



Consulate General of India, NY Celebrated International Day of Yoga at the Times Square



Renowned Yoga expert Ms. Ruchika Lal of the Art of Living Foundation conducted the lead Yoga session at the Times Square on June 21 from 0930-1030 hrs. Consul General of India Randhir Kumar Jaiswal, his wife and members of the Consulate staff are seen participating in the Yoga session

THOUSANDS, INCLUDING CONSULATE AND GOVERNMENT OF INDIA UNDERTAKINGS STAFF PARTICIPATED

NEW YORK CITY (TIP): The 8th International Day of Yoga (IDY) was celebrated by the Consulate General of India in New York at the iconic Times Square, the cross-roads of the World, today. This year the Yoga celebrations were special, for they formed part of Azadi Ka Amrit Mahotsav - 75 years of India's Independence.

CONTD ON PAGE 3



The INDIAN PANORAMA
EVER TRUTHFUL

Will bring out a special edition to mark America's Independence on 4th of July.

Articles and advertisements may please be submitted by June 29, 2022 to salujaindra@gmail.com

For any questions, please call 646-247-9458



Supreme Court strikes down New York gun law, expanding gun rights

The ruling comes as Congress is actively working on gun legislation following recent mass shootings in Texas, New York and California



The Supreme Court said Thursday, June 23, that Americans have a right to carry guns in public.

WASHINGTON, D.C. (TIP): In a major expansion of gun rights, the Supreme Court said Thursday, June 23, that Americans have a right to carry guns in public.

The ruling comes as Congress is actively working on gun legislation following recent mass shootings in Texas, New York and California.

The justices' 6-3 decision, along the known party lines, follows a series of recent mass shootings and is expected to ultimately allow more people to legally

carry guns on the streets of the nation's largest cities - including New York, Los Angeles and Boston - and elsewhere. About a quarter of the U.S. population lives in states expected to be affected by the ruling, the high court's first major gun decision in more than a decade.

Justice Clarence Thomas wrote for the majority that the Constitution protects "an individual's right to carry a handgun for self-defense outside the home."

In their decision, the justices struck down a New York law requiring people to demonstrate a particular need for carrying a gun in order to get a license to carry one in public. The justices said the requirement violates the Second Amendment right to "keep and bear arms." California, Hawaii, Maryland, Massachusetts, New Jersey and Rhode Island all have similar laws. The Biden administration had urged the justices to uphold New York's law.

CONTD ON PAGE 32

Senate Approves Bipartisan Gun Safety Bill, hours after the Supreme Court struck down New York's Gun Law



The Senate approved bipartisan legislation on Thursday, June 23, aimed at keeping firearms out of the hands of dangerous people

WASHINGTON D.C. (TIP): The Senate approved bipartisan legislation on Thursday, June 23, aimed at keeping firearms out of the hands of dangerous people, after a small group of Republicans joined Democrats to break through their party's longstanding blockade of gun safety measures and shatter nearly three decades of congressional paralysis on toughening the nation's gun laws.

The 65-33 vote included 15 Republicans in favor and came hours after the Supreme Court struck down New York's gun law, likely limiting the

CONTD ON PAGE 32



Afghanistan's deadliest earthquake in two decades has claimed 1000 lives and rendered thousands without shelter

Afghan earthquake death toll at 1,000 makes it Afghanistan's deadliest earthquake in two decades, according to U.S. government data

Aid to the earthquake hit region begins to arrive

KABUL (TIP): Aid began arriving on Thursday, June 23, in a remote part of Afghanistan where an earthquake killed 1,000 people but poor communications and a lack of proper roads are

CONTD ON PAGE 32



Andy Singh

516-441-7000
16 E. Old Country Road
Hicksville, NY 11801

E-mail: herman@omnimortgage.com



OMNI MORTGAGE CORP.
Residential | Commercial | SBA Loans



Herman Singh

718-441-7000
118-18 101 Avenue
Richmond Hill, NY 11419

Registered Mortgage Broker- NYS Dept of Financial Services
Loans arranged thru 3rd party providers

PRESIDENT/PUBLISHER:

Prof. Indrajit S. Saluja

VICE PRESIDENT:

Chitagam Saluja

CHIEF EDITOR:

Prof Indrajit S. Saluja

CONSULTING EDITOR :

Deepak Dwivedi Chairman,
Editor-In-Chief

Blitz India Media Group

ASSISTANT EDITOR:

Bidisha Roy

SPL. REPORTER UNO:

H.S. Panaser

GRAPHICS DIRECTOR:

Om Parkash Malik

DIRECTOR

ADMINISTRATION:

Gauri Beri

CONTRIBUTING

PHOTOGRAPHERS:

Baldev Singh / BJ Videos

Gunjesh Desai / Masala Junction

Jay Mandal,

Mohammad Jaffer,

SnapsIndia

Mohammad Shahzad,

Zia Khan,

Nisha Rani

Vaaho Photographers,

Vijay Shah - Photo Journalist.

CORRESPONDENTS :

SACRAMENTO:

Parminder S. Aujla

NEW YORK :

Chitagam

FRESNO:

Tarlochan Singh

DALLAS:

Harjit Dhesi, Amarjit Dhillon

OVERSEAS CORRESPONDENTS

LONDON

Nirpal Singh Shergill

SPL CORRESPONDENT

DELHI BUREAU CHIEF:

Chandan Singh

CHANDIGARH:

Manjit Sidhu

LUDHIANA:

A.S. Arora,

R.P.Sharma

JAIPUR :

Dr. Yashpaul Goyal

DALLAS BUREAU CHIEF & VP

Lovlien Kaurr

972-330-3139

editor@theindianpanorama.news

The Indian Panorama

P.O. Box No. 190067, South

Richmond Hill, NY 11419,

Tel: 646-247-9458

Email:

editor@theindianpanorama.news

DISCLAIMER

THE INDIAN PANORAMA ASSUMES NO RESPONSIBILITY FOR THE CLAIMS MADE IN ADVERTISEMENTS. WE ONLY SELL SPACE. VIEWS PUBLISHED IN THE NEWSPAPER ARE THOSE OF THE AUTHORS AND DO NOT NECESSARILY REFLECT THE VIEWS OF THE NEWSPAPER. ALL RIGHTS ARE RESERVED. REPRODUCTION IN WHOLE OR IN PART WITHOUT PERMISSION IN WRITING FROM THE INDIAN PANORAMA IS PROHIBITED.

An unjust pursuit: On U.S.' relentless pursuit of Julian Assange

JULIAN ASSANGE DESERVES FREEDOM, NOT PERSECUTION FOR INVESTIGATIVE JOURNALISM

The United States' relentless pursuit of Julian Assange received a fillip after the British Home Secretary, Priti Patel, gave the go-ahead to extradite him to the U.S. Wanted for criminal charges, which include violation of the country's Espionage Act of 1917, Mr. Assange could face punishment ranging up to 175 years in prison if convicted in the U.S. The charges were framed under the Donald Trump administration after accusing him of collaborating with U.S. soldier Chelsea Manning who published classified documents and communications on wikileaks.org, the website run by Mr. Assange. Mr. Assange is the first journalist to have been charged under the First World War era Act. Ironically, during the tenure of Mr. Trump's predecessor, Barack Obama (U.S. President Joe Biden was the Vice-President then) the Justice Department had concluded that it would not pursue criminal charges against Mr. Assange and WikiLeaks as it would pose grave

threats to the country's press freedom laws, particularly the first amendment of the U.S. Constitution that guarantees freedom of expression. The cables and documents published by WikiLeaks reveal the severe abuse of international and humanitarian law, war excesses and crimes committed in Iraq and Afghanistan by the U.S. government among others, besides shining a light on the inner workings of the elite in democracies and autocracies across the world. The diplomatic cables in particular, initially released after careful redaction by media organizations, and other documents went on to form the bulwark of a large repertoire of investigative journalism. In a rational world, the perpetrators of the excesses revealed by WikiLeaks would have been pursued for justice while Mr. Assange would have been released from his harsh and extended stay in a British prison.

Yet, the dogged pursuit of Mr. Assange has been renewed by the Biden administration. The only guarantee that

it has provided is that it will not hold him in a maximum security prison, which has strict confinement rules, and that if convicted, he could serve his sentence in his native Australia if he requested it. Its position runs counter to its stated aim of bringing the U.S. back to the forefront of world democracies that promote values enshrined in the West as pivotal, such as freedom of expression accorded to the press. Subjecting Mr. Assange to trial will be a blow against media freedom in the U.S. and will also criminalize investigative journalism, particularly one that is pointed at the inner workings of the deep state. Mr. Assange's representatives have filed an appeal before the British High Court. With the present Labor party-led Australian government - Mr. Assange remains an Australian citizen - also expressing its displeasure at the continued pursuit, the onus is on the British judiciary to do right to him.

(The Hindu)

Letter to the Editor

Why no govt bulldozers on Agnipath military recruitment protesters? But lots of bulldozers on minority community protesters?

In the last one week a huge number of young men, mostly non-Muslims have indulged in rough and violent protests across India against the BJP govt.'s new Agnipath Program to recruit men in the military on 4-year contract terms rather than long term career basis, that has been the long-established traditional pattern. The unemployment situation in India is so negative and the national economy is so precarious that the youth do not expect to get a job after they are furloughed from the army in 4 years. That is why in anger they are setting govt offices, police stations, trains and buses on fire. The govt has responded to this mayhem with restraint, promised to reform the Agnipath recruitment system, rather than police firing on protesters and demolishing their houses with bulldozers.

But just two weeks ago when hordes of

Muslims in many cities protested against 2 official spokesmen of the ruling BJP party making grotesque/insulting comments on Mohammad, the prophet of Islam, the BJP govt in half a dozen states unleashed the full fury of heavily armed police, including firing live bullets and much beating on the protesters, killing several. Also, the govt arrested a huge number of Muslim protesters and made sure to get the houses of many of them demolished with bulldozers. Also, to put fear in the minds of Muslim community the govt paraded a procession of bulldozers in the areas where most of the population is Muslim in several cities.

In demolishing the houses of Muslims, the govt gave no notice to the occupants stating that their houses are built illegally, and did not obtain permission from courts of law, or give an opportunity to the owners of the houses to explain things. The BJP govt only said that the punishment is for the Muslims holding harmful unauthorized protests. But in the protests the Muslim protesters did not damage any govt property or cause physical harm to the policemen or public at large.

The contrast between the excessive govt and police brutalities on the Muslim community for holding protests on a

grievous issue, and the soft handling of mostly non-Muslim violent protesters in the Agnipath military recruitment scheme is a jarring contrast. It makes one wonder if this is the same country that Mahatma Gandhi liberated from the British colonialists with a purely non-violent freedom movement where adherence to non-violent methods of protest was observed very strictly. Indeed, the BJP govt in India has trampled underfoot the rule of law concept, the rich legacy of Gandhi and countless other Indian apostles of peace who the world looks up to with much respect.

Indeed, it is most unfortunate that instead of making improvements in industries, educational institutions, and accommodation among the various multireligious multiethnic segments of society, the BJP govt is increasing the divide between the majority Hindus and the minority Muslims, Christians and Sikhs. Let us hope that the many good people in India's majority Hindu community and other civilized nations can help reverse this very harmful trend and save India.

Kaleem Kawaja

kaleemkawaja@gmail.com

Association of Indian Muslims of America, Washington DC

Consulate General of India, NY Celebrated International Day of Yoga at the Times Square



Participants in the Yoga session



A Yoga posture with Ms. Ruchika Lal

CONTD FROM PAGE 1

In his remarks on the occasion, Consul General iterated the growing popularity of yoga which is as much about physical

health as it is about spiritual wellbeing and living in harmony with nature. Popular Spiritual Guru, Swami Avdheshanand Ji graced the occasion as Guest of Honor. In keeping with this year's theme, Yoga for Humanity, he spoke of yoga's contribution in promoting health, peace and harmony in the world. The lead Yoga session was conducted by renowned Yoga expert Ms. Ruchika Lal of the Art of Living Foundation from 0930-1030 hrs.

In addition, several rounds of yoga sessions were also conducted throughout the day. The day-long event was attended by around 10,000 people. The session was telecast live in India as part of the "Guardian Ring" which covered Yoga events from around the world, underlining One Sun One Earth concept, showcasing the unifying power of Yoga transcending borders.

The Times Square yoga event by the Consulate also displayed a variety of holistic health, Ayurvedic and nature-based wellness products from India. These products and superfoods were promoted under the 'One District One Product' (ODOP) initiative of the Government of India. Some of these products included organic turmeric, ginger, cardamom tea, Araku Valley Coffee and Millet pasta. Ginger flakes and organic turmeric from Sikkim, India's first fully organic state, were also displayed and gifted to yoga enthusiasts.

Sourced from across India with assistance of 'Invest India', products at the Consulate's stall generated excitement amongst the visitors who were eager to learn about their uniqueness and health benefits.

Excitement in the run up to the 8th International Day of Yoga was quite apparent in the large turnout that a number of curtain raiser events saw. These were organized in the weeks ahead of the June 21 celebration at Times Square. The celebrations started on 1st June with a World Yoga Festival organized by the World Yoga Community. Indo-American Arts & Cultural Forum held a yoga session in association with Center for the Women of New York on June 4 at Bayside, New York. Community members turned up in large numbers for the Yoga Cruise on East River on June 12 organized by the World Vegan Vision. YuVa Shakti discussed benefits of yoga for people with advanced age through a virtual session on June 17. Yoga sessions were also held on June 18 and 19 by Vihangam Yoga.

For the first time, IDY was also celebrated on the US side of Niagara Falls. The Consulate General partnered with Buffalo-Niagara Tamil Mandram and Indian Associations of Buffalo to organize Yoga event at the Goat Island of Niagara Falls State Park on June 19, 2022. This was the first time that IDY was celebrated on the US side of the world's most famous waterfall. Members of Buffalo Network of Religious Communities, an organization comprising members of different religious groups participated in the yoga celebrations which also brought together Indian students studying in various Universities in Buffalo. The celebrations will now be a regular feature of Buffalo-Niagara region's culture calendar.

Several other Yoga events are also planned in and around New York. GOPIO, Manhattan organized a virtual event on June 23. On June 25, Isha Foundation and Vihangam Yoga will celebrate IDY at Bridgewater, New Jersey



From L to R: Prem Bhandari, Guest of Honor Swami Avdheshanand Ji, Prof. Indrajit Saluja, and an unidentified gentleman at the IDY celebrations at the Times Square

and Shri Venkateshwara Temple NJ will organize a yoga event at Hartsdale, New York. Connecticut will see Yoga celebrations in Manchester on June 26 by MILAN Cultural Association.

The United Nations, in December 2014, had unanimously adopted a resolution piloted by India to celebrate International Day of Yoga on June 21 which is the Summer Solstice, the longest day of the year in the Northern Hemisphere. Since 2015, International Day of Yoga is being celebrated on a large scale across the globe enhancing awareness about the multifaceted benefits of Yoga.

Government of Sikkim, Invest India, TRIFED, State Bank of India, ICICI, Bank of India, Bank of Baroda, Tetley, CaratLane and Art of Living supported the Consulate General of India in celebrating the 8th International Day of Yoga in New York.



Another Yoga posture

INDIAN-ORIGIN SOFTWARE ENGINEER SHOT DEAD



25-year-old software engineer Nakka Sai Charan was shot dead in Maryland

WASHINGTON / NALGONDA (TIP): A 25-year-old software engineer from Telangana was shot dead by an unidentified person in Maryland.

Nakka Sai Charan from Nalgonda was shot at probably by a black man on Sunday evening. He was found injured inside his SUV with gunshot wound on his head. About 4.30 am on Monday, Maryland police rushed him to hospital where he was pronounced dead. The police have launched a homicide investigation.

Nakka's father N Narasimha and mother Padma were inconsolable at their Nalgonda home. They said they never wanted their son to go to the US but agreed when he insisted. They demanded that the US should not give firearm licenses "indiscriminately".

British-Indian author pens new Famous Five adventures as an ode to Blyton

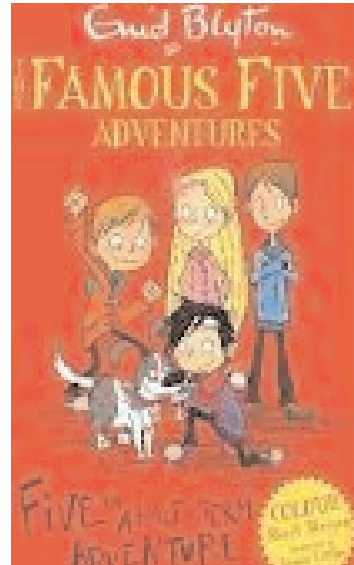
LONDON (TIP): An India-born author based in London, who grew up reading Enid Blyton stories, has penned her own set of adventures for the Famous Five characters created by the celebrated English children's writer, more reflective of modern British life.

Hails from Surat

Sufiya Ahmed, originally from Surat, recently released the second in a four-book series commissioned by the publishers behind Blyton bestsellers and has been buoyed by the enduring popularity of the characters.

Injecting some South Asian flavor into "Five and the Runaway Dog", Ahmed feels her new adventures are an ode to the much-loved writings of the 20th century children's author.

"These new adventures of the Famous Five are more reflective of modern times," said Ahmed. "There are more diverse characters in Kirrin village, which is the setting of the Famous Five books, and in



the second story I've written, 'Five and the Runaway Dog', we have Simi - a girl of South Asian heritage - and her family who have moved into the village. Simi plays a major part in the story and is also featured on the front cover," she said.



The first book, "Timmy and the Treasure", was released in January and has been making waves in the UK, Spain and Portugal. The third book, "Message in a Bottle", is now undergoing the finishing touches.

Indian American Daleep Singh joins PGIM Fixed Income as chief global economist



Daleep Singh has joined PGIM Fixed Income, one of the largest global fixed income managers

WASHINGTON, D.C. (TIP): After serving as US deputy national security advisor for international economics and deputy director of the National Economic Council for 16 months, Indian American Daleep Singh has joined PGIM Fixed Income, one of the largest global fixed income managers.

A great grandnephew of Daleep Singh Saund, the first Indian American to serve in the US Congress from 1957 to 1963, he will serve as chief global economist and head of global macroeconomic research at PGIM Fixed Income with \$890 billion in assets under management.

Singh will report to Gregory Peters, co-chief investment officer for PGIM Fixed Income, and will be responsible for oversight of PGIM Fixed Income's Global Macroeconomic Research team, which includes senior economists with extensive experience in the public and private sectors, the company announced on June 21.

"As one of the world's leading experts on economic policy matters, Daleep has provided extensive experience and insight at the highest levels of government. Adding an expert of this caliber to our investment team is fundamental to helping our portfolio managers navigate the increasingly complex macroeconomic and

geopolitical forces driving global financial markets," Peters said.

"His expertise will be instrumental in continuing to provide leading economic and sovereign research, as well as thought leadership. We look forward to the impact he'll have on our organization and the investment outcomes for our clients."

At the White House where he started working in February 2021, Singh served as President Joe Biden's top international economics advisor, driving policy formulation at the intersection of economics and national security.

His work has included the development of fiscal and tax policy; shaping the US economic strategy with China; leading efforts to promote supply chain resilience; promoting the development of a digital asset strategy; and building an economic governance toolkit that includes tariffs, sanctions, export controls, energy security, debt relief, bilateral assistance, and infrastructure finance.

Singh also served as the president's representative at the G7, G20, and APEC. Prior to joining the Biden administration, Singh was executive vice president and head of the markets group at the New York Fed where he led a team of nearly 600 employees overseeing the group's full portfolio during the most intense phase of the pandemic. From 2011 to 2017, he worked at the US Department of the Treasury as acting assistant secretary for financial markets and deputy assistant secretary for Europe and Eurasia.

Preceding his tenure at the Treasury Department, Singh worked for Goldman Sachs, with a focus on US interest rates and currency markets.

In his new role, Singh will lead the formulation of PGIM Fixed Income's global macroeconomic outlook, integral to PGIM Fixed Income's global investment strategy, the company said.

(Read full story at www.theindianpanorama.news)

INDIAN-ORIGIN FAMILY PAYS TRIBUTE TO THEIR 13-YEAR-OLD SON WHO DROWNED IN A RIVER IN WALES

LONDON (TIP): The devastated Indian-origin family of a 13-year-old boy who drowned while cooling off in a river in Wales has released a moving tribute in his memory.

Aryan Ghoniya was reported missing in the Taff River in Cardiff on Tuesday, June 21, and an extensive search was carried out by local police, fire, ambulance, coastguard and the police helicopter.

South Wales Police said that by the time he was located, emergency services were unable to resuscitate him.

"The family is devastated by the tragic loss of Aryan Ghoniya, beloved son of Jitendra and Hina Ghoniya and caring brother to Naviya Ghoniya but we are touched by the way the community, Danescourt Primary School, Radyr Comprehensive School, both of which he loved, and the emergency services including the police have been supporting us," the family said in a statement released through police on Wednesday.

"Aryan was our 'Little Professor', brilliant at math, an all-rounder academically. He was very loving with warm personality and loved by all who knew him. There will never be a day when we will not miss him, and he will remain in our hearts forever," the statement said.

Flowers, balloons and messages have been left on the riverbank by the teenager's friends.

The police said the coroner had been informed and an investigation into the circumstances of the incident remained ongoing.



13-year-old boy Aryan Ghoniya drowned while cooling off in a river in Wales

Indian origin Surinder Pal Singh Oberoi on silver screen

MAHESH BHATT DIRECTS 2-HOUR 40-MINUTE BIOPIC; AJAY DEVGUN PLAYS SURINDER PAL SINGH OBEROI



Mahesh Bhatt with philanthropist Surinder Pal Singh Oberoi

NEW YORK / GURDASPUR (TIP): Bollywood filmmakers are smitten by the charitable initiatives of billionaire philanthropist and Dubai-based NRI Surinder Pal Singh Oberoi, who donates 98 per cent of his earnings to ensure the downtrodden lead a decent life.

Mahesh Bhatt is directing a 2-hour 40-minute biopic on the life and times of the businessman. Ajay Devgun will be playing Oberoi which is being produced by Paramount Studios. The screenplay is being written by Filmfare award winner Ritesh Shah, who has also written the screenplay of Kahani, Pink, Airlift and Raid.

Shooting is scheduled to commence next month. Before the movie hits the OTT platforms and theatres, Netflix is screening a 50-minute documentary titled 'Pehchan' on September 7 on how Oberoi made it big after he left home in his youth with just Rs 350 in his pocket.

Indian American scientist Arti Prabhakar nominated by Biden as top science advisor



Dr Arti Prabhakar has been nominated by Joe Biden as a top science advisor to the US President

WASHINGTON, D.C. (TIP): Leading Indian American scientist Dr Arti Prabhakar has been nominated by Joe Biden as a top science advisor to the US President, a decision hailed by the White House and the Indian American community as "historic."

If confirmed by the Senate, Dr Prabhakar would make history as the first woman, immigrant, or person of color to head Director of the Office of Science and Technology Policy (OSTP). She will also be the latest highly qualified professional from the Indian American community to be named for a key position in the Biden administration.

"Dr Prabhakar is a brilliant and highly-respected engineer and applied physicist and will lead the Office of Science and Technology Policy to leverage science, technology, and innovation to expand our possibilities, solve our toughest challenges, and make the impossible possible," Biden said on Tuesday.

"I share Dr Prabhakar's belief that America has the most powerful innovation machine the world has ever seen. As the Senate considers her nomination, I am grateful that Dr Alondra Nelson will continue to lead OSTP and Dr Francis Collins will continue to serve as my acting Science Advisor," he said.

Once confirmed, she would also be Assistant to the President for Science and Technology. In this capacity, Dr Prabhakar will be the President's Chief Advisor for Science and Technology, a co-chair of the President's Council of Advisors on Science and Technology, and a member of the President's Cabinet.

Further, if confirmed to lead OSTP, Prabhakar, 63, would become the third Asian American, Native Hawaiian, or Pacific Islander to serve in President Biden's Cabinet, joining Vice President Kamala Harris and US Trade Representative Katherine Tai.

"Today's nomination is historic, with Prabhakar being the first woman, immigrant, or person of color nominated to serve as Senate-confirmed director of OSTP," the White House said.

Prabhakar has been unanimously confirmed by the Senate before, to lead the National Institute of Standards and Technology (NIST) and was the first woman to hold that role. She later served as director of the Defense Advanced Research Projects Agency (DARPA), the birthplace of breakthrough technologies like stealth aircraft and the Internet.

Indian Americans have welcomed Prabhakar's nomination.

Indian American legal expert Anjali Chaturvedi nominated by Biden for a key position

WASHINGTON, D.C. (TIP): Prominent Indian American legal expert Anjali Chaturvedi has been nominated by US President Joe Biden as General Counsel in the veterans affairs department, the latest from the community to be named for a key position in the administration.

