



**AMERICA UNITED AGAINST COVID-19**

**KEEP SAFE**

- Follow CDC guidelines
- Observe Social Distancing
- Wash Hands Frequently

**KEEP AMERICA SAFE**

## COVID-19 UPDATE, as of June 11, 11.59 PM



- \* 7.1 million cases confirmed worldwide and 408 K deaths, according to data from Wikipedia
  - \* 2.06 million cases and 115 K deaths from the disease in the United States, according to data from Wikipedia
  - \* 381K cases and 24,442 deaths from COVID-19 in New York State, according to data from Wikipedia.
  - \* In New Jersey which ranks second to New York in COVID-19 cases, there are 166K cases and 12,443 deaths, according to data from Wikipedia.
  - \* India, which has overtaken UK, had 298K identified cases and 8498 confirmed deaths, according to data from Wikipedia.
- Read related stories inside

## FIA Chairman Ramesh Patel Cremated

**Ravi Batra: "I called him the Iron Man in USA, as Sardar Patel was in India"**

**PROF. I.S.SALUJA**

**NEW YORK (TIP):** Ramesh Patel, Chairman for life of Federation of Indian Associations NY/NJ/ CT (FIA), the organization which organizes India Day Parade in New York, to mark India's Independence Day, who died June 6, of coronavirus, was laid to rest today, June 11.

A family only religious ceremony for the dear departed was performed before a drive through viewing in the afternoon.

*contd on Page 6*



## India overtakes U.K. with fourth highest COVID-19 tally in world

**NEW DELHI (TIP):** India on Thursday, June 11, overtook the United Kingdom to become the country with the fourth highest incidence of COVID-19. With a spike of 11,000 new cases, the tally rose to 2,97,928, which includes, 1,42,715 active cases. The death toll rose to 8,497, a jump of 392 from the previous day. According to the country-wise tally maintained by Johns Hopkins University, the total cases in the U.K. stood at 2,92,854.

The Indian Council of Medical Research (ICMR) on Thursday, June 11, asserted that the country is definitely not in COVID-19 community transmission phase, and released the results of the first sero-survey on the

*contd on Page 32*

## COVID-19 death toll in US could hit 2,00,000 mark by September: Indian-American professor

**Urge people to wear masks, adhere to social distancing rules; calls for ramping up testing, tracing infrastructure**

**NEW YORK (TIP):** The total death toll in the US from the novel coronavirus pandemic could hit the grim figure of 2,00,000 by September and expecting a dramatic decrease in COVID-19 cases in the country will be a "wishful thinking", an eminent Indian-American professor has warned.

Ashish Jha, the head of Harvard's Global Health Institute, told CNN on Wednesday, June 10, that he is not trying to "scare" people to stay at home rather

urged everyone to wear masks, adhere to the social distancing rules and called for ramping up testing and tracing infrastructure. "Anybody who's expecting a dramatic decrease in cases is almost surely engaging in wishful

*contd on Page 32*

*Ashish Jha, the head of Harvard's Global Health Institute says that if the present number of cases "stays just flat for the next three months, we're going to hit 200,000 deaths sometime in September and that is just awful".*

*Twitter Photo*



## Ambassador Taranjit Singh Sandhu to have virtual interaction with Indian American Community of New York Consulate jurisdiction on June 12

**PROF. I.S.SALUJA**

**NEW YORK (TIP):** An email sent to community leaders in New York Consulate jurisdiction, Consul General Sandeep Chakravorty has announced that Ambassador Taranjit Singh Sandhu will have virtual interaction with the Indian American community leaders of New York Consulate jurisdiction on June 12. The meeting originally scheduled for June 11 was moved to

*contd on Page 6*



*Ambassador Taranjit Sandhu presents his credentials to Donald Trump at White House, February 6, 2020. One of the most experienced Indian diplomats on US affairs, Sandhu was First Secretary (Political) at the Embassy of India, Washington DC responsible for liaison with the United States Congress from 1997 to 2000.*

*A Twitter Photo*

**COMMENT**

**Prof I.S.Saluja**

## Air India price gouging?

**T**he announcement with customary Indian pomposity of Vande Bharat Mission to repatriate Indians was received with great enthusiasm by everyone looking to return to base. However, a number of hiccups took away the initial cheer of many of them. One was the restrictions on OCI card holders, which seems nearly resolved even though the recent reports coming in from Mumbai speak of OCI card holders facing problems even now.

The chief trouble spot is the fares charged by Air India. It is unforgivable that the Airline, and for that matter, the Civil Aviation ministry, decided to indulge in price gouging at a time when Indians stranded abroad and NRIs

stranded in India were going through harrowing times because of the pandemic.



Imagine, Air India ticket from India to US costing more than Rs. 100,000. The fare used to be Rs. 53,000 in November 2019 and Rs. 61,555 in January 2020. In many cases, actual fares are even higher than those fixed by Air India.

The Civil Aviation Minister Hardeep Singh Puri who a few months ago declared the airline will be shut down if no buyer was found by March, 2020 seems to have decided to let Air India make a little money at the cost of those who are already under strain and stress. In fact, government of India should have been sympathetic and generous enough to repatriate all without asking them to pay the air fare. That would have been a gesture to be admired and be proud of.

The US laws are very clear on price gouging. The administration here has acted tough against those found price gouging. In fact, Air India, too, may be charged with violating the US laws. A US citizen can jolly well file a complaint and have Air India in the dock.



## COVID-19 CRISIS COULD SEE NUMBER OF EXTREME POOR RISE TO 1.1 BLN WORLDWIDE

**LONDON (TIP):** The economic fallout from the coronavirus pandemic could plunge an extra 395 million people into extreme poverty and swell the total number of those living on less than \$1.90 a day worldwide to more than 1 billion, researchers said in a report on Friday.

The report - published by UNU-WIDER, part of the United Nations University - played through a number of scenarios, taking into account the World Bank's various poverty lines - from extreme poverty, defined as living on \$1.90 a day or less, to higher poverty lines of living on less than \$5.50 a day.

Under the worst scenario - a 20% contraction in per capita income or consumption - the number of those living in extreme poverty could rise to 1.12 billion. The same contraction applied to the \$5.50 threshold among upper-middle income countries could see more than 3.7 billion people - or just over half the world's population - live below this poverty line.

"The outlook for the world's poorest looks grim unless governments do more and do it quickly and make up the daily loss of income the poor face," said Andy Sumner, one of the report's authors.

"The result is progress on poverty reduction could be set back 20-30 years and making the UN goal of ending poverty look like a pipe dream."

The researchers from King's College London and Australian National University also found that poverty would shift in its geographic distribution.

## EU to ease virus travel bans from July 1, but not to all

**BRUSSELS (TIP):** The European Union on Thursday announced plans to ease a ban on nonessential travel to the continent, with foreign students, non-EU nationals who normally live in Europe and certain highly skilled workers likely to be exempt from the coronavirus restrictions from July 1.

After the virus began spreading throughout Europe in March, the EU gradually extended a ban on all nonessential travel into the 27 member countries plus Iceland, Liechtenstein, Norway and Switzerland until June 15.

With borders inside Europe's ID check-free travel area likely to be fully functional again by the end of June, the EU's executive arm, the European Commission, is recommending that outside borders be opened to give a much-needed boost to virus-ravaged economies and in particular the tourism sector.

While we will all have to remain careful, the time has come to make concrete preparations for lifting restrictions with countries whose health situation is similar to the EU's and for resuming visa operations, EU Home Affairs Commissioner Ylva Johansson said.

While the spread of the coronavirus has eased in Europe, it remains high elsewhere and other countries still have bans in place on the entry of some European nationals, so the commission is reluctant to lift all travel restrictions.

It is urging European countries to take coordinated decisions on whom they let in and from where given that visas for the passport-free Schengen area allow travel in 26 countries and base their actions on data from the World Health Organisation and Europe's Centre for Disease Prevention and Control.

# Global Covid cases at 7.5 million, death toll nears 421,000

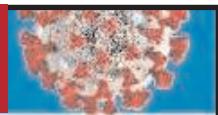
## TRACKING THE VIRUS

### GLOBAL

Cases **7,458,646** | Deaths **421,000**

### INDIA

Cases **286,579** | Deaths **8102**



## Egypt to reopen tourist destinations less hard-hit by virus

**E**gypt will reopen select tourist destinations from July 1, the Cabinet said Thursday, allowing travelers from around the world to return to parts of the country less hard-hit by the coronavirus. The government hopes to draw tourists to popular yet remote attractions that have been spared so far. Those include the southern part of the Sinai Peninsula, home to the major resort and beach destination of Sharm el Sheikh, the Red Sea resort areas of Hurghada and Marsa Alam, as well as Marsa Matrouh, on the Mediterranean coast.

The decision comes even as the pandemic surges in the densely populated capital of Cairo and other major cities, where many people say they can't find hospital beds. The health ministry has recorded over 39,000 cases of COVID-19 in Egypt, including 1,377 deaths the highest confirmed death toll in the Arab world.

### Final tests of some COVID-19 vaccines to start next month

Moderna Inc. said Thursday the vaccine it is developing with the National Institutes of Health will be



tested on 30,000 people in the US. Some will get the real shot and some a dummy shot, as scientists carefully compare which group winds up with the most infections.

With far fewer COVID-19 cases in China, Sinovac Biotech turned to Brazil, the epicenter of Latin America's outbreak, for at least part of its final testing. The government of Sao Paulo announced Thursday that Sinovac will ship enough of its experimental vaccine to test in 9,000 Brazilians starting next month. If it works, with this vaccine we will be able to immunize millions of Brazilians, said Sao Paulo's Gov. Joao Doria.

virus but symptomless, as confirmed cases.

### New Zealand to allow some maritime vessels, cruise ships still banned

New Zealand said on Friday that it would allow

entry of some maritime vessels as it looks to open up its economy after lifting all coronavirus restrictions earlier this week. Cruise ships and people travelling for leisure, however, will continue to be banned from entering the country, the

government said in a statement. The government said it will allow entry to those arriving at the maritime border, where there is a compelling need for the vessel to travel to New Zealand.

# Five Regions of New York to Enter Phase Three of Reopening June 12

**Indoor restaurant and food services, and personal care services to resume in Central New York, Finger Lakes, Mohawk Valley, North Country and Southern Tier**

**NEW YORK (TIP):** New York Governor Andrew M. Cuomo announced June 11 that five regions - Central New York, Finger Lakes, Mohawk Valley, North Country and Southern Tier - will enter phase three of reopening June 12th. The team of global public health experts advising New York State on its reopening strategy has thoroughly reviewed the data for the five regions and cleared them to enter phase three. Phase three allows indoor restaurant and food services and personal care services to resume. Each industry is subject to specific state guidelines to maximize safety and social distancing.

Governor Cuomo also announced that the state is allowing localities to open public pools and playgrounds at their discretion while following state



*Governor Cuomo also announced that the state is allowing localities to open public pools and playgrounds at their discretion while following state guidance beginning June 11.*

guidance beginning June 11.

"We've had the most informed, science-based reopening in the country and as we continue our phased reopening the numbers continue to go down," Governor Cuomo said. "There is now one number to watch closely and that is the daily testing number because it is a snapshot of the day before and will tell us if the infection rate is going up in any given location. We've been doing everything right up until now, but we have to stay smart and keep following all the necessary precautions to keep getting those numbers down." Finally, the Governor confirmed 736 additional cases of novel coronavirus, bringing the statewide total to 380,892 confirmed cases in New York State.

# New Jersey Business Owners Eager to Reopen, but Concerned about Consumer Confidence

## BIDISHA ROY

**TRENTON, NJ (TIP):** The Administration of Governor Phil Murphy June 11 released results of an online survey conducted in conjunction with Rutgers University's Heldrich Center for Workforce Development earlier this month that drew responses from nearly 4,000 businesses and non-profits across the state.

Results of the survey demonstrate overwhelmingly that while the business and non-profit community is eager to get back to work, owners understand and take seriously the public health risks posed by COVID-19 and the responsibility to provide a safe experience for employees and customers. Many worry about the effect of a possible second wave of the virus.

"This survey verified much of what we anticipated as we began the process of restarting the economy," said Governor Phil Murphy. "While business owners are eager to get back to work and get their operations back up and running, they remain concerned about consumer and employee confidence and are eager to avoid a second wave of this insidious virus."

A majority of owners (51%) cited consumer confidence as the most pressing issue, while 13% cited access to personal protective equipment as their biggest concern. Approximately one in 10 said employee confidence would present the biggest challenge to reopening while four in 10 listed employee confidence as one obstacle but not the most pressing one.

Respondents want state government



*Little India in Jersey City*

help to reopen safely, particularly guidance on reopening restrictions (60%), guidance on safety measures to keep employees and customers safe (49%) and help in acquiring disinfecting and cleaning products (42%). The majority of respondents (54%) will rely on state/local government and Department of Health guidelines greater than those who will rely on Centers for Disease Control (23%) and industry and association guidelines (14%).

Customer-facing businesses report that

limiting occupancy or reducing capacity of their facilities will be the most difficult challenge.

Meanwhile Murphy lashed out at Asbury Park officials during his daily coronavirus briefing after the Jersey Shore city's council approved a resolution June 10 to allow local restaurants to offer indoor dining at a limit of 50 people or 25% of the building's capacity, whichever is lower, starting Monday, June 15. That would defy Murphy's current orders to help stop the spread of COVID-19. The

governor is allowing outdoor dining to begin Monday when New Jersey enters Stage 2 of the coronavirus reopening plan, and he has raised the state limit on indoor gatherings to 50 people or 25% or a building's capacity. But Murphy has insisted that does not include indoor dining.

So far New Jersey has reported 12,443 known deaths due to COVID-19, with 165,816 known cases in the 100 days since the outbreak started in the Garden State March 4.

## Indian American Congressman Krishnamoorthi Cosponsors Justice in Policing Act of 2020



**Indian American Congressman Krishnamoorthi is a Cosponsor of Justice in Policing Act of 2020**

SCHAUMBURG, IL (TIP): This week, Congressman Raja Krishnamoorthi (IL-08) joined more than 150 Members of Congress as a cosponsor of the Justice in Policing Act of 2020. The bill is led by Congressional Black Caucus Chair Karen Bass, Senator Cory A.

Booker, Senator Kamala D. Harris, and House Judiciary Chair Jerrold Nadler. Sponsors described the bill as the first-ever bold, comprehensive approach to hold police accountable, change the culture of law enforcement and build trust between law enforcement and our communities.

"As our nation continues to battle its legacy of systemic racism, this legislation will help to ensure that police officers are equipped with the resources they need to appropriately and effectively respond to the challenges they face on the job while sending a clear message that there is no place for brutality or misconduct in law enforcement," said Congressman Raja Krishnamoorthi. "We need to make equal justice under the law not simply a principle, but also a reality for all Americans, regardless of their background, and this legislation is a crucial step forward in that effort."

### The Justice in Policing Act of 2020:

- Prohibits federal, state, and local law enforcement from racial, religious and discriminatory profiling, and mandates training on racial, religious, and discriminatory profiling for all law enforcement.
- Bans chokeholds, carotid holds and no-knock warrants at the federal level and limits the transfer of military-grade equipment to state and local law enforcement.
- Mandates the use of dashboard cameras and body cameras for federal offices and requires state and local law enforcement to use existing federal funds to ensure the use of police body cameras.
- Establishes a National Police Misconduct Registry to prevent problematic officers who are fired or leave an agency from moving to another jurisdiction without any accountability.
- Amends federal criminal statute from "willfulness" to a "recklessness" standard to successfully identify and prosecute police misconduct.

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

# Two Indian American University of Illinois Alumni Awarded Fulbright Grants

URBANA-CHAMPAIGN, IL (TIP): Two Indian Americans are among Fourteen University of Illinois at Urbana-Champaign students and recent alumni who were offered Fulbright grants to pursue international education, research and teaching experiences across the globe this coming year.

Rina Ravisundar, of Willowbrook, Illinois, and a graduate of Hinsdale Central High School, was offered an English Teaching Assistant position in India. Ravisundar graduated cum laude from Illinois in December as a James Scholar honors student with a bachelor's degree in political science. She served as a teaching assistant for Leadership and Society, an orientation course for freshmen James Scholar honors students in the College of Liberal Arts and Sciences.

Ravisundar also worked as a research assistant studying gender violence and substance misuse, applying that research as a legal case worker at the Parliament of the United Kingdom. A first-generation American, Ravisundar tutored refugee children in English and math through the organization Refugee Tutoring. Ravisundar is currently employed by Fragomen LLP as a paralegal and said she hopes to begin law school and pursue a career in family law.

Aboorva Sivasankaran, of Huntley, Illinois, and a graduate of Huntley High School, was offered an English Teaching Assistant position in South Korea. Sivasankaran graduated from Illinois in 2019 as a James Scholar honors student with a bachelor's degree in psychology. She currently resides in Atlanta. On campus, Sivasankaran served as a lead peer adviser in the Division of General Studies and as an English native speaker volunteer with



*Indian Americans Rina Ravisundar and Aboorva Sivasankaran have been awarded Fulbright grants to pursue international education, research and teaching experiences across the globe this coming year.*

English Corner. She also worked to destigmatize mental illness as a member of the National Alliance on Mental Illness.

Sivasankaran served as an event coordinator of KConnect, a social organization for fans of Korean pop culture, and regularly participated in Korean conversation tables. Sivasankaran said she plans to attend graduate school in family counseling upon her return from her Fulbright year. She said the Fulbright would help her understand Korean families, which would inform her studies and career helping Korean and other Asian families and children in the U.S.

## Indian American Surgeon led team performs Lung Transplant on COVID-19 Patient



*Ankit Bharat, the Harold L. & Margaret N. Method Research Professor of Surgery, was named chief of Thoracic Surgery in the Department of Surgery in February 2019*

transplant, and 48 hours later, performed the life-saving procedure at Northwestern Memorial Hospital.

"A lung transplant was her only chance for survival," says Ankit Bharat, MD, chief of thoracic surgery and surgical director of the Northwestern Medicine Lung Transplant Program. "We are one of the first health systems to successfully perform a lung transplant on a patient recovering from COVID-19. We want other transplant centers to know that while the transplant procedure in these patients is quite technically challenging, it can be done safely, and it offers the terminally ill COVID-19 patients another option for survival."

Dr Bharat is board certified in general surgery and thoracic surgery. His clinical interests include malignant and benign chest and esophageal diseases. Dr Bharat's research is focused on lung preservation, transplant immunology and airway biology, achieved through collaboration with the Kovler Comprehensive Transplant Center and the Division of Pulmonary and Critical Care Medicine.

Bharat, since joining Northwestern in 2013, has distinguished himself as a skilled thoracic surgeon, scientist and mentor. Beyond his clinical practice, which includes treatment of patients with complex thoracic malignancies, lung transplantation and extracorporeal life support, Bharat leads a multi-R01 funded laboratory focused on airway biology, lung preservation and transplant-tumor immunology. The laboratory aims to translate discoveries into novel therapeutics for patients with advanced lung disease and thoracic malignancies, as well as those undergoing pulmonary transplantation.

Bharat has published more than 100 peer-reviewed papers in top scientific journals, including Science Translational Medicine, Journal of Clinical Investigation, Journal of Immunology and American Journal of Respiratory & Critical Care Medicine. His research, which is funded by the National Institutes of Health, has already led to significant advancements in patient care.

## Indian American Stanford Professor Receives Outstanding Leader Award

NEW YORK (TIP): The Faculty Women's Forum, which acts to enable women faculty members to thrive at Stanford, presented its Outstanding Leader Award to Jisha Menon, an associate professor of theater and performance studies

The Faculty Women's Forum presented the Outstanding Leader Award to Jisha Menon, an associate professor of theater and performance studies in the School of Humanities and Sciences, director of the Center for South Asia and faculty director of the Stanford Arts Institute.

The Faculty Women's Forum Outstanding Leader Award recognizes an individual leader of a Stanford department, school or institute who has an outstanding record of developing a culture of inclusion and promotion of women faculty in their organization.

In its award citation on June 8 at a virtual ceremony, the Faculty Women's Forum honored Menon "for her exemplary and dynamic leadership, for including, mentoring and promoting many female colleagues and for being a trailblazer for women in the academy, and for women of color in particular."

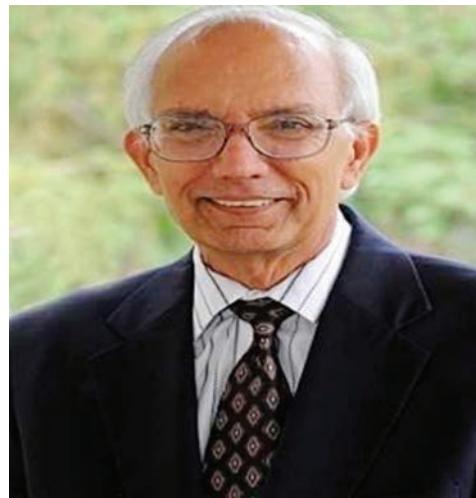
In a nomination letter, Jennifer DeVere Brody, a professor of theater and performance studies, and director of the Center for Comparative Studies in Race and Ethnicity, said Menon has demonstrated "extraordinary leadership" by fostering diverse programming that develops a culture of inclusion and the promotion of women faculty members. (Read full story at [www.theindianpanorama.news](http://www.theindianpanorama.news))

# Indian-American soil scientist Rattan Lal gets 2020 World Food Prize

**NEW YORK (TIP):** Eminent Indian-American soil scientist Rattan Lal was on Thursday, June 11 named this year's recipient of the World Food Prize for developing and mainstreaming a soil-centric approach to increasing food production that conserves natural resources and mitigates climate change.

Lal, a native of India and a citizen of the United States, will receive the USD 250,000 award that honors his contribution throughout his career spanning more than five decades and four continents to promote innovative soil-saving techniques that benefit the livelihoods of more than 500 million smallholder farmers, improve the food and nutritional security of more than two billion people and saves hundreds of millions of hectares of natural tropical ecosystems.

Lal studied at Punjab Agricultural University (PAU) and the Indian



Punjab Agricultural University, Ludhiana alumnus Rattan Lal honored for his contribution to promote innovative soil-saving techniques

Agricultural Research Institute in the 1960s. The septuagenarian is a recipient of the MS Swaminathan award and the Norman Borlaug award.

"The unbound joy and excitement of receiving the 2020 World Food Prize reminds me about the gratitude, privilege and honor of working for farmers from around the world," Lal said.

"Yet, the urgent task of feeding humanity is not fulfilled until each and every person has access to an adequate amount of nutritious food grown on a healthy soil and in a clean environment." Lal serves as Distinguished University Professor of Soil Science and founding Director of the Carbon Management & Sequestration Center at The Ohio State University (OSU).

(Source: Agencies)

## Indian-American organization Indiaspora condemns racism, says will strive for just America



The statement of Indiaspora comes after 46-year-old George Floyd, an African-American, died in Minneapolis on May 25 when a white police officer pinned him to the ground and knelt on his neck

AFP file photo

**WASHINGTON (TIP):** An Indian-American organization has resolved to work together with the African-American and other minority communities for a more just America.

