marketing Executives International (SMEI).

Dr. Sheth is the recipient of all top four academic awards bestowed by the American Marketing Association (AMA). These include the PD Converse Award for Marketing Theory (1998), Charles Coolidge Parlin Award for Marketing Research (2004), the Richard D. Irwin/McGraw Hill Marketing Educator Award (2004) and the William L. Wilkie "Marketing for a Better World" Award (2014). In 1996, he was elected to be the Distinguished Fellow of the Academy of Marketing Science. Subsequent honors include the Outstanding Leadership Award by the AMA Foundation in 2002 and the Global Innovation Award and Marion Creekmore Award, both from Emory University. Over the last 3 decades, Dr. Sheth has received more than 30 awards as a thought leader in marketing, consumer behavior and emerging markets.

Prof S.P. Kothari is the Gordon Y Billard Professor of Accounting and Finance at the MIT Sloan School of Management. Previously, he served as global head of equity research for Barclays Global Investors (BGI), responsible for research supporting BGI's active equity strategies, from 2008-09. The actively managed equity portfolio had in excess of \$100 billion in assets, and the research team was comprised of approximately 50 PhDs based in San Francisco, London, and Sydney.

Earlier, Kothari was Head of the Department of Economics, Finance, and Accounting at the MIT Sloan School of Management. This department included approximately 75 professors and lecturers and an administrative staff.

Kothari's highly cited research focuses on financial reporting and valuation, asset allocation, explaining the diversity in international accounting practices, use of employee stock options for compensating executives and accounting for stock options, evaluating investment performance, and corporate uses of derivatives for hedging and speculation. The American Accounting Association (AAA) honored his work with the 2014 Notable Contributions to Accounting Literature Award. For the past 17 years, Kothari has served as an editor of the Journal of Accounting & Economics, a world-renowned academic research journal in accounting. He is an expert on economic policy issues in India and has written numerous opinion-page editorials in The Economic Times.

Mr. Kothari has spent nearly two decades at MIT, both as a professor and as an administrator. He has also been

Co-Chair of the Board of Governors Asia School of Business, Kuala Lumpur, faculty director of the MIT-India Program, and editor of the academic publication Journal of Accounting & Economics. In 2008, he served as global head of equity research for Barclays Global Investors, where he was responsible for research supporting the firm's active equity strategies and for managing a team of approximately 50 PhDs based around the world.

Prasanta Kumar Pattanaik, is emeritus professor at the Department of Economics at the University of California, a research associate for the Oxford Poverty & Human Development Initiative, and a fellow of the Human Development and Capability Association. Along with Amartya Sen and Kenneth Arrow, Pattanaik is an advisory editor for the journal Social Choice and Welfare. Pattanaik received his degree in economics from Utkal University, Odisha, India. He then went on to study for his master's and doctorate, both in economics, at the prestigious Delhi School of Economics University of Delhi. Pattanaik studied under, the Nobel Prize winning economist, Amartya Sen and his "leadership role" in the study of social choice theory has been acknowledged by Sen.

Romesh T. Wadhvani founded the Symphony Technology Group in 2002, which now a revenue of \$2.5 billion annually. Earlier, Dr. Wadhvani founded Aspect Development, Inc., where he was chairman and CEO until 1999 when the company was purchased by i2 Technologies. For nearly a decade, he grew Aspect Development into a leader in business-to-business e-commerce, culminating in the merger of Aspect with supply chain software company, i2 Technologies. This was one of the largest enterprise software mergers. Following the merger with i2, Dr. Wadhvani served as vice chairman of i2 and a member of the i2 Board of Directors. For the 10 years prior to founding Aspect, Dr. Wadhvani was founder, chairman, and CEO of Cimflex Teknowledge Corporation, a company specializing in products and systems for computer-integrated manufacturing. In the decade prior to that, he was founder, chairman, and CEO of a company specializing in information systems for energy management. In addition, he has been a director on the boards of several companies and organizations. Last year, Wadhvani ranked at number 261 of the Forbes list of 400 richest Americans and at number 667 in Forbes list billionaires. Wadhvani moved from Karachi to India during India's partition with his family at young age. He received a bachelor's degree from the Indian Institute of Technology, Bomba y, and master's and Ph. D degrees in electrical engineering from Carnegie Mellon University. He established the Wadhvani Foundation for economic development in emerging economies, with an initial focus on India. In 2012, he inaugurated a new research center at the National Centre for Biological Sciences (NCBS) in Bengaluru, named after his late mother, Shanta Wadhvani.