Chaturvedi is a Deputy Assistant Attorney General in the Criminal Division of the US Department of Justice, according to the White House website.

Chaturvedi has been nominated for General Counsel, US Department of Veterans Affairs.

The main vision of the department is to provide veterans with the world-class benefits and services they have earned - and to do so by adhering to the highest standards of compassion, commitment, excellence, professionalism, integrity, accountability, and stewardship.

During her career, Chaturvedi has worked in all three branches of the government and in private practice. Prior to returning to government service, Chaturvedi was the Assistant General Counsel and Director of



Anjali Chaturvedi has been nominated by US President Joe Biden as General Counsel in the veterans affairs department

Investigations for Northrop Grumman Corporation, leading the company's global investigations team.

Chaturvedi earlier served as an Assistant General Counsel at British Petroleum and as a partner at the Washington, DC law firm of Nixon Peabody. Before entering private practice, she was a federal prosecutor.

During her time at the Justice Department, she served both in the District of Columbia and the Northern District of California US Attorneys' Offices, including as Deputy Chief of the Felony Trial Section and Chief of the Organized Crime Strike Force, and detail as Counsel to Senator Dianne Feinstein

on the Senate Judiciary Committee. She began her legal career clerking for the Honorable Gregory E. Mize of the District of Columbia Superior Court. Chaturvedi also taught trial advocacy and criminal procedure as an Adjunct Professor at Georgetown University and Hastings College of Law.

Born in Cortland, New York, Chaturvedi is a first-generation American.

She is a graduate of the Georgetown University Law School and Cornell University. She is also a certified yoga teacher and leadership coach. She lives in Chevy Chase, MD with her husband and son.

On Tuesday, leading Indian-American scientist Dr Arti Prabhakar was nominated by Biden as a top science advisor to the US President, a decision hailed by the White House and the Indian-American community as "historic."

Last week, Biden nominated Indian-American security expert Radha Iyengar to the top Pentagon position.

(Read full story at www.theindianpanorama.news)



Nairita Chakraborty has been appointed to the prestigious role of Commissioner of Historic England, the public body championing the country's historic environment and heritage.

INDIAN-ORIGIN NAIRITA CHARABORTY COMMISSIONER OF HISTORIC ENGLAND

LONDON (TIP): Indian-origin architect and design advocate Nairita Chakraborty has been appointed to the prestigious role of Commissioner of

Historic England, the public body championing the country's historic environment and heritage.

Chakraborty, who grew up in Delhi and studied at the School of Planning and Architecture before moving to the UK, has over 16 years of experience in heritage, townscape and design. She is already a member of Historic England's Advisory Committee and will start her new role from July 1 for four years.

AIA Hosts second conference on Awareness and Empathy

NEW YORK (TIP): On Thursday June 16th, exactly a month after the first session, the Association of Indians in America (AIA) hosted its second conference on Awareness and Empathy at 8 PM. National President Gobind Munjal welcomed all the attendees including some of AIA's past presidents and trustees.

Mr. Munjal introduced the speaker Dr. Shivaji Sengupta and the moderator Asmita Bhatia, trustee of AIA.

As in the first session, Shivaji Sengupta led the discussion. Moderator Asmita Bhatia helped start the discussion by making the parameters of the present session clear. Although awareness and empathy can be successfully used in many situations, private, corporate and political, she said, our discussion was going to be limited to two areas: personal relationships between family and friends, and about relationships in the workplace.

At Mr. Gobind Munjal's suggestion, Sengupta began by restating the definitions of Awareness and Empathy. Awareness is our ability to be conscious of our environment, particularly, the



AIA National President Gobind Munjal (left) introduced the speaker Dr. Shivaji Sengupta (right)



people, but it also includes our being conscious of our own selves, especially in terms of our feelings. He explained Empathy as being able to intuitively understand how another person is feeling as he or she is engaging you over an issue important to both.

Next, Shivaji Sengupta said that Awareness and Empathy are both states

of being: you are aware of someone or something; you are in a state of empathizing with another person. He explained that while everyone has awareness and empathy these two can be developed into skills. How? By constantly practicing the subskills that culminate into Awareness and Empathy. These skills are Observing, Listening, responding with involvement and feelings (Asmita Bhatia added these two conditions). Skillful observation makes you select the object of your choice with controlled attention and focus. It is possible to raise this to a skill level by constantly practice, selecting out a figure from the ground where the observation is taking place, controlling your power of attending and focusing sharply on the object. Similarly, responding has subskills also which, with practice, turns into a skill. These subskills are acquiescence in responding and satisfaction in response. If we are interested in and involved with the object of our attention, we transit from acquiescence to satisfaction in response.

Dr. Sengupta's ideas led to a lively discussion among the members. They took up one another's points and elaborated on them. Gunjan Rastogi asked what does one do when one of the parties in discussion turns hostile and offensive? Withdrawing temporarily, was the answer, keeping open all the channels of communication and letting the hostile person be aware that the channels are open. What is the difference between hearing and listening? Asked Nilima Madan. Hearing is general, while listening is more specific. Listening is targeted hearing. Dr. Bharti Palkhiwala spoke about the importance of eye-contact, and periodic responses that told the speaker that the listener was genuinely interested in him/her. She called it building an alliance with the listener. Asmita Bhatia spoke of the importance of calmness as one is talking to a hostile person. Sengupta elaborated that this calm withdrawal is not a final


withdrawal. The engagers need to remember their purpose of the discussion and whether differences in values (male/female; parent/child, supervisor/supervisee) are preemptory (unnegotiable) or ameliorative (can be discussed further at least in terms of methods of achieving a goal). Mr Gursharan Kalra pointed out whether with a change in one's status (in life or in society) one can be in a difficult position in terms of others' expectation. Sengupta replied yes, and in such cases, it is best to be authentic, accept that one's status in life has changed, but plead to be accepted as one is now. Uma Swaminathan asked whether there is a difference between the way a male observes and responds from the way a female does the same things. Curiously, interesting as this question was the question wasn't discussed in much detail, which it deserved. Shivaji Sengupta is still thinking about this question and would like to get back to Ms. Swaminathan on this.

To bring out some of these issues, Shivaji Sengupta gave a summarized situation of a father and daughter who were engaged in a controversial situation, putting the parent and offspring on culturally opposite sides. Sengupta described how the father engaged his daughter into roleplaying by taking the opposite viewpoint and arguing in favor of it. The daughter became the father; the father became the daughter. In doing so, Sengupta, said they had an almost first-hand feeling about what it is like to be in the other position. Empathy developed in each, the daughter; and the father. In the end, the parents asked the daughter to decide, now that she had considered both the father's and the daughter's points of view. The parents assured the daughter that whatever she decided, the parent would accept. Finally, the outcome was favorable. Many participants appreciated the narrative as a prime example of developing empathy.

The members all agreed that this second session on Awareness and Empathy was full of lively, intelligent and intellectual discussion and was a huge success. There was even talk of continuing this trend and most of the attendees requested the management to have a third session for more discussions of this type both via Zoom and in person, as these issues are real and need more insight into this. Mr. Munjal responded that they will send the recording to everybody who were not able to attend the session due to prior commitments and would very actively think about it if most of those people also would want it.

The program was concluded at 9:30 PM by vote of thanks from the National Secretary Gunjan Rastogi.


(Based on a press release issued by Gobind Munjal)



"Let noble thoughts come to us from every side"

Arya Samaj of Long Island Inc.
319 Jerusalem Ave., Hicksville, NY - 11801

Invite you to participate in



"Yajurved Maha Yagya"
Sunday, June 26, 2022 from 10:00am to 1:00pm

Brahma: Acharya Darshanand (Spiritual Guide)

PARTICIPATE IN THE AUSPICIOUS YAJNA WITH FAMILY, FRIENDS & GET BLESSED.

Prashad sponsored by:
Smt. Rajesh and Dr. Brijesh Goyal family

With Compliments from:
Board of Trustees and Executive Committee

For more details, Contact:
Veer Mukhi (917)715-1974 - Vijay Goswamy (516)731-5250

Email: aryasamajofflongisland@yahoo.com Web: www.aryasamajofflongisland.org

Your Tax Exempt Donations help in Spreading Vaidic Values.

Mayor Eric Adams and Schools Chancellor David C. Banks partner with planet fitness to provide free summer access to fitness for all NYC High School Students

NEW YORK (TIP): Mayor Eric Adams and Chancellor David C. Banks . June 23 joined Planet Fitness and 15 student athletes at Boys and Girls High School in Brooklyn to promote the High School Summer Pass program to New York City teenagers.

New York City teens ages 14 - 19 are invited to get active this summer with free access to Planet Fitness clubs across the five boroughs, through August 31. High School Summer Pass gives teens a zero-cost, judgement free space where they can prioritize their mental and physical wellbeing during the summer, when many have limited access to sports programming, gym classes, and after fitness activities.

Teens can sign up and learn more about the program by visiting PlanetFitness.com/SummerPass. Teens under 18 must register with a parent or guardian online or in-club.

"As teenagers gear up for the summer, it is important to provide activities and recreation to keep them busy and out of harm's way," said New York City Mayor Eric Adams. "We are thrilled to announce this partnership with Planet Fitness, which will allow our young New Yorkers to focus on their physical and mental health in a judgment-free space, free of charge."

"The health and wellbeing of our students goes beyond the classroom, lunchroom, and school gymnasium," said Schools Chancellor David C. Banks. "It's important that we provide our students with tools and opportunities to make healthy choices and to build a healthier lifestyle no matter how much your family makes - and the High School Summer Pass initiative does just that. Thank you to Planet Fitness for giving



The High School Summer Pass program gives NYC teens ages 14-19 the opportunity to work out for free all summer long: Mayor Eric Adams and Schools Chancellor David Banks File photo

our teenagers a free, safe environment to practice and build life-long healthy habits this summer."

Additionally, High School Summer Pass participants have access to 15 trainer-led workout videos and 10 downloadable workouts exclusively for teens across all fitness levels. To promote and encourage a healthy lifestyle beyond the gym, all parents and guardians of High School Summer Pass participants have the ability to download a free digital copy of Robert Irvine's "Family Table" cookbook once their teen signs up for the program.

All participants who sign up are also automatically entered into The Planet Fitness High School Summer Pass Sweepstakes. Planet Fitness will award one \$500 scholarship in each state (and

the District of Columbia) and one grand prize \$5,000 scholarship at the end of the summer[i]. These scholarships can be used for academic or athletic activities or programs.

"By encouraging teens to start working out now, they can start to build healthy habits that will last a lifetime," said James Innocenti, Chief Operating Officer of PF Supreme LLC, a Planet Fitness franchise. "The pandemic really served as a reminder of the importance of exercise for improved physical and mental health and we hope as many teens as possible use this program as an opportunity to get active in an environment that welcomes all."

"Kids should be given affordable opportunities to stay active and occupied during their summer breaks and this is just what High School Summer Pass at Planet Fitness is bringing to our communities," said Brooklyn Borough President Antonio Reynoso. "Thank you to Mayor Adams and Chancellor Banks on this partnership."

Teens across the nation are feeling the emotional and physical toll of the pandemic. This administration is proud to prioritize the wellness of all New Yorkers and to promote a healthy lifestyle for teens and families.

(Read full story at www.theindianpanorama.news)

LEGISLATOR DEBRA MULÉ, BALDWIN HISTORICAL SOCIETY CELEBRATE UNVEILING OF REFURBISHED NUNLEY'S GOLF BALL



A group of people at the site
Photo / Office of Legislator Debra Mulé

BALDWIN, N.Y. (TIP): Nassau County Legislator Debra Mulé (D - Freeport) joined the Baldwin Historical Society on Saturday, June 18 to celebrate the return of the iconic Nunley's Golf Ball sign to Baldwin. Following a yearlong restoration project spearheaded by the Historical Society, the refurbished artifact was installed on the grounds of the Baldwin Historical Museum with assistance from the Baldwin Fire Department and Sanitary District No. 2.

"So many Nassau families made memories at Nunley's that will last for a lifetime," Legislator Mulé said. "Thank you to Baldwin Historical Society President Gary Farkash and Vice President Karen Montalbano for spearheading a project that preserves a link to our past and puts a smile on so many faces in the present day!"

ATLAS ROLL OFF CORP. DISPOSAL SITE

**OPEN Monday - Friday 6.30 AM to 4.00 PM
Saturday 6.30 AM to 1.00 PM**

**For construction Debris,
Demolition & Cleanouts**



**Located at 895 Essex Street, Brooklyn, NY 11208
Just 5 minutes from JFK**

**Roll Off Dumpster Service
10, 15, 20, 30 & 40 Yards**

Serving all the five boroughs of New York Since 1983
NYC BIC LIC #711

Reasonable low rates ** All major credit cards accepted

718-345-6451

Defense reforms put govt in a tight spot

BY RADHIKA RAMASESHAN



"THE AGNIPATH SCHEME - ENVISAGED AS A SHORT-TERM CONTRACTUAL RECRUITMENT MODEL FOR THE ARMY, NAVY AND AIR FORCE - IS BILLED AS THE NEXT BIG THING IN REFORMS BUT ITS ANNOUNCEMENT SINGED AND BURNT LARGE PARTS OF THE COUNTRY BECAUSE THE TEMPLATE STRIKES AT THE HEART OF THE GRAVEST PROBLEM BEFORE INDIA: UNEMPLOYMENT. AGNIPATH'S ANNOUNCEMENT COINCIDED WITH THE CENTRE'S DECLARATION TO CREATE 10 LAKH GOVERNMENT JOBS IN 18 MONTHS AND REFLECTED AN URGENCY NOT TO ALLOW THE ISSUE OF UNEMPLOYMENT TO FESTER. AFTER ALL, 2024 IS TWO YEARS AWAY AND IN THE INTERREGNUM, THERE ARE ELECTIONS IN GUJARAT, KARNATAKA, MADHYA PRADESH, RAJASTHAN AND CHHATTISGARH. MODI PROJECTED THE DECISIONS AS A DOUBLE BONANZA FOR INDIA'S YOUNG POPULATION, BUT THEY HAD A CONTRARIAN FALLOUT."



The agitation over the Agnipath scheme has singed many parts of the country.

Photo / PTI

Prime Minister Narendra Modi had a point when he stated that "good work" was often tangled in partisan politics at a recent function in the national capital. He did not allude to the wave of protests swamping the country over the Agnipath scheme touted by the establishment as regenerating far-reaching "reforms" in the military sector but these were probably on his mind. India has a tradition of opposing reforms in any area. Modi's predecessors, PV Narasimha Rao, Atal Bihari Vajpayee and Manmohan Singh would know that the R-word was a red rag to their political opponents and their own parties.

Till today, the Congress holds Rao culpable for ushering in economic liberalization - the seeds of which were ironically sown by Rajiv Gandhi when he was the PM - although the reforms lifted a sinking economy from its worst crisis. The Congress believes Rao's reforms cost the party victory in the 1996 elections. Vajpayee created the Disinvestment Ministry to fast forward the sale of "ailing" public sector undertakings (PSUs). Indeed, he managed to divest the government's stakes in majors such as Balco, Hindustan Zinc, Indian Petrochemicals and VSNL but was halted in his tracks by his coalition allies and the Sangh fraternity from privatizing profit-making companies, HPCL and BPCL. As the PM, Singh, who brought the economy up to code in the Rao regime, often spoke of reducing subsidies, bringing in FDI in insurance and implementing the Goods and Services Tax (GST) to streamline the taxation jumble but could not. He succeeded in pushing through the India-US Civil Nuclear Agreement but nearly at the cost of imperiling his government's life and amid murmurs of dissent in the Congress.

For Modi, reforms make up a mixed bag. His government heralded the GST regime and compressed 29 Central labor laws into four codes which granted businesses more freedom to hire and shed workers and make strikes and lockouts more difficult. Conversely, the

government's reforms zeal was blunted when it was forced to shelve an amended land acquisition law under pressure from a "parivar" affiliate and repeal the three "reform-oriented" farm laws following large-scale and long-drawn protests and the electoral imperative. It was a slight which the government didn't take lightly but could do nothing.

The Agnipath scheme - envisaged as a short-term contractual recruitment model for the Army, Navy and Air Force - is billed as the next big thing in reforms but its announcement singed and burnt large parts of the country because the template strikes at the heart of the gravest problem before India: unemployment.

Agnipath's announcement coincided with the Centre's declaration to create 10 lakh government jobs in 18 months and reflected an urgency not to allow the issue of unemployment to fester. After all, 2024 is two years away and in the interregnum, there are elections in Gujarat, Karnataka, Madhya Pradesh, Rajasthan and Chhattisgarh. Modi projected the decisions as a double bonanza for India's young population, but they had a contrarian fallout.

Demographic dividend - a phrase used by the PM to impress a global audience about India's youthful population being an asset and a development driver - threatened to become demographic debt when the protests against Agnipath turned unexpectedly violent for the government, with Bihar, Uttar Pradesh, Haryana and Telangana taking the severest hits. The agitators stopped at nothing. Trains and buses were gutted. Expectedly, the Opposition - or what remains of it - and unseen "anti-national" forces were blamed for the mayhem but no bulldozers were rolled out to crush the dissenters.

Privately, even BJP sources conceded that Agnipath was not thought through thoroughly. Like with the GST that was subject to constant tweaks as BJP-aligned trade lobbies raised objections, the Centre responded to the protests by bringing in changes in the four-year tenurial scheme such as enhancing the upper age limit for recruitment from 21

DEMOGRAPHIC DIVIDEND, A PHRASE USED BY THE PM TO IMPRESS A GLOBAL AUDIENCE ABOUT INDIA'S YOUTHFUL POPULATION BEING AN ASSET AND DEVELOPMENT DRIVER, THREATENED TO BECOME DEMOGRAPHIC DEBT WHEN THE PROTESTS AGAINST AGNIPATH TURNED VIOLENT. EXPECTEDLY, THE OPPOSITION AND UNSEEN 'ANTI-NATIONAL' FORCES WERE BLAMED FOR THE MAYHEM BUT NO BULLDOZERS WERE ROLLED OUT TO CRUSH THE DISSENTERS.

to 23 years, and earmarking a 10 per cent quota for the out-of-work Agniveers in Central Government jobs, Coast Guard, defense civil jobs, Central paramilitary forces and Assam Rifles. A palliative to soothe frayed nerves?

Critics' observations seemed prescient, particularly after Kailash Vijayvargiya, BJP national general secretary, was heard saying in a video clip that if he had to engage security in the party office, he would give preference to the Agniveers.

Quite simply, the BJP is hard put to explain what the scheme is about to its own. On TV and other forums, the Centre drafted the services of serving and superannuated military officers to engage with a niche audience but the nub of the issue is, how will it take the message to the countryside, if it has one? Its own ally, the Janata Dal (United), asked the Centre to forthwith scrap the scheme although inexplicably, Bihar Chief Minister Nitish Kumar did nothing for three days to contain the rampaging protesters in his state.

The BJP could draw political mileage from the showdowns in the past because those against the CAA and its spokesperson's remarks disparaging the Prophet had a communally polarizing overtone which emphasized its core agenda. The Agnipath maelstrom has pushed the party and the Centre into another sphere.

(The author is a Senior Journalist)

India is not the fastest growing big economy

By Arun Kumar



The Provisional Estimates of Annual National Income in 2021-22 just released show that GDP grew 8.7% in real terms and 19.5% in nominal terms (including inflation). It makes India the fastest growing major economy in the world. Further, the real economy is 1.51% larger than it was in 2019-20, just before the novel coronavirus pandemic hit the world. In nominal terms it is higher by 17.9%. These numbers imply that the rate of inflation was 10.8% in 2021-22 and 16.4% between the two years, 2019-20 and 2021-22.

Quarterly growth rates

This picture implies almost no growth and high inflation since the pre-pandemic year. So, the tag of the fastest growing economy means little. If an economy drops sharply and then rises equally fast to reach its earlier level, that cannot be taken as an indication of a rapidly growing economy.

The quarter-to-quarter growth currently may give some indication of the present rate of growth. In 2020-21, the quarterly rate of growth increased through the year. In 2021-22, the rate of growth has been slowing down. Of course, in 2020-21, the COVID-19 lockdown had a severe impact in Q1 (-23.8%); after that, the rate of growth picked up. In 2021-22, the rate of growth in Q1 had to sharply rise (20.3%). Ignoring the outliers in Q1, growth rates in 2021-22 have sequentially petered out in subsequent quarters: 8.4%, 5.4% and 4.1%. True, the last quarter (January-March 2022) data was impacted by the Omicron-related lockdowns in January and February. It was further impacted in March by the supply disruptions following the war in Ukraine and the severe COVID-19 lockdown in China. Going forward, while the lockdown in China is over, the war-related impact is likely to persist since there is no end in sight. Thus, price rise and impact on production are likely to persist. The rapid rise in prices will impact demand from the vast majority of citizens who are losing out. That will reduce growth further.

Data as the problem

More worryingly, the issue is about correctness of data. The annual estimates given now are provisional since complete data are not available for 2021-22. They may be better than the second advance estimates released three months ago as more data become available. There is a greater problem with quarterly estimates since very limited data are available for estimating it. So, the data for the fourth quarter of 2021-22 released now is even more problematic.

The first issue is that during 2020-21, due to the pandemic, full data could not be collected for Q1. Further, for agriculture, quarterly data assumes that



The annual estimates given now are provisional'. A closer look at recent data on GDP shows that the numbers are flawed and recovery is incomplete. iStock photo

the targets are achieved. But in Q1, a lot of fruits, vegetables, flowers, milk and poultry products could not come to the market, and rotted and wasted. This is more than 50% of the agriculture output. Thus, the growth rate of agriculture was certainly less than the official figure of 3%.

Agriculture is a part of the unorganized sector. Very little data are available for it but for agriculture - neither for the quarter nor for the year. It is simply assumed that the limited data available for the organized sector can be used to act as a proxy. In other words, the non-agriculture unorganized sector is represented by the organized sector. The data for the full organized sector are also not available so 'high frequency' data (listed in the press note) are used. For instance, Goods and Services Tax (GST) collection data are used. But, it is well known that GST is collected almost entirely from the organized sector. In brief: very little data are available for quarterly estimates; and even less is available for the unorganized sector. Since the same method is used to estimate the annual growth rate the errors get repeated.

Errors in total, components

If better data became available after the shock of the lockdown, and it got used, there should be substantial revision in the previous year's quarterly data. But if one compares the Q1 2020-21 data in the latest release with the data released in May 2021, the change is 0.3%. Does this imply that the high frequency data used is very well able to predict quarterly GDP? This is unlikely to be the case when a shock is administered to the economy which changes the parameters of the economy. The data remaining largely unchanged implies that the same error is being carried forward.

The quarterly data is added up to yield

the annual total. If a better method was used to estimate the annual data, it should not equal the sum of the quarterly data which as argued above is estimated on the basis of a limited data set. The implication is that the errors in the quarterly data are repeated in the annual data.

The method using the organized sector to proxy the unorganized non-agriculture sector may have been acceptable before demonetization (2016) but is not correct since then. The reason is that the unorganized non-agriculture sector suffered far more than the organized sector and more so during the waves of the pandemic. Large parts of the unorganized non-agriculture sector have experienced a shift in demand to the organized sector since they produce similar things. This introduces large errors in GDP estimates since official agencies do not estimate this shift. All that is known is that the Micro, Small and Medium Enterprises (MSME) sector has faced closures and failures.

If GDP data are incorrect, data on its components - private consumption and investment - must also be incorrect. Most often, ratios are applied to the GDP to estimate them. But, if the GDP is in error, then the ratios will yield erroneous results. The other main components - government and external trade - may be assumed to be reasonably accurate even though this data is revised over several years.

Further, the ratios themselves would have been impacted by the shock of the lockdown and the decline of the unorganized sectors. Additionally, private consumption data is suspect since according to the data given by the Reserve Bank of India which largely captures the organized sector, consumer confidence throughout 2021-22 was way below (not marginally lower) its pre-

BASED ON THE MENTIONED ASSUMPTIONS, THE GDP FOR 2021-22 WOULD HAVE GROWN BY ONLY 1.8%, AND NOT 8.7%, AND IT WOULD BE LESS THAN THE PRE-PANDEMIC GDP OF 2019-20 BY 4.92%. CLEARLY, RECOVERY IS INCOMPLETE, AND INDIA IS NOT THE FASTEST GROWING BIG ECONOMY OF THE WORLD.

pandemic level of 104 achieved in January 2020. So, consumption could not have come close to its pre-pandemic level.

In brief, neither the total nor the ratios are correct. Clearly, consumption and investment figures are over-estimates and very likely because the decline in the unorganized sectors has not been captured.