This comes after 46-year-old George Floyd, an African-American, died in Minneapolis on May 25 when a white police officer pinned him to the ground and knelt on his neck while he gasped for breath.

"At Indiaspora, we stand strongly and squarely with the African-American community, as we strive together for a more just America. Their struggle is ours too. Indeed, aided by allies from different communities, it needs to be our national purpose," Indiaspora said in a statement, June 11.

The Indian-American diaspora, it said, is mindful of the fact that had it not been for the civil rights movement and the Immigration and Naturalization Act of 1965, many of its members would not be in the US today.

"But the letter of the law does not inevitably or automatically translate into the experience of the people. We, too, are not immune from racial persecution, as demonstrated by well-chronicled events that have occurred in the distant and recent past," Indiaspora said.

"So we have more work to do. More to do for Floyd's six-year-old daughter, Gianna," it said.

"Therefore, we resolve to work together, hand in hand, with the African-American and other minority communities, until we can all be assured of successfully encashing our collective promissory note, set forth in America's constitutional declaration that we are all created equal, in the bank of justice. Let us end systemic racism," Indiaspora said. (Source: PTI)

## Indian origin Colorado store owner Lakhwant Singh brutally assaulted **Sikh Coalition calls for Hate Crimes Charges against the assailant**

**LAKEWOOD, CO (TIP)** - Last week, the Sikh Coalition, the nation's largest Sikh civil rights organization, has called on the Jefferson County District Attorney's Office and the Lakewood County Police Department to pursue hate crime charges in an April assault in Lakewood, Colorado.

According to a press release, Mr. Lakhwant Singh, an observant Sikh American husband and father, was brutally attacked at the store he owns with his wife on April 29, 2020. That evening, Eric Breemen, entered the store and began harassing the Singhs: he damaged numerous items, shouted profanity, and repeatedly told the couple to "go back to your country." When Breemen finally left the store, Mr. Singh followed him outside to take a photo of his license plate so that he could report the abuse; Breemen then struck Mr. Singh with his vehicle, throwing him several feet across the parking lot, causing multiple injuries. Breemen then continued his crime spree by attacking two additional individuals in the area.

"No one deserves to be targeted because of who they are, and I hope that sharing my story sheds further light on the hatred and bigotry faced by Sikhs and others across the country," said Lakhwant Singh. "Colorado is my home, and I urge the authorities in charge of my attacker's case to demonstrate, through action, that crimes rooted in hate will not be tolerated."

On April 30, 2020, Breemen, who was on bond for prior offenses at the time of these crimes, was arrested for all the incidents. Subsequent to his arrest, Breemen referred to Mr. Singh as an "older Arab." Due to the significant injuries inflicted on Mr. Singh and his inability to be interviewed immediately after his attack, the investigation into appropriate charges, including a hate crime charge under Colorado's bias-motivated crime statute, is ongoing. Breemen's preliminary hearing date is scheduled for July 24, 2020, at which time charges will officially be brought.

"Mr. Singh remains in recovery after sustaining serious injuries during this attack, and was only recently transferred to a rehabilitation center," said Amrit Kaur, Sikh Coalition Legal Director. "We are in communication with the Jefferson County District Attorney's Office and the Lakewood County Police Department, and urge them to bring forth a formal hate crime charge against the defendant given the clear influence of bias in this case, in addition to all other applicable charges."



Indian American  
Shankari Rajagopal  
Named Stanford  
Science Fellow

**NEW YORK (TIP):** Indian

American Shankari Rajagopal has been named as one of the 2020 Stanford Science Fellows. She is among eight postdoctoral researchers from around the world who are studying a variety of topics, including geoscience, computational chemistry and condensed matter physics. The program arose from Stanford's Long-Range Vision as a way to cultivate new directions in foundational scientific research by advancing and bridging disciplines in the physical, mathematical and life sciences.

Rajagopal came to Stanford as a postdoctoral scholar studying quantum physics. Rajagopal came to Stanford as a postdoctoral scholar studying quantum physics and will continue to pursue experimental investigations of novel phases of matter as a Stanford Science Fellow. The Stanford Science Fellows Program will recognize and support scholars who reflect a diversity of perspectives, identities, life experiences and backgrounds, including those from groups that are underrepresented in the sciences. Stanford Science Fellow appointments are for three-year terms.

## Indian American Student Receives President Award for Educational Excellence

**CHICAGO (TIP):** Shina

Trivedi, a Lake Park High School District 108 student, received The President's Education Awards Program which is awarded on behalf of the President of the United States and the United States Secretary of Education. She was also honored by the State of Illinois as 2020-21 Illinois state scholar.

Shina's mother Hina shared her daughter's achievement on Facebook congratulating her on graduating in 2020 online with a 5.0 GPA at the end of seven semesters.

Shina is a student of Lake Park Educational Foundation in Illinois and she was honored by the state of Illinois as 2020-21 state scholar.

Shina's mother Hina is an Indian community leader in Chicago and has been invited as delegate for the Pravasi Bhartiya Divas in Bangalore in 2017.

Hina had been teaching the younger generation Indians in the US about Indian history and culture.



Shina is a student of Lake Park Educational Foundation in Illinois

# HH Mahant Swami Maharaj Offers Prayers on the Passing of Community Leader Ramesh Patel

**NEW YORK (TIP):** HH Mahant Swami Maharaj, spiritual leader of BAPS Swaminarayan Sanstha, has offered prayers after learning of the passing of community leader Ramesh Patel.

Ramesh Patel was the chairman of FIA-NY, NJ, CT and organizer of the India Day Parade in Manhattan, NY. Rameshbhai was a symbol of pride for Indian Americans, working diligently to connect celebrities, media members, community leaders and political figures from USA as well as India. He was a visionary community leader, who organized many conferences, seminars, exhibitions and parades to promote Indian culture. Rameshbhai was a close friend and supporter of HH Pramukh Swami Maharaj and BAPS Swaminarayan Sanstha. His deep respect and reverence for Pramukh Swami Maharaj was well-known, and he was very outspoken about his affinity to Swamishri and the work done by BAPS. In his first meeting with Pramukh Swami Maharaj, Swamishri asked him about his native village in India. When Rameshbhai mentioned 'Gaamdi' and his uncle's name 'Jivabhai', Pramukh Swami



Maharaj immediately connected his whole family lineage and added that his uncle was a police officer in Gaamdi.

Overwhelmed with Swamishri's sharp memory, Rameshbhai was immediately attracted to Swamishri and felt a deep connection to him. From then on, Pramukh Swami Maharaj lovingly referred to him as 'Ramesh Gaamdi'.

Pramukh Swami Maharaj's care for Rameshbhai was so deep that once, when Swamishri learned of the passing of Rameshbhai's mother, Swamishri immediately called him to offer condolences, blessings and prayers.

It was Rameshbhai's sincere dedication and devotion that helped

strengthen his connection with BAPS. During the initial days of the India Day Parade, BAPS offered volunteers to help implement the event successfully. In 1994, Rameshbhai was also instrumental in organizing an FIA seminar in Edison, NJ to receive blessings from Pramukh Swami Maharaj.

Rameshbhai was a genuine humanitarian and philanthropist. In 1993, when an earthquake struck Latur in Maharashtra, Rameshbhai immediately mobilized the Indian American community to help the victims. He worked diligently to garner support for BAPS Charities relief work in the Latur area. He was so concerned that he visited Latur personally to see how he could help further.

Rameshbhai's passing is a tremendous loss for the Indian American community, but his legacy will continue to live on. He will be remembered for his vision, dedication and commitment to the Indian American diaspora. Mahant Swami Maharaj, the current spiritual leader of BAPS, has offered deepest condolences and prayers for his family.

(Press release)

**contd from page 1**

## Ambassador Taranjit Singh Sandhu to have virtual interaction with Indian American Community of New York Consulate jurisdiction on June 12

June 12 in view of the preoccupation of many community leaders with the cremation of FIA chairman Ramesh Patel on June 11 around the same time as that of the meeting. Mr. Chakravorty's email reads: "Ambassador Taranjit Singh Sandhu assumed charge as Ambassador of India to the US in February 2020. Since he took over, while in one hand we have had a very successful visit of President Trump to India, on the other hand we all have been confronted by the challenge presented by COVID-19. In this scenario, normal interaction between Community leaders and Ambassador has not been possible. As the future looks uncertain with respect to travel and personal meetings, it has been decided to hold virtual interactions with Community leaders across USA."

We are delighted that Ambassador Sandhu has agreed that the first meeting is held with Community leaders in our jurisdiction".

Ambassador Taranjit Singh Sandhu is not new to New York or Washington. He served in the Indian Mission in Washington DC twice earlier. He was

Deputy Chief of Mission at the Embassy of India in Washington DC from July 2013 to January 2017. Earlier, he was First Secretary (Political) at the Embassy of India, Washington, DC responsible for liaison with the United States Congress from 1997 to 2000. He has also been at the Permanent Mission of India to United Nations, New York from July 2005 to February 2009.

Prior to his current assignment in Washington DC, Ambassador Sandhu was High Commissioner of India to Sri Lanka from January 2017 to January 2020. He had also served at the High Commission of India, Colombo earlier as the Head of the Political Wing from December 2000 to September 2004.

Ambassador Sandhu was Consul General of India in Frankfurt from September 2011 to July 2013. He has worked in the Ministry of External Affairs in various capacities: as Joint Secretary (United Nations) from March 2009 to August 2011; and later as Joint Secretary (Administration) heading the Human Resource Division. He was Officer on Special Duty (Press Relations), Ministry of External Affairs from December 1995 to March 1997, and was responsible for liaison with foreign media in India.

In a distinguished career spanning over thirty years in the Indian Foreign Service since 1988, Ambassador Sandhu started his diplomatic career from former Soviet Union (Russia) where he worked as Third Secretary (Political) / Second Secretary (Commercial) in the Indian Mission from 1990 to 1992. Following the breakup of Soviet Union, he was sent to open a new Embassy in

Ukraine. He served as Head of Political and Administration Wings in Indian Embassy in Kiev from 1992 to 1994.

Born on 23 January 1963 in a family of educationists, Ambassador Sandhu studied at The Lawrence School, Sanawar and graduated with History Honors from St. Stephens' College, Delhi. He pursued a Master's Degree in International Relations at the Jawaharlal Nehru University, New Delhi.

Ambassador Sandhu is married to Mrs. Reenat Sandhu, who is Ambassador of India to Italy. They have two children. His interests include books, movies and outdoor sports. Ambassador Sandhu assumed charge as Ambassador to the United States on February 3, 2020.

Ambassador Sandhu presented his credentials to the President of the United States of America, Donald Trump at the Oval office of the White House on 6 February 2020.

## FIA Chairman Ramesh Patel Cremated

A large number of FIA officials and community leaders arrived for the viewing. Later, Mr. Patel was cremated at Punarjanm Funeral Home in Watchung, New Jersey.

Ramesh was a colossal figure in the Indian American community who made immense impact on socio-cultural scene. One of the founders of FIA, as chairman of the organization for decades now, he led the organization from strength to strength.

In fact, FIA got synonymous with Ramesh. His sad demise has created a void in the Indian American community

in the Tri-State area of New York, New Jersey and Connecticut. He will be deeply missed.

On behalf of The Indian Panorama and Opinio Media and their directors and staff, I salute the great standard bearer of India, and pray for eternal rest to the departed soul.

Describing Ramesh Patel as "The Iron Man", attorney Ravi Batra, in his tribute sent to The Indian Panorama, said: "Ramesh Patel was a giant of a man, and a dear friend of Ranju & mine. We enjoyed his support at City Hall Steps rallies we organized for defending the honor of innocent Krittika Biswas, and later, for the falsely accused Amb. Prabhu Dayal. Ramesh Patel's voice was always the loudest and strongest in support.

"His lasting legacy is his unique humility-based public service by taming the unbridled ambitions of many in the Indian-American community for a fleeting photo-op and getting them all to work in support of his pride and joy, the India Day Parade in Manhattan, largest in the world - just as the Saint Patrick's Day Parade since 1762 is the largest.

Indeed, he would shun the VIP-bus on the parade route to walk the Madison Avenue, and Ranju and I enjoyed walking with him. It falls on his family and the FIA team to carry on his legacy of Honor-by-service and the rest of us to help keep Ramesh Patel's glorious life choices alive.

"I called him the Iron Man in USA, as Sardar Patel was in India. He will be sorely missed, as will his big smile and hug that Ranju and I always got."

# COVID Global Journalism Leadership Virtual Conference held



Participants in the Global Journalism leadership virtual conference, June 6

**NEW YORK (TIP):** GP Koirala Foundation ([www.gpkf.org.np](http://www.gpkf.org.np)) organized a global journalism leadership conference on June 6.

Virtual conference was moderated by Somnath Ghimire, followed by opening remarks from Sujata Koirala. The outstanding speakers from around the world in order of appearance included Bharati Silwal Giri (radio journalist, founder of Media Nepal, Bureau Member of South Asians for Human Rights, Nepal); Vincent Lyn (founder of We Can Save Children, USA); Andrea Wen (international journalist, Spain); Dr. Leong Ying (Creator of Our Collective, former Editor-in-Chief of Wall Street News Agency, USA); Marie Montebon (Philippines journalist and publisher of OSM Magazine, USA); Professor Indrajit Saluja (Editor and publisher of The Indian Panorama,

USA); Anuz Thapa (TheStreet journalist, USA); Professor Bijan Pant (MPPN Secretariat at Oxford University, OPHI Advisor, UK); Lara Gregory (Attorney and Counselor-at-Law, USA); Soma Syed Esq. (President of Queens County Women's Bar Association, QCWBF Chairperson, New York State Bar Association Committee Chairperson, USA); Malini Shah, (social activist, Board Member center for women of New York, President Nritya Kala Kendra); Prabhjot Singh (Executive Editor PTC TV, former Editor of Tribune, India); and Moviz Siddiqui (Dunya News journalist, Pakistan).

**For additional information and details, please contact Somnath Ghimire, GPK Foundation America (President)**

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Mobile: +1 917 742 7566

(Press Release)

## FIACONA thanks USCIRF for its observations on democracy in India

**NEW YORK (TIP):** The Federation of Indian American Christian Organizations (FIACONA) thanks the US Commission on International Religious Freedom (USCIRF) for recognizing the grave downward spiral of affairs in India despite India being a democratic nation:

April 28, 2020, Washington DC. The fact that India prides herself as a democratic state makes it even more critical for her to behave like one respecting the fundamental rights of every citizens and not undermine any sections of the society.

The President of FIACONA Mr. Koshy George said, "I am worried that the persecution of Christians and other religious minorities continues even during the Coronavirus lockdown and I am very disappointed with Prime Minister Modi for not condemning such behavior of his party cadre forcefully".

He further said, I thank the USCIRF for recognizing the real state of affairs on the ground in India and India's downward trend in upholding democratic traditions.

Mr. John Prabhudoss, the Chairman of FIACONA thanked Commissioner Nadine

Maenza for highlighting the specific national issues. He also wanted to know when will Rashtriya Swayamsevak Sangh (RSS) will be designated as a non-state actor in India? The Commission said in its report, "Throughout 2019, government action—including the CAA (Citizenship Amendment Act), continued enforcement of cow slaughter and anti-conversion laws, and the November Supreme Court ruling on the Babri Masjid site-created a culture of impunity for nationwide campaigns of harassment and violence against religious minorities".

FIACONA strongly recommends that the US government must take the lead in sanctioning non-state actors and specific individuals in India who perpetrate violent acts against Christian and other religious minorities to send a loud and clear message. FIACONA also thanked the Trump Administration for its focus and prioritizing Religious Freedom issues in its foreign policy approach. FIACONA hopes that the President understands the serious threat to the state of India and the US interests from the Hindu nationalist movement.

## IOC expresses concern over racism and violence

**NEW YORK (TIP):** The Indian Overseas Congress strongly condemns the act of violence, racism, and eventually, the death of George Floyd. IOC, USA believes in the ideals of the Founding father of India - Mahatma Gandhi, who taught the world that discrimination of any sort (based in religion caste, color) is unacceptable.

George Abraham - Vice Chairman (IOC, USA) condemned the racial killing of George Floyd and appealed for peace and sanity. He said that the desecration of the statue of Mahatma Gandhi, the greatest apostle of peace, was not acceptable and said that protests should be peaceful, non-violent, and meaningful. If a segment of the citizenry strongly feels that there is unequal justice, the very foundation of civil and democratic society will begin to rot and eventually crumble. However, we need to adopt Gandhian and Martin Luther King's methods of peaceful protests to fight for justice. Any violence associated with the George Floyd protests only naturally diminishes the cause and his memory'.

Mohinder Singh Gilzian - President (IOC, USA) said that the recent turmoil in US is one of the biggest tragedies in American History and said that IOC has always stood for equality in race relations where all human beings are respected irrespective of race, religion and Country of origin.

Harbachan Singh - the Secretary-General (IOC, USA) said that a Child is born like a clean slate, without bias. If he grows up, we can keep his environment free of biases, and we will end up living in a nicer world.

Ravi Chopra - Vice President (IOC, USA) said that the racial killing is unacceptable in a developed country like America and hoped that peace and sanity would prevail and normalcy will return as the Country is already in turmoil with the COVID crisis and Businesses, especially small business have been hurt.

Rajender Dichpally - National General Secretary (IOC, USA) feels that this is a historic turning point in the Country, and there will be strict laws enforced against such acts going forward to deter such acts in the future and that discrimination based on color has no place in a civilized society. He also condemned the riots in the name of protests and said that law and order must be maintained.

Sophia Sharma, Esq. - National General Secretary (IOC, USA) said that Racial Inequality in any form is unacceptable. The world will only progress when there is unity and we all come together as one despite our differences. Let us take this as a lesson to build a better future, a better world for our children. The color of our skin should not define who we are and should not limit who we can be.



Andy Singh

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By Prabhjot Singh

**“Perhaps never before humanity felt so scared and helpless. A minute or invisible spec of a virus, riding a molecule of protein, has put the might of the world to shame. Nations armed with nuclear and biological weapons have lost count of ideas that could instill confidence in the masses. Doors of the places of worship have been shut and mobility of mankind halted.”**

Change is the only thing that is permanent in life. But the change brought about by the corona virus pandemic makes Mount Everest look like an ordinary hillock. So massive is the change that all those factors, including society, religion, governance and human values that have been under criticism for fragmenting the universe in general and mankind in particular for centuries, have suddenly become irrelevant. It does not matter where and which part of the world you are located, sense of insecurity or fear of the invisible is the same.

Intriguingly, humans who have been priding themselves to be the masters of the planet earth, standtamed while all other members of the living kingdom, with their newly acquired freedom - freedom from the fear of the man and his nefarious designs of wreaking havoc with Mother Nature - are wondering where humans have disappeared.

Perhaps never before humanity felt so scared and helpless. A minute or invisible spec of a virus, riding a molecule of protein, has put the might of the world to shame. Nations armed with nuclear and biological weapons have lost count of ideas that could instill confidence in the masses. Doors of the places of worship have been shut and mobility of mankind halted.

Fear of the invisible is so strong that people have even refused to claim the dead bodies of their near and dear ones. Doctors, specialists and super specialists are working round the clock to contain the spread of this latest virus that has been proving more dangerous than any of the previous ones, including Spanish virus, Zika, Nipah or even AIDS. Medical researchers are engaged in finding a vaccine, hoping for a breakthrough later this year or early next year. All you hear every morning is the new number of those who tested positive or the number of those who lost their battle against corona. Day in and day out health experts are warning the people that corona has come to live with us. Social distancing or social alienation, they maintain, is the only way to contain its spread. Humanity should be prepared to shed its traditional ways of getting together in good or bad times. Results are already before us. Social gatherings are fast becoming a thing of the past.

One of social scientists and an ardent advocate of "human freedoms" went to the extent of saying that "if the medical experts have their say they would love humans to hibernate till the pandemic lasts."

Scientists, including Doctors, seldom



approve of natural remedies that people have been successfully using for centuries together to counter natural and unnatural disasters. These therapies were generally based on unflinching faith in spirituality or naturopathy.

Though the guidelines promulgated by the medical world through governments are being religiously followed the world over, it may be very risky to allow faith or religious beliefs as a part of the warfare against corona. After all remedy lies in the faith, whether it is in the modern health care system or the traditional natural ways. For centuries, faith in the latter has worked though scientists may not approve of any involvement of religion or traditional faith in what they believe to be their domain.

A multilateral approach that encompasses both traditional and modern scientific theories should be the ideal solution to fight the virus wars that are becoming increasingly regular. The world has already encountered four during the past two decades before Corona knocked at our doors.

Spirituality or even religious faiths that have stood by humanity in difficult times, unfortunately, also have their values overshadowed. Places of worship that provided solace, peace and relief from natural and unnatural disasters, including epidemics, since the time immemorial, are now standing mute spectators to the unprecedented agony facing mankind.

Before jumping to any conclusion, there is a need to study the role the spirituality has played for the well-being of mankind over the centuries. Take the case of Sikhism, the youngest and perhaps one of the most scientific religions of the world. It is this faith, started by Sri Guru Nanak Dev Ji more than 550 years ago, that runs more or less on logical or scientific lines. There are numerous instances that Sikhism supports the scientific thought process.

It is the Sikh philosophy that has given the modern scientific world lead in many areas, including the use of tobacco, besides laying stress on maintaining sanctity of air, water and soil. Intriguingly, the modern scientific world woke up to these realities, much later or as recent as the late last century.

Giving religious sanctity to these three basic elements of life and avoiding use of tobacco were perhaps the most recognizable initiatives of Sikhism that also gave the world of voluntarism. Tradition of community kitchen or langar started by the founder of Sikh faith has given it global recognition. Even now when

## AS I SEE IT

# Why keep places of worship out of corona fight



*Langar seva is a Sikh tradition. Ludhiana's Gurdwara Dukh Niwaran Sahib served over 10,000 meals daily amid the lockdown*

*Photo / Courtesy Indian Express*

all the places of worship are ordered to be closed under lockdown conditions, community kitchens of gurdwaras continue to work to feed the poor, needy and those in distress. This role of Sikh institutions has come for praise from none other than Indian PM Narendra Modi.

However, these arguments were ignored while taking forward the fight against coronavirus. Unfortunately, places of worship were put in the category of possible spread zones of the virus. It is why authorities and medical experts are issuing warnings against gatherings or congregations at places of worship. Instead of temples of peace, solace, and meditation, these places are being viewed as suspected epicenters or source centers of infectious corona virus. Unfortunately there have been attempts to paint some minority religious groups for the alleged spread of the virus. It may be pertinent to mention that famous and historic religious or worship places have seldom proved to be the source center for the spread of any disease or infection. Instead, these abodes of peace, spirituality and tranquility have always stood as big support zone for the suffering humanity.

There have been appeals for special prayers individually or at limited mask clad gatherings to rid the world of this corona menace, places of worship are no more allowed to be frequented to assuage the hurt mankind has inflicted upon Mother Nature over the centuries.

The Malaysian example is there for all of us. When it allowed special religious congregations, especially on Fridays, it mandated the requirement to observe social distancing, practices sanitizing besides recording proper details (of congregation members) for record purposes. Members of the congregation are also required to bring their own prayer mats and take ablutions at home before going to the mosques.