Padma Awards - one of the highest civilian Awards of the country, are conferred in three categories, namely, Padma Vibhushan, Padma Bhushan and Padma Shri. The Awards are given in various disciplines/ fields of activities, viz.- art, social work, public affairs, science and engineering, trade and industry, medicine, literature and education, sports, civil service, etc. 'Padma Vibhushan' is awarded for exceptional and distinguished service; 'Padma Bhushan' for distinguished service of high order and 'Padma Shri' for distinguished service in any field. The awards are announced on the occasion of Republic Day every year.

For complete list of Padma awardees, visit to website www.theindianpanorama.news

Indian American Arvind Krishna...

The executive changes, as well as the addition of Krishna and Whitehurst to IBM's board of directors, are effective April 6. Rometty, in a prepared statement, called Krishna the right CEO for IBM's next era.

"Through his multiple experiences running businesses in IBM, Arvind has built an outstanding track record of bold transformations and proven business results, and is an authentic, values-driven leader. He is well-positioned to lead IBM and its clients into the cloud and cognitive era," she said in her statement. Rometty also praised Whitehurst as a seasoned leader who positioned Red has the leading open source enterprise IT software solutions and services provider. "[He] has been quickly expanding the reach and benefit of that technology to an even wider audience as part of IBM," she said in her statement.

Rometty in 2012 became IBM's chairman, president, and CEO, and in the last seven-plus years led IBM to acquire 65 companies, including its \$34-billion acquisition of Red Hat, and develop strong cloud and AI capabilities.

However, she also presided over a time of financial difficulties for IBM. The company's annual revenue peaked in 2011 at just shy of \$107 billion. However, the revenue decline has been moderating, and IBM in the fourth fiscal quarter of 2019 broke a five-quarter streak in revenue declines with revenue of \$21.8 billion, up 0.1 percent over fourth fiscal quarter 2018. (Agencies)

CONTD FROM PAGE 19

Cinematters/JCC host NY...

MLK Morning of Advocacy and Service: Story Pirates Volunteering 'Story Pirates' still remembers the electrifying rush of receiving a supportive, handwritten note from a teacher when they were kids. 'Story Love' is their way of showing students that they have read their stories and care about what they have to say. Each year, 'Story Pirates' helps tens of thousands of children write a complete, original story.

Through the 'Story Love' program, positive, personalized feedback for each and every story created in the writing workshops are provided and the public is welcomed to these events. Kids stories were read and attendees were invited to write personal notes, one note, or stay the entire hour!

MLK Morning of Advocacy and Service: Community Cooks

This MLK Day, volunteers helped prepare a delicious meal for the B'nai Jeshurun/Church of St. Paul and St. Andrew Homeless Shelter. Jewish values and ideas connected to hunger and homelessness were discussed.

MLK Morning of Advocacy and Service: Environmental Activist Workshop

Three established environmental advocacy organizations: Food & Water Watch, New York Communities for Change, and Sunrise Movement taught the basics of community organizing, using their work with the 'Green New Deal' as a case study. This interactive workshop emphasized the skills necessary to mobilize on the causes that matter most to each participant!

Activism Café

This was a morning of drop-in activities and action. Buttons sharing participants perspective on issues that matter to them, registering them to vote, buying and donating to purchasing books for incarcerated adults, and writing postcards to elected officials were some of the activities. Endless coffee was included.

To learn more about the JCC Manhattan's New York Social Justice Film Festival, visit

<https://jccmanhattan.org/arts-film/film/cinematters>

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India win another super over thriller, take 4-0 lead

WELLINGTON (TIP): Virat Kohli inflicted more Super Overs misery on New Zealand as he helped India to a second successive victory in sudden death to win the fourth T20I. New Zealand have lost four limited-overs matches in Super Overs in the last six months, including the ODI World Cup final against England last year and the previous T20I match against India in Hamilton.

Needing 14 to win the match after Tim Seifert (8) and Colin Munro (5) gave New Zealand a total of 13/1 in the Super Over, KL Rahul hit the first ball from Tim Southee for six and the next for four before he was caught by Scott Kuggeleijn at deep midwicket. Kohli then bunted two runs down the ground and hit Southee for four to take India to 16/1 and a 4-0 lead in the series.

Chase gone awry

The hosts had appeared to be cruising to victory in the regulation 20 overs on 159/3 and needing seven runs from the final six balls bowled by Shardul Thakur. But they lost four wickets in the over to finish on 165/7.