Possible correction

In the best possible scenario, let us assume that the organized sector (55% of GDP) and agriculture (14% of GDP) are growing at the official rate of growth of 8.2% and 3%, respectively. Then, they would contribute 4.93% to GDP growth. The non-agriculture unorganized component is declining for two reasons: first, the closure of units and the second the shift in demand to the organized sector. Even if 5% of the units have closed down this year and 5% of the demand has shifted to the organized sector, the unorganized sector would have declined by about 10%; the contribution of this component to GDP growth would be -3.1%.

Based on the above assumptions, the GDP for 2021-22 would have grown by only 1.8%, and not 8.7%, and it would be less than the pre-pandemic GDP of 2019-20 by 4.92%. Clearly, recovery is incomplete and India is not the fastest growing big economy of the world.

(The author is a retired Professor of Economics at the Jawaharlal Nehru University. He is also the author of 'Indian Economy's Greatest Crisis: Impact of the Coronavirus and the Road Ahead', 2020)

Should the U.S. end the war on drugs?

THE US WAR ON DRUGS THAT STARTED WITH THE HISTORIC ADDRESS TO THE NATION BY THEN PRESIDENT RICHARD NIXON ON JUNE 17,1971, CONTINUES UNABATED



When a leader or a political party says that they will wipe out the drug menace from their territory in six weeks or three months, it sounds like a joke. Before their loaded utterances, they probably failed to look at the United States, one of the most powerful nations, that continues to fight the drug menace even after 51 years of its avowed crusade.

The US war on drugs that started with the historic address to the nation by then President Richard Nixon on June 17,1971, continues unabated.

Even after 51 years, the challenge to eradicate various social, economic and health ills directly related to drugs and their abuse continue to haunt American society. All efforts, including promulgation of legislations from time to time, and huge spendings over the years, estimated to be over a trillion dollars, have failed to yield the desired results.

Recent studies show that use of drugs has been on the rise again.

Though making comparisons are futile as various factors, including socio-economic issues, terrains and people at helm of affairs differ from place to place, yet the fight against drugs has remained on the forefront of various nations. The war on drugs has universal appeal.

Till date no one has succeeded in its war against drugs.

In the United States, the war on drugs was started from the White House, when Richard Nixon declared that the federal government would treat drug addiction as "public enemy No. 1." His declaration was to vanquish substance use once and for all. "In order to fight and defeat this enemy," Nixon had said, "it is necessary to wage a new all-out offensive," he had announced.

"....THERE WAS A STEEP DECLINE IN ILLICIT DRUG USAGE IN THE EARLIER YEARS, BUT IT HAS STARTED PICKING UP AGAIN AND THIS TIME AT AN ACCELERATED RATE. ACCORDING TO THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION, THE NUMBER OF ILLICIT DRUG USERS ROSE TO 13% AMONG 12 YEARS OR OLDER AMERICANS IN 2019, NEARLY REACHING ITS PEAK FROM 40 YEARS AGO."

Where does the US stand in its war against drugs?

Those who have been religiously following the war on drugs say that it has not paid off. Researchers, irrespective of their backgrounds or ideologies, at least agree to disagree that the war has failed to deliver.

The Drug Enforcement Administration has been vested with sweeping powers and even after working under multiple administrations, it still finds itself fighting a non-conclusive battle.

The Enforcement Administration has been enjoying an unprecedented level of authority that vests in it powers like mandatory sentencing and no-knock warrants. If Kassandra Frederique, Executive Director of the Drug Policy Alliance, a non-profit organization that is mandated to end the war on drugs, is to be believed, the drug war "is a failed policy". Kassandra Frederique says, "the things that they said would happen - people would stop using drugs, communities would get back together, we'd be safe, they'd get drugs off the street - those things didn't happen."

Agreed, there was a steep decline in illicit drug usage in the earlier years, but it has started picking up again and this time at an accelerated rate. According to the Substance Abuse and Mental Health Services Administration, the number of illicit drug users rose to 13% among 12 years or older Americans in 2019, nearly reaching its peak from 40 years ago.

Vanda Felbab-Brown, Senior Fellow at the Center for Security, Strategy and Technology at Brookings Institution, says "We are still in the midst of the most devastating drug epidemic in U.S. history." There were more than 90,000 deaths in the United State due to overdose of drugs that was far more than 70.630 drug overdose deaths in 2019, a report by Commonwealth Fund said.

Ten years after the war on drugs was initiated, the budget was a billion. It touched \$ 34.6 billion in 2020. The increase in budgetary allocation comes to more than 1000% in less than 40 years, say social scientists and researchers questioning the wisdom of increased funding without palpable results.

According to the White House, the national drug control budget has already hit a new level of \$ 41 billion with its major chunk going for drug treatment and drug prevention

The Administration has been trying different initiatives. Take mass incarceration for example which has been leaving a heavy burden on both the federal and state government's budgets. The Prison Policy Initiative, a think tank and criminal justice advocacy group, found that 1 in 5 currently incarcerated people in the U.S. are locked up for a drug offense. The same research estimates that it costs an average of about \$ 37,500 per annum to house an inmate in federal correctional facilities and that mass incarceration costs the U.S. at least \$ 182 billion annually

"States found their budgets enormously strapped by having to put funds toward correctional facilities that grew into enormous complexes," explained Felbab-Brown. "One unfortunate way that states dealt with it was privatizing correction, something that's a specific feature to the United States. That has been a very problematic and fraught policy, partially driven by the tendency to arrest nonviolent drug offenders."

There is a racial angle to the issue also as there is a massive racial disparity that comes with drug incarcerations.

BY PRABHJOT SINGH



NEEDLESS TO REITERATE THAT AMERICANS' ATTITUDE TOWARDS DRUGS IS CHANGING. NEW YORK HAS BECOME THE 15TH STATE TO LEGALIZE MARIJUANA FOR RECREATIONAL USE. OREGON, IN FEBRUARY, BECAME THE FIRST STATE TO DECRIMINALIZE THE POSSESSION OF ANY SMALL AMOUNTS OF DRUGS.



People of color experience discrimination at every stage of the criminal legal system.

The Drug Policy Alliance says that nearly 80% of those detained in federal prisons and almost 60 % in state prisons for drug related offences are Black or Latino. Three years ago, when the Black or Latino population was 13.4 % of the country's total population, the FBI reported that one in four of the drug-related arrests were of Black American adults.

Needless to reiterate that Americans' attitude toward drugs is changing. New York has become the 15th State to legalize marijuana for recreational use. Oregon, in February, became the first state to decriminalize the possession of any small amounts of drugs.

Paul Larkin, a senior legal research fellow at The Heritage Foundation, a conservative policy think tank, sounds cautious in saying "Just as we don't abandon our efforts to prevent violent crime because murders, rapes, and robberies are still committed, we should not abandon our efforts to protect our neighbors and their children from the harms illicit drug use causes. We should pursue our goal with every tool we have, such as education, interdiction, law enforcement and treatment."

The United States may have in its 51-year-long war reversed some of the harshest impacts of the drugs, yet its fight against forbidden substances continues unabated.

(Prabhjot Singh is a veteran journalist with over three decades of experience covering a wide spectrum of subjects and stories. He has covered Punjab and Sikh affairs for more than three decades besides covering seven Olympics and several major sporting events and hosting TV shows. For more in-depth analysis please visit probingeye.com or follow him on [Twitter.com/probingeye](https://twitter.com/probingeye). He can be reached at prabhjot416@gmail.com)

Terrorists planning to assassinate Imran Khan, Pakistan's counter-terrorism department warns

PESHAWAR (TIP): Terrorists are planning to assassinate Pakistan's former Prime Minister Imran Khan and they have sought assistance from an assassin in Afghanistan to target him, the Counter-Terrorism Department's (CTD) Khyber Pakhtunkhwa wing has warned, according to a media report on June 22.

THE CTD HAS DIRECTED ALL CONCERNED AGENCIES TO TAKE ALL POSSIBLE MEASURES FOR THE SECURITY OF THE FORMER PRIME MINISTER AND PAKISTAN TEHREEK-E-INSAAF (PTI) CHAIRMAN IN THE WAKE OF THE THREAT ALERT, URDU LANGUAGE NEWSPAPER 'JANG' REPORTED.

It said that the threat alert issued by CTD's Khyber Pakhtunkhwa wing stated that "terrorists are planning to assassinate Imran Khan, for which they have sought assistance from an assassin in Afghanistan".

The paper said that the text of the threat alert has been shared with



various forums, according to which an Afghan assassin has been given the responsibility to target Khan.

Citing a senior police official, the paper said that the CTD issued the alert on June 18. However, there were orders to keep the threat a secret and prevent it from being leaked on social media, he said.

PTI leaders have recently expressed concerns about the threat to Khan's life and have claimed that a target killer has been hired to assassinate him.

On Saturday, PTI leader Fayyaz Chohan said that "some people" have tasked a terrorist with assassinating

Khan.

"I have details that some people have ordered a terrorist named 'Cochi' in Afghanistan to assassinate PTI Chairman Imran Khan," the former provincial minister said in a tweet.

Khan, who was ousted from power in April through a no-trust vote, has been claiming that the no-trust motion against him was the result of a "foreign conspiracy" because his independent foreign policy and funds were being channelled from abroad to oust him from power. He has named the US as the country behind the conspiracy, a charge denied by Washington.

Last month, Khan claimed that there was a threat to his life, following which he recorded a video of the characters behind the "conspiracy" against his government, and if something happens to him, it will be released.

Prime Minister Shehbaz Sharif had directed the Interior Ministry last month to provide foolproof security to Khan at his home in Islamabad and during political rallies.

Former Prime Minister Benazir Bhutto was assassinated in December 2007 in a gun and grenade attack while campaigning for upcoming parliamentary elections in Rawalpindi. (PTI)

LANKA TRUCK DRIVER DIES WAITING FOR FUEL

COLOMBO (TIP): A 63-year-old truck driver has died in Sri Lanka after standing for five days in a queue at a filling station in the country's Western Province, the 10th death reported due to prolonged waiting for fuel procurement in the debt-ridden island nation grappling with the worst economic crisis since its independence, according to a media report on June 23. PTI

SRI LANKA CUTS PARLIAMENT SESSIONS AS FUEL CRISIS WORSENS

COLOMBO (TIP): Sri Lanka's Parliament sessions will be restricted to two days this week instead of four days amid fuel crisis in the country, Leader of the House Dinesh Gunawardena said.

Lanka's economy is experiencing extreme fuel shortages, soaring food prices and a lack of medicines. "In view of the crisis we have decided to limit the parliamentary sessions for today and tomorrow," Gunawardena said.

When Parliament met this morning, the Opposition Samagi Jana Balawegaya party and the Marxist National People's Power party said they were boycotting the sessions to protest the government's inaction to tackle the current economic crisis. (PTI)

TWO INDIANS MISSING AFTER LANDSLIDE IN NEPAL'S KAPILVASTU DISTRICT

KATHMANDU (TIP): Two Indian youths travelling in a group of pilgrims went missing after being swept away by a landslide in Kapilvastu district of Nepal on June 22, according to police.

Nikhil Kaushal, 17, and Suraj Soni, 18, from Balrampur district in Uttar Pradesh were washed away when the two tried to cross a local stream on foot in Shivaraj Municipality-1 area of the district, the police said.

The landslide occurred when they came out of their vehicle, which also had about 16 more Indian pilgrims aboard, a police official said.

The official said other Indian pilgrims, returning from the famous Hindu shrine Swargadwari in Pyuthan district when the vehicle got stuck in the local stream, were safe.

The official said a rescue operation was under way to trace the two missing Indian pilgrims. (PTI)

Myanmar's Suu Kyi moved from house arrest to solitary confinement in prison

YANGON (TIP): Ousted Myanmar leader Aung San Suu Kyi has been moved from house arrest to solitary confinement in a prison compound in the military-built capital Naypyidaw, a junta spokesman said on Thursday.

Since her ouster in a coup last year, Suu Kyi had been under house arrest at an undisclosed location in Naypyidaw, accompanied by several domestic staff and her dog, according to sources with knowledge of the matter.

The Nobel laureate, 77, left those premises only to attend hearings for her numerous trials in a junta court that could see her handed a prison sentence of more than 150 years.

On Wednesday, she was transferred from house arrest to "solitary confinement in prison", junta spokesman Zaw Min Tun said in a statement. Her future trial hearings would take place inside a newly-built courtroom inside the prison compound, he added.

A source with knowledge of the case said Suu Kyi's domestic staff and her dog had not accompanied her when she was moved on Wednesday, and that security around the prison compound was "tighter than before".

"Aung San Suu Kyi is in good health as far as we know," they added, speaking on condition of anonymity. Since seizing power, Myanmar's military government has detained thousands of pro-democracy protesters, with many facing secret trials that rights groups have decried as politically motivated.

Suu Kyi's lawyers have been banned from speaking to the media, with journalists barred from her trial and the junta rebuffing requests by foreign diplomats to meet her.

"For the sake of the country and people, she (Suu Kyi) has sacrificed everything, but the wicked people are ungrateful and cruel," one social media user posted on Facebook following Thursday's announcement.

'Punitive'

"What we are seeing is the Myanmar junta moving towards a much more punitive phase, towards Aung San Suu Kyi," said Phil Robertson, deputy Asia director for Human Rights Watch.

"They are obviously trying to intimidate her and her supporters." Under a previous junta regime, Suu Kyi spent long spells under house arrest in her family mansion in Yangon,

Myanmar's largest city.

In 2009, she spent around three months in Yangon's Insein prison while she went on trial after being accused of harbouring an American man who swam across a lake to visit her while she was living under house arrest.

Under the current regime, she has already been convicted of corruption, incitement against the military, breaching Covid-19 rules and breaking a telecommunications law, with a court sentencing her to 11 years so far.

Suu Kyi turned 77 on Sunday and brought a birthday cake to court to eat with her lawyers ahead of a hearing on Monday, according to a source with knowledge of the matter. The coup last year sparked widespread protests and unrest that the military has sought to crush by force.

Fighting has flared with established ethnic rebel groups in border areas, and across the country "People's Defence Forces" have sprung up to fight junta troops. According to local monitoring group Assistance Association for Political Prisoners, the crackdown has left more than 2,000 civilians dead while more than 14,000 have been arrested.

(AFP)

Awan-e Urdu Florida Organized a literary hangama to pay tribute to legendary Urdu humorist poet Akbar Allahabadi

Ha.ngaama Hai Kyuu.n Barpaa

ha.ngaama hai kyuu.n barpaa tho.Dii sii jo pii lii hai Daakaa to nahii.n maaraa chorii to nahii.n kii hai



Poets: Ahmed Kassoo Tanhaa, Saadia Khawar Ali, Nuzaira Azam, Salahuddin, Sarfraz Ahmad, Zafar Iqbal

ORLANDO (TIP): Awan-e Urdu Florida Organized a literary hangama to pay tribute to legendary Urdu humorist poet Akbar Allahabadi on May 14, 2022, in Orlando, FL. The event was also celebrated as Eid Milan after a hiatus of over two years due to the pandemic.

Awan-e Urdu President Mr. Ahmed Kassoo Tanhaa welcomed the audience and gave a brief overview and history of Awan-e Urdu. He said that the organization has been in existence for more than 20 years in Central Florida, with over 100 members. It is a non-profit organization promoting the Urdu language, literature, and poetry and preserving the Subcontinent's culture.

Although the association has many recognized poets and writers in its membership, it invites poets, writers, and artists from other cities and countries to perform at its events. It also organizes the release of books published by its members. A senior member of the organization pointed out that they have launched at least five books of Urdu poets who currently reside or have resided in Central Florida.

Dr. Sarfraz Ahmad presented a brief account of the life, works, and accomplishments of Akbar Allahabadi. He said, "Syed Akbar Hussain Akbar Allahabadi (1846-1921) was an Urdu poet in the genre of satire. His poems are a true reflection of his time, giving a comprehensive account of all the moral, cultural, political, and psychological dispositions of the people living in Northern India." His poetry is a melting pot of revolutionary, classical, innovative, and meticulous creative faculties. He added that Akbar appeared revolutionist and reformer, even though he was fond of traditional values.

Akbar is considered the expert in satire and humor in Urdu poetry. His keen eyes noticed the quickly changing world and the emergence of new classes. Some looked down on their Indian traditional values as Westernism grew in popularity. To devote his poetry to the service of his country and nation, he uniquely developed a style in



Audiences



Volunteers

which there is outward mockery and humor but inside counsel and criticism.

Dr. Sardar Akhtar Aziz and Mr. Salahuddin Siddiqui also presented their commentaries about Akbar's poetry.

This session was devoted to the selected poetry of Akbar Allahabadi recited by several members of the audience. Prof. Syed Khawar Ali, Dr. Sameena Beg, Ms. Ghazala Syed, Mr. Shaikh Naeem, Dr. Shaheda Akhtar, Dr. Mirza Suleman Beg, Mr. Syed Shahab Salim, Mr. Zahid Tufail, Ms. Shaila Siddiqi, Ms. Sadia Ali, Mr. Ghalam Qadir

Qureshi, Ms. Sairab Ansari, and Ms. Kausar shared their presentations with the audience.

The guest of honor, Ms. Nuzaira Azam, a well-known journalist, and writer, came from Washington, DC. She talked briefly about her experience as a political reporter and her books, Khwab Badosh and Anahita ki Janam Basti.

The second poetic session was devoted to the random recitation of non-specific ghazals, verses, and personal poetry presented by audience members. A Bhojpuri geet sung by Ms. Nuzaira Azam

was highly appreciated. Ms. Sadia Khawar Ali and a few other audience members also participated by reciting their favorite poetry.

The event, attended by more than 70 Urdu enthusiasts from Orlando and nearby towns, was hosted by Mr. and Ms. Waqar Siddiqui and their family friends at their beautiful residence by the lake in Orlando. The attendees were hugely impressed by their warm hospitality and delicious food.

(Report by Zafar Iqbal, Ph.D. He can be reached at 240-328-0162. Iqbal.Zafar1509@gmail.com.)

S R Dance Academy Students electrify audience at their summer recital



Asian Media USA



Asian Media USA



Asian Media USA



Asian Media USA



Asian Media USA

CHICAGO, IL (TIP): On Sunday June 12th, the most popular Bollywood dance school in the entire Chicagoland area, S R Dance Academy, held their Summer Recital at the distinguished Mall of India. Rita and Anshika Singh launched the academy at the start of the pandemic as a way for both kids and adults to get active while needing to stay indoors. Rita Singh is an incredibly creative entrepreneur, investor, and community leader based

in Chicago. Her brand, S R, houses a variety of her own companies that fall under the domains of IT staffing, real estate, and entertainment. Her daughter, Anshika Singh is a technology consultant at a Fortune 500 company. She is also a Purdue graduate, former Femina Miss India finalist, and talented dancer. All their classes were initially taught virtually over Zoom for the first 12 months to ensure the safety of all students. As

quarantine was lifted throughout 2021, the students slowly moved to dancing in studios, while taking the safety precautions of social distancing and wearing masks. Now, S R Dance Academy has 5 studio locations all over the Chicagoland area. Students are taught dance classes in Naperville, Bartlett, Schaumburg, Riverwoods, and Libertyville by two phenomenal celebrity Bollywood choreographers, Elizar and Shirley Rodrigues, who have been working in Bollywood for the past 20 years. They have worked side by side with iconic superstars such as Hrithik Roshan, Salman Khan, Priyanka Chopra, Katrina Kaif, and many more. They have even performed at highly exclusive events, such as The IIF Awards and celebrity concerts. Since the choreographers and students were fortunately able to meet in person to practice the dances, the S R team thought it would be an extraordinary experience for the students to perform and showcase what they've been learning on a live stage. After weeks of strategic planning, costume fittings, multiple dress rehearsals, and more, the team was able to put on a sensational recital to an audience of over 500+ people. The event was emceed by Tanu Singh along with Rita Singh.

Emcee Tanu Singh started the program by announcing American and Indian National Anthem There were 15 different performances at the recital

this past Sunday. Students from all 7 locations and age groups 4-7, 8-11, 12-21, and adults had the opportunity to perform the dances they had been learning and practicing for several months. The students danced to many popular Bollywood songs, varying from upbeat tempos to soft melodies. The dancers were gleaming with joy as they performed for us which made it such a special night. There were families that came all around the US to watch the show! The spectacular backdrop, clear and loud music, and the lights made the recital extra heartwarming. It was truly a wonderful experience and overall, a very successful recital. Parents were mesmerized with the amazing dance performances done by their own kids. Definitely, it is a challenging task for the parents to ensure the safety of their children as they join in person dance lessons and perform in public. S R Dance Academy takes extra precautions to follow the pandemic guidelines to ensure the health and safety of all students and their parents. S R Dance Academy is a great dance company filled with astonishing dancers that are safe and having a great time!

An amazing summer recital was yet another tassel to S R Dance Academy's long list of credentials. For more information, please contact 1-833-888-3262 or info@srdanceacademy.com

(Press release by Rita Singh & Photographs by Asian Media USA)



Asian Media USA

PREZ POLL: BJP HOPES TO WIN TRIBAL VOTES WITH MURMU'S NOMINATION

Projecting Droupadi Murmu's nomination as the National Democratic Alliance's (NDA) presidential candidate as a testament of its inclusive politics, the Bharatiya Janata Party (BJP) is hopeful that it will consolidate its position and address a perceived leadership deficit among tribal communities.

Murmu is a tribal leader from the Santhal tribe in Odisha.

Tribal communities that make up 8.6% of country's population are an important constituency for the BJP that banks on a coalition of castes, especially the socially and economically marginalised communities, to cement its votebank. The party's ideological mentor, the Rashtriya Swayamevak Sangh (RSS) has over the years focused on building networks with tribal communities, which it fears are vulnerable to proselytisation by non-Hindu faiths.

Meanwhile, opposition's presidential candidate Yashwant Sinha asserted on Thursday that as a former Union minister he has done "much more" than his NDA rival Droupadi Murmu for Scheduled Tribes and other disadvantaged communities and questioned her record for their welfare in her various positions including as Jharkhand governor.

SKEWED RELIEF UNDER AGNIPATH FLAGGED TO ARMY BRASS

With the recruitment of troops under the Agnipath scheme set to commence, monetary compensation to Agniveers in case of disability or death is skewed as they will get much less than what regular soldiers are entitled to.

The difference in compensation has been flagged to the military top brass. The fiscal burden in bridging the monetary gap between an Agniveer and a soldier will not be much.

With the government open to making corrections, the issue of disability to an Agniveer and compensation to his family in case of death is an important matter. It needs to be resolved as both will be called upon to face the enemy in adversity, say sources.

In case of disability, an Agniveer — who will be recruited for four years — will get a one-time pay out depending upon his disability. This would vary from Rs 44 lakh for 100 per cent disability to Rs 15 lakh (the lowest one-time pay out) for 50 per cent or lesser disability. He will also get salary of the unserved period up to four years (with effect from the date of disability) and Rs 11.76 lakh partially self-contributory 'Seva Nidhi' fund.

Compare this to a regular soldier who gets disabled. He is entitled to pension and an additional disability pension till he is alive, besides regular medical facility.

Source: TNS

Maharashtra crisis: MVA end nears, Uddhav loses control

NEW DELHI (TIP)

Maharashtra saw a third straight day of hectic political developments as the Shiv Sena seems to be leaning towards a blow hot, blow cold approach with a majority of its MLAs now in Assam's Guwahati sequestered in a hotel with rebel state minister Eknath Shinde, whose coup unfolded earlier this week. On Thursday, June 23, a letter by a rebel MLA, Sanjay Shirsat, was tweeted by Shinde on Twitter in a bid to spill the beans about Sena's alleged treatment of its legislators. Later, however, a letter to deputy speaker - seeking disqualification of the dissidents - prompted a strong pushback from the Maharashtra minister, who is now said to have passed the magic number of 37 to chase the goal of splitting the party without attracting an anti-defection law.

According to reports, Three more Shiv Sena MLAs are set to join Eknath Shinde's rebel camp. With this, the 'rebel Sena' number has risen to 49 with 40 Shiv Sena MLAs and 9 independent MLAs.

Eknath Shinde has now reportedly written to the deputy speaker of the assembly, Narhari Zirwal, seeking the reaffirmation of his appointment as the leader of the Shiv Sena Legislature Party. He has sought the appointment of Bharatshet Gogawale as the chief whip.

This comes after the Shiv Sena sought disqualification of 12 rebel MLAs - Eknath Shinde, Prakash Surve, Tanaji Sawant, Mahesh Shinde, Abdul Sattar, Sandeep Bhumare, Bharat Gogawale, Sanjay Shirsat, Yamini Yadhav, Anil Babar, Balaji Devdas, Lata Chaudhari - as many legislators missed a key meet amid the crisis. Only 13 MLAs were said to be present at a meeting held by chief minister Uddhav Thackeray.