India being far more religious can take a leaf or two from the Malaysian experiment.

For me, religion is a way of life. It not

only provides me light through dark phases that dot day to day life but also guides me to stay calm and focused for peaceful coexistence with fellow beings. Essentially, someone who endeavors to be a good human being, contributes a part of his income towards charities, lends helping hand to others in distress and lives a healthy, hygienic life by following the tenets as enshrined in the sacred scriptures of a fairly religious person.

Meditation and listening to Holy Scriptures, scientists admit, strengthen the human immune system. It is not the numbers but the state of mind that makes one vulnerable to infection. Faith and positive feelings make a huge difference. It is in no way to denigrate the good work scientists have been doing to prevent spread of diseases.

They firmly believe that "chakhna" (taking palmful) of "amrit" or "jal" from the sacred "sarovars" is cure for all ailments. For them, the "jal or amrit" is like a universal vaccine that has a cure for all ailments.

And their belief was immense. They would support it by saying that thousands of people who take holy dips in sacred sarovars or even in rivers like Ganges not only get their sins washed away but also get cured of their ailments. There was definitely logic behind their belief.

However, researchers in health care neither subscribe to these theories of natural or spiritual cures nor make them a part of their action plan simply because there have been no scientific backups for these claims. This may be the reason that the governments and medical experts feel that taking holy dips or visiting places of worship may not be of much help in fighting the corona pandemic. They stand convinced that only Science, which for others is the bane of the present suffering of mankind, has the solutions to the problems it unwittingly creates for mankind.

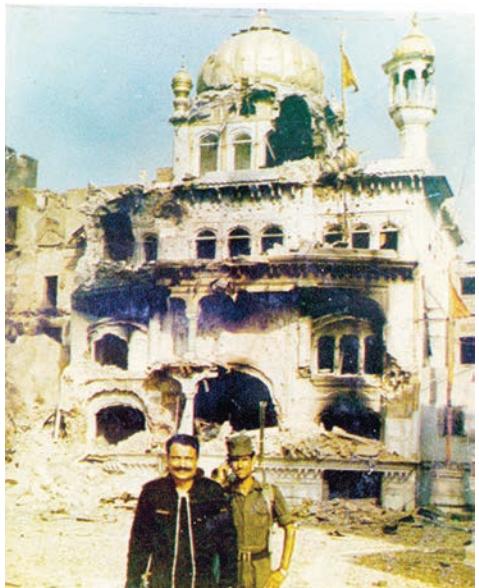
*(The author is a senior journalist, based in Chandigarh. He can be reached at prabhjot416@gmail.com)*

# "Operation Blue Star - Counterbalancing Terror - results in boomeranging horrible pain"



By Ravi Batra

**Leadership requires making choices - picking between not "good" and "bad," but "bad" and "worse." This Op-Ed is aimed at policymakers - to abandon counterbalance as a pillar of statecraft, and it's noisy and genie-out-of-the-bottle progeny: state-sponsored Terrorism. It doesn't work, and is very painful at the bitter end. Being "right," and winning by "right means" permits an end - as a civil "trial by jury" does daily in our courts even for losers. Nations, however, continue to exercise "might is right," when it really never was - given its lingering "tail".**



The Akal Takht- the symbol of the supreme temporal power of the Sikhs, was destroyed in the Operation Bluestar

The enemy of my enemy is my friend; or so goes the saying, lovingly followed by policymakers seeking a shortcut to victory for several millennia. Indeed, counterbalancing continues as a steady pillar of statecraft the world over. It

The 1984 Operation Blue Star was the biggest internal security mission ever undertaken by the Indian Army. Operation Blue Star was Indira Gandhi's solution to the haywire going law and order situation in Punjab. Operation Blue Star was carried out between June 1 and

June 8, 1984, in Amritsar.-EDITOR

matters not that ultimately it doesn't work, and backfires with a painful boomerang.

Recall President Ronald Reagan's "Freedom Fighters" in Afghanistan who we trained and equipped to fight the then-USSR's excursion in Afghanistan to an unhappy exit. Then, after 9/11, when we were in hot pursuit of its mastermind OBL and ended up in Afghanistan - our Freedom Fighters became the Taliban we were fighting against. 40 years and lots of blood and treasure we have spent, only to make a recent Jello gelatin flexible peace-deal with the Taliban, and then cause the local government's twin executives to sign on after the fact to make it operational, all so we may extricate ourselves from a war we cannot lose, nor win by civilized standards in a place where our values are alien to the local ecosystem. My takeaway: don't use counterbalance; it's sexy upfront, and painful as a nightmare divorce in the end. Recently, Kurds in Syria bear witness - as some of them became Terrorists against Turkey.

Well, let's go back to 1971 - when the Blood Telegram sent from Dhaka was ignored in China-loving Richard Nixon's Washington DC - and Indira Gandhi, Prime Minister of India, moved to save the remaining Hindus in now-Bangladesh from genocidal demise. India secured a striking victory in short order that exceeded expectations and was decisive to boot. Pakistan was unhappy, to state the obvious. Nations have found that sponsoring Terror is attractive - because it is what I call - war on the cheap. Pakistan enjoyed such sponsorship as a rejoinder. India's Punjab and Kashmir border Pakistan, and cross-border Terror-support in Sikh-rich Punjab was easier, as Sikhism's founder, Guru Nanak's immortal roots remain in Pakistan - a matter of great importance even now while celebrating His 550th Birthday in Nankana Sahib, Lahore Pakistan via opening the visa-free Kartarpur Corridor - thanks to P. M. Imran Khan and P. M. Narendra Modi - which nations and people of goodwill celebrate.

So after 1971, Pakistan's cross-border sponsorship was for Khalistan to be born - perhaps, as a nation for a nation - with three Sikh leaders Shabeg Singh, Balbir Singh, and Amrik Singh turned separatists, who were allegedly taught tactics more familiar to Terror in Pakistan. As a result, India suffered a porous border and a porous state in Punjab and Kashmir, such that India's sovereignty would be an afterthought if not stopped. Mrs. Gandhi decided to fight fire with fire, and allegedly "sponsored" a genuine Sikh leader Jarnail Singh Bhindranwale. Ultimately, he and his armed supporters came under threat of arrest, being un-controllable by Delhi, and took refuge in the Golden Temple - the holiest Harmandir Sahib - and Operation Blue Star was born in June 1984 to turn

back the hands of time and Statecraft's expeditiously sexy counterbalance pillar. When first trying to peacefully end the stalemate and get the innocent pilgrims released failed over two days, as the separatists were armed with even Chinese-made grenade-launchers, on June 5th military force was initiated to forcibly evict Terrorists from the house of worship. That goal would be tough enough without religion being implicated; but attacking the holiest Sikh Gurdwara - a sanctuary - with 10,000 booted soldiers was successful in a military sense, but a failure by all other metrics. Harmandir Sahib was severely damaged, ancient scripts and artifacts forever lost in the "firefighting fire." Thereafter, while the Indian Government rebuilt it, the Sikh community tore it down and rebuilt it afresh - perhaps, as we recently tore down our newly built embassy in Moscow and rebuilt it anew.

The price of counterbalancing Pakistan's punishment - trying to create Khalistan for loss of her East Pakistan - was that Mrs. Gandhi was assassinated on October 31, 1984 by her favorite bodyguard, Beant Singh, and Satwant, both Sikhs - whom she insisted upon keeping. What followed was nothing short of a bloodbath - known as the Anti-Sikh Riots or worse - where even innocent Sikhs were hurt, injured and even killed and some members of the Indian Congress party were allegedly directing the Sikh-killings in an opportunistic manner - a stain that India has dealt with (and still has to remedy) as we did for interning loyal Japanese-Americans after Pearl Harbor some 40 years later.

Recall in 1988, President Reagan signed the Civil Liberties Act to compensate more than 100,000 Japanese-Americans who were incarcerated in internment camps during World War II. The Law offered a formal apology and paid \$20,000 in compensation to each surviving victim.

Leadership requires making choices - picking between not "good" and "bad," but "bad" and "worse." This Op-Ed is aimed at policymakers - to abandon counterbalance as a pillar of statecraft, and it's noisy and genie-out-of-the-bottle progeny: state-sponsored Terrorism. It doesn't work, and is very painful at the bitter end. Being "right," and winning by "right means" permits an end - as a civil "trial by jury" does daily in our courts even for losers. Nations, however, continue to exercise "might is right," when it really never was - given its lingering "tail." A lesson China will learn from its current collective and sequential miscalculations: Tibet, Uighurs, OBOR with AIIB, exporting Wuhan Virus (lab-engineered as it has the Spike Glycoprotein (S) spliced off the 2003 SARS Bat viruses and transplanted onto the surface of the AIDS virus in 2019 - see, my April 14, 2020 "Open Letter to POTUS et al"

in public domain - recently re-confirmed by former head of MI6) as a global Pearl Harbor, with its cover-up, followed not by an apology and compensation, but added belligerence in South China Sea and Hong Kong, and inter alia, converting diplomacy, a channel most useful during disputes and war, and instead burning it by making diplomats act as a "Wolf Warrior" commando doing battle. That our Hollywood celebrates Chinese-Americans and China is starkly in contrast to the steady anti-American diet fed by Chinese Communist Party leadership to her people. That is both strategic, as it is tactical - something President Trump, Secretary Esper, Speaker Pelosi and Leader McConnell ought digest, as we too have our nation to defend in present time from folks we saw as friends, since Nixon, but who played us.



The historic Ramgarhia Bunga damaged in the Operation Bluestar

**Disclosure:** I legally represented Indian National Congress and Mrs. Sonia Gandhi, merely a loving wife, mother and daughter-in-law in 1984, when they were sued by a so-called entity, Sikhs for Justice, under the Alien Tort Claims Act in United States Federal Courts in New York - SDNY and EDNY. I successfully argued that India, where all events occurred and all actors reside, was ineligible for US courts to exercise extra-territoriality and it was for India to remedy this stain. The lofty U. S. Second Circuit Court of Appeals issued two orders in 2014 and 2015, respectively, agreeing to dismiss the cases pursuant to US law. Thereafter, Rahul Gandhi, adopting my legal filings, gave an interview to Arnab Goswami confirming for the first time that "some" Congressmen were complicit in misconduct. SFJ's subsequent cases against then-PM Manmohan Singh and PM Narendra Modi were dismissed, based upon the precedents I secured, along with application of the Foreign Sovereign Immunities Act, as Prime Ministers, as head of government, are so entitled - which neither INC or INC President Sonia Gandhi was so entitled. Now, SFJ is out of the media-rich harassing litigation, but, allegedly, based upon reports, may be subject to Foreign Agent Registration Act given its foreign supporters."

(The author is a senior attorney and Chair, National Advisory Council South Asian Affairs. He can be reached at ravi@ravibatralaw.com)

## BOMB TARGETING PAKISTAN ARMY VEHICLE KILLS 2 SOLDIERS IN NORTHWEST

**PESHAWAR (TIP):** A roadside bomb targeting a vehicle carrying troops exploded Wednesday, killing two soldiers and wounding two others in northwest Pakistan near the Afghan border, the military said.

The soldiers were on patrol when the attack happened near Miran Shah, a key town in the North Waziristan district, the military said in a statement.

No one immediately claimed responsibility for the attack but suspicion fell on local militants who have been blamed by authorities for previous such attacks on security forces deployed there.

North Waziristan was a former militant base until the Pakistani military said a succession of operations there had cleared the area of Taliban fighters.

However, violence has increased there in recent weeks, spreading fear among residents that the military might carry out more operations. — AP

## SRI LANKA PARLIAMENTARY POLL ON AUGUST 5

**COLOMBO (TIP):** Sri Lanka's National Elections Commission Chairman Mahinda Deshapriya announced on Wednesday that the twice-postponed parliamentary elections will be held on August 5.

President Gotabaya Rajapaksa on March 2 dissolved the Parliament, six months ahead of schedule, and called for snap polls on April 25. However, the election commission in mid-April postponed the elections by nearly two months to June 20 due to the coronavirus outbreak in the island nation.

The commission last month informed the apex court that the polls cannot be held on June 20 because of the raging Covid pandemic.

The new date was decided following a unanimous decision reached between the members of the NEC, Deshapriya told reporters on Wednesday.

"We have signed the gazette (announcing the date) and sent it to the government printer," he said.

This year's election would see health guidelines such as wearing face masks and maintaining physical distance being practiced during the poll. — PTI

# PML-N chief Shehzad Sharif tests positive for Covid-19

**ISLAMABAD (TIP):** Shehzad Sharif, chief of the opposition Pakistan Muslim League-Nawaz (PML-N), has tested positive for the coronavirus, becoming the latest top politician to be infected by the deadly virus on a day when the number of COVID-19 cases in the country touched 1,19,536.

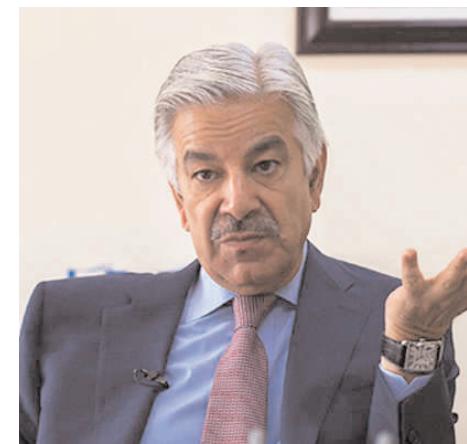
PML-N leader Ataullah Tarar confirmed on Thursday that Shehzad, 68, had been infected with the virus. He claimed that Shehzad contracted the virus as he had to appear before the National Accountability Bureau (NAB) on June 9 in a money laundering case.

"NAB was informed multiple times in writing that Shehzad Sharif has suffered from cancer and compared to other people, his immunity is weak," Tarar said.

He said Shehzad was already living in quarantine due to the threat of virus and had to leave home to appear before NAB.

"Imran Niazi (Pakistan prime minister) and NAB will be responsible if something happens to Shehzad Sharif," he said.

Earlier, in a statement submitted to NAB, Shehzad, who is the younger



brother of Nawaz Sharif, said, "It has been widely reported in the media that some NAB officials have tested positive for COVID-19. Please appreciate (that) I am a cancer survivor and 69 years old. I have been advised limited exposure on account of the peculiar background of low immunity."

Shehzad has been added to the list of top leaders in the country who have contracted the virus, including former prime minister Shahid Khaqan Abbasi and incumbent Railways Minister Sheikh Rashid Ahmad.

At least four lawmakers, including a provincial minister, have died due to

coronavirus in Pakistan.

The Ministry of National Health Service said 5,834 new cases were reported in the last 24 hours, taking the total number of infections in the country to 1,19,536.

The total number of fatalities reached 2,356 after 101 patients died during the period.

Punjab has so far detected 45,463 patients, Sindh 43,790, Khyber-Pakhtunkhwa 15,206, Balochistan 7,335, Islamabad 6,236, Gilgit-Baltistan 1,018 and Pakistan-occupied Kashmir 488.

It said that 38,391 people had so far recovered.

A total of 26,573 tests were conducted in the last 24 hours, taking the total number to 7,80,825.

Meanwhile, the Asian Development Bank (ADB) announced a USD 500 million loan to help Pakistan combat the challenges arising out of the COVID-19 pandemic.

"COVID-19 hit Pakistan at a critical point in its ongoing economic recovery program. ADB's loan will help deliver programs for the poor & vulnerable, strengthen the health sector, & deliver a pro-poor stimulus to boost growth & jobs," the bank tweeted. PTI

## Malaysia detains 269 Rohingyas, find body in damaged boat

**KUALA LUMPUR (TIP):** Malaysian authorities detained 269 Rohingya refugees and found a body on board a suspected smuggling boat they said had been intentionally damaged so it couldn't be turned back to sea.

How long the Rohingya were at sea and where they came from were not disclosed. Hundreds of thousands of ethnic Muslim Rohingya have fled Myanmar due to a military crackdown and many live in densely crowded refugee camps in Bangladesh. Muslim-dominated Malaysia has been a common destination of boats arranged by traffickers who promise the refugees a better life abroad.

Malaysian marine officials intercepted the vessel Monday off the northern resort island of Langkawi, the National Task Force said in a statement. It said 53 people who jumped off the boat and tried to swim ashore were detained, another 216 were detained from the boat and the body of a woman was found on board.

Malaysian officials had intended to turn the boat away, but it had been purposely damaged with its engine beyond repair.

The refugees were fed and placed in a temporary detention facility, while the body has been handed over to police for investigation, the statement said.

The National Task Force said 396 people attempting to sneak into the country illegally have been detained since May, along with 108 boat skippers and 11 suspected smugglers.



It said 22 boats with some 140 immigrants trying to enter the country illegally have also been turned away since May. It didn't give details on the nationality of the migrants.

The count didn't include a boat carrying some 200 Rohingya refugees, including children, that was turned away in April for fear the refugees may bring the coronavirus into the country.

Malaysia has seen more than 700 new infections in immigration detention centers since last month, coinciding with a series of raids in Kuala Lumpur in which

more than 2,000 people were detained for staying illegally in the country.

Malaysia has reported 8,329 infections and 117 deaths from COVID-19, and its nearly three-month lockdown ends this week with the reopening of almost all sectors of the economy.

Malaysia has about 2 million migrant workers with legal status and more than 2 million without it. In addition, some 180,000 refugees and asylum seekers — including 101,000 Rohingya — are registered with the UN refugee agency. — AP



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# Defying Trump, Republican-led Senate panel backs stripping Confederate names from military bases

**WASHINGTON (TIP):** The Republican-led U.S. Senate Armed Services Committee, June 11, voted to require the Department of Defense to rename military bases named after Confederate generals, setting up a clash with President Donald Trump, who opposes that change and promised a veto.

The committee approved the measure, proposed by Democratic Senator Elizabeth Warren, as an amendment to the Senate version of the National Defense Authorization Act, or NDAA, a \$740 billion bill setting policy for the Pentagon, announced on Thursday.

The committee, with 14 Republicans and 13 Democrats, adopted the amendment by voice vote, which allowed individual members to avoid recording their choice.

However, the panel's Republican chairman, Senator Jim Inhofe, expressed concern, telling reporters on a conference call he wanted local input on decisions on base names.

Besides requiring that bases stop honoring Confederate generals within three years, the legislation requires the Pentagon to change the names of other assets - such as streets, aircraft and ships - named for Confederate officers or honoring the Confederacy.

Similar efforts to change the names have stalled before, but Americans have become more conscious about race after a series of high-profile killings of African Americans, including that of George Floyd, who died on May 25 as a white Minneapolis police officer knelt on



Fort Bragg is a military installation in North Carolina named after Confederate General Braxton Bragg

his neck.

As demonstrations have swept the country, cities have removed Confederate statues and institutions have barred displays of the Confederate flag, saying they do not want to honor those who fought to continue enslaving black Americans.

There is a separate movement in Congress, led by Democrats, to remove statues of Confederate generals and leaders from the U.S. Capitol.

## TRUMP BLAMES 'POCAHONTAS'

But Trump drew a line in favor of keeping the names of 10 bases - including

the Army's massive Fort Bragg in North Carolina and Fort Benning in Georgia - named for military leaders who battled Union forces during the 1860s Civil War. He threatened to veto legislation changing them.

On Thursday, the Republican president doubled down on his position, attacking Warren on Twitter as a "failed presidential candidate," and referring to her as "Pocahontas," a nickname widely seen as racist. He urged members of his party to keep the names of "our legendary military bases."

"Hopefully our great Republican Senators won't fall for this!" Trump

wrote.

Prospects for the amendment making it through the full Senate, where Trump's Republicans have a majority, were not clear even before Trump's tweet. A committee aide said "some sticking points" remained.

Republican Senator Roy Blunt, who represents Missouri, which was in the Confederacy, said he had no problem changing the bases' names.

"If you want to continue to name forts after soldiers, there have been a lot of great soldiers who have come along since the Civil War," Blunt told reporters.

He noted that Braxton Bragg, who is honored at the sprawling base in North Carolina, was "probably the worst commanding general in the entire Confederate Army. He's an interesting guy to name a fort after."

Bratt was relieved of his command after losing a major battle in 1863.

Democrats backed the amendment.

Nancy Pelosi, speaker of the Democratic-controlled House of Representatives, also backed the shift. "The American people know these names have to go," she told a news conference.

The NDAA is several steps from being sent to the White House late this year. First, the full Senate must pass its version of the bill, the House must pass its version, the two must be reconciled and then the compromise measure must pass Congress.

That bill is then sent to the president for approval or veto.

(Source: Reuters)

## Most Americans, including Republicans, support sweeping Democratic police reform proposals



**NEW YORK (TIP):** Most Americans, including a majority of President Donald Trump's Republican Party, support sweeping law enforcement reforms such as a ban on chokeholds and racial profiling after the latest death of an African American while in police custody, according to a Reuters/Ipsos opinion poll released on Thursday, June 11. The national survey on June 9-10, shows the public broadly on the side of Democratic lawmakers, who proposed a series of changes to police departments in the United States as protesters gathered nationwide to condemn the death of George Floyd and racism.

The White House and Republican lawmakers are preparing their own plans

for changes in policing, though they are expected to fall short of the deep reforms being sought by Democrats in Congress and Joe Biden, their party's presumptive presidential nominee in the Nov. 3 election to challenge Trump.

The poll conducted online of 1,113 U.S. adults showed bipartisan support for many of the Democrats' proposals.

For example, 82% of Americans want to ban police from using chokeholds, 83% want to ban racial profiling, and 92% want federal police to be required to wear body cameras. He also found that 89% of Americans want to require police to give the people they stop their name, badge number and reason for the stop, and 91% support allowing independent investigations of police departments that show patterns of misconduct. Seventy-five percent of Americans want to support "allowing victims of police misconduct to sue police departments for damages."

Trump, who has been trying to win back suburban voters by positioning himself as a "law-and-order" president, called on states to crack down on the protests. Trump had previously said that he could use military

forces if states did not quell protests, which have been mostly peaceful apart from some arson and looting and clashes with officers.

According to the Reuters/Ipsos poll, rank-and-file Republicans appear to be mostly supportive of the proposals Democratic lawmakers in Congress unveiled on June 8.

The legislation followed Floyd's May 25 death in Minneapolis, where a police officer knelt on his neck for nearly nine minutes. According to the poll, six out of 10 Republicans supported a provision that would allow "victims of police misconduct to sue police departments for damages."

Seven in 10 Republicans support bans on racial profiling and chokeholds. Nine in 10 Republicans agree that police should wear body cameras and the same proportion agreed that law enforcement agencies should be open to independent investigations. Trump also has tried to tie Democrats to calls for "defunding the police" by activists on the left. The term refers to eliminating or cutting spending on police departments, often the largest expense for municipalities, and using the funds for education, social welfare, housing

and other community needs.

Trump and Biden have both said they oppose "defunding" police departments.

Yet the Reuters/Ipsos poll found that support varies based on how it is defined.

For example, 39% of respondents supported proposals "to completely dismantle police departments and give more financial support to address homelessness, mental health, and domestic violence." But 76% said they supported moving "some money currently going to police budgets into better officer training, local programs for homelessness, mental health assistance, and domestic violence."