Seifert had put New Zealand in a position to win the game as he combined with Ross Taylor (24) in a 62-run partnership that was broken in the final over. Seifert was then run out for 57, while Daryl Mitchell was caught and Mitchell Santner run out on the final ball attempting the second



run that would have given New Zealand the win.

Opener Colin Munro had earlier scored 64 but threw his wicket away after some lazy running led him being run out from a direct hit by Kohli after he took a relay throw from the outfield from Thakur. New Zealand captain Kane Williamson was ruled out of

today's match owing to a shoulder injury. Pacer Tim Southee led the Black Caps in his absence.

Pandey power

India had scored 165/8 in their 20 overs, with Manish Pandey superbly marshalling the tail and scoring his third half-century in T20Is, finishing on 50 not out.



NEERAJ CHOPRA QUALIFIES FOR OLYMPICS WITH THROWS OF 87.86M

POTCHEFSTROOM (TIP): Star javelin thrower Neeraj Chopra has qualified for the Tokyo Olympics with a throw of 87.86m at the Athletics Central North East meeting, returning to action after recovering from an elbow injury, here.

The 22-year-old Indian, who missed the entire 2019 season due to the injury, breached the Olympic qualification mark of 85m with his effort during the international event on Tuesday.

"I'm happy with the result as I went in to the competition with mindset to warm-up for the season. Once I did well with the first three throws (all being above 80m), I decided to push a bit harder in the fourth attempt," said Neeraj, the Asian Games and Commonwealth Games gold medallist.

Another Indian in fray, Rohit Yadav threw 77.61m.

Neeraj had missed the IAAF World Championships, the Diamond League and the Asian Championships while recovering from the injury.

His last major international competition was the 2018 Jakarta Asian Games where he won gold with a national record of 88.06m.

The Indian had undergone a surgery in May 2019 to treat the injury. He was expected to compete at the National Championship late last year but the AFI didn't give him clearance, allowing him more time to heal.

Djokovic powers past Federer into Australian Open final

MELBOURNE (TIP): Novak Djokovic shattered the hopes of ailing rival Roger Federer Thursday to sweep into a record eighth Australian Open final and move closer to his 17th Grand Slam crown.

In the 50th instalment of one of sport's greatest rivalries, the Serb shrugged off a tentative start to reinforce his recent dominance, showing no mercy to the Swiss maestro in a 7-6 (7/1), 6-4, 6-3 win.

He will play either fifth seed Dominic Thiem or seventh-ranked German Alexander Zverev in Sunday's final, but it will take a monumental effort to prize another title from the 32-year-old.

Of the seven Melbourne finals Djokovic has made, he has won them all.

If any extra motivation was needed, winning on Sunday will see the Serb reclaim the number one ranking after Rafael Nadal was sent packing in the last eight.



Indian hockey superstar Rani Rampal bags 'World Games Athlete of the Year' award

LAUSANNE (TIP): India women's hockey captain Rani Rampal on Thursday won the 2019 World Games Athlete of the Year award. The prize, which is voted for by the public, is given for outstanding performance, along with social commitment and fair behaviour.

"It is my privilege and honour to win this award," said Rani. "The award goes to my team and my country. It is always nice when your country recognises your effort. It is even better when the international sports community recognises it. Thank you so much to everyone who voted for me. 2019 was a great year for our team because we qualified for the 2020 Tokyo Olympic Games. As a team we want to make 2020 a great year!"

The 25-year-old Rani has been part of the Indian women's hockey team since she was 15 years old and has made 240 appearances for the national team thus far. Rani played an integral role in the team's successful qualification for the 2020 Tokyo Olympics, playing a key role in midfield and scoring what turned out to be the winning goal in the



second leg of their Olympic qualifier against the US in

November. Apart from that she was the player of the tournament in the FIH Women's Series Finals in Hiroshima, among other highlights of 2019 for her and the team.

International Hockey Federation (FIH) CEO Thierry Weil said: "On behalf of FIH and the global hockey community, I would like to extend our warmest congratulations to Rani for having been voted The World Games Athlete of the Year 2019. This is an acknowledgement of her outstanding performances - together with her teammates - of her dedication to hockey and of her leadership. This prestigious Award is also a great recognition for hockey globally."

He added: "We are working hard for and look forward to having Hockey 5s as a demonstration sport at The World Games 2021."

There were initially 25 nominees, male and female, which were reduced to 10 in the final round of public voting. Among her rivals to the title were karate star Stanislav Horuna of Ukraine, Canadian powerlifting champion Rhaea Stinn and Janja Garnbret, a sport climbing star from Slovenia.



A World Without Childhood Blindness

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