However, Shinde, 58, shot back in a series of tweets. "Who are you trying to scare? We understand your made-up law too! According to the 10th Schedule to the Constitution, the whip is applicable for Assembly proceedings, not for meetings. There are numerous Supreme Court decisions in this regard." You can't scare us by applying for action against 12 MLAs. We are the real Shiv Sena and Shiv Sainik of the venerable Shiv Sena chief Balasaheb Thackeray," he said.

"We demand action against you for creating an illegal group without the numbers," he wrote.

Meanwhile, the Shiv Sena seems to be leaning towards a blow hot, blow cold approach. While a disqualification has been sought for the rebels, Sena spokesperson and MP Sanjay Raut had given a 24-hour deadline to the legislators, apparently giving a call-to-action for "real



Eknath Shinde and Uddhav Thackeray.

Trouble for the MVA government seems to be far from over with rebel Shiv Sena MLA Eknath Shinde claiming to garner the support of 46 MLAs, including Independents, crossing the number of MLAs required to buck the anti-defection law. Meanwhile, the Congress and the Nationalist Congress Party have extended their support to Chief Minister Uddhav Thackeray.

Shiv Sainiks". The party even said that will rethink the alliance, which has been called "unnatural" by Shinde.

"You say you are real Shiv Sainiks and will not quit the party. We are ready to consider your demand provided you come back to Mumbai within 24 hours and discuss the issue with CM Uddhav Thackeray. Your demand will be considered positively. Don't write letters on Twitter and WhatsApp," Raut said during a press briefing, referring to Sanjay Shirsat's letter.

In his letter, Sanjay Shirsat had claimed that the party MLAs were not allowed to meet Uddhav Thackeray, blaming the chief minister's 'inner circle'. He also questioned why they were not allowed to go to Ayodhya with minister Aaditya Thackeray.

Meanwhile, Sena's coalition partners - the NCP and the Congress - have been publicly backing the party amid the crisis.

"The fate of the MVA government will be decided in the Assembly, not in Guwahati (where the rebels are camping). The MVA will prove its majority on the floor of the House," Sharad Pawar said on Thursday.

"We (the Congress) formed the MVA with the Shiv Sena and the NCP to stop the BJP (from coming to power). Our support to the MVA continues," Congress's Ashok Chavan told reporters.

Mutual cooperation can help global post-Covid recovery: Modi at BRICS summit

NEW DELHI (TIP)

Prime Minister Narendra Modi on Friday said members nations of the BRICS (Brazil, Russia, India, China and South Africa) grouping had managed to undertake structural changes over the last few years that increased the influence of the institution.

In his opening remarks at the 14th BRICS summit hosted by China, the PM said cooperation among the member nations in several sectors has benefited our citizens. Among other leaders present at annual were Chinese President Xi Jinping, Russian President Vladimir Putin and top leaders of Brazil and South Africa.



"BRICS members have a similar approach regarding the governance of the global economy. Our mutual cooperation can make a useful contribution to the global post-Covid

recovery," he said, adding, "Confident that our deliberations today will produce suggestions to further strengthen our ties."

"There're multiple areas wherein through cooperation between BRICS nations, the citizens have benefitted. By increasing connectivity between BRICS Youth Summits, BRICS Sports, civil society organisations and think-tanks, we have strengthened our people-to-people connect."

It is a matter of happiness that membership of the New Development Bank (NDB) has increased, Modi said adding cooperation among the member countries has benefitted their citizens.

**J&K ASSEMBLY TO MISS
PREZ POLLS FOR
2ND TIME IN HISTORY**

As India elects its next president on July 18, the Legislative Assembly of the Union Territory of Jammu and Kashmir will not be a part of the exercise for the second time in the history of the election to the top constitutional post.

There have been precedents of legislative assemblies of states not being part of the presidential polls on account of their dissolution, the first such instance being of Gujarat in 1974.

The assemblies of Assam, Nagaland and Jammu and Kashmir too could not participate in subsequent elections on account of dissolution. In the present case, the Legislative Assembly of Jammu and Kashmir is yet to be constituted after the erstwhile state was bifurcated into the Union territories of Jammu and Kashmir and Ladakh in 2019. The Jammu and Kashmir Reorganisation Act provides for a Legislative Assembly for the Union Territory of Jammu and Kashmir, but the election is yet to be held due to various reasons.

In 1974, Gujarat was in the throes of the Navnirman movement, which led to the dissolution of the state government headed by Chimamabhai Patel. Against the backdrop of demands to postpone the presidential polls, a reference was made to the Supreme Court to get its opinion and nip any controversy in the bud.

The apex court had opined that the presidential polls had to be held and completed in such time as may enable the president-elect to enter the office on the expiry of the term of office of the outgoing president and therefore, the election should be held even if the Gujarat Legislative Assembly was not in existence then. The Supreme Court had noted that Article 54 of the Constitution mentioned the houses of Parliament and legislative assemblies only for the purpose of showing the qualifications of the members of the electoral college. *Source: PTI*

**Low turnouts mark bypolls
to 3 Parl, 7 assembly seats**

NEW DELHI (TIP)

Voting for three Lok Sabha and seven assembly seats — across six states — was held on Thursday, June 23, with significantly low turnouts ranging from 76.72% in Agartala assembly constituency in Tripura to 43.75% in Rajender Nagar assembly seat in New Delhi. The votes will be counted on June 26 and the results will help the poll watchdog fill up vacancies in the electoral college for the President election slated for July 18.

The three Lok Sabha seats that went to polls were Azamgarh and Rampur in Uttar Pradesh, and Sangrur in Punjab. The seven assembly seats were Rajinder Nagar in Delhi, Mandar in Jharkhand, Atmakur in Andhra Pradesh and Agartala, Town Bordowali, Surma and Jabarajnagar in Tripura.

On the Sangrur Lok Sabha seat, which fell vacant after Bhagwant Mann became the chief minister, the voting percentage was 36.40% till 5 pm as compared to 72.40% in the 2019 elections.

The Aam Aadmi Party (AAP) has nominated its district in-charge, Gurmail Singh, the Congress former Dhuri MLA Dalvir Singh Goldy and the Bharatiya Janata Party (BJP) former Barnala MLA, Kewal Dhillon. Shiromani Akali Dal (Amritsar) chief Simranjit Singh Mann fielded himself for the seat and Kamaldeep Kaur, sister of Balwant Singh Rajoana, a convict in former Punjab chief minister Beant Singh's assassination case, is the Shiromani Akali Dal (SAD) candidate.

In Azamgarh, vacated by SP chief Akhilesh Yadav, about 48.58% of people came out to vote till 6 pm as against the final turnout of 57.56% in the 2019 election. The SP has fielded Akhilesh Yadav's cousin and former Badaun MP, Dharmendra Yadav, while the BJP has chosen actor-singer Dinesh Lal Yadav aka Nirahua, and the Bahujan Samaj Party has nominated Shah Alam aka Guddu Jamali.

In Rampur, the former constituency of Azam Khan, the voting percentage was 41% till 6 pm, which was a sharp drop



compared to the 63.19% turnout in the 2019 election.

Khan's loyalist Asim Raza is up against the BJP's Ghanshyam Lodhi. Congress is not contesting.

The four seats in Tripura fell vacant after three BJP MLAs joined the Congress and after the death of a senior CPI (M) legislator. Chief minister Manik Saha, a Rajya Sabha MP, is contesting from the Town Bordowali seat against Congress's Asish Kumar Saham, where 69.54% of voters exercised their franchise till 5 pm, as compared to the final figure of 85.81% in the previous election.

Another interesting contest is in the Agartala constituency, where former BJP MLA Sudip Roy Barman is contesting on a Congress ticket against BJP's state unit vice president Dr Ashok Sinha and CPM's Krishna Majumder. Here, 76.72% of polling took place till 5 pm as compared to 90.79% in the last assembly poll in 2018.

Polling was also held in two other seats of Jubarajnagar and Surma, with voting percentages of 80.41% and 80% till 5 pm, compared to a final turnout of

90.93% and 90.19% recorded in 2018 respectively.

In Andhra Pradesh's Atmakur, where the election was necessitated after the death of MLA and state industries minister Mekapati Goutham Reddy, the YSR Congress has nominated his brother, Vikram Reddy. The main opposition party, Telugu Desam Party (TDP), is not contesting and the BJP has fielded G Bharat Kumar Yadav. The voting percentage was 61.70% till 5 pm.

In Jharkhand's Mandar, where polling was necessitated after former minister Bandhu Tirkey was convicted in a disproportionate assets case, the Congress has fielded Tirkey's daughter Shilpi Neha Trikey while the BJP has fielded Gangotri Kujur. Here, the voting percentage was 60.5% till 5 pm as compared to 67.58% in 2019.

On Delhi's Rajinder Nagar seat, which was vacated after AAP's Raghav Chadha was elected to the Rajya Sabha from Punjab, 43.75% voters turnout against 58.27% last time. The AAP has fielded Durgesh Pathak against BJP former councillor Rajesh Bhatia and the Congress's Prem Lata. *Source: HT*

5 more arrested in Kanpur for 1984 anti-Sikh riots

KANPUR (TIP)

An SIT probing the 1984 anti-Sikh riots cases has arrested five more people who were part of a mob that had set a house ablaze during the violence, which had left 127 dead here.

Till now, the Special Investigation Team (SIT) has arrested 11 people in connection with the violence that took place following the assassination of the then prime minister Indira Gandhi by her Sikh bodyguards.

The fresh arrests were made on Wednesday. The SIT was formed by the Uttar Pradesh government three years ago to re-investigate the cases related to the riots.

The five arrested have been identified

as Ravi Shankar Mishra (76), Bhola Kashyap (70), Jaswant Jatav (68), Ramesh Chandra Dixit (62) and Ganga Baksh Singh (60), all residents of Kidwai Nagar.

They were produced before the court of the chief metropolitan magistrate, which remanded them into 14-day judicial custody, said Deputy Inspector General of Police (DIG) Balendu Bhushan Singh, who is heading the SIT.

They have been booked under the Indian Penal Code Sections 326 (voluntarily causing grievous hurt by dangerous weapons or means), 396 (dacoity with murder) and 436 (mischief by fire or explosive substance with intent to destroy house), he said.

The DIG praised the 17-member police team who played the key role in nabbing

the accused and announced a cash reward of Rs 25,000 for it.

Efforts are being made to arrest all absconding people at the earliest, the DIG said.

The crackdown against the accused had started on June 15 after the SIT held four prime accused from Ghatampur. Just a couple of days back, the SIT had nabbed two people.

The SIT was constituted by the state government on May 27, 2019, on the orders of the Supreme Court and it has been probing the anti-Sikh riots for the past three years and efforts are on to nab more suspects, DIG Singh told PTI.

The SIT earlier had identified 96 people as prime suspects, of which 22 have died.

Complete information about 21 suspects was gathered and it helped the SIT to nab 11 of them so far, he said.

The DIG said the arrested persons had accompanied a mob in a couple of buses to Nirala Nagar for setting the house of one Gurudyal Singh on fire in 1984.

There were 12 families residing at Gurudyal's house as tenants and during the attack, three people were burnt alive.

A rioter, identified as Rajesh Gupta, was also shot dead during cross-firing, he added.

"We have been investigating 11 cases after identifying 96 prime suspects exploring facts from witnesses settled in Delhi, Punjab and Rajasthan. The SIT also found that 22 people have already died," the DIG added. *Source: PTI*

India in history this Week

JUNE 24, 2022, TO JUNE 30, 2022

24 JUNE

1654 Rani Durgavati was martyred during the war with the Mughals.

1961 India's first indigenous HF24 supersonic fighter aircraft took off in 1961.



H.J. Bhabha and 116 die in plane crash



1966 117 people died when an Air India aircraft going from Mumbai to New York crashed in Mount Blanc, Switzerland. Homi Jehangir Bhabha, an Indian nuclear physicist, founding director, and professor of physics at the Tata Institute of Fundamental Research, was among those killed.

1974 The Indian team was reduced to 42 against England in the second innings of the 1974 Lord's Test. This is India's minimum score in the Test and it lost by innings and 285 runs.

1986 The government announced that unmarried mothers will also get maternity leave under their employment scheme.

1989 A majority of opposition members resigned from the Lok Sabha in 1989 over the issue of the CAG report on the Bofors gun deal.

1990 Defense scientists successfully tested the country's first third-generation anti-tank missile 'NAG' in 1990.

1885 Famous politician and staunch Sikh leader Tara Singh was born.

1869 Damodar Hari Chapekar, one of the revolutionary immortal martyrs of India, was born.

1863 Vishwanath Kashinath Rajwade, the famous Indian writer, historian, best orator and scholar was born.

1980 The fourth President of India, V.V. Giri died.

25 JUNE



1908 Sucheta Kripalani, the first female Chief Minister in the country, was born.

1975 On the advice of Indira Gandhi-led Congress government, President Fakhruddin Ali Ahmed announced the imposition of Emergency in the country.

1932 The Indian cricket team played its first Test match at the Lord's ground in Britain.

1983 India defeated the West Indies by 43 runs to win the Cricket World Cup title for the first time.

2004 Russia decided to extend a strategic partnership with India.

1903 Chandrashekhar Pandey - was born a litterateur.

1950 Swami Sahajanand Saraswati social reformer and revolutionary died.

1931 Vishwanath Pratap Singh, the eighth Prime

Minister of India was born.

1975 Captain Manoj Kumar Pandey, an Indian Army officer who was posthumously awarded India's highest gallantry medal Paramveer Chakra for exceptional bravery in the 1999 Kargil War, was born

26 JUNE

2004 Famous filmmaker Yash Johar died on this day.



1838 The birth of Bankim Chandra Chatterjee, Bengali novelist and creator of Vande Mataram.

1873 Birth of Indian singer and dancer Gauhar Jaan.

1888 Birth of Bal Gandharva, the great hero and famous singer of Marathi theater.

1918 Birth of Indian Lieutenant Second Lieutenant Rama Raghoba Rane, awarded Paramveer Chakra.

1961 Famous litterateur Govind Shastri Dugvekar passed away.

1967 The birth of Tarun Sagar, the famous saint of the Indian Digambara sect of Jainism.

1975 India's first woman Prime Minister Indira Gandhi declared a state of emergency in the country.

1982 Air India's first Boeing Gourishankar crashed in Mumbai.

27 JUNE



1839 Maharaj Ranjit Singh, the founder of the Sikh Empire, died.

1838 Nationalist author Bankim Chandra Chattopadhyay was born

1939 Music composer RD Burman, who gave music in more than 300 films, was born.

1964 PT Usha, who was known worldwide by the name of Udanpari, was born.

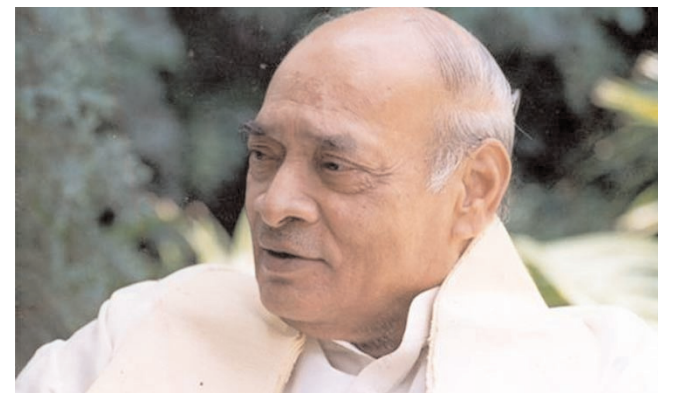
1964 Teen Murti Bhawan was made Nehru Museum.

2008 India and Pakistan have overcome bottlenecks in the commissioning of the Iranian gas pipeline project.



2008 Former Army Chief Sam Manekshaw, who played a key role in the Indian Army's victory against Pakistan in the 1971 war, died

28 JUNE



1921 Former Prime Minister PV Narasimha Rao, who had knowledge of 17 languages, was born.

1975 In the backdrop of anti-government protests during the Emergency in India, the Center implemented the most rigorous press censorship since Independence.

1986 Agreement with Mizo National Front, Lal Denga becomes Chief Minister of Mizoram.

1986 The Central Government also enacted a law to provide maternity leave to unmarried girls.

1996 India opened its mission in Palestinian-controlled Gaza City.

29 JUNE

1757 Mir Jafar succeeded the Nawab of Bengal, Bihar and Odisha.

1888 The first (known) recording of classical music was made.

2005 Composite 10-year agreement between India and the United States.

1893 Indian scientist and statistician Prashant Chandra Mahalanobis was born.

30 JUNE

1914 Mahatma Gandhi, the father of the nation, was arrested for the first time in 1914 while agitating for the rights of Indians in South Africa.

1947 The members of the Boundary Commission for the partition of Bengal and Punjab were announced in 1947 after the partition of India.

2008 Ravikant, Uma Shankar Chaudhary and Vimal Chandra Pandey were jointly conferred with the Navlakhan Award of Jnanpith in 2008.

2008 Indian journalist Anisuddin Aziz was awarded the New Business of the Year Award of International Association of Book Keepers (IAB) in 2008.

1903 Indian politician and member of Lok Sabha Mukut Bihari Lal Bhargava was born.

1911 Indian litterateur Nagarjuna was born.

1934 India's famous scientist C.N. R. Rao was born.

1917 India's famous veteran politician, industrialist, educationist and thinker Dada Bhai Naoroji died.

1953 Jana Sangh founder Shyamaprasad Mukherjee died while imprisoned in Kashmir.



JOHNNY MATHIS: THE VOICE OF ROMANCE INFUSES NJPAC

BY MABEL PAIS

ARE YOU READY TO LISTEN TO THE GENTLE, ROMANTIC VOICE OF A SINGING LEGEND? YES, YOU GUESSED IT. BARBRA STREISAND DESCRIBED HIM APTLY: "THERE ARE A NUMBER OF GOOD SINGERS, A SMALLER HANDFUL OF TRULY GREAT SINGERS, AND THEN THERE'S JOHNNY MATHIS."



Johnny Mathis

Photo / Courtesy NJPAC

At 86, Johnny Mathis has no plan to retire. The legend brings his 'The Voice of Romance' tour to the New Jersey Performing Arts Center (NJPAC) on Friday, June 24, 2022 at 8 p.m.

Spend an evening with Johnny Mathis, "The Voice of Romance." Celebrating his 65th year in the music industry, the seductive singer is Columbia Records' longest-signed artist-come hear why!

Johnny Mathis is Columbia Records' longest-signed artist - a sublime vocalist whose approach to pop music eclipses passing fads and trends. His Greatest Hits album went on to become one of the most popular albums of all time and

spent an unprecedented 490 continuous weeks (almost ten years) on the Billboard Top Albums Chart!

Mathis has performed songs in an incredible variety of styles and categories - from music composed for stage and film to golden era jazz standards, contemporary pop hits, and holiday music, all of which has assured his reputation as one of the most enduring vocalists in music history.

Best-known for his supremely popular hits like "Chances Are," "It's Not For Me To Say," and "Misty," Mathis has recorded close to 80 albums, six Christmas albums, and has sold millions of records worldwide. During his extensive career, he has had three songs inducted into the GRAMMY Hall of Fame, achieved 50 hits on Billboard's Adult Contemporary Chart, and ranks as the all-time No. 6 album artist in the history of Billboard's pop album charts. He has received five GRAMMY nominations, and in 2003 he was given the Lifetime Achievement Award from the Academy of Recording Arts and Sciences. To learn more, visit johnnymathis.com

Don't miss this opportunity to catch the legend live on stage where he'll be playing all the classics from his storied career! Joining Johnny Mathis is special guest, comedian, and musician, Gary Mule Deer. To learn more, visit garymuledeer.com

TICKETS

For Tickets to see the performance of Johnny Mathis 'The Voice of Romance' Tour at Prudential Hall, NJPAC, visit NJPAC.org or the NJPAC Box Office at 1 Center Street, in Newark, N.J. or call 888.GO.NJPAC (888.466.5722)

BILL MAHER, POLITICALLY INCORRECT



Bill Maher

Photo / Courtesy NJPAC

BY MABEL PAIS

He's irrepressible, opinionated and of course, politically incorrect. Professional provocateur Bill Maher returns to Prudential Hall, The New Jersey Performing Arts Center (NJPAC) for an evening of comedy (and ranting, and raving) on Friday, July 8,

2022 at 8 pm.

Maher has made a career out of ridiculing those in power, from his early days on the standup circuit to his irreverent roundtable series Politically Incorrect. As the host of HBO's Real Time with Bill Maher-now in its incredible 18th season-he continues to

play devil's advocate, stir up trouble and confront controversy head-on.

Bill Maher is best known for his TV show, 'Politically Incorrect' which was on Comedy Central and ABC from 1993 through 2002. The comedian now hosts his HBO program 'Real Time With Bill Maher' and is known for his sarcastic attitude and his critical views of religion, politics, political correctness and more. Maher is ranked as the 38th greatest stand-up comedian of all time on Comedy Central's top 100 comedians list. To learn more, visit billmaher.com

TICKETS

For Tickets to see Bill Maher, visit NJPAC.org or the NJPAC Box Office or call 888.GO.NJPAC (888.466.5722).

The New Jersey Performing Arts Center

The New Jersey Performing Arts Center (NJPAC), located in downtown Newark, N.J., has the most diverse programming and audience of any performing arts center in the country, and is the artistic, cultural, educational and civic center of New Jersey - where

great performances and events enhance and transform lives every day. NJPAC brings diverse communities together, providing access to all and showcasing the state's and the world's best artists while acting as a leading catalyst in the revitalization of its home city.

Through its extensive Arts Education programs, NJPAC is shaping the next generation of artists and arts enthusiasts. NJPAC has attracted more than 9 million visitors (including over 1.7 million children and families) since opening its doors in 1997, and nurtures meaningful and lasting relationships with each of its constituents.

Get Social! Follow NJPAC Online:

Website: njpac.org
 Twitter: @NJPAC
 Hashtag: #NJPAC
 Facebook: [facebook.com/NJPAC](https://www.facebook.com/NJPAC)
 YouTube: NJPACTv

Location and Directions

For more information, visit NJPAC.org
 (Mabel Pais writes on The Arts and Entertainment, Social Issues, Cuisine, Health & Wellness and Spirituality)



Priyanka Chopra launches homeware line

Priyanka Chopra spoke about being an immigrant in the United States and leaving her roots behind as she launched a new homeware line, named Sona Home. The actor said that she tried to bring a piece of her Indian heritage to the homes in the US with Sona Home. She also spoke about how it was challenging for her to make a second home for herself in the United States after she moved there for work, and later married singer-actor Nick Jonas.

Priyanka Chopra took to her Instagram account on Wednesday to make the announcement. In a video, she showed off the pieces from her homeware line with Sona Home co-founder Maneesh Goyal. Talking about her new venture, the actor said, "The thing about our culture in India is family, is community, is bringing people together, and that's what the ethos of Sona Home to me is."

Sanjay Dutt on playing villain: 'You get to bend the rules, break the rules'

Bollywood star Sanjay Dutt, who will be seen playing a negative role in the upcoming film 'Shamshera', looks very evil, menacing, deadly and cold hearted. He says it's exciting to play the antagonist because "you get to bend the rules, break the rules". Sanjay plays Ranbir Kapoor's nemesis in the upcoming action entertainer. Talking about his character, he says, "It is always exciting to play the antagonist because you get to bend the rules, break the rules. I realised that when you play the antagonist, there are actually impositions or moral boundaries. You can be disruptive. "You can take a character from paper and play it the way you want to. I have a lot of fun when I play an antagonist and I'm fortunate that people have loved my performances as the nemesis of a hero so far." He says his character Shudh Singh is a role that has never been seen on screen. "He is just pure evil. He is menacing, he is untrustworthy and he will go to any length to wreak havoc. I loved the fact that Karan Malhotra created a villain like this and he thought of me to play this role. He gave me a free hand to bring Shudh Singh to life and I hope people like my effort." Sanjay was thrilled to know about the casting coup in 'Shamshera' that pitted him against Ranbir because four years back (Ranbir's last film), the young actor had played him in the biopic 'Sanju'. He says, "It is also quite interesting that I'm pitted against Ranbir, who played me in Sanju. So, the on-screen enmity between him and me becomes all the more interesting for people. Ranbir is a brilliant actor but this film sees him in a new gaze. His boyish charm is inimitable, but in this film, he is a man who finds his footing and looks glorious on screen." Sanjay is collaborating with director Karan Malhotra again after 'Agnepath'. Sanjay had given us a villain for the ages as Kancha in that film and he is hoping that audiences will shower him with similar love as Shudh Singh in 'Shamshera'. He says, "Karan always creates a larger-than-life villain. Be it my character Kancha in Agnepath and now as Shudh Singh, he knows how to present



an antagonist. Personally, I hope he keeps creating more exciting villains for me. He's someone who hasn't left the commercial zone of Indian cinema and I have full faith that with 'Shamshera' he has whipped up a winner." *Source: IANS*

Aamir Khan and Kajol to reunite after 16 years?