Minneapolis is considering phasing out its police department but the city council has not formally discussed how it would do so, and what it would replace the department with.

The Reuters/Ipsos poll gathered responses online, in English, across the United States. It gathered responses from 1,113 adults, including 495 Democrats and 417 Republicans and has a credibility interval, a measure of precision, of plus or minus 3 percentage points.

(Courtesy: Reuters)

# Trump says he is finalizing executive order on police reform

**WASHINGTON (TIP):** President Donald Trump has said that an executive order that will "encourage" police departments to meet the "current professional standards for the use of force" is being finalized as pressure mounts for changes to law enforcement practices after nationwide protests over the brutal killing of African-American George Floyd while in police custody.

Floyd, 46, died in Minneapolis on May 25 when a white police officer pinned him to the ground and knelt on his neck while he gasped for breath.

"What happened two weeks ago was a disgrace when you see that. What happened on numerous occasions over the last two weeks - people were killed. A number of people were killed and it was very, very terrible and very, very unfair. A number of them were police officers. It was a very unfair situation. We don't want to see that," Trump said during a round table in Dallas, Texas.

He said he wanted people to "work together" on solutions to racial inequality.

"We're working to finalize an executive order that will encourage police departments nationwide to meet the most

current professional standards for the use of force, including tactics for de-escalation," Trump said at a roundtable with law enforcement in Dallas.

However, he offered few details about the executive order.

Every child should be able to grow up in a safe community, free from violence and fear. They've taken a lot of the police protection away in Chicago, and they have great, great police in Chicago," he said.

Noting that Americans are good and virtuous people, the president said that they have to work together to confront bigotry and prejudice wherever they appear.

"But we'll make no progress and heal no wounds by falsely labeling tens of millions of decent Americans as racists or bigots. We have to get everybody together. We have to be on the same path. If we don't do that, we have problems. We'll do that. We'll do it. I think we're going to do it very easily," he said.

The United States, he said, has the greatest potential.

"We have the greatest country in the world. But we get off subject. We start thinking about things that don't matter or

don't matter much. The important things, we don't even discuss. But we're here to discuss some very important things," he said.

Politicians, he alleged, make false charges, and they're trying to distract from their own failed records.

"They have some very bad records. These are usually the ones that cause the problems or can't solve the problems. These are the same politicians who shipped our jobs away and took tremendous advantage of all Americans," he said.

The United States has been swept by protests since Floyd's custodial death on May 25 in Minneapolis.

Trump also said he would not consider activists' calls to defund the police.

"We'll take care of our police. We're not defunding police. If anything, we're going the other route. We're going to make sure that our police are well-trained, perfectly trained, they have the best equipment," he said, adding that he preferred "dominating the streets with compassion."

Trump said that in addition to the executive order, he plans to address economic development in minority



*"We're working to finalize an executive order that will encourage police departments nationwide to meet the most current professional standards for the use of force", said Trump*

communities, health care disparities in minority communities and school choice.

Trump said that he is renewing the call on Congress to finally enact school choice now.

"School choice is a big deal because access to education is the civil rights issue of our time. It really is; it's the civil rights issue of our time. When you can have children go to a school where their parents want them to go. It creates competition. Other schools fight harder because, all of a sudden, they say, "Wow. We're losing it. We have to fight hard." It gets better in so many different ways," he said. (Source: PTI)

## Trump considering suspending H1B, other visas: Report

**WASHINGTON (TIP):** US President Donald Trump is considering suspending a number of employment visas including the H-1B, most sought-after among Indian IT professionals, in view of the massive unemployment in America due to the coronavirus pandemic, according to a media report.

The proposed suspension could extend into the government's new fiscal year beginning October 1, when many new visas are issued, The Wall Street Journal reported on Thursday, quoting unnamed administration officials.

"That could bar any new H-1B holder outside the country from coming to work until the suspension is lifted, though visa holders already in the country are unlikely to be affected," the daily reported.

The H1B visa is a non-immigrant visa that allows US companies to employ foreign workers in specialty occupations that require theoretical or technical expertise.

The technology companies depend on it to hire tens of thousands of employees each year from countries like India and China.

Such a decision by the Trump administration is likely to have an adverse impact on thousands of Indian IT professionals. Already a large number of Indians on the H-1B visas have lost their jobs and are headed back home during the coronavirus pandemic.

The White House, however, said that no final decision has been made and the administration is considering various



*The H1B visa is a non-immigrant visa that allows US companies to employ foreign workers in specialty occupations*

*Photo for representational purpose only*

proposals.

"The administration is currently evaluating a wide range of options, formulated by career experts, to protect American workers and job seekers especially disadvantaged and underserved citizens - but no decisions of any kind have been made," White House spokesman Hogan Gidley said in a statement.

In addition to the H-1B visas, the suspension could apply to the H-2B visa for short-term seasonal workers, the J-1 visa for short-term workers including camp counsellors and au pairs and the L-1 visa for internal company transfers, the financial daily reported.

Meanwhile, the US Chambers of Commerce CEO Thomas Donohue on Thursday wrote a letter to Trump, expressing concern over his reported move on temporary work visas.

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

## US naval buildup in Indo-Pacific seen as warning to China

### 3 American aircraft carriers are patrolling the Indo-Pacific waters

**WASHINGTON (TIP):** For the first time in nearly three years, three American aircraft carriers are patrolling the Indo-Pacific waters, a massive show of naval force in a region roiled by spiking tensions between the US and China and a sign that the Navy has bounced back from the worst days of the coronavirus outbreak, an AP report says. The unusual simultaneous appearance of the three warships, accompanied by Navy cruisers, destroyers, fighter jets and other aircraft, comes as the US escalates criticism of Beijing's response to the coronavirus outbreak, its moves to impose greater control over Hong Kong and its campaign to militarize human-made islands in the South China Sea.

"There have been some indications in Chinese writings that the United States was hit hard by COVID-19, that military preparedness was low, so perhaps there is an effort by the United States to signal China that it should not miscalculate," said Bonnie Glaser, director of the China Power Project at the Center for Strategic and International Studies.

"The Chinese will definitely portray this as an example of US provocations, and as evidence that the US is a source of instability in the region." President Donald Trump, criticized for his own handling of the coronavirus outbreak, has condemned China for what he sees as a failure to adequately warn the world about the COVID-19 threat.

The administration has also moved to ban Chinese graduate students and



*A US jet practices a touch-and-go maneuver on the flight deck of the Navy's only forward-deployed aircraft carrier USS Ronald Reagan in the Philippine Sea.*

*Photo / Courtesy US Navy*

researchers with links to the People's Liberation Army or other security services from the United States.

The convergence of three carrier strike groups in the region is unusual because of the limited number of carriers and the fact that they are often cycling through repair schedules, port visits, training or deployments to other parts of the world. This week, however, Navy commanders said they were able to take advantage of the timing, particularly during this period of great power competition with China. The US national defense strategy cites China as a top security concern, and Pentagon leaders have been working to shift more resources and military assets to the region to battle what they see is Beijing's growing economic influence and military might.

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

# India, China maintaining engagements to resolve border standoff at earliest: MEA

**NEW DELHI (TIP):** The Ministry of External Affairs said on Thursday India and China were maintaining military and diplomatic engagements to peacefully resolve the border row at the earliest even though it did not respond to reports on troops moving back from standoff positions in the Galwan and Hot Spring areas of Ladakh.

MEA spokesperson Anurag Srivastava said both sides had agreed to work for an early resolution to the issue in keeping with broader guidance provided by leaders of the two countries for ensuring peace and tranquillity along the border areas.

"A meeting was held between core commanders of India and China on June 6. This meeting was in continuation of our diplomatic and military engagement which both sides maintained in order to address the situation in areas along the India-China border," Srivastava said in a media briefing.

On June 6, XIV Corps Commander Lt General Harinder Singh and South Xinjiang Military District Commander Major General Liu Lin held a meeting at the Chushul-Moldo border point for nearly three hours before delegations were brought in.

The two sides also held Major General-level talks, which lasted over four hours, on Wednesday. Sources said the Indian side pressed for restoration of status quo ante, reiterating that troops should move back to the positions held in April-end, before the standoff began. The Indian side also sought reduction in the number of Chinese troops in the



region. The two sides are, therefore, maintaining military and diplomatic engagements to peacefully resolve the situation at the earliest and also to ensure peace and tranquillity in the border areas. This is essential for further development of India-China bilateral relations," the MEA spokesperson said.

On Wednesday, the Chinese foreign ministry spokesperson confirmed that the two sides were taking steps to "ease" the situation along the Line of Actual Control (LAC) when asked about reports of troops disengaging and moving back to their previous positions.

"Recently, the diplomatic and military channels of China and India held effective communication on the situation along the border and reached positive consensus. The two sides are following this consensus to take actions to ease the situation along the borders," the

spokesperson said.

From the Indian side, officials cautioned that this should be seen as a "first step" towards a long, phased and gradual process of disengagement, and there should be no expectation of immediate or quick withdrawal of troops and weaponry.

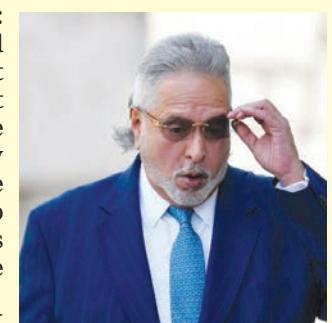
The disengagement process may take weeks. "Physical verification as well as satellite imagery will help us in complete disengagement," sources told The Indian Express.

While troops are stepping back in other areas, the standoff continues in the contested Fingers area on the north bank of Pangong Tso where Chinese troops are not allowing Indian patrols beyond Finger 4 – it is 8 km west of Finger 8 which India says denotes the LAC.

Sources also said that the Army is "fully prepared for a long and permanent deployment if the PLA does not retreat".

## INDIA ASKS UK NOT TO CONSIDER ANY REQUEST FOR ASYLUM BY MALLYA

**NEW DELHI (TIP):** India on Thursday said it has asked the UK not to consider any request for asylum by fugitive businessman Vijay Mallya as there appeared to be no ground for his persecution in the country.



Last week, the UK government indicated that Mallya is unlikely to be extradited to India anytime soon, saying there is a legal issue that needed to be resolved before his extradition can be arranged.

"We have been in touch with the UK side for his early extradition. We have also requested the UK side not to consider his asylum, if requested by him, because there appeared to be no ground for his persecution in India," External Affairs Ministry spokesperson Anurag Srivastava said at an online media briefing.

In May, Mallya lost his appeals in the UK Supreme Court against his extradition to India to face money laundering and fraud charges.

Srivastava said India has been in touch with the UK after Mallya's application for leave to appeal to the UK's Supreme Court was rejected.

The UK top court's decision marked a major setback to the 64-year-old businessman as it came weeks after he lost his High Court appeal in April against an extradition order to India.

A spokesperson in the British High Commission here said last week that there was a legal issue that needed to be resolved before Mallya's extradition can be arranged.

"Under United Kingdom law, extradition cannot take place until it is resolved. The issue is confidential and we cannot go into any detail. We cannot estimate how long this issue will take to resolve. We are seeking to deal with this as quickly as possible," the official had said.

Mallya has been based in the UK since March 2016 and remains on bail on an extradition warrant executed three years ago by Scotland Yard on April 18, 2017.

The High Court verdict in April upheld the 2018 ruling by Chief Magistrate Emma Arbuthnot at the end of a year-long extradition trial in December 2018 that the former Kingfisher Airlines boss had a "case to answer" in the Indian courts.

## PM MODI CALLS FOR BOLD DECISIONS TO SPUR ECONOMY

**NEW DELHI (TIP):** Prime Minister Narendra Modi on Thursday said the coronavirus pandemic has taught India a lesson in self-reliance as he exhorted industry to take bold decisions to convert the crisis into an opportunity rather than remain conservative.

Addressing the annual session of the Kolkata-based industry lobby Indian Chamber of Commerce, Modi said the time has come to take the Indian economy "from command-and-control to plug-and-play".

"This is not the time for a conservative approach—rather to take bold decisions and make bold investments going forward. This is the time to build a globally competitive domestic supply chain. For this, industry has to help all existing stakeholders of its supply chain to come out of the crisis and handhold them for greater value addition," he added.

Modi said India must convert the crisis into an opportunity and make it a turning point to build a self-reliant India in sectors such as medical equipment, defence manufacturing, core and minerals, edible oils, fertilizers, electronic manufacturing, solar panels, batteries, chip manufacturing and aviation sector.

His remarks come against the backdrop of former chief economic adviser Arvind Subramanian's criticism of the government's approach to self-reliance through import substitution. Subramanian last week



said India must shed its protectionist attitude and find a way to be internally competitive in order to become an exporting economy in a challenging post-covid world, describing the notion of a self-sufficient exporting powerhouse as an oxymoron.

In his speech, Modi said self-reliance means India has to minimize its dependence on other nations. "India should manufacture all those products that it is forced to import and make efforts to become an exporter of

those products in future. We have to work in this direction at a faster pace. We have to restrain our habit of importing such items that India's MSMEs and self-help groups produce," he said.

Speaking at the annual meeting of the Confederation of Indian Industry last week, Modi pledged to accelerate structural reforms to boost growth prospects as the Indian economy heads into a recession that some forecast will be the deepest since Independence.

S&P Global Ratings on Wednesday said while risks to India's long-term growth rate are rising, ongoing economic reforms, if executed well, should keep its growth rate ahead of peers. The rating agency retained India's lowest investment grade (BBB-) credit rating with a stable outlook as it expects the economy and fiscal position to stabilize and begin to recover from 2021 onwards.

The rating agency expects the Indian economy to contract 5% in FY21 while the World Bank has projected Asia's third largest economy to shrink by 3.2% during the year. The Organisation for Economic Co-operation and Development (OECD) on Wednesday said India may contract by as much as 7.3% in FY21 in case of a second wave of coronavirus outbreak in the December quarter, needing new containment and strict social distancing measures.

# Delhi and Maharashtra among five states that may face shortfall in critical Covid care

**NEW DELHI (TIP):** From glaring shortfalls in hospital inventory to a steady surge in confirmation rate (percentage of samples tested returning positive) and testing bottlenecks, the Centre Thursday raised red flags in the country's battle against the pandemic. It said although the national Case Fatality Rate (CFR) remains stable, 69 districts have high CFR.

It warned the five most affected states — Maharashtra, Tamil Nadu, Delhi, Gujarat, Uttar Pradesh — that going by current trends, they are projected to fall short in terms of ICU beds and ventilators between June and August.

In Delhi, where the ruling AAP is locked in a war of words with the BJP and the central government over the mounting cases and capacity shortfall, projections show the city may already have run out of ICU beds on June 3, will run out of ventilators on June 12, and isolation beds with oxygen on June 25.

This projection is part of a presentation made during a videoconference that Cabinet Secretary Rajiv Gauba had with state chief secretaries and health secretaries.

Maharashtra is projected to have a shortage of ICU beds on August 8, while it may run out of ventilators by July 27. Tamil Nadu is expected to run out of ICU beds and ventilators by July 9, and isolation beds with oxygen on July 21.0

Similar projections were made for five other states/UTs — Haryana, Karnataka, J&K, Madhya Pradesh and West Bengal — given the current trends there. They were told to ensure "sufficient hospital capacity through advance planning for next 2 months" and ready an action plan with major emphasis on the upgradation of the health system. The projections warn that 17 districts, including Gurugram,



Mumbai, Thane, Palghar, Jalgaon, Chennai and Gautam Buddh Nagar, run the risk of capacity shortfall in the next one month if the current trend continues. These have been flagged for special attention to guard against complacency over improvement in the national doubling rate (16.9 days as against 14.1 days two weeks ago) and stable CFR (number of fatalities per 100 detected cases) at around 2.9 per cent as against 2.96 per cent a fortnight ago.

The presentation pointed to the increase in confirmation rate from 4.87 per cent two weeks ago to 5.7 per cent. It said there were 46 districts across 13 states with a confirmation rate of more than 10 per cent as of June 9.

"Increase in confirmation rate from 5.70 per cent from 4.87 per cent two weeks ago indicates either spread of infection or less testing. At the state level, three states have more than 10 per cent confirmation rate. (Maharashtra, Delhi, Telangana)," the presentation noted. "Mumbai and Thane in Maharashtra and Chennai in Tamil Nadu for instance have a higher

confirmation rate than 20 per cent, while Palghar (Maharashtra), Medchal-Malkajgiri (Telangana) and Hojai (Assam) have more than 20 per cent confirmation rate in rural areas," the Centre told the states.

It underlined that as many as 69 districts across 13 states in the country have a fatality rate of more than 5 per cent. Of these districts, 51 are concentrated in four states — Madhya Pradesh (21), UP (11), Maharashtra (10) and Gujarat (9). During the interaction, the issue of concentration of cases and fatalities was also highlighted. While six states — Maharashtra, Tamil Nadu, Delhi, Gujarat, Rajasthan, West Bengal — constitute 76 per cent of all Covid-19 positive cases, it was underlined that 82 per cent of total deaths came from five states — Maharashtra, Delhi, West Bengal, Gujarat and Madhya Pradesh. The Cabinet Secretary drew attention to 30 "epicentre" districts that account for 72 per cent of the active case load and suggested "fatality mitigation" as an additional "urgent" focus area for them.

## ONE MONTH INTO LOCKDOWN, LESS THAN 1% WERE EXPOSED: ICMR ANTIBODIES SURVEY

**NEW DELHI (TIP):** Less than one per cent of 26,400 people, randomly chosen from 65 districts with varied caseloads, were exposed to the coronavirus in the first month of the national lockdown, according to the first phase of a nationwide sampling to check for the pandemic's spread via testing for antibodies.

Niti Ayog member Dr V K Paul said that the sampling was done in the third week of May, and the results reflect the national situation till April 30 as it takes time for the antibodies to develop.

"This shows that the lockdown has been successful," ICMR chief Dr Balram Bhargava said while presenting the results Thursday. The second phase of the survey is being carried out in containment zones.

In the first phase, samples were collected from 83 districts, and data from 65 analysed so far. The districts were divided into four groups: zero cases, low incidence, medium incidence and high incidence. In every group, a minimum of 15 districts were selected and 400 individuals from each tested. A total of 28,595 households were part of the survey.

In both phases of the survey, blood samples collected from the population are being tested for IgG antibodies. If a person is IgG positive, it means they were infected by the pathogen — in this case, the SARS-CoV2 virus — in the past.

"The data shows that we have been able to contain the virus. To keep the pandemic at these levels is a very big achievement. Also, fortunately in India, the mortality is very low," said Paul, who described the exercise as the biggest ever immunological survey in the world on Covid-19. Bhargava, however, cautioned that while such low levels of exposure is "good news", it also means that large sections remain susceptible, with people in urban slums having a 1.89 times higher risk of getting the disease as compared to those in rural areas.

On April 30, there were 33,610 cases, with migrant movement on trains starting a day later. This would mean that as the survey continues, the numbers will keep changing. Bhargava said the indigenous "Covid Kavach" Elisa test is being used for the survey. "Our cases per lakh population is among the lowest. The number of deaths per lakh population is also among the lowest. These figures are reflected in the findings of the sero-survey as well... The infection fatality is a very low 0.08%," said Bhargava, referring to the percentage of deaths among all people exposed to the virus.

Citing the results, Bhargava, who is also Secretary, Department of Health Research, denied any community transmission. "India is such a large country, prevalence is so low, less than 1% in small districts. In urban areas and containment zones, it is slightly higher. But we are definitely not in community transmission. We have to continue testing, tracing, tracking and quarantine, and containment, as we have found success so far with these measures... We have ramped up testing capacity to 2 lakh per day," Bhargava said.

## Govt dues: Big relief for PSUs, telcos told to give timeframe

**NEW DELHI (TIP):** The Supreme Court Thursday said the demand by the Department of Telecommunications for dues to the tune of Rs 3 lakh crore in adjusted gross revenue (AGR) from non-telecom public sector undertakings was "wholly impermissible" and asked the DoT to withdraw it.

Thursday's order, which will provide a major relief to GAIL India Ltd, Oil India Ltd, PowerGrid, RailTel and Delhi Metro Rail Corporation, comes almost eight months after the October 24, 2019, Supreme Court judgment.

"Outright misuse of our verdict...This is wholly and totally impermissible," Justice Arun Mishra

observed as a bench comprising him, Justices S Abdul Nazeer and M R Shah, was hearing a government plea to allow private operators pay their AGR dues in a staggered manner over 20 years.

The order is significant since the Rs 3 lakh crore demand from non-telecom PSUs accounts for almost 65 per cent of the total Rs 4.7 lakh crore demand from all companies, including private and state-owned telcos.

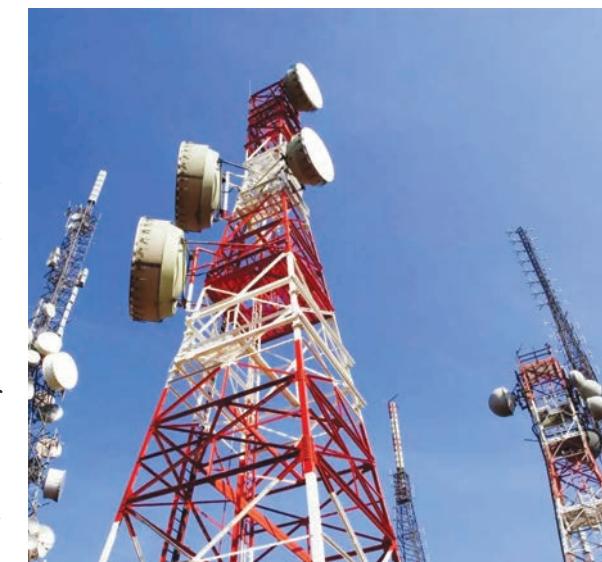
If the amount is not realised, it could impact the government's fiscal math, since the Centre would receive just a fraction of the total estimated revenue for the current financial year.

In 2020-21, the Finance Ministry had estimated realisation of Rs 1.33 lakh

crore under the head 'other communication services', 125 per cent more than Rs 58,989.64 crore in the Revised Estimate for 2019-20.

While it had not specified if the estimated Rs 1.33 lakh crore would come from telcos or non-telcos, the 'other communication services' head contains mainly relates to license fees from telecom operators and receipts on account of spectrum usage charges. The spectrum usage charges are calculated as a percentage of AGR depending on the quantum of spectrum assigned for their network.

The DoT demand, the Supreme Court said Thursday, could not have been raised as its October 24 judgment was silent on the issue.



# The Indomitable Human Spirit in Award Winning Doc "Runner"

**By Mabel Pais**

**Runner" is about the ability to hope and the capacity to thrive even after enduring the most oppressive circumstances. It's about letting the pain of our past propel us into turning negative circumstances into something positive. - Bill Gallagher, Director - "Runner"**

**"I truly believe Guor's story is good medicine in these difficult times. Never give up. Stay focused. And every day put the shoes on and run." - Steve Bannatyne, Co-distributor - "Runner"**

## One Man's Journey from Refugee to Olympian

Release to coincide with World Refugee Day, June 20

Virtual Cinema Release - June 19  
Several Participating Theaters and Organizations Announced Below

Virtual Q&A with Olympian Guor Maker and Director Bill Gallagher - June 20

DIRECTOR BILL GALLAGHER'S AWARD-WINNING DOCUMENTARY "RUNNER" ON ONE MARATHONER'S JOURNEY FROM REFUGEE TO OLYMPIAN TO HAVE VIRTUAL CINEMA RELEASE STARTING FRIDAY, JUNE 19

"Runner" follows the incredible story

of Guor Marial, the South Sudanese Lost Boy to become an Olympic athlete. His survival of slavery and a brutal war that took 8 of his 9 siblings prompted him to become a runner.