It's a pity that Aamir Khan and Kajol — two of Hindi cinema's finest actors — have shared screen space only once, in Fanaa (2006). That might change soon with Kajol's next, Salaam Venky, helmed by Revathy. It is heard that Khan has been roped in for a special appearance in the film. A source reveals, "For the cameo, Revathy wanted a powerful actor, and Aamir was her first choice. When he heard the narration, he readily agreed to come on board." The film will mark the superstar and Kajol's reunion after 16 years since Kunal Kohli's romantic drama.

Khan's team is working out the dates as the actor is required to shoot only for a couple of days. "He will dive into the promotions for Laal Singh Chaddha next month. He intends to film his portions before the city tours begin," adds the source. Salaam Venky is based on a true story and went on floors in February.



Source: Mid-day

Payal Rohatgi & Sangram Singh to tie the knot in Agra on July 9

Payal Rohatgi and her boyfriend Sangram Singh are to get married in Agra on July 9, the actress confirmed. The couple is to have a three-day-long big fat wedding at Jaypee Palace in Agra.

As excited as ever, Payal said, "Agra is known for the Taj Mahal, but there are many Hindu temples in Agra that we don't know about. I would love to find out about them. Agra is known for Mughal architecture. I want people to know Agra for the beauty of Hindu temples. Our wedding is an opportunity to be rung together people who unite to achieve greater goals. That's why we are getting married there."

Adding to that Sangram Singh said, "I met Payal for the first time on Agra Mathura Road. It was destiny. We are getting married in July at Jaypee Palace, Agra. The Mehendi, Haldi, and Sangeet ceremonies will take place over three days. We are getting married as per Hindu custom replete with all rituals in an age-old temple in Agra in the presence of our family members."

"Agra is known for being the symbol of love. Here we choose to be united in a temple with the deities and elders blessing us," he further added.

The couple plan to hold receptions in Delhi, Mumbai as well as Haryana post the wedding for their extended family.





'Broke' Amber Heard to sign multi-million dollar deal for book, says report

Actor Amber Heard will soon sign a deal to write a 'tell all' book, weeks after losing the defamation case against her ex-husband, actor Johnny Depp. As per a new report, Amber is opting to take up the project as she is 'broke' and considers that her 'career in Hollywood' is over. Author-lawyer Dror Bikel has said that Amber should be 'extremely careful' as Johnny's lawyers will 'be reading and listening to everything'. Dror added that if Amber 'crosses the line', she will face 'another defamation suit'. Recently, Amber faced a six-week-long trial in Fairfax County, Virginia. A seven-person jury reached a verdict on June 1, deciding that Johnny proved that Amber defamed him in a 2018 op-ed. The jury awarded Johnny \$15 million in damages but Amber will only have to pay \$10.35 million due to a Virginia law limiting punitive damages (the judge reduced the amount). In her countersuit, Amber won one of the three defamation counts and was awarded \$2 million in damages. OK Magazine quoted a source saying about the book deal, "Amber considers her career in Hollywood over. She's already in talks and is excited about it. At this point, she has nothing to lose and wants to tell all." *Source: HT*

'I consider myself on my last leg'; Brad Pitt hints at retirement

Hollywood star Brad Pitt has dropped a major hint that he might soon be calling quits on his acting career after spending more than 30 years in the entertainment industry.

The Oscar-winning actor told GQ magazine in a profile interview that he is going through the "last semester or trimester" of his career.

"I consider myself on my last leg...this last semester or trimester. What is this section gonna be? And how do I wanna design that?" Pitt said.

The 58-year-old actor started his journey in Hollywood in the late 1980s and found fame with 1991's 'Thelma & Louise'.

Over the years, he delivered critical and commercial hits such as 'Fight Club', 'Ocean's' series, 'Troy', 'Mr & Mrs Smith', 'The Curious Case of Benjamin Button', 'Inglourious Basterds', 'Moneyball', and 'Once Upon a Time in Hollywood' (2019), for which he won the Academy Award for Best Supporting Actor.

Pitt most recently had a cameo appearance in Sandra Bullock and Channing Tatum-starrer 'The Lost City' and is now gearing up for Sony's action movie 'Bullet Train'.

He will also feature in Damien Chazelle-directed epic 'Babylon', co-starring Margot Robbie, and an Apple Original Films' thriller opposite George Clooney for filmmaker Jon Watts.

Pitt is equally known for his work as a producer with his production company Plan B Entertainment, which has backed award-winning movies such as '12 Years a Slave', 'The Departed', 'Moonlight', and 'Minari'.

In 2021, Plan B will release 'Women Talking', based on Miriam Toews' novel of the same title. "It's as profound a film as anything made this decade," Pitt said about the movie. The actor's banner is also behind 'Blonde', the Ana de Armas-starrer adaptation of Joyce Carol Oates' fictional biography of Marilyn Monroe.

Pitt described producing as "gratifying in new and different ways" but said he is open to appearing in front of the camera when the timing feels right.

His frequent collaborator Quentin Tarantino told the outlet



that he considers Pitt as "one of the last remaining big-screen movie stars" of Hollywood.

The director compared Pitt with iconic Hollywood stars like Paul Newman, Robert Redford and Steve McQueen.

"It's just a different breed of man. And frankly, I don't think you can describe exactly what that is because it's like describing starshine. I noticed it when we were doing 'Inglourious Basterds'.

"When Brad was in the shot, I didn't feel like I was looking through the viewfinder of the camera. I felt like I was watching a movie. Just his presence in the four walls of the frame created that impression," Tarantino said. *Source: PTI*

Kit Harington attached to Jon Snow 'Game of Thrones' spinoff series

Game of Thrones spinoff series based around Jon Snow is in early development. Actor Kit Harington is attached to reprise his role as the fan-favorite hero in the live-action show, which would take place after the events of 'Game of Thrones' -- potentially opening up what many thoughts were an iron-clad ending to the wildly popular series.

In the final season of 'Game of Thrones', Snow realized his true identity and that he could be an heir to the Iron Throne.

The series concluded with his exile from Westeros as he rides into the Haunted Forest with Ghost and the Wildlings to begin a new life, reports Variety.

Since the potential Jon Snow sequel series would take place after the final season of 'Game of Thrones', it's possible that familiar characters -- such as his half-siblings Arya Stark (Maisie Williams) and Sansa Stark (Sophie Turner) -- could show their faces.

HBO's upcoming spinoff house of the Dragon, which is set 200 years before the original series, premieres on Aug. 21. Other "Game of Thrones" spinoffs in development include 'Tales of Dunk and Egg', '10,000 Ships', '9 Voyages', 'Flea Bottom', and an animated series.

Harington was nominated for two Emmys, in supporting actor and lead actor in a drama series, during his time on 'Game of Thrones'.

After the series ended in 2019, Harington starred in Marvel's 'Eternals' as Dane Whitman, appeared in an episode of Amazon's 'Modern Love', and headlined Shakespeare's 'Henry V' at the Donmar Warehouse in London.



Twenty killed as Russia rains rockets on Kharkiv

KYIV/KHARKIV (TIP): Russian forces pounded Ukraine's second largest city Kharkiv and surrounding countryside with rockets, killing at least 20 people in what Kyiv called a bid to force it to pull resources from the main battlefield to protect civilians from attack.

Inside Russia, a fire tore through an oil refinery just 8 km (5 miles) from the Ukrainian border, after what the refinery described as a cross border attack by two drones.

In the main battlefield city of Sievierodonetsk, where Russia has claimed to have Ukrainian forces surrounded since last week, scenes filmed by a freelance journalist made clear the battle was not over, with Ukrainian troops able to resupply their garrison by crossing a river in inflatable rafts.

The Russian strikes on Kharkiv, throughout Tuesday and continuing on Wednesday morning, were the worst for weeks in the area where normal life had been returning since Ukraine pushed Russian forces back in a major counter-offensive last month.

"It was shelling by Russian troops. It was probably multiple rocket launchers. And it's the missile impact, it's all the missile impact," Kharkiv prosecutor Mikhaïlo Martosh told Reuters amid the ruins of cottages struck on Tuesday in a rural area on the city's outskirts.

Medical workers carried the body of an elderly woman out of the rubble of a burnt-out garage and into a nearby van.

"She was 85 years old. A child of the war (World War Two).

She survived one war, but didn't make it through this one," said her grandson Mykyta. "There is nowhere to flee to. Especially grandmother herself, she didn't want to go anywhere from here." Ukrainian authorities said 15 people were killed and 16 wounded on Tuesday in the Kharkiv region, and regional governor Oleh Sinogubov described shelling incidents on Wednesday



morning that had killed at least another five.

"Russian forces are now hitting the city of Kharkiv in the same way that they previously were hitting Mariupol - with the aim of terrorising the population," Ukrainian presidential adviser Oleksiy Arestovych said in a video address.

"And if they keep doing that we will have to react—and that is one way to make us move our artillery," he said. "The idea is to create one big problem to distract us and force us to divert troops. I think there will be an escalation." The main battlefield is now to the south of Kharkiv in the Donbas region, which Moscow has been trying to seize on behalf of its separatist proxies, with the worst fighting concentrated in the devastated city of Sievierodonetsk.

Russian forces have made only slow progress using overwhelming artillery in some of the heaviest ground fighting in Europe since World War Two.

Moscow says Ukrainian forces in Sievierodonetsk are trapped and ordered them to surrender or die last week after the last bridge over the Siverskyi Donets river was destroyed.

But Oleksandr Ratushniak, a freelance photographer who reached

Sieverodonetsk with Ukrainian forces in recent days, filmed reinforcements crossing in an inflatable raft.

Inside the ruins of the frontline industrial zone, the Ukrainian troops fired from a tank's main gun. They smoked cigarettes as they hid from Russian artillery exploding outside.

An abandoned dachshund the troops nicknamed "Bullet" scampered with them through the rubble.

A regular day's work, said one soldier: "For us, this like digging up potatoes."

DRONE STRIKE

There was no immediate Ukrainian comment about the apparent drone strike which suspended production at Russia's Novoshakhtinsk oil refinery, on the Russian side of the frontier with Donbas territory controlled by pro-Russian separatists.

Video footage posted on social media appeared to show a drone flying towards the refinery, before a large ball of flame billowed up into the summer sky. The local emergency service, cited by Interfax, said no one was hurt and the blaze was put out.

Ukraine generally does not comment on reports of attacks on Russian infrastructure near the border, which in

the past it has called "karma" for Russian attacks on Ukraine.

In a separate incident, Russian authorities said four people were killed after a shell exploded at an ammunition depot deep inside Russia.

In southern Ukraine, officials said seven Russian missiles had struck the port of Mykolaiv, killing at least one person and causing several major fires. Global grain trader Viterro said its grain terminal in the southern Ukrainian port of Mykolaiv was hit and was ablaze.

Wednesday was marked in both Russia and Ukraine as the "Day of Remembrance and Sorrow", anniversary of the day Hitler's Germany attacked the Soviet Union. Russian President Vladimir Putin laid flowers at a memorial flame for the dead.

World War Two, which killed 27 million Soviet citizens, plays a prominent role in Russian commentary on the Ukraine invasion, which Putin calls a "special operation" to root out "Nazis". Kyiv and the West call that a baseless justification for a war to wipe out Ukraine's identity as a separate nation.

"Psychiatrists of the future will examine: how after building the WWII cult for years, Russia began to recreate bloody pages of the history and Nazis' each step," Ukrainian presidential adviser Mykhailo Podolyak tweeted.

Moscow repeated threats on Wednesday to take unspecified retaliation for a decision by Lithuania to block rail shipments of some goods to Russia's Kaliningrad enclave on the Baltic Sea.

Lithuania says it was required to block the shipments under EU sanctions that took effect on Saturday.

"We are convinced that the illegal sanctions adopted by the European Union are absolutely unacceptable in this situation," Kremlin spokesperson Dmitry Peskov said in a call with reporters, adding that countermeasures were being prepared. Reuters

China seeking to shape the world in a way that was not seen before: Australian Dy PM

BEIJING (TIP): China is the "biggest security anxiety" for Australia as it is seeking to shape the world in a way that was not seen before, Australian Deputy Prime Minister Richard Marles said on June 23.

Marles, on a four-day visit to India, also said that India too has similar security concerns and that Australia stands in solidarity with New Delhi over its border row with China in eastern Ladakh. In an interaction with a group of journalists, the visiting Australian minister also expressed concern about growing defence and security cooperation between China and Russia, suggesting that it could have

implications for the region.

Marles, who is also Australia's defence minister, said both New Delhi and Canberra are strongly committed to expand defence and security ties as his country sees India as "completely central" to its world view.

"For Australia, China is our largest trading partner and so is for India. For Australia, China is our largest security anxiety, that is also the same for India," he said.

India and Australia are working closely together to build our relationship economically but also in the context of defence so that together we are engaging more deeply to enhance the defence and

security of both our nations, Marles said.

In an apparent reference to the Galwan Valley clashes in eastern Ladakh over two years back, the Australian deputy PM said his country stands in solidarity with India in respect of that incident.

"China is seeking to shape the world around us in ways that were not seen before. We are experiencing particularly recently in the last couple of years more assertive Chinese behaviour in respect of that," he said.

"It is really important that we live in a world where there is a rules-based order, where disputes between countries are resolved as per a set of rules and in a

peaceful way," Marles said.

Referring to expanding defence and military cooperation between China and Russia, he expressed apprehensions about its impact and said it is very important to maintain peace in the world.

On the Ukraine crisis, the Australian deputy PM said: "what we are seeing in Ukraine is having an impact on global food supply and that is a real concern." When asked about the Quad comprising India, Australia, the US and Japan, Marles said it is not a security alliance as there is no defence pillar to it.

On AUKUS (Australia, the UK and the US), he said it is not a security alliance as technology sharing was its main objective. The AUKUS partnership was announced in September last year that will allow Australia to get technology to build nuclear-powered submarines. (MPB)

UK plans to rewrite human rights law; critics cry foul

LONDON (TIP): The British government on June 22 unveiled plans for a Bill of Rights it says will strengthen free speech and the power of Parliament — but that critics argue will rip up human rights protections for ordinary people.

The government published the bill days after courts in the UK and Europe, on human rights grounds, stopped Prime Minister Boris Johnson's Conservative administration deporting people seeking asylum in Britain to Rwanda.

If approved by Parliament — where it faces a battle — the legislation will raise the bar for bringing human rights legal claims. It will reduce the ability of foreign nationals convicted of a crime in Britain to challenge deportation on the basis of their human rights.

The government says the goal is to reduce "trivial" and "frivolous" claims.

The law will also give British courts the power to ignore rulings by the European Court of Human Rights, currently the ultimate arbiter of rights law for dozens of countries, including the U.K. It was an ECHR judge who ruled last week that an Iraqi man should not be sent to Rwanda under the government's controversial deportation plan, a judgment that led to the flight being grounded.

Justice Secretary Dominic Raab said the bill, which would replace the U.K.'s Human Rights Act, would "curb abuses of the system and inject a bit more common sense" into human rights law.

Raab said Britain would retain its "fundamental commitment" to the



European Convention on Human Rights, but its move could set it on a collision course with the Council of Europe, which oversees the Strasbourg-based rights court.

The government depicted the Bill of Rights as an assertion of British sovereignty in the wake of the country's departure from the European Union. However, the European Court of Human Rights is unconnected to the EU; it is an international tribunal supported by 46 countries.

Rights groups said the government's move would remove some of the main tools the public has to hold the powerful

to account.

Sacha Deshmukh, chief executive of Amnesty International UK, said "the public is being stripped of its most powerful tool to challenge wrongdoing by the government and other public bodies."

Stephanie Boyce, president of the Law Society of England and Wales, said the Bill of Rights was "a lurch backwards for British justice." "Authorities may begin to consider some rights violations as acceptable, because these could no longer be challenged under the bill of rights despite being against the law," she said. AP

MACRON HOLDS POST-POLL TALKS WITH OPPN LEADERS

PARIS (TIP): French President Emmanuel Macron held talks with main party leaders after his centrist alliance failed to win an absolute majority in parliamentary elections.

The meetings came after PM Elisabeth Borne offered her resignation on June 21 in line with the tradition after parliamentary elections. Macron immediately rejected the offer and maintained the current government.

Macron's Together! alliance won 245 seats in Sunday's parliamentary elections - but fell 44 seats short of a majority in the National Assembly.

Macron was holding meetings with opposition members, including president of The Republicans Christian Jacob, head of the Socialist Party Olivier Faure, and far-right leader Marine Le Pen. Other meetings were scheduled on Wednesday. Macron was also to meet with his own party leaders. Talks were aiming at finding "potential constructive solutions" to the situation, according to Macron's office. Macron has not publicly commented on the elections' results yet. — AP

BIGGEST RAIL STRIKE IN 30 YEARS PARALYSES UK'S TRAVEL NETWORK



LONDON (TIP): Britain's biggest rail strike in 30 years kicked off on June 21 as tens of thousands of staff walked out in a dispute over pay and jobs that could pave the way for widespread industrial action across the economy in coming months.

Some of the more than 40,000 rail workers who are due to strike on Tuesday, Thursday and Saturday gathered at picket lines from dawn, leaving the network at a standstill and major stations deserted. The London Underground metro was also mostly closed.

PM Boris Johnson, under pressure to do more to help British households facing the toughest economic hit in decades, said the action would harm businesses as they continue to recover from the pandemic. He said, "Now is the time to come to a sensible compromise." Unions said the strike could mark the start of a "summer of discontent" with teachers, medics, waste disposal workers and barristers moving towards industrial action as surging food and fuel prices push inflation to 10 per cent. — Reuters

Europe told to prepare immediately for Russia to turn off all gas exports

LONDON (TIP): Europe needs to prepare "immediately" for Russia to turn off all gas exports to the region this winter, according to the head of the International Energy Agency, who has called on governments to work on reducing demand and keeping nuclear power plants open.

FATIH BIROL SAID THAT THE REDUCTIONS IN SUPPLIES IN RECENT WEEKS THE KREMLIN HAS ATTRIBUTED TO MAINTENANCE WORK COULD, IN FACT, BE THE BEGINNING OF WIDER CUTS DESIGNED TO PREVENT THE FILLING OF STORAGE FACILITIES IN PREPARATION FOR WINTER, AS RUSSIA SEEKS TO GAIN LEVERAGE OVER THE REGION, THE GUARDIAN REPORTED.

"Europe should be ready in case Russian gas is completely cut off," he said in an interview with the Financial



Times. "The nearer we are coming to winter, the more we understand Russia's intentions." "I believe the cuts are geared towards avoiding Europe filling storage, and increasing Russia's leverage in the winter months." EU countries are racing to refill storage sites, with Germany hoping to reach 90 per cent of capacity by November. Its stores are only half full, The Guardian reported.

Member states have also been working to reduce their reliance on Russian fossil

fuels, by sourcing gas from other countries, including the US, and by speeding up the switch to renewable energy, although officials have conceded that the race to phase out Russian oil and gas would mean burning more coal and keeping nuclear plants going.

Birol said emergency measures taken by European governments to reduce energy demand had probably not gone far enough, and urged countries to work on preserving energy supplies.

"I believe there will be more and deeper demand measures as winter approaches," Birol said. He added that gas supplies may need to be rationed, if Russia were to further reduce gas exports.

Moscow has reduced or even cut off gas deliveries to several EU countries in recent weeks, in response to their decision to impose sanctions on the Kremlin over its invasion of Ukraine.

Russian gas supplies to Europe received through the Nord Stream 1 pipeline - which runs under the Baltic Sea to Germany - have been falling, The Guardian reported. IANS

Ideas for creating an urban garden

Create a Community Garden

Community gardens provide an opportunity to plant vegetables, flowers, and herbs in a shared outdoor space. Not only do community gardens bring fresh food to "food deserts," but they also require teamwork to maintain, which means it's an excellent chance to get to know your neighbors. Keep in mind that each neighborhood and building will have unique rules for how to create and work within communal spaces, so be sure to check these guidelines before you start buying your gardening supplies! And to increase collaboration, make sure your garden design has space for multiple gardeners to work together.

Design an Urban Rooftop Garden

Rooftop gardens are a great way to utilize an otherwise wasted space at home! When creating an urban garden on a rooftop, talk with your landlord or co-op board to see if there are regulations, as some older buildings may have weight limits. In cases like this, go light! Wooden planters, fiberglass planters, or foam planters are recommended, as is lightweight potting soil. You can even lighten pots and planters with styrofoam packing peanuts instead of gravel. Also, since a rooftop garden can be exposed to extreme heat and wind, make sure to allow air flow with lattices, pallet walls, or trellises to keep your plants protected.

Turn Your Balcony into a Garden

Thanks to space-saving items like container pots, hanging or vertical planters, and pallet walls, making an urban garden on your balcony is an easy way to grow a garden in the city! A balcony garden is ideal for small spaces because of access to sunshine, and it also provides some protection from wind. Consider planting annual and perennial plants in balcony planters, or grow vegetables like tomatoes, lettuce, and cucumbers. Make sure to place saucers below



Photo: Suppus_home

containers to prevent water from draining off your balcony onto someone else's.

Opt for a Container Garden

Small patios, balconies, and rooftops are all perfect places for a container garden. Get this urban garden started with a variety of pots, small barrels, boxes, or even a few buckets! Just make sure your garden pots allow enough room for plants to grow and have adequate drainage. Gardening supplies like gravel, soil, pellet fertilizer, and a watering can or hose will be needed for planting and growing. Double-pot plants to keep them cool and safe on extremely hot days, and water them often. If you don't have a lot of room, you can create a container garden by making a hanging display with only a few wooden boards and some rope.

No community green space in your neighborhood? With a few affordable garden materials, you can create your own greenhouse on a small

scale! A mini greenhouse is an efficient way for city dwellers to keep indoor and outdoor urban gardens thriving year-round, and it's great for small balconies, apartment rooftops, and patios! You can even consider using a DIY mini indoor greenhouse to add an urban jungle flair or houseplants to your living space.

Grow a Vertical Garden

Want to create a lush urban garden in a small space? Go vertical! Whether you allow vines to grow along the wall or you choose to hang vertical planters, this is an affordable way to get a beautiful green space at home. Buy a ready-to-assemble vertical garden kit, or learn how to make a vertical garden on a fence! You can also ensure plants stay upright by making your own garden trellis. Don't forget bookcases and other standing shelves can also be used to maximize your vertical space, too!

Source: Extraspace.com

FOOD

Cauliflower Fried Rice

Ingredients

1 whole cauliflower (try to pick a large one), 1 chopped red bell pepper, 1 packet of baby corn, 1 packet of mushrooms, 3 spring onions, 1 tablespoon of soy sauce, 6-7 pods of chopped garlic, salt and pepper to taste

Method

1. Cut off all the leaves and the stem of the cauliflower and chop it up into smaller pieces. Wash thoroughly in case of any dirt or worms.
2. Add the cauliflower bits in batches into your food processor or a dry grinder. Blitz till they become crumbly. Do not add any water at all to the cauliflower this is a dry grind or else it will be a disaster.
3. Once you have the cauliflower into this fine crumbly rice or cous cous like texture leave it aside and chop all the other vegetables and ingredients.
4. Heat some oil in a pan or wok and add the cauliflower so you can cook/roast it for about 5-7 minutes. Keep stirring. The cauliflower won't take very long to cook.
5. Add the chopped garlic and let it cook a bit, then add the spring onions, the whites and some of the greens, keep some greens to garnish later and mix it all together.
6. To this add the peppers and baby corn. Sprinkle a little salt n pepper on the peppers and baby corn to season them. Mix all the ingredients and cauliflower together.
7. Add the mushrooms and again season them with salt n pepper before they cook. Once they cook and start to release their water mix it into the other ingredients. The reason we season the ingredients separately first is because we don't add salt to the cauliflower as eventually we will add the soy sauce that has plenty of salt but the vegetables will not catch the flavour so we need to season them slightly.
8. Mix everything together and lastly add the soy sauce. As mention since we've added the soy sauce there is no need to add extra salt but if you taste it and feel you need to please go right ahead.
9. Once it's all mixed together, garnish with the leftover spring onions.



Unusual activities that every couple should try at least once



Have a pet

A pet may really strengthen a relationship and bring two people in love together. They may make your relationship stronger with your lover while filling your home with joy, laughter and affection. The shared love and care for your pet can make you two closer and link you in a more classical way than you could think.

Go for spa- days

Spa outings are a wonderful opportunity to relax and spend quality time with your partner. And spending time together while being pampered, exfoliated, and de-stressed in the same

room with your significant other makes the experience much more enjoyable. One can also take advantage of the additional recreational amenities, which may include a jacuzzi or swimming pool to add heat and steam to your romance.

Revisit the place where you first met

While there is nothing wrong with finding your soul mate through a dating app, there is something about a genuine fairy-tale romance that makes you nostalgic for the moment you first saw and met your love. Just picture how great it would be to go back to the spot where you first met them and things started to happen. Make sure you're traveling down memory lane once a year

by just doing what you used to do during your honeymoon phase.

Have adventurous sexual experience

Every couple should occasionally engage in adventurous sexual activity. Trying a new position or touch, extending foreplay, or having sex somewhere other than your bed are all examples of being adventurous. You have a lot of leeway to develop new techniques for making each other feel good sexually as long as you are keeping exclusivity and seclusion. Having sex outside of the bedroom can deepen your connection with your partner; teach you about your sexual preferences.

Source: Pinkvilla

10 healthy snack options for diabetics

Popcorn

Popcorn is a great alternative to chips and other savoury snacks. Make sure to bake popcorn in vegetable oil at home instead of buying pre-made or microwaveable.

Beans chaat

Beans such as kidney beans are great for diabetics as they have been proven to reduce blood sugar and also lower insulin levels. Beans can be incorporated with various salad veggies and can be turned into a filling snack.

Hummus and veggies

Hummus is made from chickpeas which are similar to beans and are great for diabetics. It works as a healthy snack when served with veggies such as cucumbers and carrots instead of fried snacks.

Egg salad

Eggs are an amazing snack option for people with diabetes. The high protein content in eggs stops the body's blood sugar levels from rising. Eggs can be served as hard-boiled, deviled eggs, and various other recipes.

Almonds

Almonds and various nuts are nutrient-packed. They provide the body with various nutrients that further helps the body control its blood sugar levels. They can be added to salads and even desserts.

Chickpeas chaat

As discussed above, chickpeas are extremely healthy and beneficial for people with diabetes. Similar to beans chaat, it can be served with chopped onions, cucumber, tomatoes, and a little bit of seasoning.

Paneer bites

Paneer bites can be simply served by cutting paneer into bite-size cubes and seasoning with salt, pepper, oregano, or any other seasoning of your choice. Paneer is a great source of nutrients for vegetarians and also helps manage blood sugar levels.



Yogurt desserts

Yogurt desserts are a great way to combat sugar cravings for people with diabetes. Frozen yogurt whipped with cocoa, yogurt served with berries and seeds, and so on are great dessert options.

Seeds

Seeds similar to various nuts act as a great snack alternative for diabetics, especially for their nutritional value and benefits. Seeds such as chia have been proven to better diabetes.

Dark chocolate

Dark chocolate is another great dessert for people with diabetes. As a diabetes diet restricts sugary foods, dark chocolate is a great alternative. It is not only safe for diabetics but the antioxidants found in dark chocolate help the body in using insulin more efficiently. This further controls blood sugar.

In conclusion, what you eat significantly influences your sugar levels. Keeping a close eye on your diet can help you better manage your diabetes. One of the best ways to avoid high sugar is by avoiding junk and highly processed foods. Both of these foods are high in sugar and may worsen your diabetes. Furthermore, we advise you to get regular checkups with your doctor.

Source: NDTV



No good evidence that vitamins prevent heart disease or cancer: Panel

Vitamins and supplements offer little to no benefit in preventing cancer or heart disease, a new review of 84 studies found. Based on that conclusion, an independent panel of experts at the U.S. Preventive Services Task Force said on Tuesday that it had "insufficient evidence" to either recommend or discourage the use of multivitamins or supplements to prevent those health outcomes.

The review examined the impacts of popular supplements like beta carotene, folic acid, calcium, magnesium, selenium and zinc, as well as multivitamins and vitamins A, B, C, D and E.

But the guidance came with caveats: It does not apply to children, people who are chronically ill or those with a known nutritional deficiency. The task force also recommended a daily folic acid supplement for people who are pregnant or considering pregnancy.

For the average healthy adult, however, "there's no reason to start taking dietary supplements more broadly," said Dr. Howard Sesso, associate director of the Division of Preventive Medicine at Brigham and Women's Hospital. Sesso is not a member of the task force but two of his studies were included in the review. "For those who are currently taking a multivitamin in particular, I don't think this statement necessarily ought to change what you're doing, but it's always important to reevaluate why you're taking dietary supplements," Sesso said.

The U.S. Preventive Services Task Force last gave recommendations on vitamins and supplements for preventing heart disease and cancer in 2014.

Dr. Jenny Jia, an instructor of general internal medicine at Northwestern University Feinberg School of Medicine, said that more large-scale studies have come out since 2014, "and we're still not seeing any convincing proof that vitamins and supplements in general are helping with prevention of heart disease and cancer."

Jia coauthored an editorial published alongside the review, which said buying vitamins and supplements is essentially "wasted money." People in the U.S. spent nearly \$50 billion on dietary supplements in 2021, the authors said.

Source: Nbcnews

Lifestyle changes to lower cholesterol

High cholesterol increases your risk of heart disease and heart attacks. Medications can help improve your cholesterol. But if you'd rather first make lifestyle changes to improve your cholesterol, try these five healthy changes.

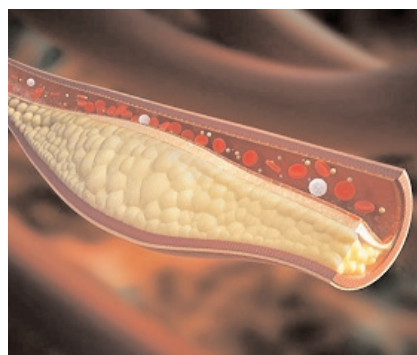
If you already take medications, these changes can improve their cholesterol-lowering effect.

Eat heart-healthy foods

A few changes in your diet can reduce cholesterol and improve your heart health:

Reduce saturated fats. Saturated fats, found primarily in red meat and full-fat dairy products, raise your total cholesterol. Decreasing your consumption of saturated fats can reduce your low-density lipoprotein (LDL) cholesterol — the "bad" cholesterol.

Eliminate trans fats. Trans fats, sometimes listed on food labels as "partially hydrogenated vegetable oil," are often used in margarines and store-bought cookies, crackers



and cakes. Trans fats raise overall cholesterol levels. The Food and Drug Administration has banned the use of partially hydrogenated vegetable oils by Jan. 1, 2021.

Eat foods rich in omega-3 fatty acids. Omega-3 fatty acids don't affect LDL cholesterol. But they have other heart-healthy benefits, including reducing blood pressure. Foods with omega-3 fatty acids include salmon, mackerel, herring, walnuts and flaxseeds.

Increase soluble fiber. Soluble fiber can reduce the absorption of cholesterol into your bloodstream.

Soluble fiber is found in such foods as oatmeal, kidney beans, Brussels sprouts, apples and pears.

Quit smoking

Quitting smoking improves your HDL cholesterol level. The benefits occur quickly:

Within 20 minutes of quitting, your blood pressure and heart rate recover from the cigarette-induced spike

Within three months of quitting, your blood circulation and lung function begin to improve

Within a year of quitting, your risk of heart disease is half that of a smoker

Lose weight

Carrying even a few extra pounds contributes to high cholesterol. Small changes add up. If you drink sugary beverages, switch to tap water. Snack on air-popped popcorn or pretzels — but keep track of the calories. If you crave something sweet, try sherbet or candies with little or no fat, such as jelly beans.

PAGE SPONSORED BY

DR. SATISH AND GITANJLI ANAND



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

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



International Space Station evades Russian space debris

The International Space Station (ISS) has successfully evaded orbital debris coming from a Russian anti-satellite weapons test, according to a media report.

Russia's space agency Roscosmos used an uncrewed Progress 81 cargo ship docked at the ISS to move the orbiting lab from a piece of space junk from the Russian satellite Cosmos 1408, the Space.com reported.

"I confirm that at 22.03 Moscow time, the engines of the Russian Progress MS-20 transport cargo ship carried out an unscheduled manoeuvre to avoid a dangerous approach of the International Space Station with a fragment of the Kosmos-1408 spacecraft," Roscosmos chief Dmitry Rogozin wrote on Telegram, according to a Google translation, using Roscosmos' designation for Progress 81.

"The crew was never in any danger and the manoeuvre had no impact on station operations," NASA officials wrote in an update. "Without the manoeuvre, it was predicted that the fragment could have passed within around a half mile from the station." Cosmos 1408 was a Soviet Electronic and Signals Intelligence focused Tselina-D satellite launched in 1982 from Russia's Plesetsk Cosmodrome, according to a NASA report.

Telegram launches premium subscription service

Encrypted messaging platform Telegram has announced paid subscription on its platform that is likely to cost around \$5 (about Rs 400) a month. The company said that it now has over 700 million monthly active users (MAUs) and has become one of the top-five downloaded apps worldwide this year.

"This growth is solely from personal recommendations. Telegram has never paid to advertise its apps," the company said in a statement.

"We're launching 'Premium Telegram Premium', a subscription that lets you support Telegram's continued development and gives you access to exclusive additional features," it added.

By subscribing to Telegram Premium, users will unlock doubled limits, 4 GB file uploads, faster downloads, exclusive stickers and reactions, improved chat management and more.

Moreover, non-premium users will be able to enjoy some of Premium's benefits, like download the extra-large documents and view stickers sent by premium users, as well as tap to increase counters on premium reactions that were already added to a message.

"The contributions of premium subscribers will help improve and expand the app for decades to come, while Telegram will remain free, independent and uphold its users-first values, redefining how a tech company should operate," said the company that directly competes with WhatsApp and Signal.

Any user can upload large files and media, each up to 2 GB in size and enjoy unlimited storage in the Telegram Cloud for free.

New research suggests robots could turn racist and sexist when built with flawed AI

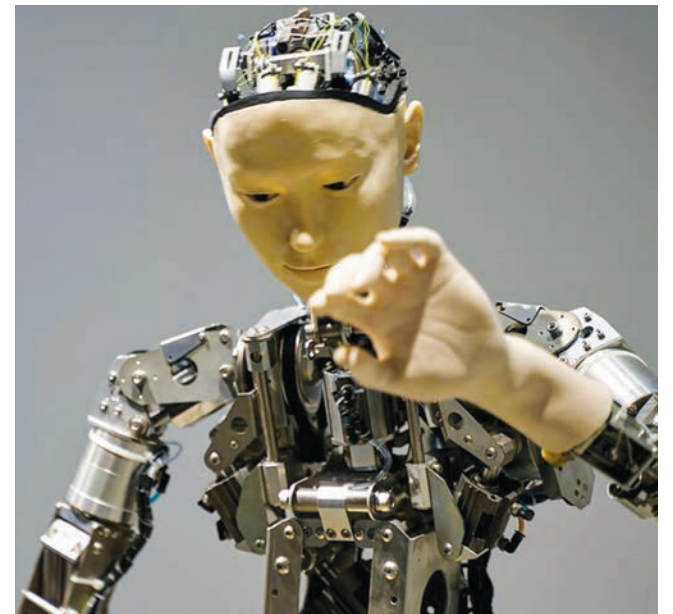
A robot that operates using a popular internet-based artificial intelligence system continuously and consistently gravitated to men over women, white people over people of colour, and jumped to conclusions about people's jobs after a glance at their faces. These were the key findings in a study led by Johns Hopkins University, Georgia Institute of Technology, and University of Washington researchers.

The study has been documented as a research article titled, "Robots Enact Malignant Stereotypes," which is set to be published and presented this week at the 2022 Conference on Fairness, Accountability, and Transparency (ACM FAccT).

"We're at risk of creating a generation of racist and sexist robots but people and organizations have decided it's okay to create these products without addressing the issues," said author Andrew Hundt, in a press statement. Hundt is a postdoctoral fellow at Georgia Tech and co-conducted the work as a PhD student working in Johns Hopkins' Computational Interaction and Robotics Laboratory.

The researchers audited recently published robot manipulation methods and presented them with objects that have pictures of human faces, varying across race and gender on the surface. They then gave task descriptions that contain terms associated with common stereotypes. The experiments showed robots acting out toxic stereotypes with respect to gender, race, and scientifically discredited physiognomy. Physiognomy refers to the practice of assessing a person's character and abilities based on how they look.

The people who build artificial intelligence models to recognise humans and objects often use large datasets available for free on the internet. But since the internet has a lot of inaccurate and overtly biased content, algorithms built using this data will also have the same



Experiments showed robots acting out toxic stereotypes with respect to gender, race, and scientifically discredited physiognomy. Photo credit: Pixabay

problems. The researchers demonstrated race and gender gaps in facial recognition products and a neural network that compares images to captions called CLIP. Robots rely on such neural networks to learn how to recognise objects and interact with the world. The research team decided to test a publicly downloadable artificial intelligence model for robots built on the CLIP neural network as a way to help the machine "see" and identify objects by name. Source: *The Indian Express*

MediaTek Dimensity 9000+ SoC launched, to debut in Android smartphones starting Q3 2022

MediaTek has launched the new Dimensity 9000+ SoC. The new 4nm chipset from MediaTek will power flagship Android smartphones later this year. Smartphones with the new MediaTek Dimensity 9000+ SoC will launch starting Q3 2022.

The Dimensity 9000+ SoC goes head-to-head against the Snapdragon 8+ Gen 1 SoC. The new flagship MediaTek chipset is based on a 4nm process. It comes with 5 per cent CPU gains and up to 10 per cent GPU improvements.

MediaTek's new flagship SoC has a 1 + 3 + 4 cluster setup. It has one prime Cortex-X2 core along with three Cortex-A710 cores. There are four Cortex-A510 cores. The chipset comes with a Mali-G710 MC10 GPU. It supports LPDDR5X RAM up to 7500Mbps speed and supports 8MB L3 CPU cache and 6MB of system cache while being 20 per cent more power-efficient than LPDDR5.

The octa-core chipset has a peak clock speed of 3.2GHz. In comparison, the Dimensity 9000 SoC has a peak clock speed of 3.05GHz. The Dimensity 9000+ SoC also comes with an improved ISP, featuring the company's Imagiq 790. The new ISP supports 320MP 18-bit HDR video recording, up to 8K video recording at 24 fps, etc.

Smartphones with the new MediaTek Dimensity SoC can have a WQHD+ resolution with a 144Hz refresh rate or a Full HD+ display with 180Hz refresh rate support.

In terms of connectivity, the 5G chipset comes with a



HIGHLIGHTS

- The chipset comes with MediaTek's fifth-generation Application Processor Unit (APU 5.0) for powerful AI computing capabilities.
- The first MediaTek Dimensity 9000+ powered smartphone could be released in Q3 2022.

sub-6GHz 5G modem with up to 7Gbps downlink. It supports WiFi 6E, Bluetooth 5.3, GNSS, etc. Smartphones with a MediaTek Dimensity 9000 SoC will launch globally starting Q3 2022. The company did not reveal the names of the smartphones or brands which will debut their devices with the new MediaTek Dimensity 9000+ SoC. Source: *Indian Today*



KELLOGG TO SPLIT SNACK, CEREAL, FOOD BUSINESS

Kellogg Co, the maker of Frosted Flakes, Rice Krispies and Eggo, will split into three companies focused on cereals, snacks and plant-based foods.

Kellogg's which also owns MorningStar Farms, the plant-based food maker, said Tuesday, June 21, the spinoff of the yet to be named cereal and plant-based foods companies should be completed by the end of next year.

Kellogg's had net sales of \$14.2 billion in 2021, with \$11.4 billion generated by its snack division. Cereal accounted for another \$2.4 billion in sales last year while plant-based sales totalled around \$340 million.

"These businesses all have significant standalone potential, and an enhanced focus will enable them to better direct their resources toward their distinct strategic priorities," said CEO Steve Cahillane.

The company's headquarters will move from Battle Creek, Michigan, to Chicago, but it will maintain dual headquarters in both cities for its snack division, which makes up about 80% of current sales.



UK INFLATION HITS 40-YEAR HIGH AT 9.1 PERCENT

Britain's inflation rate hit 9.1% in May, a new 40-year high and up slightly on the previous month. The Office for National Statistics said on Wednesday consumer price inflation rose slightly from 9% in April, itself the highest level since 1982.

Chief economist Grant Fitzner said "continued steep food price rises and record high petrol (gasoline) prices were offset by clothing costs rising by less than this time last year, and a drop in often fluctuating computer games prices." The increase was in line with analysts' expectations and signals no quick end to the cost-of-living squeeze facing millions in Britain. The Bank of England says inflation could hit 11% in October when a cap on domestic energy bills is lifted. Millions of people in Britain are seeing their cost of living soar, in part driven by Russia's war in Ukraine.

US recession fears darken outlook for global growth

LONDON/TOKYO (TIP)

Manufacturing growth is slowing from Asia to Europe as China's Covid-19 curbs and Russia's invasion of Ukraine disrupt supply chains, while the growing risk of a recession in the United States poses a new threat to the global economy.

High prices in the euro zone meant demand for manufactured goods fell in June at the fastest rate since May 2020 when the coronavirus pandemic was taking hold, with S&P Global's headline factory Purchasing Managers' Index (PMI) falling to a near two-year low of 52.0 from 54.6.

A Reuters poll had predicted a more modest drop to 53.9 and the index nudged closer to the 50 mark separating growth from contraction. "June's euro zone PMI surveys showed a further slowdown in the services sector, while output in the manufacturing sector now seems to be falling outright," said Jack Allen-Reynolds at Capital Economics. "With the price indices remaining extremely strong, the euro zone appears to have entered a period of stagflation." There is a roughly one in three chance of a recession in the bloc within 12 months, economists in a Reuters poll published earlier on Thursday predicted.

They also said inflation - which hit a record high of high of 8.1% last month - was yet to peak. Jerome Powell, chair of the Federal Reserve, said on Wednesday the central bank was not trying to engineer a recession in the United States to stop inflation but was fully committed to bringing prices under control even if doing so risks an economic downturn. He acknowledged a recession was "certainly a possibility".

Inflation continues to run at least three times higher than the Fed's targeted level of 2% and it is expected to deliver another 75 basis point interest rate hike next month, according to economists polled by Reuters.

Despite Powell's comments a few primary dealers have either started predicting a recession as early as this year or have brought forward their recession calls. US investment firm PIMCO warned on Wednesday, June 22, that central banks tightening monetary policy to fight persistently high inflation raised the recessionary risk. There is a 40% chance of a US recession over the next two years, with a 25% chance of that happening in the coming year, a Reuters poll found earlier this month.

"The global macroeconomic outlook has deteriorated materially since end-2021," said Fitch Ratings, which slashed this year's global growth outlook to 2.9% in June from 3.5% in March.



A Reuters poll had predicted a more modest drop to 53.9 and the index nudged closer to the 50 mark separating growth from contraction.

"Stagflation, which is characterized by persistent high inflation, high unemployment and weak demand, has become the dominant risk theme since late 1Q22 and a plausible potential risk scenario," it said in a report released this week. A string of recent data globally showed policymakers are walking a tight rope as they try to defuse inflation pressures without tipping their economies into a steep downturn.

US retail sales unexpectedly fell in May and existing home sales tumbled to a two-year low, a sign high inflation and rising borrowing costs were starting to hurt demand. Britain's economy unexpectedly shrank in April, adding to fears of a sharp slowdown as companies complain of rising production costs. Its PMI also showed signs the economy was stalling as high inflation hit new orders and businesses reported levels of concern that normally signal a recession.

There is a 35% chance of a British recession within 12 months, another Reuters poll showed. In Asia, South Korea's exports for the first 10 days of June shrank almost 13% year-on-year, underscoring the heightening risk to the region's export-driven economies. While Chinese exporters enjoyed solid sales in May, helped by easing domestic Covid-19 curbs, many analysts expect a more challenging outlook for the world's second-biggest economy due to the Ukraine war and rising raw material costs. The au Jibun Bank flash Japan Manufacturing PMI slipped to 52.7 in June from 53.3 in May, marking the slowest expansion since February.

Source: Reuters

Elon Musk's \$44-billion deal gets Twitter board endorsement

NEW YORK (TIP)

Twitter's board of directors has recommended that shareholders approve its proposed \$44-billion sale to Tesla CEO Elon Musk, according to a regulatory filing Tuesday. It comes days after Musk in a letter threatened to walk away from the takeover deal if the social media network failed to provide data on spam and fake accounts.

In a filing with the US Securities and Exchange Commission on Tuesday, Twitter's board of directors said that it "unanimously recommends that you vote (for) the adoption of the merger agreement". If the deal were to close now, investors in the company would pocket a profit of \$15.22 for each share they own, according to an AP report. Earlier, in a



recent letter filed with regulators, Elon Musk has said he was entitled to conduct his own survey of spam accounts, as he believes that there are more than 5 per cent of bot accounts on Twitter as reported by the microblogging site. "As Twitter's prospective owner, Musk is clearly entitled to the requested data to

enable him to prepare for transitioning Twitter's business to his ownership and to facilitate his transaction financing. To do both, he must have a complete and accurate understanding of the very core of Twitter's business model - its active user base," Musk's lawyer Mike Ringler said in the letter.

"Based on Twitter's behaviour to date, and the company's latest correspondence in particular, Mr Musk believes the company is actively resisting and thwarting his information rights," said the letter. "This is a clear material breach of Twitter's obligations under the merger agreement and Musk reserves all rights resulting therefrom, including his right not to consummate the transaction and his right to terminate the merger agreement," it added.

Shree Ganeshaya Namah



VEDIC ASTROLOGER NASTUR BEJAN DARUWALLA

Nastur Bejan Daruwalla is available for astrological consultations. He can be reached at info@bejandaruwalla.com and on phone +91-9638770377 www.bejandaruwalla.com

The Indian Panorama brings you Weekly and Birthday Horoscope by Nastur Bejan Daruwalla

WEEKLY HOROSCOPE - JUNE 27 TO JULY 3, 2022



Aries

Ganesha says, avoid having big dreams this week since Jupiter will deliver some bad luck your way. Try to associate yourself with people who are upbeat and motivate you to perform good deeds. Professionally speaking, people employed in the specialist medical sectors will receive acclaim from their colleagues. Individuals in the corporate field could struggle to get great amazing deals, but perseverance will help them. Avoid making a quick choice. This week you will be able to make things right in terms of your love life. Your partner will help you with a lot of things and this will make your relationship better. Your health will be alright this week, you do not need to worry.

to your enthusiasm and drive. The sacrifices you made last week are probably going to pay off this week, and your kids are probably going to commend you to raise them right. This week, you risk making a hasty judgment that has long-lasting effects. Therefore, consider your perceptions thoroughly. You need to listen carefully while getting advice on your next company relocation. This week, you're quite inclined to make wise selections. This week, your partner will make things right for you in terms of everything. You will also seek the opinion of someone else in terms of making decisions related to marriage and the advice you receive will help you out a lot. Your health will be fine this week.

You may begin raising money for your own company right away. This week, architects should be on the hunt for fresh employment opportunities since Jupiter is sending off encouraging signs. This week your love life will need more attention than usual as you will find it difficult to deal with the issues the situation will bring. Your health will not need any special attention this week but, your children will have to be taken care of.



Taurus

You'll have terrific days this week in regards to advancing your profession. Communication professionals will earn more money and have greater assurance in managing the financial aspects of their initiatives. Companies might make investments in a variety of minor firms rather than one major venture. People who are employed in an educational setting will be able to make up for their deficits. This week, your partner and you both will be busy in your personal lives and you will not be able to pay lot of attention to each other this week which might create issues, but things will get better. Your health will not demand any special attention this week but you must be wary of headaches.



Leo

This week, you're especially likely to express clear and conclusive opinions. It will negatively affect your economic status. This week will be quite profitable for those who work in the publishing and advertising sectors. This week will be challenging for individuals who regularly commute because of a lack of leisure. This week you could experience a tiny bit unsteady, but by the end of the week, you'll be great. This week, you will be able to meet someone who will understand you very well. You will incline romantically toward this person by the end of the week. Your health will be alright this week, you do not need to worry about it at all.



Scorpio

You will learn about a brand-new, relatively undiscovered facet of oneself. On a competitive basis, you could be unsure of what to choose and what to ignore in an attempt to boost the success of your company. Your superiors will laud your work ethic. In the domestic sector, there's a chance that some issues might arise in the first half of the week, but don't allow this to stop you from working for your goals. Pupils may hope for good information from the university they have enrolled in. This week, your relationship fronts will be all well and settled. You will also make changes in your personality in order to please your partner. Your health will be all well this week.



Gemini

The benefits of your earlier kindness will flood your days. God has chosen this week to encourage you that while you must be persistent, your efforts will eventually be rewarded. In terms of their ability to juggle, technologists are likely to be praised by their peers, whereas clinicians are likely to have hectic days in the first half of the week. Those that are engaged in exporting products this week should be ready to do so profitably. A major undertaking should be launched right away within this week. your love life will see better changes this week. You will have to be careful regarding your health in the first half of the week.