Now Airman First Class in the United States Air Force, Guor Marial is Training for the 2021 Tokyo Summer Olympics.

When he was only eight, Guor Mading Maker (formerly known as Guor Marial) ran from capture in war-torn Sudan to eventually seek safety in the US. In his new life, Maker began running again, participating in high school track and field, and eventually becoming a sensation and qualifying for the 2012 Olympics. But because the newly formed South Sudan was not recognized by the International Olympic Committee, Maker had to fight to compete independently, refusing to run for Sudan and taking a stand against its oppression.

"Runner" depicts Maker's difficult and triumphant journey from refugee to world-renowned athlete, told in intimate interviews with gorgeously animated flashbacks of Guor's upbringing and culminating in a heart-wrenching reunion with his parents after a 20-year separation. His story is a distinctly inspirational one in which the indomitable human spirit emerges against all odds.

### About Film Subject Guor Maker

- o Qualified for the Olympics in his first ever marathon
- o Competed in the 2012 London Olympics as an Independent Olympic

### Athlete

- o He competed in the 2016 Rio Olympics as part of the first ever team from South Sudan, where he was the flagbearer for his country.
- o Now attempting to qualify for the 2021 Tokyo Olympics for Team USA
- o Guor joined the United States Air Force in 2017 because he wanted to "give back" to the United States:

<https://www.afimsc.af.mil/Units/Air-Force-Services-Center/WCAP/Maker/>

- o Attended high school in Concord, New Hampshire
- o Received a full running scholarship to Iowa State where he ran to All-American honors

"Runner" is about the ability to hope and the capacity to thrive even after enduring the most oppressive circumstances. It's about letting the pain of our past propel us into turning negative circumstances into something positive. The film's protagonist, Guor Maker, is a refugee who endured unimaginable suffering, yet he willed himself into becoming an Olympian and used that platform to help inspire others. Hope is what we need right now and I couldn't be happier to share this film with the world at this moment." - Bill Gallagher, director of "Runner"

Participating movie theaters include Laemmle Theaters, Alamo on Demand, Red River Theater, Emagine Theaters, Galaxy Theaters, The Cabot, Grand Cinema Tacoma, Riverview



*Guor Marial, Olympic Runner*

*Photo / runnerdoc.com*

Minneapolis, Farmington Theater, Cleveland Cinemas, Sunrise Theater, C.U. Boulder, and Tull Family Theater.

Participating film festivals and societies include Detroit Free Press's Freep Festival, Berkshire International Film Festival, FilmScene, and Heartland Film.

Participating marathons and running clubs include: Revel Race Series, Portland Marathon, Detroit Freep Marathon, Rugged Races/Fargo marathon, Ottawa Marathon

### SHARE OF THE PROCEEDS FROM THE RELEASE WILL BENEFIT REFUGEE ORGANIZATIONS, MARATHONS & RUNNING GROUPS

Official Website: [RunnerDoc.com](http://runnerdoc.com)

Credits:

Director, Producer, Co-Editor: Bill Gallagher

Co-Editor: Eric Daniel Metzgar

Cinematographers: Nikki Bramley, Peter Louis, Jacob Benjamin Ateny

Composer: Jacob Benjamin Ateny

Virtual Release Date: June 19, 2020

## Acclaimed Doc "My Darling Vivian"

**By Mabel Pais**

**"My mother's own story has often been lost or misinterpreted to serve a myth. This elegant film about her ? the real Vivian Liberto, not the Hollywood version ? is painful but compassionate, wrenching but true." - Roseanne Cash**

**"Now that Vivian's truth is being told at a time when our society is beginning to listen to its aggrieved women, maybe her joy and pain and reality can be fully accepted. For nearly fifty years, Vivian Liberto felt she had been silenced and erased, so it is truly a gift to be able to bring her story into the homes of viewers across the country." - Matt Riddlehoover, Director - "My Darling Vivian"**

"My Darling Vivian" tells the true story of Vivian Liberto, Johnny Cash's first wife and the mother of his four daughters: an effort to rewrite Hollywood's fictionalized version of events.

"My Darling Vivian" has the unique advantage of exclusive, unprecedented access to a wealth of never-before-seen footage and photographs of Vivian Liberto and Johnny Cash, as well as to their daughters themselves. Rosanne Cash, Kathy Cash Tittle, Cindy Cash, and Tara Cash Schwoebel chronologically trace Vivian's romantic, wrenching, and dizzying journey, shedding light on the undeniable marks that were left. From Vivian's childhood as the middle daughter of a strict Italian Catholic father and an alcoholic mother, to her teenage romance (and subsequent three-year-long



*Vivian Liberto with husband Johnny Cash*

correspondence) with Johnny Cash - in which she reveals to him an inferiority complex rooted in her appearance.

"My mother's own story has often been lost or misinterpreted to serve a myth. This elegant film about her ? the real Vivian Liberto, not the Hollywood version ? is painful but compassionate, wrenching but true. Even though she was an intensely private woman, I think she longed to have her story told, and her place in the history of my family acknowledged with respect and love. Matt Riddlehoover and Dustin Tittle have succeeded in giving her that place. My sisters and I are deeply moved by and grateful for 'My Darling Vivian'." - Rosanne Cash

"Vivian Liberto's story is one that has intrigued me for years. Dustin, my husband and producing partner, is the grandson of Vivian and Johnny Cash; I'd heard fragments of her experience from my mother-in-law, Kathy, and how grossly misrepresented she was in the 2005 film, "Walk the Line". It wasn't until a close friend suggested we make this film that I even considered it a possibility - it seemed too huge a responsibility. Now that Vivian's truth is being told at a time when our society is beginning to listen to its aggrieved women, maybe her joy and pain and reality can be fully accepted. Her life was romantic and bewildering,

difficult and significant, and wholly filmic - more than a mere footnote in the biography of Johnny Cash. The marks that were left on our four interviewees as children are undeniable, and also worth noting. These women have held an important piece of hidden history that seems more relevant today than ever before. It's time we sat down and spent an hour or so in there, and their mother's, shoes. Over these past two and a half years, I've fallen madly in love with Vivian, and my hope is that others do, too. - Matt Riddlehoover, Director

Credits:

Director, Producer, and Editor: Matt Riddlehoover

Producer: Dustin Tittle

Co-Producer: Tara Cash Schwoebel

Director of Photography: Josh Moody

Composer: Ian A. Hughes

Virtual Release Date: June 19, 2020

Official Website: [mydarlingvivian.com](http://mydarlingvivian.com)

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*Vivian Liberto with daughters*

*Photo Courtesy / Estate of Vivian (Liberto Cash) Distin*

*(Mabel Pais writes on The Arts and Entertainment, Social Issues, Health & Wellness, and Spirituality)*

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## KATRINA KAIF PLEDGES TO SUPPORT DAILY WAGE WORKERS

Bollywood actor Katrina Kaif has pledged to support daily wage workers through her brand, Kay Beauty. The actor announced on Tuesday that she would be lending support to families around the Bhandara district in Maharashtra again.

The actress had pledged to support the daily wage workers of Bhandara district back in April as well. On Tuesday, taking to her Instagram, Katrina wrote, "Kay Beauty and the Dehaat foundation are partnering again for #KareWithKayBeauty. Together, we have lent our support to the daily-wage earning families living in the villages around the Bhandara district in Maharashtra, with food and basic sanitary materials."

She also urged her fans to contribute towards the cause saying that in times of need "every bit of help counts". In a video shared by the actor, she mentioned that, "Vrundan, the founder of De'Haat and her team have done such an excellent job all these years to support the community."

# KRITI SANON: WHENEVER I START WORKING AGAIN, I WILL VALUE THAT A LOT

The lockdown across India brought the film industry to a screeching halt for probably the longest period ever. Not only did it give actors and actresses some much desired rest, but also slowed the hectic pace of shoots across the country. Amid this, Bollywood actors used their lockdown time creatively. One of them was actress Kriti Sanon who took to writing poems and cooking. In a recent interview with Hindustan Times, Kriti admitted that she is now missing work.

As India eases restrictions, Kriti revealed that she is looking forward to going back on set. "For the first month or so, I was really chilling. But honestly, I now miss being on the sets and going through my 'normal, daily' routine," the actress said. She added, "Surely, lockdown brought along tonnes of problems and difficulties for many people. But in hindsight, I feel even a busy city like Mumbai has been much calmer. You could see a clearer sky, and even hear birds chirping. That way, it has been great."

The actress confessed that keeping a track of what day and date it is during lockdown was quite a task. Kriti will be soon resuming work and will have her hands full as she will begin shooting for Bachchan Pandey alongside Akshay Kumar, Rajkummar Rao, Dimple Kapadia and Paresh Rawal. "Whenever I start working again, I guess I will value that a lot, and also enjoy it much more," reveals Kriti.



## SUSHMITA SEN OPENS UP ON 'TRAUMATISING' PHASE OF ILLNESS

Sushmita Sen briefly disappeared from the public eye after she was diagnosed with Addison's disease in 2014. In a new interview, she has said that the last five years have been the worst of her life, and that her web series Aarya was the 'light at the end of the tunnel'.

In a chat with journalist Anupama Chopra, Sushmita said that she was excited about making a comeback to acting with the Disney+ Hotstar series as it was made with 'tremendous conviction'. She added that after her darkest phase, in which she was battling a life-threatening illness, it came as a glimmer of light.

"The reason I am also excited is because all through the last ten years, out of which five were lovely, watching my little one grow up and being there a hundred per cent... After that, the last five years were pretty traumatising. They really took me to the darkest of places that I had never been before. And all through that, there was this light at the end of the tunnel; I did not know it would be called Aarya but I knew that something good is coming and I have to hold on and fight whatever it is I am facing now, because I am not done. And by that, I don't mean a film or web



series, but just something to look forward to," she said.

Co-directed by Ram Madhvani, Sandeep Modi and Vinod Rawat, Aarya is based on the Dutch series Penoza. The show revolves around Aarya (Sushmita), a mother of three,

who is forced to take over her husband's illicit drug business after an assassination attempt leaves him in the hospital.

Aarya, which marks Sushmita's comeback to acting after several years, will premiere on June 19.

## BHUMI PEDNEKAR: I STILL HAVE HUGE DREAMS



"I am the same girl. Honestly I haven't changed much. Success hasn't managed to change me! I am still very vulnerable, ambitious, still have stars in my eyes and have huge dreams. This has been, I think, my biggest push in life, because I was very young when I decided I wanted to be an actor," Bhumi said.

She wants to chase goals that she wants to achieve as a performer. "I want to do the work that I want to do and want to carve a separate space for myself. I don't want to be a part of the rat race and I have a clear vision about it," she said. The actress feels she was fortunate to have got the opportunity to try out acting.

"I am so fortunate that I had the opportunities, and it all started with that one job at Yash Raj Films. When I started with them I was all of 17, I didn't know what I was doing," recalled Bhumi, referring to the fact that she started out as an assistant casting director at the production house, before getting a break in the banner's 2015 production, "Dum Laga Ke Haisha" as a lead actress.



## NO TIME TO DIE: DANIEL CRAIG TO PLAY FATHER IN JAMES BOND FILM

In possibly the first time ever, James Bond has taken to fatherhood. The upcoming James Bond film 'No Time To Die' will have the world's most famous spy, played by Daniel Craig essay the role of a father.

Daniel Craig will have a 5-year-old daughter in the film as a movie insider confirmed to New York Post. It said, "Yes, it's true. Bond is a dad. It's the one thing fans would never expect."

In what will be the last time when Daniel Craig is set to play James Bond, he will play a father to Mathilde, daughter with Dr Madeleine Swann, played by French actress Lea Seydoux.

In addition to this, 'No Time To Die' will also have another interesting "very timely" addition as James Bond will be seen saving the world from a biological pandemic that is "not quite COVID-19, but it's similar." The source added, "Bond has always managed to charm his way into the hearts and beds of hundreds of beautiful women, seemingly without any consequences. Making him a father opens up a whole new world in terms of drama and story development."

"Bond finding out he is a father is integral to the plot. It is just one shock in a movie "filled with twists. Bond appears to be happy in his new domestic life but then, of course, he gets dragged back in to save the world," the source added.

## JENNIFER LOPEZ ENCOURAGED TO SPEAK OUT BY HER SON

Jennifer Lopez's 12-year-old son encouraged her to speak out about George Floyd's death.

The 'On The Floor' hitmaker has revealed she had frank discussions with her children Max and Emme about the Black Lives Matter movement and protests.

She wrote on Instagram: "Today I had Emme and Max make me and Alex a sign for the protest. Max told me a few days ago, 'You know mom, since you have a following like some of my YouTuber gamers and they ask us to support things and we do, you should do that for George Floyd.' I said, 'Funny you say that baby, I am planning a few things. Do you want to help by making a sign?' And they did!! ... We talked about how if one person doesn't have justice then no one does. That this country was built on the belief of freedom and justice for all. We must take a stand for what we believe in and fight against the injustices in this world. So we continue to peacefully protest until there is change. #BlackLivesMatter #GetLoud #CallingAllMamas #TeachThemYoung @arod (sic)"

It comes after Jennifer pleaded with people to "speak up and speak love" and urged them to vote in November.

She wrote at the time: "How can anyone say they love this country and not do something when they see lives cut short because of the colour of their skin? We need to erase the fear and hatred that exists. Not erase people. We are all God's children. We need to love and appreciate all the beautiful things that every individual person is. There are more of us who live a life of love and acceptance than those who live in rage and hate. Do not let the angry, and hateful win!! Say something. Do

## SARAH JESSICA PARKER STANDS IN SOLIDARITY WITH GEORGE FLOYD'S DEATH

George Floyd's death sparked protests against racial discrimination across the US. Many people came out on the streets to revolt police brutality and oppression that the African Americans are subjected to. Many celebrities joined the protests physically and some of them took to their social media handles to express their take on the issue. Sarah Jessica Parker, known for playing Carrie Bradshaw in Sex and the City too shared a post on her Instagram handle and wrote about the long overdue change in the country.

Sarah Jessica Parker shared a powerful message after George Floyd's funeral on Tuesday along with a few pictures from the Black Lives Matter protests and wrote, "Today, Mr. Floyd is laid to rest. However this historic march toward justice and equality, this unstoppable movement in his name and countless others' is alive and its collective heartbeat far stronger than the fear that resists this inevitable and long overdue change." The actress showed her support and stood in solidarity with the movement.

On May 25 last week, George Floyd was arrested by four policemen in Minneapolis for an alleged case of forgery. A video of the incident went viral on the internet where one of the policemen kneeled down on his neck for over 7 minutes and as a result, he lost his breath and died on the spot. The incident led to protests against racial discrimination and police brutality towards African-Americans across the US with many celebrities coming out in support of it.



something. Let's build bridges not burn them.

We have lost our way these past few years but we can find our way back. We need to speak up and speak love. Every chance we get... we need to storm the polls in November and VOTE... we need change!!! Somethings got to change!! ... #JusticeForGeorgeFloyd #GeorgeFloyd #BreonnaTaylor #AhmaudArbery #TooManyOthers (sic)"

## Cate Blanchett suffers head injury during chainsaw accident

Australian actor Cate Blanchett has revealed a frightening medical scare she suffered while in quarantine at her home in England.

According to a report, the 51-year-old actor and mother of four joined Julia Gillard, the former Prime Minister of Australia, on her podcast last week, where she was asked about her time spent in quarantine amid the COVID-19 pandemic.

Aside from helping out her children with their schoolwork following school closures, the 'Thor: Ragnarok' star revealed some details about the close call but stressed it wasn't as serious as it sounds.

Blanchett said on a podcast with Julia Gillard, "I had a bit of a chainsaw accident yesterday which sounds very, very exciting but it wasn't."

"Apart from the little nick to my head, we're fine," Blanchett assured the host without revealing exactly what she was doing with the mechanical tool.



# "Lived Experience Project"

ON FB LIVE - JUNE 13

By Mabel Pais

**"To effectuate real and lasting change, dialogue on race in America will ultimately have to be more than rally cries and protest."**

**"Stories are a bridge. And in America, race relations to date have been a bridge too far. In creating this live platform, I hope that black voices can be amplified and that stories of courage, love, family, identity, and commitment to justice will find a home in our lives and our hearts."** - Professor Widian Nicola

## The Lived Experience Project:

"Being Black In America" is set to be launched as a Facebook Live series. The series will discuss weekly the "lived experience of Black Americans. The series starts on Saturday, June 13.

Professor Widian Nicola, D.S.W., LCSW, of Seton Hall University will launch the Facebook Live weekly series that will discuss the "lived experience" of Black Americans.

Nicola, is the first Arab-American to be recently elected as president of the National Association of Social Workers NJ.

Nicola, a Palestinian-American who emigrated from Galilee to the United States with her parents when she was eight years old, is an assistant professor in the Department of Sociology, Anthropology and Social Work at Seton Hall University, NJ.

In 2016 Nicola launched the "Lived Experience



left to right - The Minors: Aaron, Simone, Shelton



Professor Widian Nicola  
Photo / Courtesy, shu.edu

Project," a podcast series that "explores unique and evocative narratives rarely heard in mainstream media." Each season focuses on a lesser known and marginalized population and how these oral histories unveil the often complex nature of the shared human condition.

The first season of her "Lived Experience Project" podcasts dealt with the realities of life in America for undocumented immigrants - using oral histories and

storytelling as a means of conveying the day-to-day lives of men, women and children living in the United States without the benefit of legal status.

"To effectuate real and lasting change, dialogue on race in America will ultimately have to be more than rally cries and protest," said Nicola. "And after nearly 20 years as a social worker, I am more than ever convinced that the most profound way to connect to a cause and to people is through narrative: stories bare with complexity and raw with the truth of our fellow human beings. And that is exactly what we hope to broadcast through 'Lived Experience: Being Black in America."

The first episode will be broadcast on Facebook Live on Saturday, June 13, at noon. It will feature an interview with Shelton, Simone and Aaron Minor, and "a raw and frank discussion of what it's like to be a black family in America." Respectively, a photographer/filmmaker, a registered nurse, and a college student, the Minors live in Central New Jersey. Simone and Shelton grew up in Harlem and have been together more than 30 years, married for 24.

Episodes of the "Lived Experience Project: Being Black in America," will be broadcast weekly through both Zoom and Facebook and can be accessed via Zoom at <https://us02web.zoom.us/j/83903091156> and Facebook via <https://www.facebook.com/widian.nicola.50>

"Stories are a bridge," said Nicola. "And in America, race relations to date have been a bridge too far. In creating this live platform, I hope that black voices can be amplified and that stories of courage, love, family, identity, and commitment to justice will find a home in our lives and our hearts."

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(Mabel Pais writes on The Arts and Entertainment, Social Issues, Health & Wellness, and Spirituality)

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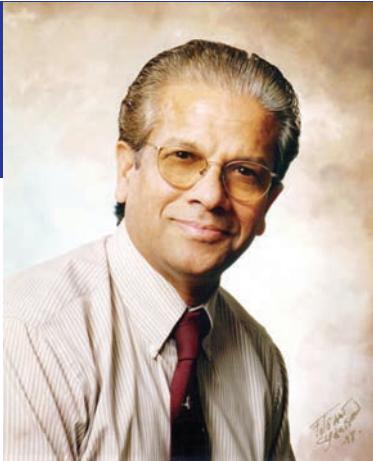
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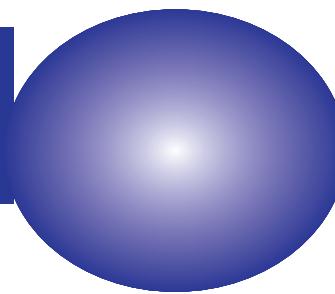


## CORONAVIRUS HELPLINE

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## Brazilians to participate in Chinese vaccine trial

**RIO DE JANEIRO (TIP):** The Sao Paulo government announced Thursday that Brazil's Instituto Butantan reached an agreement with the Chinese laboratory Sinovac Biotech to produce an experimental vaccine against COVID-19.

Some 9,000 Brazilians will participate in tests beginning in July, representing the third and last stage of testing before distribution. If the vaccine is effective, it will be produced in Brazil. Sao Paulo Gov. Joao Doria said the vaccine could be available in the first half of 2021.

"Today is a historic day for Sao Paulo, Brazil and world science. The vaccine that Butantan will produce is one of the most advanced," Doria said at a press conference. He said he hoped it can be used to immunize millions of Brazilians.

The experimental vaccine has already passed two stages of testing in China, where it was given to monkeys and then to 744 Chinese volunteers.

Dimas Covas, director of Butantan, said the vaccine is in the group of the 10 most advanced, among more than 100 that are being developed worldwide.

Separately, Brazil will begin this month to test a vaccine produced by the University of Oxford, also considered one of the most promising and in an advanced stage of trials. Some 2,000 Brazilians will be selected to participate in Sao Paulo and Rio de Janeiro, in a project coordinated by the Federal University of Sao Paulo.

Brazil has reported more than 39,600 deaths from COVID-19. Many experts believe the toll is higher than the official count. — AP

## Police remove emaciated lion from French circus

**PARIS (TIP):** French police have taken away an emaciated lion from a circus in Vironvay, western France, following complaints from an animal rights organisation.

The prefecture for the Eure region said in a statement the lion had been seized as the circus had a licence for only four lions. Four other lions remain at the circus and their health is being tested, it said.

Video footage obtained by Reuters showed the animal moving with difficulty in its cage at an animal rescue centre. Its ribs showed through its pelt and it had deep cuts on its tail.

"This lion's claws have been pulled and its teeth have been cut and filed down to the gums. This animal has suffered enormously. It is worse than the lions from zoos in war zones," Muriel Arnal of animal rights group One Voice said.

She said the group has followed the circus for years but that repeated complaints to authorities about treatment of the animals had not led to action.

Reuters

# Zoom caught in China censorship crossfire as meetings foiled

**Zoom says it suspended accounts of three activists at the request of the Chinese government**

**HONG KONG (TIP):** Video app company Zoom says that it blocked several meetings and suspended the accounts of three activists at the request of the Chinese government.

The company released details Thursday saying that in May and early June, the Chinese government notified it about several online meetings planned to commemorate the crackdown on protesters in Beijing's Tiananmen Square on June 4, 1989.

China bans public dissent. Zoom said the government told it such activities were illegal and demanded that the company terminate the meetings and the host accounts of the organisers, even though they did not live in China.

Zoom then suspended the accounts of US-based activists Zhou Fengsuo and Wang Dan, and Hong Kong pro-democracy activist Lee Cheuk-Yan. It has since reinstated all of their accounts.