Virgo

Your ethical and worldly personalities will be revealed to you this week. This week, you might be able to benefit from the struggles of others, so heed any advice you come over. This week, keep reading nearby and refrain from talking; you'll learn quietly. This week, your eagerness may cause you to make unwise decisions and let your family influence you. Organize your expenditures this week as though you had a propensity for splurging. This week, avoid having short sessions and go through your material facts once more. This week your love life will need attention as you will feel a little left out even though your partner will try hard to make things right with you. Your health will be alright throughout the week.



Sagittarius

This week, several issues that were generating conflict in your home will be handled, and you'll learn to accept happiness yet again. Get over certain issues and let gravity take its will. Individuals near to you can suffer because of your dominant demeanor. On a competitive level, you'll be prepared to make wise decisions. Engage straight away in the construction business. For doctors and builders, this is a great week to demand evaluations. If you feel pressured by society to do anything that isn't right for you, stay true to yourself. This week you will not be able to control things in your romantic life as you will not be able to handle social pressure well. This week, you must pay attention to what you eat!



Cancer

You'll have a busy and nervous days in the first half of the week, but some influential people will be drawn



Libra

This week, you may anticipate a pleasant surprise. You'll be able to have an impression at the workplace. Your prior initiatives will reap significant rewards in the first half of this week.



Capricorn

You could commit some snap decisions this week, but you'll find somebody to make up for your mistakes. Your firm will grow undoubtedly in the latter half of the week, but those who do repetitious labor may feel rushed and harassed. This week, make an effort to make business connections whilst traveling. This week, your partner and you both will make things right by

CONTD ON PAGE 27

BIRTHDAY HOROSCOPE : JUNE 27 TO JULY 3, 2022
BY ASTRO FRIEND CHIRAG - SON OF ASTROLOGER BEJAN DARUWALLA

June 27

Ganesha says this time you'd give it your all and complete a slew of odd assignments, but your boss would be under a lot of pressure and wouldn't fully appreciate your efforts. Your income would increase, but you would also spend more on pleasures, making any savings extremely difficult to arrange. Because of your demanding job schedule, your romantic connection will suffer. Property conflicts will be resolved amicably.

June 28

Ganesha says there might be a few surprises, some of which would be beneficial to you. Gains from previous investments would also improve your financial situation. You should ignore rumors and gossip and focus solely on your professional objectives. Traveling long distances would be done for both business and pleasure. Even if you have to work overtime for the first few months, your health will be good. Yoga and meditation are beneficial.

June 29

Ganesha says you have a lot of managerial and leadership qualities. Your efforts will instill hope in you that you will be promoted. Your inner drive for knowledge would become your mentor, guiding you

down the path to success and even assisting you in achieving something seemingly impossible. You have the makings of a hard-hitting entrepreneur. However, be kind with your personnel, as your well-trained viewpoint may make them uncomfortable. This year promises to be full of celebrations, honors, and rewards.

June 30

Ganesha says you will devote a lot of your time and energy to finding new jobs this year. You'd be very motivated and inventive, and you'd be able to seize new possibilities with ease. Major agreements would be signed, and businessmen could expect a year of outstanding returns. You'd have an emotional attachment to your close pals, which would conflict with the plan you and your husband devised. You must plan your social activities in such a way that no one is harmed. Gains from the selling of real estate are possible.

July 1

Ganesha says the task you undertake today will provide you with a tremendous deal of satisfaction. Your coworkers and colleagues will be supportive, and some will become lifelong friends. Your employment would make you a lot of money, but you'd have a hard time collecting it. The romantic engagement would be

pleasurable, and the likelihood of forming a marriage alliance would be high. Expect cash and in-kind gifts and treats.

July 2

Ganesha says you can expect to be rewarded handsomely for your efforts. You'd spend more on comforts and entertainment to commemorate your triumph in a distinctive way. Your earnings would increase, and you'd make some sound long-term investments. You and your partner would get a greater understanding of one another, making every minute spent together truly memorable. Your parents' health may be a source of worry and distress for you. Some people will benefit spiritually later in the year.

July 3

Ganesha says today you should plan things well in advance to reap benefits. Efforts that you put in during this period will bring desired results in the long run. Romance will be on top of your list. There seem to be chances of a new arrival as well. Your financial condition will improve as you pick up a job involving higher responsibility and position. Some exhilarating news from distant relations will boost up the spirits of the entire family. Travel and journey will be pleasurable.

CONTD FROM PAGE 26

helping each other in various ways. If you are married, you will find it difficult to adjust with your spouse this week, as Venus will not support the marital fronts of your zodiac this week. Your health will have to be taken care of this week.

will pound on your gate. Your relationship will be all well this week and you will be able to spend a good

amount of time with your partner. Your health will need attention in the first half of the week but the second

week will be all well.

Aquarius



Even though this week will be routine Dear Aquarius, you will learn a lot. You'll glance at the issues you got off track with. Although you won't undertake any significant monetary decisions, the tiny decisions you do make will have a bigger impact on your profession this week. You'll take part in a charitable project this week as well. Rely only on necessities this week as it's going to be days of indulgence. This week, your relationship will bloom in more than one way. You will be blessed with the positive energies of the Sun which will affect your love life. Your health will be all settled this week!

Pisces



You'll get a special collection of advantages this week Dear Pisces. This week, you will be able to accomplish all of your tactical goals. You'll come across some influential folks who can help you seize the right opportunities. This week is a great time to buy equities from a technical standpoint. This week, those in the healthcare industry should think about changing employment. If you operate in retail marketing, wait a while before requesting a promotion; eventually, it

|| SHREE GANESHAY NAMA ||



Know/Buy your Lucky Gemstones

From the House of Astrologer Bejan Daruwalla

To buy any Gemstone, visit www.BejanDaruwalla.com

Contact us for all kind of Astrology Services

Call/ Whatsapp +91 8141234275

Email: info@bejandaruwalla.com



World Famous Astrologer Bejan Daruwalla



Nastur Bejan Daruwalla

R & R Dental Lab

86-24 Whitney Ave. Elmhurst, NY 11373

Tel. (718) 533-1611; (347) 808-7258

Email: rbarua1953@gmail.com



- We make all kinds of Acrylic, Metal and Flexite Dentures, applying high quality technology by experienced technicians.
- We repair, relines night guards etc.
- We do delivery and pick up. Quick delivery on the same day.
- EMERGENCY new dentures SAME DAY service

We are in Dentures Work for the last 40 years.
We **GUARANTEE** full satisfaction



SONU INSURANCE AGENCY INC.

Insurance, Money Transfer, Tax Preparation

Specializing in:

- Auto ● Home ● Business
- Construction
- Workers Compensation

TAX PREPARES- PERSONAL RETURNS (1040)
MONEY TRANSFER: Send money to India, Pakistan, Bangladesh



MASTER MOHINDER SINGH
Licensed Real Estate Salesperson
Licensed Mortgage Loan Originator
Cell: 646-523-5092

CALL TODAY
OPEN 9 AM to 6 PM

**113-09 101st Avenue (Opposite Gurdwara),
Richmond Hill, NY 11419**
Phone: 718-847-1878/ 1885 Fax: 718-847-1879
Email: sonuinsurance@yahoo.com



77 North Broadway Hicksville, NY 11801
127-24 101 Ave. Richmond Hill, NY 11419
(516) 932-3400
www.hprealty1.com

- Residential & Commercial Real Estate
 - Single Family, Multi-family, Investment properties
 - Hotels/Motels, Gas Stations, Restaurants
 - Relocation Assistance - brokers licensed in
 - New York and Indiana
- Insurance Services
 - Home Life and Health
- Mortgages (provided by affiliate lenders)
 - New Purchase Refinance
 - Hard Money Loans Business/SBA Loan

**ARE YOU BEHIND ON YOUR MORTGAGE PAYMENTS?
IS THE BANK GIVING YOU A HARD TIME FOR MORTGAGE DEFERRAL OR FORBEARANCE?**

STOP FORECLOSURE!

CALL THE EXPERTS AT HP REALTY FOR MORTGAGE RELIEF ASSISTANCE



Pal Singh Dhillon
Licensed Real Estate Broker
QA Software Engineer, E-Pro Certified
Notary Public

(516) 304-2630

Jeet Dhillon

Licensed Real Estate Broker
New York and Indiana

(516) 830-0352

hprealty1@gmail.com



Yogini Ekadashi

Ekadashi fasting holds an important place in Hinduism. Ekadashi of Krishna Paksha of Ashadha month is called Yogini Ekadashi. In this fast, the idol of Lord Narayana is bathed in the Ganges water and offered prasada, aarti is offered with flowers and lamps.

In Yogini Ekadashi fast, donations should be given to poor Brahmins. By observing this fast, the sin incurred by cutting the Peepal tree is destroyed and the heaven is attained.

Yogini Ekadashi comes after Nirjala Ekadashi (Jyeshtha shukla paksha ekadashi) and before Dev Shayini Ekadashi (Ashadha shukla paksha).

Yogini ekadashi fast can be observed by anyone, young or old, and is for individuals who want to avoid any kind of disease or health problems. This fast is especially important to be observed by people who are suffering from any skin related problems including leprosy. This vrat, like many other Ekadashi fasts, is quite rewarding and removes all past sins and bad deeds and provides good health.

This fast should be performed by both males and females. The idol of Lord Narayana should be bathed in the Ganges water. Worship and aarti should be done with flowers, dhoop and lamps. One must worship the Peepal tree on this day, because there is a habitat of Narayan in the Peepal tree.

Story

As per the legends, the story of Yogini Ekadashi states that once there was a gardener named Hemamali who lived with his beautiful wife Visalakshi. Hemamali used to serve his duties in the kingdom of Alakapuri whose King was Kuvera.

The King was a firm devotee of deity Shiva and used to worship and offer prayers to the deity on a daily basis. For the King's prayers for Lord Shiva, the gardener used to collect fresh flowers from the Mansarovar Lake and offer them to him.

Hemamali was too much attracted towards the beauty of Visalakshi and one day he neglected his duties and stayed with his wife. King Kuvera after waiting for a long time sent his guards to find out the reason behind the absence of Hemamali.

The guards informed the King that Hemamali was busy spending time with his wife and thus neglected his duties. The King in anger summoned Hemamali to his court and cursed him to get affected with leprosy as well as to be separated from his wife.

Hemamali had to leave Alakapuri. He was also affected by leprosy and used to wander in the forest for a long time. One day while wandering, Hemamali met Sage Markandeya. After listening to the story of Hemamali, the sage suggested him to observe a fast of Yogini Ekadashi and worship Lord Vishnu for forgiveness.

As suggested by the Sage, Hemamali worshipped and offer prayers to Lord Vishnu and also observed a fast of Yogini Ekadashi with utmost devotion and dedication. As a result, Hemamali was relieved from the curse and attained his natural appearance and healthy body back. He was also united with his wife Visalakshi and lived a happy life.

Rituals of the Yogini Ekadashi vrat

The puja and fast of Yogini Ekadashi starts from dashami tithi (the tenth day of the Hindu calendar) until dwadashi tithi (the twelfth day of the Hindu calendar). Those observing this vrat should completely give up tamasic food and adopt a satvik diet. He or she should also abstain from all physical pleasures. The devotee should think positive and pray for well-being to Lord Vishnu while offering flowers and sweets to the picture or idol of the deity.

Other puja items like incense stick, deepak (lamp), water container and bell should be kept in a plate to offer to the God. Tulsi leaves should be bought on the previous day, so that one does not have to pluck it on the day of Ekadashi. All the devotees offer it to Lord Vishnu. It is also considered auspicious to worship Peepal tree on this day.

Other family members can also get involved in the puja even if they are not fasting and sing the bhajans



Important information

Yogini Ekadashi

Friday, 24 June 2022

Ekadashi date start : Thursday, June 23, 2022 at 21:41

Ekadashi date end : Friday, June 24, 2022 at 23:12

and aarti loudly for family health and happiness.

After the puja is over Prasad is distributed to everyone and it should consist of either sweets or fruits.

The observer of the fast has to remember to eat one or maximum two meals without grains and salt. He or she must avoid drinking water too frequently.

The next day, during sunrise the devotee offers prayer to the Lord, and lit lamp, along with distributing prasada



(sweets), which completes his/her fast.

Importance of Yogini Ekadashi 2022

Yogini Ekadashi like other Ekadashi fasts has a great significance and is observed by many Hindus all over the world. It is mentioned in the Padma Puran that whoever follows the rituals of the Yogini Ekadashi is able to achieve good health, becomes prosperous, and in return leads a happy life.

This fast comes once every year and its effect is as strong as serving and feeding around 80,000 brahmins.

Yogini Ekadashi has a strong effect on one's life if the fast and puja is followed strictly. The fast like other Ekadashi fasts begin from sunrise and continues until the next day sunrise. The person observing the vrat should not consume any kind of cereal or grain like wheat, barley, or rice. The food eaten should be made separately without salt. He/she should wake up before sunrise of the day of yogini Ekadashi and have a bath. It is also important that one remains clean throughout the day and chant Lord Vishnu chants. As per the fast demands, the devotee should remain awake during the night and pray for good health to Lord Vishnu.

PAGE SPONSORED BY



ARISH K. SAHANI

Serving Since 1972

Please Call or Write for Your Insurance Needs

Arish K Sahani (Father)

Shiv Sahani (Son)

Priya Sahani Sood (Daughter)

718 - 271 - 1906

arish.sahani@gmail.com

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

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

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



Shiv Sahani

Call for All your Life Insurance Needs!
"Making Friends Through Service"

SAHANIS: Shiv, Arish & Priya

Office: (718) 271-0453

Cell: (646) 644-0174

Email: sksahani@ft.nyl.com

Agent, New York Life Insurance Company



Rohan Handa
Executive Partner
New York Life

Do you want to succeed in a very rewarding career?

NEW YORK LIFE INSURANCE COMPANY

IS HIRING

Do you want to capitalize on your ability to produce?

COME CHECK IT OUT!

CALL MR. R. HAN HANDA **718-286-1132** | **516-435-6120**

Conveniently located at:
95-25 Queens Blvd., 4th Floor
Rego Park, N.Y. 11374



LADOO MATRIMONIAL

ਰਿਸ਼ਤੇ ਹੀ ਰਿਸ਼ਤੇ RISTHE HI RISTHE

We Provide Worldwide Services



Jetander Sapra

212-470-7175, 516-309-0236

ladoomatrimonial@gmail.com

jetandersapra@gmail.com

261-03, Hillside Ave, Floral Park-11004

www.ladoomatrimonial.com

WE THANK OUR CUSTOMERS FOR THEIR TRUST & LOYALTY

26 YEARS OF EXCELLENT CUSTOMER SERVICE



INDO US EXPRESS, INC

HICKSVILLE, NEW YORK

WORLDWIDE COURIER FREIGHT-FORWARDER
DOMESTIC & LOCAL DELIVERY

CALL US AT: 212-447-5720 or FAX 516-932-3750

ALTERNATE NUMBER: 347-538-7041

OR EMAIL US: INDOUSEXPRESS@GMAIL.COM

www.indousexpress.com

GREAT SERVICE, 7 DAYS A WEEK, 365 DAYS A YEAR!

CALL ABOUT OUR SPECIAL RATES

TO INDIA/WORLDWIDE

Indian Visa Center

VISA / OCI PIO / PASSPORT
APPLICATION ASSISTANCE CENTER

349 S. Broadway, Hicksville, NY 11801

DEEPAK BANSAL

Email: deepakbansalny@gmail.com

Cell: 516.304.8808 Fax: 516.218.8009



SACH
Law Firm

- > Immigration
- > Accidents
- > Divorce
- > Real Estate

Call at (516)-499-9779

Our legal team at Sach Law Firm has a well-deserved reputation of excellence in providing smart, sensible, and cost-effective legal and business solutions for our clients.

We serve a wide range of clientele, and every client relationship is valued greatly and treated with dignity and respect. Each engagement benefits from the depth and breadth of expertise of Sach Law Firm.



**MAKE YOUR
BRAND ROAR
IN THIS
FEROCIOUS
MARKET**



Advertise for as little as

\$10.00.

Call 646-247-9458

History This Week June 24 to June 30

"HISTORY, DESPITE ITS WRENCHING PAIN, CANNOT BE UNLIVED, BUT IF FACED WITH COURAGE, NEED NOT BE LIVED AGAIN." - MAYA ANGELOU

June 24

June 24, 1948 - Soviet Russia began a blockade of Berlin. Two days later the Allies responded with an emergency airlift to relieve two million isolated West Berliners. During the Berlin Airlift, American and British planes flew about 278,000 flights, delivering 2.3 million tons of food, coal and medical supplies. A plane landed in Berlin every minute from eleven Allied staging areas in West Germany. The Russians lifted their blockade of Berlin on May 12, 1949, however the airlift continued until September 30th.



Julia Gillard

June 24, 2010 - Labor Party deputy Julia Gillard became Australia's first female Prime Minister. She was born in Wales and had moved to Australia as a child. She worked as a lawyer before entering politics.



Jack Dempsey

Birthdays - Boxing champ Jack Dempsey (1895-1983) was born in Manassa, Colorado. Dubbed "The Manassa Mauler," he reigned as world heavyweight champion from 1919 to 1926. Following his boxing career, he became a successful New York restaurant operator.

June 25

June 25, 1862 - During the American Civil War, the Seven Days Campaign began as Confederate General Robert E. Lee launched a series of assaults to prevent a Union attack on Richmond, Virginia. The Campaign included battles at Oak Grove, Gaines Mills,

Garnett's Farm, Golding's Farm, Savage's Station, White Oak Swamp and Malvern Hill, resulting in over 36,000 casualties on both sides. Despite losing the final assault at Malvern Hill, the Confederates succeeded in preventing the Union Army from taking Richmond.



George A. Custer

June 25, 1876 - General George A. Custer, leading 250 men, attacked an encampment of Sioux Indians near Little Bighorn River in Montana. Custer and his men were then attacked by 2000-4000 Indian braves. Only one scout and a single horse survived 'Custer's Last Stand' on the Little Bighorn Battlefield. News of the humiliating defeat infuriated Americans and led to all-out war. Within a year, the Sioux Indians were a broken and defeated nation.

June 25, 1950 - The Korean War began as North Korean troops, led by Russian-built tanks, crossed the 38th parallel and launched a full-scale invasion of South Korea. Five days later, U.S. ground forces entered the conflict, which lasted until July 27, 1953, when an armistice was signed at Panmunjom, formally dividing the country at the 38th parallel into North and South Korea.

June 25, 1990 - The U.S. Supreme Court ruled (5-4) that it was unconstitutional for any state to require, without providing other options, a minor to notify both parents before obtaining an abortion.

June 25, 1991 - Following the collapse of Soviet rule in Eastern Europe, the republics of Croatia and Slovenia declared their independence from Yugoslavia. Ethnic rivalries between Serbians and Croats soon erupted. In 1992, fighting erupted in Bosnia-Herzegovina between Serbians and ethnic Muslims. A campaign of

terrorism and genocide, termed 'ethnic cleansing,' was started by the Serbs against the Muslims. At least two million people became refugees, and about 200,000 were missing and presumed dead. Violence in the region raged on through 1995 despite economic sanctions and the efforts of U.N. peacekeeping forces in the area.

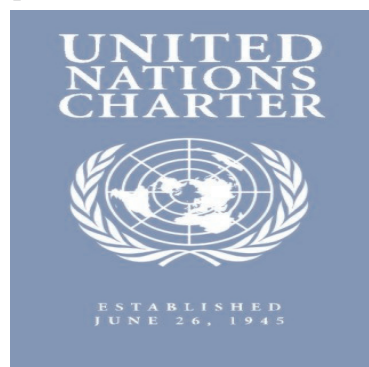


George Orwell

Birthdays - British satirist George Orwell (1903-1950) was born at Motihari in Bengal (as Eric Arthur Blair). He is best known for two works of fiction Animal Farm (1944), and 1984 (1949).

June 26

June 26, 1893 - Illinois Gov. John P. Altgeld issued a controversial pardon for three anarchists convicted after the Haymarket Riot. The riot had occurred in Chicago in May of 1886, after 180 police officers advanced on 1,300 persons listening to speeches by labor activists and anarchists. A bomb was thrown. Seven police were killed and over 50 wounded. Four anarchists were then charged with conspiracy to kill, convicted and hanged while another committed suicide in jail. Three others were given lengthy jail terms, then pardoned by Gov. Altgeld in a move that likely cost him his political career.



The United Nations Charter

June 26, 1945 - The United Nations Charter was signed in San Francisco by 50 nations. The Charter was ratified on October 24, 1945.



Pearl Buck

Birthdays - American author Pearl Buck (1892-1973) was born in Hillsboro, West Virginia. She became a noted authority on China and wrote books including The Good Earth which revealed the mysterious Chinese culture to Western readers. She received a Nobel Prize in 1938 for her many books.



Mildred "Babe" Didrikson

Birthdays - Champion athlete Mildred "Babe" Didrikson (1911-1956) was born in Port Arthur, Texas. Nicknamed after baseball legend Babe Ruth, she won two gold medals at the 1932 Olympics, setting world records in the javelin throw and high hurdle. She then took up golf, winning the 1946 U.S. Women's Amateur Tournament. In 1947, she won 17 straight golf championships and became the first American winner of the British Ladies' Amateur Tournament. As a pro golfer, she won the U.S. Women's Open in 1950 and 1954. She also excelled in softball, baseball, swimming, figure skating, billiards, and even football. In 1950, she was named 'woman athlete of the first half of the 20th century' by the Associated Press. She died of cancer at age 45.

June 27



Mildred J. Hill

Birthdays - American musician Mildred J. Hill (1859-1916) was born in Louisville, Kentucky. She composed the melody for what is now the world's most often sung song, Happy Birthday to You.

June 28

June 28, 1862 - During the American Civil War, the siege of the Confederate city of Vicksburg began as Admiral David Farragut succeeded in taking a fleet past the Mississippi River stronghold. The siege continued over a year.

June 28, 1919 - The signing of the Treaty of Versailles formally ended World War I. According to the terms, Germany was assessed sole blame for the war, forced give up Alsace-Lorraine and overseas colonies, and pay reparations of \$15 Billion. The treaty also prohibited German rearmament.



Peter Paul Rubens

Birthdays - Flemish painter and diplomat Peter Paul Rubens (1577-1640) was born in Siegen, Westphalia, Germany. Regarded as the greatest of Flemish painters, he was considered the master artist of his day. He was also skilled in science and politics and spoke seven languages. Among his masterpieces; Le Coup de Lance and The Descent from the Cross.

(Read more on www.theindianpanorama.news)

Former Punjab Police Chief Dinkar Gupta is appointed Director General, NIA



Former Director General of Punjab Police Dinkar Gupta

File photo

NEW DELHI (TIP): The Appointments Committee of the Cabinet (ACC) appointed former Punjab Director General of Police (DGP) Dinkar Gupta as the Director General of the National Investigation Agency (NIA).

The 1987 batch Indian Police Service (IPS) officer of Punjab cadre was removed as the State DGP and posted to the Police Housing Corporation after Charanjit Singh Channi replaced Captain (retd.) Amarinder Singh as Punjab's Chief Minister in 2021.

Mr. Gupta had been on an offer list for Central deputation for almost a year. Indian Administrative Service (IAS)

officer Vini Mahajan, his wife, who was the Chief Secretary of Punjab during the tenure of Capt. Singh was appointed as Secretary, Ministry of Jal Shakti, in January this year. Mr. Gupta and Ms. Mahajan had earned the sobriquet of being a "power couple" during Capt. Singh's tenure as CM.

The ACC order said that Mr. Gupta will hold the post till March 31, 2024, the date of his superannuation or till further orders, whichever takes place earlier.

In another order, the Intelligence Bureau's (IB) Special Director Swagat Das has been appointed as Special Secretary, Internal Security, Ministry of Home Affairs (MHA). Mr. Das, a 1987 batch IPS officer of the Chhattisgarh cadre will hold the post till November 30, 2024, the order said.

Mr. Das was the senior-most officer in the internal intelligence agency after Director, Intelligence Bureau, Arvinda Kumar. Mr. Kumar's extended tenure is set to end on June 30. If he is not given a further extension, and with Mr. Das' exit from IB, there are two probable candidates for the topmost job of Director, IB - 1987 batch IPS officer A.S Rajan and 1988 batch IPS officer Tapan Dekka.

contd from page 1

Supreme Court strikes down New York gun law, expanding gun rights

In a dissent joined by his liberal colleagues, Justice Stephen Breyer focused on the toll taken by gun violence. "Since the start of this year alone (2022), there have already been 277 reported mass shootings-an average of more than one per day," Justice Breyer wrote.

Backers of New York's law had argued that striking it down would ultimately lead to more guns on the streets and higher rates of violent crime. The decision comes at a time when gun violence already on the rise during the coronavirus pandemic has spiked anew.

In most of the country gun owners have little difficulty legally carrying their weapons in public. But that had been harder to do in New York and the handful of states with similar laws. New York's law, which has been in place since 1913, says that to carry a concealed handgun in public, a person applying for a license has to show "proper cause," a specific need to carry the weapon.

The state issues unrestricted licenses where a person can carry their gun anywhere and restricted licenses that allow a person to carry the weapon but just for specific purposes such as hunting and target shooting or to and from their place of business.

The Supreme Court last issued a major gun decision in 2010. In that decision and a ruling from 2008 the justices established a nationwide right to keep a gun at home for self-defense. The question for the court this time was about carrying one outside the home.

Senate Approves Bipartisan Gun Safety Bill, hours after the Supreme Court struck down New York's Gun Law

ability of state and local governments to restrict guns outside the home.

Spurred to action by a mass shooting that killed 19 children and two teachers at an elementary school in Uvalde, Texas, the Senate passed the measure 65 to 33, with 15 Republicans, including Senator Mitch McConnell of Kentucky, the minority leader, breaking ranks to side with Democrats in support of the measure. Two Republican senators were absent.

Afghan earthquake death toll at 1,000 makes it Afghanistan's deadliest earthquake in two decades, according to U.S. government data

hampering relief efforts in a country already grappling with a humanitarian crisis.

The magnitude 6.1 earthquake struck early on Wednesday, June 22, about 160 km, (100 miles) southeast of Kabul, in arid mountains dotted with small settlements near the border with Pakistan.

"We can't reach the area, the networks are too weak, we trying to get updates," Mohammad Ismail Muawiyah, a spokesman for the top Taliban military commander in hardest-hit Paktika province, told Reuters, referring to telephone networks.

The earthquake killed some 1,000 people and injured 1,500 injured, he said. More than 3,000 houses were destroyed.

The toll makes it Afghanistan's deadliest earthquake in two decades, according to U.S. government data.

About 1,000 people had been rescued from various affected areas by Thursday, June 23 morning, Sharafat Zaman, a spokesperson for the health ministry told Reuters.

"Aid has arrived to the area and it is continuing but more is needed," he said.

The town of Gayan, close to the epicenter, sustained significant damage with most of its mud-walled buildings damaged or completely collapsed, a Reuters team said.

The town, with only the most basic roads, was bustling with Taliban soldiers and ambulances as a helicopter bringing in relief supplies landed nearby, whipping up huge swirls of dust.

About 300 people sat on the ground waiting for supplies.

The rescue operation will be a major test for the hard-line Islamist Taliban, who took over last August as U.S.-led international forces withdrew after two decades of war.

The humanitarian situation had deteriorated alarmingly since the Taliban takeover, aid officials say, with the country cut off from much international assistance because of sanctions.

Drought has undermined food production and 9 million Afghans face famine. Some families have been forced to selling children and organs to survive, he said.

The United Nations said its World Food Programme (WFP) was sending food and logistics equipment to affected areas, with the aim of initially supporting 3,000 households.

"The Afghan people are already facing an unprecedented crisis following decades of conflict, severe drought and an economic downturn," said Gordon Craig, WFP deputy country director in Afghanistan.

"The earthquake will only add to the already massive humanitarian needs they endure daily."

Japan and South Korea both said they also plan to send aid.

Large parts of South Asia are seismically active because a tectonic plate known as the Indian plate is pushing north into the Eurasian plate.

In 2015, an earthquake struck the remote Afghan northeast, killing several hundred people in Afghanistan and nearby northern Pakistan. (With inputs from agencies)

Get to the Point

#1 Indian American Weekly Since 2006

The INDIAN PANORAMA
EVER TRUTHFUL
A DELIGHTFUL READING EVERY WEEK

Widest Coverage

Your Trusted Partner in Business

The Indian Panorama

P.O. Box No. 190067, South Richmond Hill, NY 11419, Tel: 646-247-9458
Dallas Edition - P.O. Box 121695, Arlington, TX 76012
www.theindianpanorama.news

Murli Menon

There are seven types of sea turtles in India. These include the Green Turtle, Hawksbill, Loggerhead, Leatherback and Olive Ridley. The Olive Ridley turtle indulge in mass nesting, once a year, on a full moon night every March. There are only three beaches in the world, where Olive Ridley's choose to nest. Coincidentally, all these three beaches are located in Odisha state in India. These mass nesting sites are located at Rushikulya beach in Ganjam District, Devi beach in Puri district and Gahirmatha beach in Kendrapara district of Odisha. Mass nesting of Olive Ridley turtles usually take place in March at Rushikulya, April at Gahirmatha and May at Devi. I was there at all these three beaches to videotape and photograph these turtles.

One has just returned after a close encounter with nature at Rushikulya beach at Ganjam District in Odisha State. Ganjam is a three hour drive away from Bhubaneswar, near Berhampur, on the fringes of the "Chilka Lake."

After Rushikulya, one also witnessed the mass nesting at Gahirmatha and Devi beach. The Olive Ridley turtles are an endangered species and they need to be protected at all costs.

One passes the historical village of Balugaon along the way from Bhubaneswar to Ganjam. We are welcomed by a group of flamingoes flying in formation, as soon as we enter Ganjam Town. We start our trek to Rushikulya Beach which is 3 km. away and soon find ourselves in the middle of a flat beach with rust coloured sand as far as eye can see. After thirty minutes of cruising through the beach, one sees a large water body in the distance. We are informed by our guide that the water body is the Rushikulya River which meets the sea at Ganjam. The nearest village is Gokharguda which is about a kilometer away from Rushikulya beach. The other villages on the periphery of the beach include Purunabandha, Palibandha and Nuagaon. Devi beach is an uninhabited beach which stretches to about 10 km. at Jahania village located about 100 km. away from Bhubaneswar. Gahirmatha beach lies inside the Bhitarkanika wildlife sanctuary and is accessible only by boat.

We come to the edges of the beach to find hundreds of cattle egrets lined up on the edge of the water. It is a pleasure to watch a multitude of colourful birds at close quarters, as they flock to the edge of the water. The water is shallow and the sand is swampy. The unique feature about Rushikulya beach is the softness of the sand. As the river empties into the sea here, the beach is made up of soft sand. It is possible to dig deep into the soil with one's bare hands. The deep blue sky, reflected in the crystal clearness of the waters is a joy to behold. Watching the crimson sunrise over the rust coloured sands is the highlight of the visit to Rushikulya.

Every year, between January and March, about 300,000 Olive Ridley sea turtles land at Devi, Rushikulya and Gahirmatha beaches for mass nesting! These giant turtles are 70 cm. in length and weigh 45 kg. They travel from the depths of the Pacific Ocean near Ecuador in South America and travel 9000 km. across the Pacific to reach the Bay of Bengal. This mass turtle migration over 9000 km. is a miracle of nature which happens on three days of every year in the first three weeks in the month of March. The sea turtle is a marine reptile which has

Odisha – Sanctuary for Olive Ridely Turtles



to surface in the ocean to breathe. Sea turtles spend a large part of their lives in the ocean but as they lay eggs, the females have to come to the shore once a year. It is no coincidence that every year these turtles choose Rushikulya beach for mass nesting. The other two sites where one can witness mass nesting are Devi river mouth near Puri and Gahirmatha Beach in Bhitarkanika sanctuary in Kendrapada district of Odisha. There are few events in the history of Indian wildlife which is worth watching and seeing thousands of turtles crawl out of the sea and laying their eggs after digging a deep pit and covering the pit with sand to protect the eggs from predators is a miracle which tops the list.

Thousands of Olive Ridley turtles emerge from the sea at the same time and nest on the beach together, for two to three days. Only the females come ashore. The males continue to remain in the ocean. Nesting takes place in pitch darkness between 12:00 midnight and 4:00 a.m. The female digs out a deep pit, using her hind flippers to dig the soft sandy soil. She digs a two feet deep pit, lays her eggs into this pit and covers it with sand with her front flippers. Every female lays about 80 to 100 eggs at a time in a time period of 45 minutes. The mother turtle returns to the sea and after 45 days the eggs hatch at dawn, the infant turtle breaks the shell and crawls on its own into the ocean to join his parents. The baby turtle breaks out of the egg and burrows through the sand, reaches the surface and opens its eyes to see the reflection of the stars on the ocean and moves in that direction to enter the ocean. The sex of the hatchling depends on the temperature. More females are born at higher temperatures and more males are born at lower temperatures.

Sea turtles return to the place they were born to nest. It is indeed amazing, how these turtles manage to find their way back to the beach they were born after migrating thousands of kilometers away from their "natal beach." Watching thousands of infant turtles hatching from their eggs and entering the ocean enmass at the exact moment the first rays of the sun strike the earth, is an extremely

emotional experience, which demonstrates the interconnectedness of man, animals and nature. The turtle hatchlings break the shell of their eggs with a tooth designed for the purpose and emerge out of the shells and sense the reflection of the stars on the ocean and move towards the brighter horizon and enter the ocean. The nesting turtle is sensitive to light and needs pitch darkness for nesting. Any natural or artificial lighting on the beach, disorients the turtles, who may return to the ocean without laying eggs if disturbed. Hence it is imperative to ensure minimum movement on the beach, especially during the nesting season.

Olive Ridley turtles come to nest on a full moon night after midnight, till 4:00 a.m. To watch the nesting one has to sleep on the starlit beach in temporary straw huts, scanning the coastline for unusual movement. As soon as one sights a turtle crawling away to the soft sands or spots the tracks of the turtle on the sands, one follows the tracks to spot the turtle, who lays about 100-140 eggs in a space of about 45 minutes and returns to the sea, only to return the following year! Olive Ridley turtles have a life span of 100 years and nest after once they turn 25.

After spending a week each at Rushikulya, Devi and Gahirmatha beaches, observing the mass nesting of the turtles, one can suggest the following remedial measures to protect these gentle and delicate darlings. Jackals should be prevented from entering the beach and eating the turtle eggs by fencing off the mass nesting sites. Developmental activities including ports, oil refineries and steel plants should be located far away from the three turtle nesting sites in Odisha. All commercial activity, including movement of ships and boats should be restricted during the three months when mass nesting takes place. No offshore drilling must be allowed along the route of the turtle migration.

Illegal sand mining on these beaches should be stopped with immediate effect. The female sea turtle requires absolute privacy and should be undisturbed while laying her eggs. As mass nesting always

takes place after midnight in pitch darkness, all flashlights, torches and camera flashes should be avoided while observing the turtles. The female turtles return without laying the eggs if they are disturbed slightly! Radio-tagging of turtles for research purposes should be banned too! All mechanized fishing should be banned on the Odisha coast with immediate effect.

The enemies of the Olive Ridley turtle includes a port which has come up near Gahirmatha sanctuary, two offshore drilling platforms which are directly in the middle of the migration route of the turtles, 50 km. away from Devi mouth and Rushikulya beaches.

Large trawlers which kill mother and baby turtles in a heartless manner. As turtles come up to breathe every 45 minutes, they are caught in the fishing nets of these large trawlers who fish in the waters off the Odisha coast. The trawler owners kill the pregnant mother turtle by first blinding it by piercing their eyes with hot iron rods heated in the boiler room of the boat. Then they pour hot water on the mother turtle to stun it and then in a macabre ritual, the behead the mother turtle with a giant knife and throw the dead turtle into the sea. Every year 100,000 dead turtles are found on the beaches of Odisha. Every fish-eater is directly responsible for killing these innocent, pregnant, mother turtles when you eat fish.

As I return after spending a memorable stay at Rushikulya, Devi and Gahirmatha I am reminded of an ancient saying of the Oriyas:

*"Turtles are my friends,
Make them your friends today
Together we can save them"*

How to get there?

By road: Rushikulya Beach is 140 km. away from Bhubaneswar. The non-stop drive from Bhubaneswar to Rushikulya should not exceed three hours. Devi beach is 100 km. away from Bhubaneswar and Bhitarkanika sanctuary is located about 150 km. away from Bhubaneswar. Gahirmatha beach can be accessed only by boat and forest department permits are mandatory before entering the sanctuary. These permits have to be obtained from the Forest Office at Bhubaneswar, a week prior to your intended date of visit.

By air: The nearest airport to reach Rushikulya Beach is at Bhubaneswar. Bhubaneswar is connected by direct flights from most Indian cities.

By train: Ganjam is the nearest railhead to reach Rushikulya. From Ganjam taxis ply to Rushikulya. Most trains going from Bhubaneswar to Vishakhapatnam stop at Ganjam.

(Murli Menon, is a travel writer, stress management consultant and author-based at Ahmedabad, India. He is the author of "ZeNLP-Learning through stories" published by The Written Word Publications, "ZeNLP-the power to succeed" published by Sage publications and "ZeNLP-the power to relax" by New Dawn Press. He can be reached at zenlp@rediffmail.com)



Annual **JUNE 23-26, 2022**
AAPI CONVENTION & SCIENTIFIC ASSEMBLY
AMERICAN ASSOCIATION OF PHYSICIANS OF INDIAN ORIGIN



HENRY B. GONZALEZ CONVENTION CENTER
SAN ANTONIO, TEXAS



- **CME:** Earn 10-12 Hours of CME Credits
 - **NON-CME:** World Renowned Speakers
 - **PRODUCT THEATERS:** World Class Pharma Companies
 - **EXHIBITORS/SPONSORS:** Featuring the latest in Healthcare & Technology at the Exhibit Hall
 - **INVITED DIGNITARIES:** Meet & Hear Distinguished Guests from all across the Globe
 - **VIP GUESTS:** Peter Jay Hotez, MD, PhD, AMA President Elect Dr. Jack Resnick Jr.; AMA BOT Chair Dr. Bobby Mukkamala; Director, National Drug Control Policy Rahul Gupta, MD; President-Elect, Texas Medical Association Gary W. Floyd, MD, FAAP; Cricket Legend Sunil Gavaskar; India's Ambassador to the US Hon. Taranjit Sandhu
 - **CEO FORUM:** Learn from the Healthcare, Finance and Technology Leaders on Future Healthcare
 - **WELLNESS TALKS:** Sadhavi Saraswati ji; Dr. Sat Bir; Sharath Jois; Eddie Stern
 - **WOMEN'S FORUM:** TRAILBLAZING TITANS TELL THEIR TALES: Dr. Juby A. Jacob-Nara; Dr. Kalpalatha Guntupalli; Dr. Sowjanya Mohan; Ms. Rosemary Hickman
 - **ALUMNI** Gatherings
 - **AAPI CHARITABLE FOUNDATION** Activities
 - **NON PHYSICIAN SPOUSE ACTIVITIES**
 - **YPS/MSRF:** Network & Build Relationships through Exclusive MSRF/YPS Events
Research Symposium | Medical Jeopardy | Mentorship | Program Director Panel | Breakout session with AMA President Jack Resnick | Media Training and Professional Photo Shoot | Welcome Mixer | Networking Mixer | Singles Mixer | Cultural Programs
 - **CULTURAL EVENTS**
 - **Thursday Night:**
AAPI Got Talent show, TIPSSW Gala Entertainment - Indo-Latin Fusion, Rajasthani Dance, Bollywood Dandia with Dhiren Buch
 - **Friday Night:**
A Dazzling **FASHION SHOW** calls for a Fabulous Indian Outfit
Music Singer, songwriter, music composer and producer: **Abby V**
 - **SATURDAY NIGHT:**
Bollywood Singer **SHAAN**
 - **MEHFIL E KHAAS:** Show your impromptu singing, Jokes and SheRo-Shayari in an informal setting
- We Bid you **FAREWELL** on Sunday

Discounts available for group of 8 or more
Contact: info@aapiusa.org

PACKAGE A-Z	PRICE <i>Till June 22</i>	PRICE <i>Onsite</i>
INDIVIDUAL	\$749.00	\$799.00
YPS	\$449.00	\$499.00
MSRF	\$399.00	\$449.00

 ANUPAMA GOTIMUKULA, MD AAPI PRESIDENT	 JAYESH SHAH, MD CONVENTION CHAIR	 HETAL NAYAK, MD CO-CHAIR	 KIRAN CHERUKU, MD CO-CHAIR	 RAJEEV SURI, MD CO-CHAIR	 SANKAR SANKA, MD CO-CHAIR
 VIJAY KOLI, MD ADVISOR	 RAJAM RAMAMURTHY, MD ADVISOR	 ARUNA VENKATESH, MD TREASURER	 MR. VENKY ADIVI CEO	 MR. REDDY YELURU COO	 MR. RAM JOOLAKUNTLA COO

SERENA WINS ON RETURN

Serena Williams returned to tennis after a year away with a doubles win at the Eastbourne International on Tuesday, June 21, and while the American great reaffirmed her love for the game she said her future on the circuit remains uncertain. The 23-time Major champion had not played competitive tennis since limping out of her first-round match at last year's Wimbledon in tears due to a leg injury, and the 40-year-old said there were times when she doubted she would ever compete again. However, Williams, who has won seven Wimbledon singles titles, took a wildcard for the grasscourt Major and kicked off her preparations with a doubles win with Tunisian Ons Jabeur. The duo came from a set down to beat Sara Sorribes Tormo and Marie Bouzkova 2-6 6-3 (13-11). "You know what, I'm literally taking it one day at a time," Williams told reporters about her plans, saying she "absolutely" had moments of doubt about returning to the Tour. "I really took my time with my hamstring injury so I'm just not making a ton of decisions after this."

RONALDO COULD LEAVE UNITED OVER LACK OF ACTIVITY IN TRANSFER MARKET: REPORT

Manchester United forward Cristiano Ronaldo is reportedly concerned over the club's lack of movement in the transfer market. United ended up 35 points behind champions City, who pipped Liverpool to the title by a point, as the Red Devils registered their lowest-ever Premier League points tally. Ronaldo is 'worried' about United's current approach in the transfer window, according to a report from AS.com. The Portuguese superstar is also being linked to his former club Juventus. A Sport report suggests that Ronaldo's manager Jorge Mendes has offered the footballer to the Italian giants. Ronaldo made 134 appearances for Juventus, scoring 101 goals and winning two league titles as well as two Coppa Italia. Along with Ronaldo, Pogba, who was bought by the Reds for a record £89 million (\$112 million), could return to his former club Juventus, while French champions Paris Saint-Germain have also been mentioned as a possibility. United have already confirmed through a statement that Pogba will leave the club when his contract expires at the end of this month.

Indian women's hockey team outclasses USA 4-0 to finish 3rd in debut season of FIH Pro League

ROTTERDAM (TIP)

The Indian women's hockey team produced a dominating performance to outclass USA 4-0 in the second-leg match to finish a creditable third in its debut season at the FIH Pro League here on Wednesday, June 22.

The Indians had earlier defeated USA 4-2 in the first match of the double header on Tuesday, June 21.

Vandana Katariya (39th, 54th) scored a brace, while Sonika (54th) and Sangita Kumari (58th) sounded the board once for India.

Argentina have already won the title with Netherlands finishing second.

USA started the match on a bright note and secured the first chance of the match as early as in the second minute, but Elizabeth Yeager's high shot was easily saved by India skipper and goalkeeper Savita.

The Indians too had their chances soon after but Sharmila Devi wasted a golden opportunity as she failed to beat USA goalkeeper from close range.

As usual, Salima Tete was a live wire from the right flank, creating chances for her side with her defence-splitting runs.

The Americans secured their second penalty corner in the 11th minute but wasted the chance.

USA once again started positively after the quarter break but the Indians drew in confidence as the match progressed.

India secured their first penalty corner in the 23rd minute but failed to execute the set piece.

The Indians kept on attacking thereafter and earned two more penalty corners but the end result was the same as both the teams failed to break the deadlock at half time.

Three minutes into the third quarter, India secured a penalty corner but Navneet Kaur's trap shot after initial fumble from the stopper was saved easily by USA goalkeeper Kelsey Bing.

But it was Janneke Schopman's girls who broke the deadlock in the 39th



minute when Vandana got a faint touch to deflect in Gurjit Kaur's flick from India's fifth penalty corner.

The Indians had numerous chances in the last two quarters. Navneet missed a sitter as her slap shot in front of an open goal went over the post.

The Americans secured a penalty corner in the 43rd minute but India defended well.

India then scored three goals in a span of four minutes to seal the match.

First, Vandana scored an open goal from a build up from the right flank and then seconds later, Sonika found the

USA net from a goalmouth melee from another attack from the right.

India skipper Savita soon made a double save to deny the Americans from a penalty corner.

Young Sangita too registered her name in the scoresheet with a fabulous field goal in the 57th minute.

The last chance of the match fell before USA in the form of another penalty corner but they wasted it.

The win will boost India's confidence ahead of the Women's World Cup to be co-hosted by the Netherlands and Spain from July 1 to 17. Source: PTI

Wimbledon: Djokovic top seed in absence of Daniil Medvedev, Zverev

World number three Novak Djokovic will head into next week's Grand Slam Wimbledon 2022 as the men's top seed. The defending champion is the top seed after the Russian world number one Daniil Medvedev got banned from taking part while German world number two Alexander Zverev is out due to injury. Wimbledon organisers in April announced the ban on Russian and Belarusian players at this year's Grand Slam following Russia's invasion of Ukraine. A ban on Russian players means Medvedev and world number 8 Andrey Rublev will not compete in the men's draw. While Anastasia Pavlyuchenkova who is in the top 20 in the women's rankings is also suffering

after this decision. While Alexander Zverev suffered torn several lateral ligaments in his right foot following his horrible injury at French Open 2022. The 25-year-old German was more than three hours into an epic semi-final with Rafael Nadal when he badly rolled his ankle while moving to his right. Djokovic who didn't participate in the Australian Open 2022 was recently removed as world number one by Medvedev.

The absence of Medvedev and Zverev also means that Rafael Nadal who has won this year's Australian Open and French Open is seeded second. This means that Djokovic and Nadal are in different halves and cannot clash until men's final.

Wimbledon 2022 will be held from June



27 to July 10. The grass-court Grand Slam tournament, established in 1877, will take place at The All England Lawn Tennis Club in London, UK. The tournament director is Jamie Baker.

The Wimbledon singles and doubles

draw will be made on Friday. Since 1927 only two unseeded players have won the Gentlemen's Singles - Boris Becker in 1985 and Goran Ivanisevic in 2001.

Eleven unseeded players have reached the final of the Gentlemen's Singles and four unseeded players have reached the final of the Ladies' Singles.

Listen to the latest songs, only on JioSaavn.com

Today there are 32 seeds in Gentlemen's and Ladies' singles. Between 2002 and 2019, seeding for the Gentlemen's Singles was determined by a surface-based formula, which reflected more accurately an individual player's grass court achievements in the two-year period immediately before the date used for seeding for The Championships.



A World without Childhood Blindness

Only by doing good can one benefit
-Rig Veda



An Eye Institute in Rajahmundry, Andhra Pradesh to prevent avoidable childhood blindness

Vision of Dr. V.K. Raju, the Eye Foundation of America and Goutami Eye Institute

- * 3.5 million + served
- * 350 thousand + surgeries
- * 30 thousand + on children

Message from Peter J. McDonnell, M.D. Director Wilmer Eye Institute, Johns Hopkins University, USA on the occasion of laying the foundation stone on December 10, 2020



"On behalf of all my colleagues of the Wilmer Eye Institute in Baltimore, MO, I send my best wishes and congratulations to our friends in Goutami on this extremely important occasion. This beautiful facility will match the wonderful world class work of your doctors, nurses and staff in preserving and restoring the vision of so many patients. We in the United States are inspired by your dedication and admire your tireless efforts to serve so many who need your skills and compassion. Best wishes, Peter"



POST SURGERY



PRE SURGERY

Triplets Prasanth, Susanth and Nisanth, who were treated by Goutami Eye Institute three years ago and gifted vision for life, as ROP babies under GEMROP (Goutami Eye tele Medicine Retinopathy Of Prematurity).

- Treating disease and vision problems
- Performing free cataract surgeries
- Screening infants and children
- Distributing glasses and visual aids
- Conducting Research
- Providing Education

Be a part of the movement. Donate now at www.eyefoundationofamerica.org
Tax Exempt # 55-0621735

"There can be no keener revelation of a society's soul than the way in which it treats its children". - Nelson Mandela

The work by the Eye Foundation of America team started in 1977 and has spread from India to 21 different countries. Additionally, EFA focuses on teaching and training of health professionals who receive the Foundation's support at every level.
<https://youtube/B23VvUaloN4> <https://youtube/KiCzqLQe2VE>

To know more about the work of Eye Foundation of America or to donate, visit www.eyefoundationofamerica.org

ॐ सर्वे भवन्तु सुखिनः Sarve Bhavantu Sukhinah,
सर्वे सन्तु नरिमायाः । Sarve Santu Niramayah
May all be prosperous and happy!
May all be healthy!

The Eye Foundation of America
695, West View Avenue, Morgantown, WV 26505
Phone: 304-599-0705
www.eyefoundationofamerica.org