"Going forward Zoom will not allow requests from the Chinese government to impact anyone outside of mainland China," Zoom said in a blog post dated June 11. The company said it is developing technology that would allow it to block participants based on geography. That would mean it could stop people in mainland China from attending future meetings on Zoom that are deemed illegal by the Chinese government. It did not give details on how it would determine which meetings would fit that description. That raises the issue of Zoom acting as a censor on behalf of the Chinese government.

Some international social media companies, like Twitter and Facebook,



are mostly blocked inside China.

Zoom is not. But it is among many companies subject to close scrutiny by Beijing as they operate across global borders. Issues related to cybersecurity and censorship are particularly acute for those that route through or store data in the Chinese mainland.

"Though my account was unblocked, I cannot accept that Zoom will instead block Chinese participants. Shame on Zoom for political censoring on behalf of the Chinese government," said Lee, who confirmed that Zoom had reinstated his paid account as of Thursday. But he said he plans to cancel it.

Lee, who each year helps to organise Hong Kong's annual candlelight vigil commemorating the 1989 crackdown, earlier said he was locked out of his paid

Zoom account on May 22 ahead of a live video talk he organised featuring a fellow activist, Jimmy Sham.

"My purpose of opening a Zoom account is to reach out to the mainland Chinese, breaking the censorship of the Chinese Communist Party. With this Zoom policy, it defeats my original purpose ... I have asked Zoom to pay me back the remaining months of subscription," he said.

Zoom is headquartered in San Jose, California, but conducts much of its research and development in mainland China. Use of the virtual meetings app has skyrocketed during the pandemic.

Asked at a regular briefing on Thursday, a Chinese Foreign Ministry spokesperson said she was not aware of issues involving Zoom. —AP

# Fearful Hong Kongers rush to secure limited British passports

**HONG KONG (TIP):** Shortly before Hong Kong was handed back to China, Simon Ng applied for a British National (Overseas) passport, a document he never thought he'd need. Now he is considering whether to use it to emigrate.

China's plan to impose a sweeping national security law on the city in response to huge pro-democracy protests has Ng mulling the prospect of leaving, the first time he has contemplated such action since Britain returned the former colony in 1997.

"Back then, like many of my peers, I thought China would reform and there was hope," the 52-year-old assistant professor told AFP.

"But now, this is really a dark moment, and the future is quite likely to be even worse."



BN(O) status was the product of an earlier round of similar fears.

The run up to the 1997 handover was a febrile time. While Ng was optimistic, many other Hong Kongers worried about what rule by authoritarian communist China might mean for the city's freedoms and thriving capitalist system.

As a result Britain offered anyone born before handover the option of

applying for a BN(O) passport.

The document was of limited value. It gave Hong Kongers access to British consular services overseas and permission to travel to the UK for up to six months at a time, but not to live or work there.

But it was recognition that Britain had some sort of responsibility to the people who were once its subjects.

Now the usefulness of the document could all change after China last month unveiled plans to enact a law banning acts of subversion, secession, terrorism and foreign interference.

'Path to citizenship'

Beijing says the law — which will bypass Hong Kong's legislature — is needed to tackle "terrorism", "separatism" and restore confidence in a city rocked by a year of unrest. AFP

# Researchers in Chile unearth 74 million year old mammal teeth

SANTIAGO (TIP): Chilean and Argentine researchers have unearthed teeth in far-flung Patagonia belonging to a mammal that lived 74 million years ago, the oldest such remains yet discovered in the South American country, the Chilean Antarctic Institute reported on Thursday.

Scientists uncovered the tiny teeth, which belonged to a species called *Magallanodon baikashkenke*, on a dig near Torres del Paine National Park, a remote area of Patagonia famous for its glacier-capped Andean spires and frigid ocean waters.

The small mammal would have lived in southern Patagonia during the late Cretaceous era, alongside dinosaurs, crocodiles, turtles and birds, according to an article published in the bulletin of the Natural History Museum of Chile.

It is the southernmost record of Gondwanatheria, a group of long-extinct early mammals that co-existed with dinosaurs.

Alexander Vargas, a researcher at the University of Chile, described the



mammal as an evolutionary stepping stone between "egg-laying mammals, like the platypus ... and marsupial mammals."

Vargas said the beast was not a rodent but had evolved "rodent-like

chewing teeth."

Gondwanatheria remains from the Cretaceous era are extremely rare, particularly in this part of southern South America, according to the Chilean Antarctic Institute. — Reuters

# Syria's Assad fires his PM amid worsening economic crisis

DAMASCUS (TIP): Syrian President Bashar Assad on Thursday fired his prime minister, a month ahead of elections and as the economic crisis worsens and public anger rises in the territory under his control.

Assad also appointed the current public works and housing minister to replace Imad Khamis, who had been the premier since 2016. The Syrian president asked Hussein Arnous to replace Khamis as interim premier until parliament elections are held in July and a new government comes in.

The surprise decision comes amid a deepening economic crisis that Assad's government is grappling with while public anger has spilled over into the streets. Such protest scenes have not been seen in government-held areas since the early days of the civil war that has ravaged the country over the past decade.

There was no explanation for the sacking of Khamis, but the move appeared aimed at deflecting public anger. In the month's time that he has in office, it remains unclear what the interim prime minister could do to try to salvage the staggering economic downturn.

The economic meltdown comes ahead of looming new U.S. sanctions against any entity or country that does business with the Syrian government. The new sanctions are due to take effect in the second half of June but they have shaken the already teetering economy. Known as the U.S. Caesar Syria Civilian Protection Act, the sanctions are expected to worsen the already dire economic situation in



Syria, where more than 80% of the people live below the poverty line.

The national currency, the Syrian pound, has tumbled in recent weeks, reaching a record low to the dollar. The pound, which traded at 47 pounds to the dollar before the 2011 uprising, plunged to over 3,000 for a dollar this week. Prices of basic goods have skyrocketed while some staples have disappeared from the market as merchants and the public struggled to keep up with the rising cost of living.

The latest hardships have also sparked rare protests in areas controlled by the Assad government. Hundreds of protesters in the southern Sweida province have taken to the streets in the last four days, decrying the rising cost of living and chanting against Assad, in scenes reminiscent of the early days of anti-government protests that erupted in 2011.

The currency has regained some of its strength over the last 24 hours as Syrian Central Bank officials said they have taken measures against currency manipulation and actions to prop up the

currency.

Fouad Ali, head of banking operations at the Central Bank, told the local Sham FM radio that the pound has been impacted by the economic crisis in neighboring Lebanon, the entry point for foreign currency into Syria, as well as the looming U.S. sanctions.

Ali told the radio late Wednesday that the Central Bank "forcefully interfered" to stop the depreciation of the currency, calling it part of an "economic war" against Syria. He said the aim is to restore the exchange rate to an "acceptable" rate.

"We take publicized and not so publicized measures that aim to impact the supply of foreign currency," he said, without elaborating. "What matters are the results, which everyone noticed. God willing, there will be more improvement and I promise the public will see it."

The US Embassy in Syria tweeted Wednesday that the Assad government is responsible for the country's economic meltdown, accusing it of squandering millions each month on a "needless war." Washington will continue its targeted sanctions and increased economic pressure on Assad's government, it said, "until there is irreversible progress on the political process," including a nationwide cease-fire.

The peaceful 2011 protests were met with a brutal government crackdown and turned into a civil war that has devastated the country. More than 400,000 people have been killed, millions displaced and large parts of the country remain outside of government control. AP

## Egypt to reopen tourist destinations less hard-hit by virus

CAIRO (TIP) Egypt will reopen select tourist destinations to international charter flights starting July 1, the Cabinet said Thursday, allowing travelers from around the world to return to parts of the country less hard-hit by the coronavirus.

The government hopes to draw tourists to popular yet remote attractions that have been spared the ravages of the virus. Those include the southern part of the Sinai Peninsula, home to the major resort and beach destination of Sharm el Sheikh, the Red Sea resort areas of Hurghada and Marsa Alam, as well as Marsa Matrouh, on the Mediterranean coast.

The decision comes even as the pandemic surges in the densely populated capital of Cairo and other major cities, where many people say they can't find a hospital bed. The health ministry has recorded over 39,000 cases of COVID-19 in Egypt, including 1,377 deaths — the highest confirmed death toll in the Arab world.

However, the Cairo airport will remain closed to international commercial flights until further notice. Public parks and beaches will also stay closed until the end of June, said Cabinet spokesman Nader Saad.

Despite rapidly increasing infections, Egypt will also shorten its curfew hours slightly, enforcing it from 8 p.m. to 4 a.m., starting Sunday and until the end of the month. Hotels that implement social distancing rules and other precautionary measures began to reopen to domestic tourists last month. Egypt's economy depends heavily on tourism, which accounts for some 12% of the gross domestic product. The government fears a prolonged lockdown could be devastating economically, as the grounded international flights and empty hotels have taken a heavy toll.

Egypt has secured a \$2.8 billion bailout from the International Monetary Fund, and last week reached an agreement with the IMF on another \$5.2 billion loan to stave off the pandemic's worst economic effects. — AP

## Stolen Banksy honouring Bataclan victims found in Italy

L'AQUILA (ITALY) (TIP): Italian authorities on Thursday unveiled a stolen artwork by the British artist Banksy that was painted as a tribute to the victims of the 2015 terror attacks at the Bataclan music hall in Paris. The L'Aquila prosecutors office said the work was recovered on Wednesday during a search of a home in Tortoreto, a city near the Adriatic coast in the Abruzzo region's Teramo province. It had been "hidden well" in the attic, prosecutors said in statement. Authorities said they were still investigating how the artwork arrived in Italy and the role of the Italians involved. AP

# STYLE HACKS FOR SHORT GIRLS TO APPEAR TALLER

Those who desire to look a little taller than they actually are without wearing insanely huge high heels, can look taller with the help of right clothes and accessories.

## Wear vertical lines

If you want to look taller, you need to wear more vertical lines and avoid horizontal prints. This works because the vertical prints causes the eye to take in more height than width, which makes you appear taller than you are. This trick can also make you appear a tad bit leaner thanks to the optical illusion.

## Go for monochromatic look

When you opt for monochromatic look with colors or tones within the same range, your body is divided into fewer segments, which creates the illusion of height. Otherwise when you wear different colors it works out in the opposite way for you.

## Wear solid colors

Instead of large patterns, always stick with solid colors. There is a tendency that the huge prints will overwhelm the person wearing them. So when you opt for smaller prints or better opt for solid colors, it works in your favor.

## Opt for a V-neck blouse

Whenever you wear a blouse, opt for one that has a deep V-neck. A deep V-neck draws attention to the length of the body. But when you wear scoop necks, it draws the eye side to side. So always opt for a plunging neckline or V-neck outfit.

## Shorten your skirt's hemline

When you shorten your skirt's hemline at the knee or above it, it makes you look flatter by maximizing the illusion of height. So by showing more leg, you create an illusion of longer legs.

## Wear high-waisted bottoms

When you wear high-waisted bottoms, it makes your legs look longer when the waistline rests above the hips. So avoid low-rise pants which makes your legs look shorter.

## Stick to open-toed footwear

When you select your footwear always opt for open-toed shoes and sandals, as showing more skin on your foot is another hack to appear taller.



The more skin an observing eye notices on your leg, the longer your leg will seem and make you look taller. Also, avoid ankle straps as the horizontal line will again reduce the appearance of the length of your legs.

## Choose skinny belts

Just like horizontal stripes does not work in your favor when it comes to create the illusion of height, thick belts also do the same as they divide your body into half causing you to look shorter. Instead opt for a skinny belt that will help define your figure and flatter your body.

## Do not carry over-sized bags

When you carry bulky and over-sized bags it makes you look wider at the waist and hip region. So avoid these accessories and opt for a small clutch or narrow shoulder bag with narrow straps.

## PREPARE BODY WASH AT HOME

You can prepare a body wash at your home and can effectively kill germs, dirt and get rid of excess skin oil, sweat or/and makeup.

## Coconut Milk

Being rich in antibacterial properties, coconut milk can help you get rid of excessive skin oil and acne. It also prevents clogging of pores and removes dead skin cells. It contains copper that is associated with the prevention of wrinkles and fine lines. Also, its rich vitamin A level can maintain the elasticity of your skin. To prepare coconut milk body wash, take a bowl and add 1/2 cup coconut milk, 1/2 cup unscented liquid castile soap, honey, glycerin, jojoba oil, and essential oils. Now, mix them well and use it by pouring on a bath sponge.

## Honey

It has moisturizing and nourishing properties. Honey can reduce inflammation and can soothe blemished skin. To prepare homemade body wash with honey, take a bottle and add 1/2 cup liquid castile soap, 1/2 cup honey, 2 tablespoons olive oil, 2 tablespoons castor oil, and 10 drops of any essential oil. Mix them well by shaking the bottle. The body wash is ready to be used.

## Almond Oil

Almond oil has an array of skin benefits. From



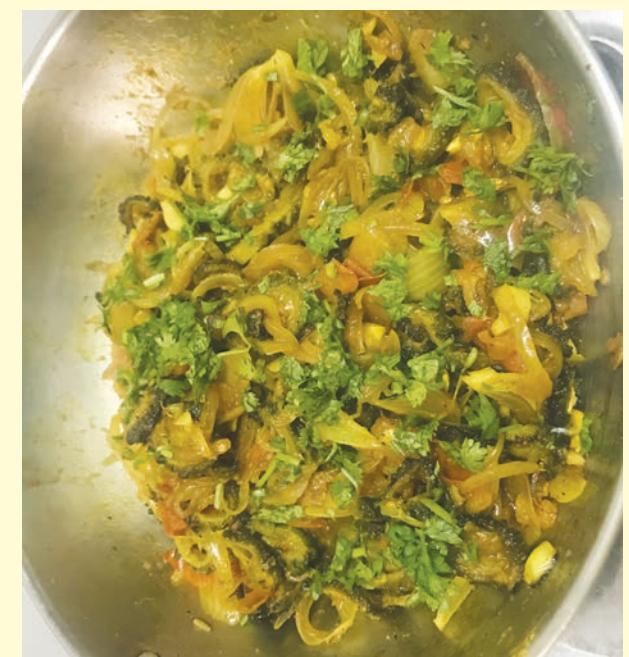
soothing inflammation to moisturising your skin and bringing a glow to your skin, almond oil can do it all. Those who have dry skin can use almond oil to prepare a body wash. To do that, take a bottle and pour 2 cups unscented liquid castile soap, 1 tablespoon lime juice, 3 tablespoons almond oil, 15 drops of lavender essential oil, and 1 cup rose water. Mix the ingredients well and then apply it by pouring on a bath sponge.



## CONNOISSEUR'S CHOICE

Sheila Chaman

## Karela - Sindhi style



### Karela or Bitter Gourd has multiple Health benefits.

Its uses are varied, and the juice stimulates the Liver and is especially beneficial for weight loss and diabetes. Here is an easy, healthy and delicious Karela recipe.

#### Ingredients

- 5-6 thin, firm karelas... (fat ones are full of seeds)
- A few cloves Garlic - finely chopped
- 1 Onion - thinly sliced
- 2 Tomatoes - chopped
- 2 green chilies (mirch)
- Coriander leaves - hara dhania chopped
- salt
- haldi
- dhania powder
- 1 teaspoon sugar
- a pinch of amchoor (dried mango powder)
- 2 tbspn. Wheat flour - atta
- Cooking Oil

#### Method

- Cut karelas into thin rounds (do not peel).
- Sprinkle some salt, sugar and the wheat flour - mix and keep covered for 3-4 hours.
- Now mix karelas well and wash thoroughly with water.
- Squeeze and deep fry in hot oil till crisp.
- In a wok, put in the fried karelas, onions, garlic, tomatoes, chilies, sprinkle a little salt, dhania powder, haldi, a pinch of sugar and a pinch of amchoor.
- Cover and put a little water on the lid and let it remain so for 5-7 mins on sim/slow fire. Stir lightly and cover again for another 5 mins. Turn off fire and let it remain on dum (steam) for a few minutes.
- Garnish with chopped coriander leaves and serve with chapatti and curd.

(A former Miss India, Sheila has for decades been one of the top newsreaders and anchors with Doordarshan. She is a culinary connoisseur. She can be reached at schaman@hotmail.com)

# TRIED AND TESTED WAYS TO SPEED UP WEIGHT LOSS

Did you know that obesity is linked to several diseases and health disorders such as type 2 diabetes, high blood pressure, heart disease and strokes, osteoarthritis and fatty liver disease among others? Unfortunately, obesity has tripled between the years of 1975 and 2017. In 2016, 1.9 billion adults were overweight and more than 650 million adults were obese. Due to the sedentary living and lack of time for a healthy lifestyle, many are becoming overweight. As per WHO, overweight and obesity are defined as "abnormal or excessive fat accumulation that presents a risk to health".

If your BMI is greater than or equal to 25 then you are overweight and if your BMI is greater than or equal to 30 then you are obese. It not only impacts your appearance, but also physical and mental wellbeing and your daily chores. And that's why if you are overweight or obese then you should lose extra fat and others too, should follow healthy eating and exercise daily to prevent the same. Are you a weight watcher and want to optimize your weight loss regime, then read on as today we have listed some proven weight loss hacks.

## A bowl of soup before your meals

A study revealed that eating a bowl of soup before a meal can help curb your appetite and over-eating. Also, this gives your brain, hormones, and your stomach enough time to coordinate a message of fullness. Over-eating leads to extra calories and when not burned these extra calories get



stored as fat.

## Snack it right

Waiting until you're extremely hungry is not a good idea, so make sure to have a moderate amount of meals and snacks throughout the day. If you starve then you will eat more and not feel satisfied. You will also end up eating too fast, which is again not advisable. So, when hungry instead of munching packaged foods, have healthy foods such as seeds, nuts, fruits, whole wheat crackers, and low-fat cheese among others.

## Are you sleeping properly?

Sleep is very crucial for weight loss. As per a study, people who were on a diet consumed 6% fewer calories when they got enough sleep. Also, try to sleep in a cold

environment as our body burns stored fats to keep the body warm. A study published in the journal Diabetes revealed that people who slept in rooms with a temperature of around 66° F burned 7% more calories than those who slept in warmer rooms.

## Blue colored plates

As per research, people tend to eat less when eating from blue plates. Also, they found people eat 33% less in a blue room. Higher contrast in colors between the plate/room and the food works.

## Spice up your food

Spicy food can temporarily boost your metabolism by up to 8%. Also, eating spicy food encourages people to eat slowly and the same eventually boosts metabolism.

# Warning signs your kidneys send you

Your kidneys play an essential role when it comes to keeping you healthy, filtering waste products out of your body and promoting the growth of healthy red blood cells. Unfortunately, despite how important healthy kidneys are to your overall well-being, the signs of kidney problems are often so subtle that many people don't realize there's an issue with these vital organs until it's too late. If you want to stay healthy, read on to discover the symptoms of kidney problems you can't afford to ignore. And for more ways to safeguard your health, make sure you know the 20 Most Commonly Overlooked Cancer Symptoms, According to doctors.

## Pain under your ribs

While many associate kidney problems with lower back pain, it's actually pain near your rib cage that's more likely to indicate a kidney problem. "Your kidneys are actually higher than you think and anatomically positioned beneath your ribs," explains Jennifer Linehan, MD, urologist and associate professor of urologic oncology at the John Wayne Cancer Institute at Providence Saint John's Health Center in Santa Monica, California.

## Side pain

Kidney stones, which are hard deposits of salt and minerals that form inside the kidney, can be extremely painful when they pass through the ureter and bladder. The Mayo Clinic says that you'll know the pain you're experiencing is from kidney stones when it's in your



side and comes in waves. If your pain is caused by kidney stones in particular, "the pain can be very severe and usually changing position does help or hurt," says Linehan. And for more pains to pay attention to, check out 25 Common Pains You Should Never Ignore.

## Nausea

When a kidney stone moves from your kidney to your ureter, it can block the passing of urine. When this happens, you may experience "swelling and pain, which can be accompanied by nausea and vomiting," says S. Adam Ramin, MD, a urologic surgeon and medical director of Urology Cancer Specialists in Los Angeles.



## CORONAVIRUS PANDEMIC: REMDESIVIR SLOWS COVID-19 PROGRESSION IN MACAQUES

Early treatment with the antiviral drug remdesivir has been found to reduce viral load and prevent lung disease in macaques infected with SARS-CoV-2 that causes COVID-19, according to a study.

The findings, published in the journal Nature on Tuesday, support the early use of remdesivir treatment in patients with COVID-19 to prevent progression to pneumonia.

Researchers from the National Institutes of Health in the US noted that remdesivir has broad antiviral activity and has been shown to be effective against infections with SARS-CoV and MERS-CoV in animal models.

The drug is being tested in human clinical trials for the treatment of COVID-19, they said.

Researcher Emmie de Wit and colleagues investigated the effects of remdesivir treatment in rhesus macaques, a recently established model of SARS-CoV-2 infection.

Two sets of six macaques were inoculated with SARS-CoV-2. One group was treated with remdesivir 12 hours later -- close to the peak of virus reproduction in the lungs -- and these macaques received treatment every 24 hours until six days after inoculation.

In contrast to the control group, the researchers found that macaques that received remdesivir did not show signs of respiratory disease, and had reduced damage to the lungs.

Viral loads in the lower respiratory tract were also reduced in the treated animals; viral levels were around 100 times lower in the lower-respiratory tract of remdesivir-treated macaques 12 hours after the first dose, they said.

The researchers said that infectious virus could no longer be detected in the treatment group three days after initial infection, but was still detectable in four out of six control animals.

Despite this virus reduction in the lower respiratory tract, no reduction in virus shedding was observed, which indicates that clinical improvement may not equate to a lack of infectiousness, they said.

Dosing of remdesivir in the rhesus macaques is equivalent to that used in humans, the researchers noted.

They cautioned that it is difficult to directly translate the timing of treatment used in corresponding disease stages in humans, because rhesus macaques normally develop only mild disease.

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# ANDROID 11 BETA UPDATE NOW AVAILABLE: TOP FEATURES TO NOTE, ELIGIBLE PIXEL PHONES

**G**oogle just released Android 11 beta for Pixel phone users. Android 11 doesn't bring too many new features instead polishes the already existing ones to offer a better user experience. Some of the key features of Android 11 beta are conversations, priority conversations, bubbles, notifications, do not disturb, media controls, and more.

Before we discuss all the important features you must note that the Android 11 beta update, for now, can be downloaded by Pixel 2 and all the latest Google Pixel phone users only. However, other eligible phones from other brands will receive the update in the days to come.

To start with, you will need to have a phone that has your Google account logged in and then visit the Android 11 beta site to enroll. When you visit this page you should be able to find see your phone listed when you click "view your eligible devices" option. Click the enroll option under your phone name to enroll for Android 11 Beta update.

Now that you have downloaded the beta update, here are some of the new features and improvements you will see when you use the latest Android beta version from Google.

## Top features to note

Google says that it has divided the Android 11 beta update into three parts key themes: People, Controls, and Privacy. "We're making Android more people-centric and expressive, reimagining the way we have conversations on our phones, and building an OS that can recognize and prioritize the most important people in your life," the Android blog noted.

## 'FREQUENT PASSWORD RESETS NOT NECESSARY'

We often find people giving advice to 'change passwords regularly' to save themselves from complications arising from the data breach. But how effective is it and should you really be doing this? Paul Ducklin, the Principal Research Scientist, Sophos sheds some light on the matter and shares some tips regarding password and account safety.

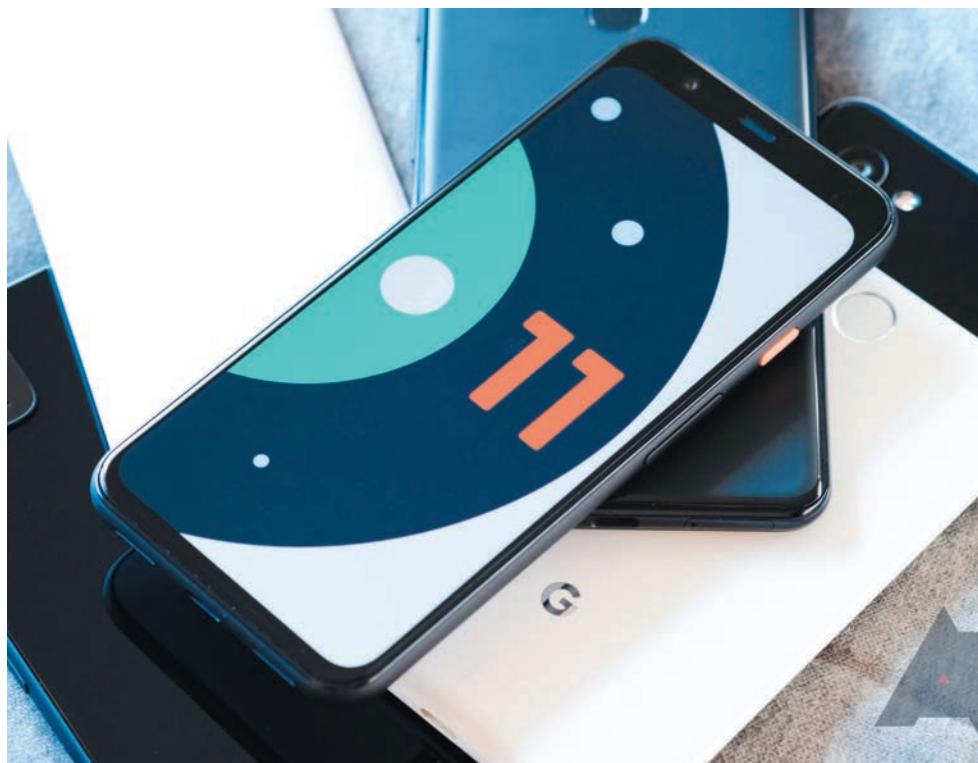
Changing the password frequently is said to reduce the length of time you'd be exposed if your password were breached, thus making you safer. However, this became known in the jargon as password rotation, which is exactly what it turned into, where users simply cycled through a list of passwords they'd used before, Ducklin said.

While most apps insist that your new password shouldn't be the same as the old one, Ducklin said that users quickly learned how to get away with few different passwords for each app or service by making some tiny differences that still count as changes.

### When should you change your password?

Ducklin is not suggesting that password changes are not beneficial but he insists that users should only change passwords when there is a reason to do. "By all means, change your passwords whenever you like if you want to – and if you use a password manager, it's easy to do just that," he said.

"But the only time you should feel compelled to change a password is when there is a clear and obvious reason to do so, and that's if you think – or, worse still, know – that it might have been compromised," he added.



- Conversations: This feature appears in a dedicated section at the top of the notification shade. It comes with a people-forward design and conversation specific actions, such as opening the conversation as a bubble, creating a conversation shortcut on the home screen, or setting a reminder for a message that's not very important.
- Bubbles: This allows users to keep conversations in view and accessible while multitasking. Google said, "messaging and chat apps should use the Bubbles API on notifications to enable this in
- Device Control: Android 11 beta update brings a lot more control to the user's hand. The Device Controls make it faster and easier than ever for users to access and control their connected devices. Users will now be able to bring up device controls instantly by long-pressing the power button.
- Media Control: Android 11 beta update Media Controls. The controls make it quick and convenient for users to switch the output device for their audio or video content.

Android 11." Bubbles work very similar to Chat Heads for Facebook Messenger.

Voice Access: There are people who control their phone entirely by their voice using Google Assistant, the new voice access makes the experience much smoother. Android 11 comes with an on-device visual cortex. This basically comes with the ability to understand screen content and context and generate labels and access points for accessibility commands.

■

Device Control: Android 11 beta update brings a lot more control to

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With Android 11 beta update, Google brings many more privacy features besides just improving the chatting experience and giving more controls to users. Some of the privacy features are:

- One-time permission: This feature lets users provide apps access to their device microphone, camera, or location just for once. The app can always request permissions from the user the next time it is used.
- Permissions auto-reset: Android 11 auto-resets permissions if users haven't used an app for a very long time. Android 11 will "auto-reset" all the runtime permissions associated with the app and then notify the user. Again, the app can request the permissions again when next used.

## Eligible devices

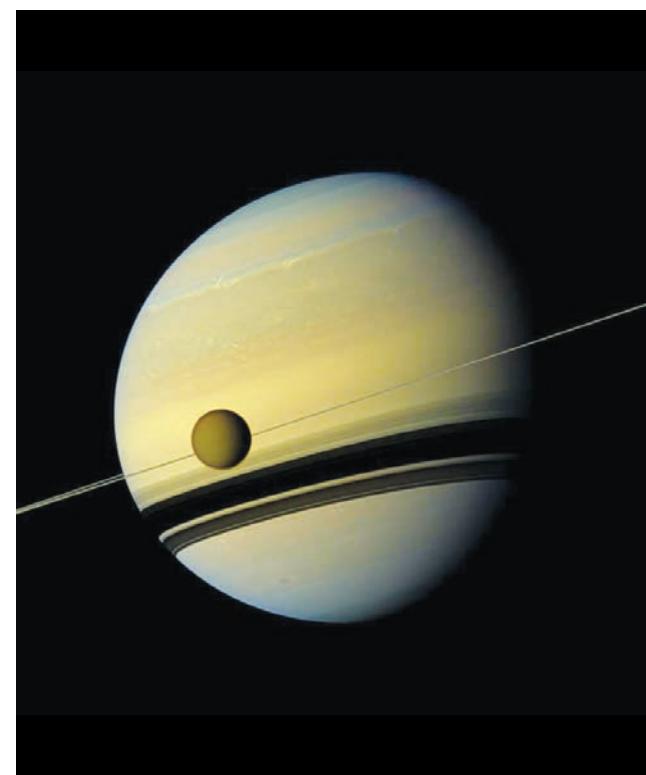
Starting today, the first Beta for Android 11 will be available for everyone who has an eligible Android device. The eligible phones are Pixel 2, Pixel 3, Pixel 3a, or Pixel 4 (not available in India). Users with these Pixel devices will be able to enroll for Android 11 beta update right now.

## SATURN'S LARGEST MOON TITAN RAPIDLY DRIFTING OFF INTO SPACE

**T**itan, Saturn's largest moon, is distancing itself from its planet at a rapid speed, astronomers announced this week. The moon is drifting away into space much faster than previously predicted, the scientists said, possibly altering their understanding of our solar system.

Titan, which scientists believe could support life, is moving about 100 times faster than researchers previously thought, according to a study published this week in the journal Nature Astronomy. Using data from NASA's Cassini spacecraft, which observed Saturn for more than 13 years, astronomers found Titan is migrating at a rate of about four inches per year.

It's not unusual for moons to slowly drift from



their host planets — in fact, our own moon is constantly floating away from Earth at a rate of 1.5 inches per year. However, due to Titan's distance from Saturn, scientists thought it was moving

away from the planet more slowly. According to NASA, as a moon orbits, its gravity creates a temporary bulge in the planet, causing tides as oceans move from side to side. Over time, the energy created by this interaction transfers from the planet to its moon, pushing it further away. But don't worry about our moon. "Earth will not 'lose' the moon until both the earth and moon are engulfed by the sun in roughly six billion years," according to researchers at Caltech. While scientists know that Saturn formed 4.6 billion years ago, the details on the formations of its rings and its system of more than 80 moons are less certain. Knowing that Titan is currently 759,000 miles from the planet, this new discovery suggests the whole system expanded relatively quickly.

# Apple first US company to hit \$1.5-trillion market cap

**SAN FRANCISCO (TIP):** Apple has become the first US company that reached \$1.5 trillion market cap and according to the investors and analysts, strong App Store sales, ARM chips-run Macs and a 5G iPhone this fall are the reasons for the surge in stock of the Cupertino-based iPhone maker.

At a current price of \$352 per share and 4.3 billion shares outstanding, Apple's market cap hit around \$1.53 trillion on Wednesday, reports Mac Rumors.

Riding on its growing services and wearables business, Apple may become the first company ever to touch the \$2-trillion valuation mark in next four years, a top analyst forecast recently.

Apple was the first US company to cross the \$1-trillion mark in 2018.

According to market research firm Evercore ISI, the Cupertino-based iPhone maker would also be the first firm to surpass \$2 trillion, reports Barron's.

In the Wearables business, the analyst expects growth to \$60 billion owing to the expansion of AirPods and Apple Watch. The Services business could grow to \$100 billion in the next four years.

The analyst expects Apple to



continue aggressively buying back stock. "Apple would reduce its share count by about 1 billion shares in the forecast period, from 4.6 billion at the end of fiscal 2019 to 3.6 billion in fiscal 2024."

"At that share count, the market cap would hit \$2 trillion if the stock price was just over \$550," wrote Barron's analyst Amit Daryanani.

As iPhones sale dip amid supply and demand uncertainties, Services segment is following a different

trend for Apple, with strong year-over-year growth of 17 per cent and setting a new all-time revenue record of \$13.3 billion in the company's March quarter results this year.

The company saw all-time records in many of its Services categories -- App Store, Apple Music, Video, cloud services, its App Store search ad business, AppleCare, Apple TV Plus, Apple Arcade, Apple News Plus and Apple Card.

## Boeing expects aviation industry to recover despite COVID-19

**WASHINGTON (TIP):** Global aviation industry will recover and grow again despite the COVID-19 pandemic's impact, Stan Deal, president and CEO of Boeing Commercial Airplanes, said.

The aviation industry is facing an unprecedented shock from the COVID-19 pandemic, the speed and scale of which have not been seen in more than a century.

"From where we stand today, we believe it will take two to three years for air travel to return to 2019 levels, and it will be a few years beyond that for the industry to return to long-term growth trends," Deal told Xinhua in an interview on Wednesday.

"However, this is a very resilient industry that will recover and grow again," Deal said.

He argued that the fundamentals that have fuelled air travel globally were still in place, and with a rising middle class in many countries, ongoing innovation in passenger and cargo service and the greater availability of affordable airfares, the long-term outlook for commercial aviation continues to be strong.

Deal said that confidence was based on decades of analysis and insights into customer behaviour and how they responded to prior market shocks.

He recalled that from the very first commercial flight, the aviation industry has defied expectations and overcome challenges, whether it's learning from accidents, dealing with new regulations or adapting to market shocks.

"After the September 11th attacks, air travel plummeted and some predicted that fear and heightened security would forever dampen demand." "Instead, our industry partnered with governments and adapted to the new reality and in the years that followed, we saw above-trend traffic growth and record profitability for the airline industry," he said, emphasizing that while COVID-19 presents a new set of constraints, airplane manufacturers and airline operators will adapt and find ways to safely serve the flying public.



## Starbucks forecasts over \$2 billion drop in quarterly income

**LOS ANGELES (TIP):** Starbucks Corp (SBUX.O) said on Wednesday it expects current-quarter operating income to plunge by up to \$2.2 billion, and sales to decline for the rest of the year even as nearly all its cafes have reopened following easing of coronavirus lockdowns.

The company said it would permanently close about 400 stores in the Americas over the next 18 months and cut its planned new store openings by half to about 300 this fiscal year.

Net new store growth in the Americas will grow in fiscal 2021, it said.

Some stores are being closed or relocated as part of an accelerated plan to shift to more pickup-only locations, in response to customer preferences for faster, contactless, mobile ordering and more social distancing amid the pandemic.

With the COVID-19 outbreak effectively putting a stop to dining out in most of the United States for weeks, Starbucks was forced to convert its cafes to drive-thru or pick-up only.



## ESCALATING NEW COVID-19 CASES POSE FURTHER DOWNSIDE RISK TO ECONOMY: IHS

**NEW DELHI (TIP):** With the protracted lockdown pushing the Indian economy into deep recession in the current fiscal, the escalating new COVID-19 cases after easing of restrictions pose further downside risks to the economic outlook, IHS Markit said on Friday.

A national lockdown began on March 25 and has continued in various phases into the month of June, albeit with significant easing of restrictions since early May.

"This protracted lockdown has resulted in the severe disruption of industrial production and consumer spending, with GDP growth forecast to contract sharply during Q2 2020 (April-June), pushing Indian GDP growth for the 2020-21 financial year into a deep recession," it said in a commentary on assessing the impact of Covid-19 on the Asia-Pacific region.

April Purchasing Managers' Index (PMI) data, reflecting the full impact of the lockdown measures, indicated a collapse of business activity, with the Composite Output Index plummeting to 7.2 in the month - a record low in the 14.5-year survey history and one that was extreme overall.

"While both manufacturing and service sectors were severely battered by the COVID-19 responses, the latter posted sharper reduction of business activity," it said.

IHS said that unlike many other countries which had eased lockdown measures, India had faced continued escalation in the number of daily new COVID-19 cases.

## Mukesh Ambani gets 5.52L shares in RIL rights issue

**NEW DELHI (TIP):** Billionaire Mukesh Ambani has got 5.52 lakh shares of his flagship firm Reliance Industries (RIL) in the just-concluded Rs 53,124 crore rights issue, according to the company's regulatory filing on Thursday. Ambani now holds 80.52 lakh shares or 0.12% of RIL, up from 75 lakh shares held before the rights issue. His wife Nita and children Isha, Akash, and Anant too got 5.52 lakh shares each after they subscribed to the rights offering. They too hold 0.12% each in the firm. In all, the promoter group got 22.50 crore shares in the rights issue, taking their shareholding in the firm to 50.29%.

## Tatas, US firm in pact to set up charging stations

**NEW DELHI (TIP):** Tata AutoComp Systems on Thursday said it has tied up with US-based Tellus Power Green to set up electric vehicle charging stations in the country. The auto component firm said it has inked an MoU with Tellus Power to supply AC and DC fast chargers for two-wheelers, three-wheelers, passenger and commercial vehicles. "As part of Tata Group initiative, the company has been planning a significant play in providing systems and components for electric vehicles, as well as provide enabling systems for establishing charging infrastructure," Tata AutoComp MD Arvind Goel said.



## Shree Ganeshaya Namah

**Bejan Daruwalla is world's most famous astrologer today. He appears regularly on world wide TV shows. Bejan who has been a professor in English, has authored a number of books on astrology. India's Prime Minister Narendra Modi, on March 29, 2012, launched 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**

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

## Weekly Horoscope June 15 - June 21, 2020

**ARIES:** Ganesha says you may have been confused about some vital issues; you have probably been feeling as if you're cut off from home-base, or lacking in direction. You are filled with the desire to change tack in your voyage through life. You travel, or change locations in terms of work/home, or both. Both you also change tack from the mundane, to spiritual pursuits, the study of philosophy, greater learning.

**TAURUS:** You think and act on a cosmic scale this week. The harmony surrounding you is very gratifying and inspires much giving. There is property and other benefits coming from the order and routines you have created. Harmony is another name for Libra, after all, so this phase is all about that! Pleasurable relationships with loved ones/family, and free-flowing connections make you want to give of yourself.

**GEMINI:** You're equally generous this week, but with yourself, loved ones, family, i.e. closer home. Fun, excitement, the pleasures of shopping together for things of beauty/pleasure/entertainment. The reason is mental/emotional, rather than acquisitiveness or materialism, says Ganesha. A fresh, new mindset emerges now. You can take criticism and carping at face value and choose not to retaliate in kind.

**CANCER:** The 'good' and 'feel-good' factors are equally strong this week, too. You have continued to grow spiritually, and also in your total outlook/philosophy of life. Now you reap the benefits. First, this reflects in your far-more-accepting attitude, so that your loved ones bask in the warmth of your care and affection. Second, you can wring the maximum from life, not only in terms of pleasure, enjoyment, excitement, but also rest and true relaxation.

**LEO:** Success has many names, many dimensions-now it's relationships and the human factor! As a spillover or carryover, whichever you call it, this phase and monthly trend is purely and simply people-time. It's as Kipling has said in his famous poem, "If all men matter to you, but none too much." You have broadened not only your outlook, but also perceptions of people and your communication with them. Love is true and romantic.

**VIRGO:** A phase in your own sign is bound to help you carry on the good work you've been doing. And this good work is both personal/domestic and job-related. In, fact, professionally, there will be an easy flow of good things in your field of work, and greater enjoyment. This will not pertain only to work. Prosperity will grow from your inspired efforts, original ideas/techniques with prosperity. Worries do tend to fade away.

**LIBRA:** You get a nasty jolt, in terms of a setback to your progress and plans. Ganesha says, it will not last, so keep going. You may have to wait longer than you thought! Here comes a period when both profession/work demands and responsibilities, as well as financial ones, will increase very suddenly and rapidly.

**SCORPIO:** Here come the rewards-not too delayed, after all, and truly well-deserved. You can give work, in fact, life itself, your best shot. So can your children, who will satisfy you by realising their full potential and talents. There is no room for doubts and despair. You are aware of both your rights and your duties and want both in equal measure. Spiritual gains, supernatural, metaphysical and arcane matters of spirituality, philosophy, even worship, will interest you.

**SAGITTARIUS:** While your focus on getting on in life, getting ahead, too, does not waver, the more exciting and esoteric aspects of life, faith and religion draw your attention greatly. It will be worth it! You are doing the groundwork for future glory, fame, recognition, achievements in both finances and domestic life. And the manner in which you go about it is not dogged or diligent, it's full of flair and brilliance, even though you work hard.

**CAPRICORN:** I would call this phase a slowdown, not a setback, but the pace slackens, in terms of progress. You deal with campaigns, ceremonies, workload, public matters, but there is a good fallout coming. You can almost see it. What you can also see, almost clearly, is that Ganesha/God/Allah/Christ, whatever you choose to name Him, is there for you. He will reward those who are truly faithful.

**AQUARIUS:** You have remained unfazed and constant in the face of adversity and problems. This makes for greater harmony at home, better relationships all round. Of course, there is much more efficiency at work, too. You will enjoy power and authority in your work, helping people feel more love in the midst of things because you accept their limitations compassionately. In fact, the delays in progress are translated into opportunities for gains - though not necessarily material ones.

**PISCES:** Your trials and tribulations will disappear this week. Of course, they may (in fact, will) come back at some time, but right now, there is much joy in your life. What we saw last week was a monthly trend, so the faith in yourself, confidence and determination are seen now, too. You can make almost superhuman efforts, and you do so with ease. Targets, plans, deadlines, assignments - you take them all in your stride. Efficiency and output at work are wonderful, but that's not all.

## Birthday Horoscope June 15 - June 21, 2020

**June 15:** The Moon could involve you in a venture, possibly collaborative, that is risky. Be cautious about taking on obligations.

**June 16:** Be careful about getting into sticky entanglements. An element of push-pull or all-or-nothing can steer a relationship to the breaking point.

**June 17:** Channel your energies toward salvage or recycling instead of investing

time, money, or energy in something new. Shared interests are iffy.

**June 18:** Ideals and imagination are useful, but you'll do better hang on to your practical common sense and letting that be the basis of your decision-making.

**June 19:** You, a partner, or family member is in an unsteady trend and could be the source of surprises. It can be exciting if everyone can allow each other

space.

**June 20:** Ganesha says after a bit of reflection, an idea that seems too "out there" can prove to be workable; give it a chance. Don't discount any opportunities.

**June 21:** Just take people as they are. High expectations can lead to disappointment. A dreamy idea, suggestion, or proposal just won't pan out.

# ANCIENT POND MADE FROM LORD SHIVA'S TEARS

**S**hiva temples exist all across the world and only some have been existing since forever that mankind hasn't accurately traced back the origin. One of them is Katasraj mandir. Located near Choa Saidanshah in Punjab, in Chakwal district, Pakistan, this temple originally housed seven temples and was the home of a warrior. But one only of the temple exists today, while others were crushed down naturally and some even buried under the rubble.

There is an interesting anecdote to the story, though. There used to be two ponds that existed in the world which are parts of two different water bodies; one existed in Rajasthan's Pushkar Pilgrimage and the other one is here.

Pandavas used to stay here, according to the legends, when they were exiled, and this temple was constructed during those days. When Pandavas came across the pond wanting to quench their thirst, the protector of the lake, Yaksha, appeared near the lake and asked them to answer few questions before allowing them to drink water. (They had gone to the water turn by turn; first, it was Nakula, then Sahadeva, then Arjuna and Bhima). If they couldn't, they will be killed. Four of the Pandavas didn't even bother the questions and were killed by poisoning. Yudhisthira, searching for his brothers, arrived at the lake, answered the questions and revived his brothers.

The other legend has it that when Shiva's wife Sati died, Shiva cried and filled the barren land into a pond. With such legend in place, people from all across the country visit the temple during Shivaratri and bathe in the waters.

The pond is 200ft by 90ft and attracts visitors all around the year.

## Shiva exists in 3 states

**NIRGUN:** In this state he is formless, and the whole universe and creation lie in the pervasiveness of Shiva.

**SAGUNA:** In the Saguna state Shiva is the entire universe and his "ansh" is present in the tree, the insect, the animal, male, female and the whole creation. In this state though all forms arise out of him yet, no form can describe him.

**NIRGUN-SAGUN:** In the Nirgun-Sagun state Shiva is worshiped as the Shivalingam. The word Shivalingam has been derived from Sanskrit roots Shiva (Lord) + Lingam (Mark/Chinha/Symbol). Hence, Shivalingam is the mark of lord within its creation. Everything in the world arises out of a dome/a ball/ a pindi. Be it a tree which comes from a seed which is round, a child which comes from a cell which is round, all heavenly bodies are round, the minutes of cells are round and our very earth is round. Everything being round is a mark of the Lord/Shiva. Since Shiva can't be comprehended, we worship his mark or we worship the whole Brahman in a Shivalingam.

## Shiva and Samudra Manthan

During the divine churning of the ocean, a ply to bring the Gods into power



Katasraj mandir

Sharda Devi Temple



Gorakhnath temple, Peshawar



Gorakhnath temple

and overthrew the Asuras, Amrita, the great nectar of Immortality was produced. Samudra Manthan began, using Mount Mandara as a churning stick and the serpent Vasuki as the churning rope, they carried out the order of the Lord. Vishnu appeared as a turtle and acted as the pivot for Mount Mandara.

While we know nature has a way of maintaining balance, Halahal the great poison of Samudra-Manthan was produced to balance Amrit generated from Manthan. When the uncontrollable poison was forcefully spreading up and down in all directions, all the demigods approached Lord Shiva, seeking shelter in him and praying for his protection.

Being compassionate and dedicated to auspicious, benevolent work, Lord Shiva agreed to drink all the poison. Goddess Parvati, the wife of Shiva, being aware of her Lord's capabilities and strength, gave her consent.

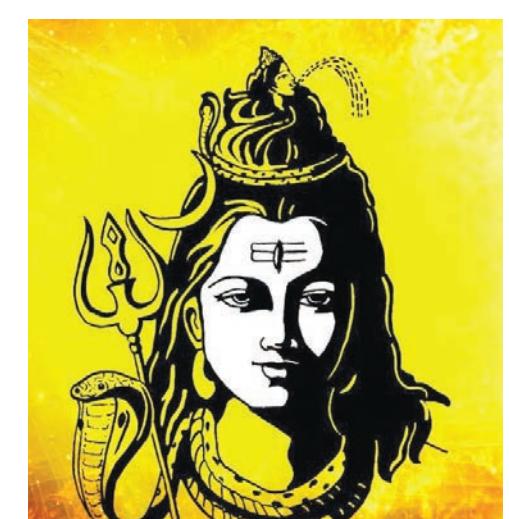
Shiva reduced the vast slick of poison to a small quantity that he could hold in the palm of his hand. While he was drinking it, a few drops fell from his hand and was immediately consumed by poisonous snakes, scorpions, toxic plants and other venomous creatures of the world.

After Lord Shiva drank the poison, his neck became bluish, enhancing his beauty. One of his names is, therefore, Nilakantha - 'one with a bluish neck'.

Impressed by this act of snakes, Shiva accepted Vasuki (king of snakes) around his neck.

## Half Open Eyes of Shiva

The half-open nature of the eyes conveys that the cycle of the universe is still in process. When Shiva opens his eyes completely, then a new cycle of creation begins, and when he closes them, then the universe is destroyed until the next phase of creation. The half-eyes show that creation is an eternal cyclic process that has no end or beginning.



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# RUSSIA ROLLS OUT NEW COVID DRUG AS CASES TOUCH 5 LAKH

**MOSCOW (TIP):** Russia on Thursday rolled out a drug approved to treat patients suffering from the novel coronavirus, its state financial backer said, as the number of infections there surpassed half a million.

The first deliveries of the new anti-viral drug, registered under the name 'Avifavir', were made to some hospitals and clinics across the country, Russia's RDIF sovereign wealth fund said in a press release. The RDIF has funded trials and has a 50% share in the drug's manufacturer ChemRar.

The health ministry gave its approval for the drug's use under a special accelerated process while clinical trials, held over a shorter period and with fewer people than many other countries, were still under way. There is currently no vaccine for Covid, and human trials of several existing antiviral drugs have yet to show efficacy.

RDIF chief Kirill Dmitriev had said last week that the plan was for ChemRar to manufacture enough of the drug to treat around 60,000 people a month. Dmitriev on Thursday said more than 10 countries had made requests for Avifavir supplies. Negotiations were under way to supply the drug to almost all of Russia's regions, with seven of its more than 80 regions receiving Thursday's initial deliveries, Dmitriev added.

With 5,02,436 cases, Russia has the third highest



number of infections in the world after the United States and Brazil, but has a relatively low official death toll of 6,532 - something that has been the focus of debate.

Meanwhile, Russia said it had charged the head of the remote Arctic city of Norilsk with criminal negligence over what investigators said was his bungled response to a major environmental disaster.

## PANDEMIC RISING IN AFRICA, SAYS WHO

**Geneva:** The Covid pandemic is "accelerating" in Africa, spreading from capital cities where it arrived with travellers, the World Health Organisation (WHO) has said. One of the biggest challenges in Africa continues to be availability of supplies, particularly test kits, said Matshidiso Moeti, WHO's Africa Regional Director, told a Geneva briefing. Reuters

Around 21,000 tonnes of diesel leaked into rivers and subsoil on May 29 from a power station in Norilsk, an incident that Greenpeace has compared to the 1989 Exxon Valdez oil spill off Alaska. The Investigative Committee stated the mayor had failed to coordinate and organise emergency measures to contain and control fallout from the spill. — Reuters

**contd from page I**

## COVID-19 death toll in US could hit 2,00,000 mark by September: Indian-American professor

thinking. And if it (COVID numbers) stays just flat for the next three months, we're going to hit 200,000 deaths sometime in September and that is just awful," Jha said.

Jha said the 200,000 death toll is "not just a guess". Currently 800-1,000 people are dying daily in America from the virus and all data suggest that the situation is going to get worse.

"We're gonna have increases, but even if we assume that it's going to be flat all summer, that nothing is going to get worse... even if we pick that low number of 800 a day, that is 25,000 (deaths) a month in three and a half months. We're going to add another 88,000 people and we will hit 200,000 sometime in September," Jha said.

The United States is by far the hardest-hit country in the global pandemic, in terms of both confirmed infections and deaths.

According to data by the Johns Hopkins University, the number of coronavirus cases in the US currently is nearly two million and about 112,900

people have died in the country, the most in the world.

When asked about an improvement in states like New York, which had been the epicenter of the COVID19 pandemic in the US, Jha said while coronavirus cases are declining in New York, New Jersey, Connecticut and Massachusetts, the numbers are increasing in states such as Arizona, Florida, Texas, North and South Carolina while the country as a whole is "pretty flat." He said people should take measures as that will help suppress the virus and ensure people could get back outside safely but he voiced concern that this was not the situation in reality.

"We're not doing that and so we're going to unfortunately have another 25,000 deaths a month until September, and then it'll keep going. It's not going to magically disappear. We've got a turn around. This is not the future I want," he said.

Jha said he had expected the situation to improve in the summer months but on the contrary the numbers have continued to rise even in the warm weather.

"Summer was supposed to be our better months--warmer weather, people outside, a little less transmission. This is not the time (summer) I was expecting a lot more cases. We're seeing a lot more cases, especially in states like Arizona where the numbers

look really scary," he said.

Jha added that he was "hopeful" that maybe the summer months would "give us more of a break. I think I may have been too optimistic on that." (Source: PTI)

## India overtakes U.K. with fourth highest COVID-19 tally in world

pandemic spread that stated the urban slum population was most vulnerable to the spread, followed by urban settlement.

"The ICMR has calculated that compared to rural areas, the risk of spread was 1.09 times higher in urban areas and 1.89 times higher in urban slums. The infection fatality rate is very low at 0.08%," ICMR Director General Dr. Balram Bhargava said at a press meet.

The sero-surveillance study, conducted in 83 districts covering 28,595 households and 26,400 individuals by the ICMR along with other agencies in May, also revealed that 0.73% of the population surveyed showed evidence of past exposure to SARS-CoV-2.

Dr. Bhargava said, "This only means that a large portion of the population must continue following COVID appropriate behavior suggested by the government from time to time. But we have to continue with our strategy of

testing, tracing, tracking, quarantine and containment measures. The elderly, chronic morbidities, pregnant women and children less 10 years of age need to be protected as they fall in the high-risk category susceptible to COVID-19."

The sero-surveillance study has two parts. The primary task of estimating the fraction of people who have been infected in general population has been completed and the second objective of estimating the infected population in containment zones of hotspot cities is in the process of completion.

NITI Aayog member V. K. Paul noted during the press conference that India's ability to keep the pandemic at these levels was a big achievement but he warned that the country should not lower its guard and be prepared tackle the virus in the coming months.

Speaking at the press conference about the growing number of cases in Delhi, the question of community transmission in the Capital, and country-wide death reports compiled based on State data, Lav Agarwal, joint secretary, Health Ministry said: "If we get caught in grammar and let go of field action we will suffer. Also if the States take a day or two more in conducting 'death audit' and a change in numbers arises due to it, then, in next 2-3 days numbers are accounted for."

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# ANDAMAN & NICOBAR: BLUE SEAS, VIRGIN ISLANDS & COLONIAL PAST

R eplete with picturesque shimmering beaches, lagoons of turquoise blue waters and a bit of history, Andaman & Nicobar Islands is a little slice of paradise tucked around 1,400 km away from the east coast of India. The union territory comprises a total of 572 islands, only 37 of which are inhabited and a few are open to the tourists.

Port Blair, the capital city of Andaman & Nicobar Islands, is the gateway to the archipelago and is connected with various islands via multiple daily ferries. Havelock and Neil Island are some of the most famous islands among tourists and is known for pearly white sands, palm-lined shores and offer some of the best snorkelling and diving options in India.

Once known for its Cellular Jail 'Kaala Paani' in Port Blair which primarily imprisoned the freedom fighters who were exiled from the mainland of India during the British Era, the graph of the Andaman and Nicobar islands have lately changed drastically and it is now known for its flourishing tourism industry which especially attracts honeymooners, families and adventure enthusiasts.

You can either laze around on the sandy shores and enjoy the mesmerising sunsets or try your hand at scuba diving and explore the vibrant coral reefs. Besides, it also has virgin immaculate backwaters for those seeking solitude and ataraxy.

Havelock Island is one of the largest and the most popular attraction of all of Andaman & Nicobar Islands. Blessed with pristine beaches and coconut groves, this one offers myriad adventure sports opportunities to its guests. From snorkelling to parasailing, scuba diving and kayaking etc., there is no dearth of thrilling activities here, for that much-needed adrenaline rush, on an otherwise tranquil leisure vacay.

In addition to this, you can visit the bustling city of Port Blair to get a glimpse of the local lifestyle. Steeped in colonial history and boasting of striking architectural monuments, you can also browse the local markets and savour the traditional cuisine.

## Havelock Island

Havelock Island is one of the largest and most popular islands in Andaman and Nicobar. Spread over a massive area of 113.93 square kilometres, it is situated 57 km north-east of the capital city Port Blair. Havelock Island is a paradise of silky white sand beaches, crystal blue water, rich corals and verdant forests. There is no dearth of beauty on this little island as the reputed and much-loved Radhanagar and Vijaynagar Beaches are also right on its southern shores. Havelock Island is also a favourite amongst those who want to engage in scuba diving, snorkelling, and deep sea diving.

## Radhanagar Beach

Awarded with the title of 'Asia's Best Beach' by the TIMES magazine in 2004, Radhanagar Beach with its turquoise



blue waters and powdery white sands lives up to the moniker. Its vast shores of endless white grains stretch across 2 kilometres, making it a prime attraction of the Andaman and Nicobar Islands. Located at a distance of a mere 7 kilometres from the much adored Vijaynagar Beach and approximately 12 kms from the main Havelock Island, it is a hop, skip and jump away to serenity and beauty.

Being located so close to the main Havelock Beach has made it a favourite among tourists. It is also among the most reputed places to enjoy water sports in the Andamans. The best way to reach Radhanagar Beach is via a ferry from Havelock Island.

## Ross Island

Located just 2 kilometres east of Port Blair is the Ross Island; an island which was once the administrative headquarters of the British, but today is only an uninhabited island that is recognised solely for its beauty and scenic views. Following an earthquake that hit Ross Island in the year 1941, the British left the island and shifted their settlement to Port Blair. The island was

not able to overcome the grief of this sudden withdrawal, and decay and neglect ultimately set in. One can see traces of a prosperous past in the rubbles of the church, swimming pool and the chief commissioner's home with its extensive gardens and magnificent ballrooms. There is also a cemetery and a small museum managed by the Indian Navy.

## Cellular Jail

The Cellular Jail, also known as 'Kala Pani' is an old colonial prison situated in Port Blair, the capital of Andaman and Nicobar islands. Constructed by the Britishers during their colonial rule in India, Cellular Jail was used particularly to exile political prisoners where they were subjected to many atrocities at the hands of the British. The construction of the jail began in the year 1896 and was completed in 1906, after which it was used to house many notable freedom fighters such as Batukeshwar Dutt, Yogendra Shukla and Vinayak Damodar Savarkar. The aura of history and struggle around the Cellular Jail is palpable and you just cannot help but be overcome with a

strong patriotic fervour. The jail complex is now owned by the Government of India and it is recognised as the national memorial monument that showcases the life of prisoners during the British era.

The jail narrates of the horrifying and darkest period in the history of India. Soon after the Sepoy Mutiny in the year 1857, Britishers began to use the islands of Andaman and Nicobar as the jails to put fighters behind the bars. The secluded islands were chosen due to their distant location from the main parts of the country where the prisoners would be kept in the dark depriving them of the situation in the country and excluding them from the society. During the independence movement of India, thousands of Indians were imprisoned in the cellular jail, many of them died due to inhumane conditions, many were hanged till death and many simply perished. Today, the Cellular Jail is a solemn reminder of all the struggles that our freedom fighters fought through to win the independence of the country, and is an imperative part of our history that ought to be upheld.

# EYEING SEPT-OCT FOR INDIAN PREMIER LEAGUE, SAYS CHIEF BRIJESH PATEL

**KOLKATA (TIP):** The BCCI is eyeing the September-October window, with the business end of the tournament spilling over to early November, to stage the 2020 IPL, Brijesh Patel, the IPL Governing Council chairman, confirmed. This, however, comes with a couple of riders: postponement of this year's T20 World Cup in Australia in October-November and, before that, deferment/rescheduling of the Asia Cup in September.

"Yes, we are looking at those dates, but it all depends on the future of the T20 World Cup and the Asia Cup. Subject to that we are planning (the window for the IPL)," Patel told The Indian Express. Asked if the tournament takes place, would it be played behind closed doors, he said: "Again, it depends on how the situation is in September-October. We have to go by the government directive. First we need the go-ahead from the government."

The former India middle-order batsman said players and official broadcaster are OK with the matches behind closed doors. "You can't play a World Cup in empty stadiums. But the IPL being a league, it can be staged behind closed doors. The official broadcaster is OK with that and so



are the players because they want to play."

Patel's comment came in the wake of BCCI president Sourav Ganguly's letter to all the affiliated members/units of the cricket board wherein he wrote: "The BCCI is working on all possible options to ensure that we are able to stage the IPL this year, even if it means playing the tournament in empty stadiums. The fans, franchisees, players, broadcasters, sponsors and all other stakeholders are keenly looking forward to the possibility of IPL being hosted this year."

As BCCI treasurer Arun Dhumal told this paper, the Indian

board needs a window of at least 40 days to stage the IPL. In 2009, the BCCI had done it inside 37 days, when the tournament was shifted to South Africa because of the general elections. The BCCI, however, hasn't communicated its plans to the franchises yet. "Once the clarity comes from the ICC and we get the government nod, then we can tell the franchises," Patel said.

The ICC is likely to take a call on the T20 World Cup's future in July. As for the Asia Cup, with Pakistan hosting it at a neutral venue, the latest Asian Cricket Council meeting ended in a stalemate.

## Players allowed to play for three clubs in a season says FIFA

Players will be allowed to play for up to three clubs, instead of two, during the course of a season in a temporary rule change to alleviate the effects of the novel coronavirus pandemic on the sport, FIFA said on Thursday. The global soccer body added that the move was "to avoid any concerns regarding unemployed players."

FIFA also said it would allow national associations to open their transfer window for the 2020/21 season before the current campaign has finished.

It said the change was intended to allow clubs to complete the 2019/20 season with their original squad, even where the campaign had been extended from May into June and July as is the case in a number of European countries.



## Federer to miss rest of season after second knee operation

**MUMBAI (TIP):** Roger Federer will miss the rest of the 2020 season after undergoing a second procedure on his right knee, the 20-times Grand Slam singles champion said on Wednesday.

Federer struggled with injury at this year's Australian Open in Melbourne, where he lost in the semi-finals to eventual champion Novak Djokovic, and subsequently underwent surgery on the knee in February.

"A few weeks ago, having experienced a setback during my initial rehabilitation, I had to have an additional quick arthroscopic procedure on my right knee," the 38-year-old said in a Twitter post.

With professional tennis shut down due to the COVID-19 pandemic it remains to be seen how many tournaments Federer will actually miss.

The Swiss also had knee surgery to repair a torn meniscus in 2016 and missed the second half of that season.

When he returned to the tour for the 2017 season it looked like he had never been away, winning the Australian Open to end a near five-year Grand Slam title drought and adding the Wimbledon title later



that year.

The last of Federer's record 20 Grand Slam singles titles came at the 2018 Australian Open. The closest he has come since was at Wimbledon last year when he lost in the final.

"Now, much like I did leading up to the 2017 season, I plan to take the necessary time to be 100% ready to play at my highest level," he said.



**Sanjita Chanu cleared of doping charge by IWF, demands answers and compensation**

**NEW DELHI (TIP):** The International Weightlifting Federation has dropped the doping charge against Indian weightlifter K Sanjita Chanu due to "non-conformities" in the handling of her sample but the Commonwealth Games gold-medallist has also demanded an apology and compensation for the "trauma" she has endured.

The IWF made the decision based on the recommendation of the World Anti-Doping Agency (WADA). The 26-year-old, who claimed innocence since the beginning, was informed about the final verdict via an e-mail, signed by IWF's legal counsel Lilla Sagi.

"...WADA recommends — out of fairness to the Athlete — that the case against the Athlete based on the Sample be closed," the e-mail from IWF read.

It said that IWF was told by WADA on May 28 that there were "certain non-conformities" at the time of the analysis of Chanu's sample.

"As a result, the IWF has decided to withdraw the charges against the Athlete based on sample 159 90 00 and to close the matter," it added.

Last month, WADA revealed that it had partially suspended the accreditation of a laboratory in Salt Lake City, the one that tested Chanu's sample, for a month in 2019 due to "non-conformities" relating to its documents.

## ICC meeting: Fate of T20 World Cup to be decided next month

**NEW DELHI (TIP):** The International Cricket Council on Wednesday decided to wait for another month before taking a call on the fate of this year's T20 World Cup, saying that it wants to continue exploring contingency plans amid the COVID-19 pandemic.

The event is scheduled to be held in Australia in October-November.

"We will only get one chance to make this decision and it needs to be the right one...we will continue to consult with our members, broadcasters, partners, governments and players to ensure that we make a well informed decision," ICC chief executive Manu Sawhney said in a statement after the Board meeting held via video-conference.

The ICC Board, however, decided to put an end, at least till December this year, to the tug of war with the BCCI over tax exemptions.

It extended the deadline for the Indian Board to get the promised tax exemption from the country's Central government which is mandatory to hold ICC tournaments like World T20 and ODI World Cup.



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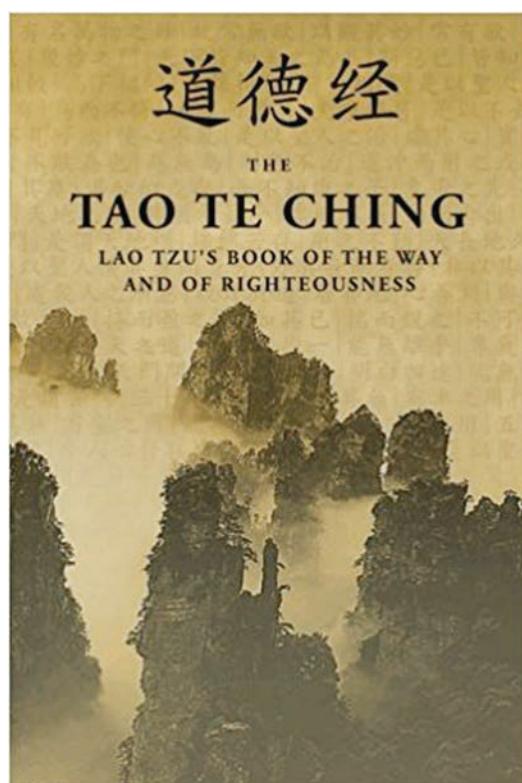
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*True words are rarely elaborate.  
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Good words are rarely eloquent.  
Eloquent words are rarely good.  
He who knows is rarely learned.  
He who is learned rarely knows.  
The wise do not hoard wisdom.  
Giving to others what they have  
They have still more.  
Sharing what they have with others  
They are richer still.  
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## STOP THE SPREAD OF COVID-19! LEARN HOW TO TAKE CARE OF YOURSELF AND OTHERS AT HOME.

### WHAT ARE THE SYMPTOMS OF COVID-19?

- The most common symptoms are fever, cough, sore throat and shortness of breath. Other symptoms include feeling achy, loss of taste or smell, headache, and diarrhea.
- Most people with coronavirus disease 2019 (COVID-19) will have mild or moderate symptoms and can get better on their own.

### WHO IS MOST AT RISK FOR SERIOUS ILLNESS?

- People age 50 or older (people age 65 or older are at the highest risk)
- People who have other health conditions, such as:
 

◦ Lung disease	◦ Obesity	◦ Liver disease
◦ Asthma	◦ Diabetes	◦ Cancer
◦ Heart disease	◦ Kidney disease	◦ A weakened immune system

### WHAT SHOULD I DO IF I GET SICK WITH COVID-19 SYMPTOMS?

If you are sick with COVID-19 symptoms, assume you have it.

#### When you are sick:

- If you have trouble breathing, pain or pressure in your chest, are confused or cannot stay awake, or have bluish lips or face, **call 911** immediately.
- Call your doctor if you are age 50 or older or have a health condition that puts you at increased risk, or if you do not feel better after three days.
- Always contact a doctor or go to the hospital if you have severe symptoms of COVID-19 or another serious health issue.
- Do not leave your home except to get necessary medical care or essential food or supplies (if someone cannot get them for you).
- If you must leave your home:
  - Avoid crowded places.
  - Stay at least 6 feet from others.
  - Cover your nose and mouth with a bandana, scarf or other face covering.
  - Wash your hands before you go out, and use alcohol-based hand sanitizer while outside.

#### If you or someone in your home is sick:

- Create physical distance:
  - Do not have visitors.

- Stay at least 6 feet from others.
- Sleep head-to-toe if you share a bed with someone who is sick, or sleep on the couch.
- Keep people who are sick separate from those at risk for serious illness.
- Cover up:**
  - Cover your nose and mouth with a bandana, scarf or other face covering when you are within 6 feet of others.
  - Cover your cough or sneeze with a tissue or your inner elbow.
- Keep it clean:**
  - Throw tissues into the garbage immediately after use.
  - Wash your hands often with soap for 20 seconds, especially after you cough or sneeze.
  - Use alcohol-based hand sanitizer if you are unable to wash your hands.
  - Frequently clean surfaces you touch, such as doorknobs, light switches, faucets, phones, keys and remote controls.
  - Wash towels, sheets and clothes at the warmest possible setting with your usual detergent, and dry completely.
  - Do not share eating utensils with others, and wash them after every use.

### WHEN CAN I LEAVE MY HOME AFTER BEING SICK?

- If you have been sick, stay home until:
  - You are fever-free for three days without Tylenol or other medication **and**
  - It has been at least seven days since your symptoms started **and**
  - Your symptoms have improved
- Reminder:** New York is on PAUSE. This means that even if you have been sick, you should only leave your home for essential work or errands, or to exercise, while staying at least 6 feet from others.

### NEED HELP?

- If you are having a medical emergency, **call 911**.
- If you do not have a doctor but need one, **call 844-NYC-4NYC (844-692-4692)**. New York City provides care, regardless of immigration status, insurance status or ability to pay.
- For more information, **call 311** or visit [nyc.gov/coronavirus](http://nyc.gov/coronavirus).

The NYC Health Department may change recommendations as the situation evolves. 4.20

