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Will bring out a special edition to mark the 553rd birth anniversary of Shri Guru Nanak Dev Ji, the First Master of the Sikhs on November 4, 2022.

Articles and advertisements may please be sent to salujandra@gmail.com, by November 2, 2022.

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INSIDE



'Political will, professional will, and peoples' will together can do anything'

Page 20-21



'My aim has been to promote Indian culture': Purnima Desai

Page 27

MAN ARRESTED IN ATTACK ON US HOUSE SPEAKER PELOSI'S SPOUSE FACES CHARGES



Paul and Nancy Pelosi Screen shot / CNN

OCTOBER 29, 2022

SAN FRANCISCO (TIP): The man who clubbed U.S. House Speaker Nancy Pelosi's husband in the head with hammer, shouting "Where is Nancy?" after forcing his way into the couple's San Francisco home, faced charges of attempted murder and other felonies a day later.

Police have not offered a motive for Friday's assault on Paul Pelosi, 82, who according to his wife's office underwent surgery for a skull fracture and injuries to his hands and right arm, though doctors expect a full recovery.

President Joe Biden, speaking to reporters in Delaware on Saturday, said the attack appeared to have been "intended for Nancy."

The incident stoked fears about political violence less than two weeks ahead of midterm elections on Nov. 8 that will decide control of the House of

CONT'D ON PAGE 44

Powers being seized by a section, may lead to presidential form of govt: Mamata Banerjee

URGES THE JUDICIARY TO ENSURE THAT THE FEDERAL STRUCTURE OF COUNTRY REMAINS INTACT

OCTOBER 30, 2022

KOLKATA (TIP): West Bengal Chief Minister Mamata Banerjee on Sunday, October 30, claimed that powers are being seized by a section, which may lead to a presidential form of government in the country.

Speaking at the convocation ceremony of the West Bengal National University of Juridical Sciences (NUJS) here, she urged the judiciary to ensure that the federal structure of the country remains intact.

"All the democratic powers are being seized by a section of people; this might be going on for (bringing in) a presidential form of government," Banerjee, who was the chief guest at the convocation, said.

Chief Justice of India U U Lalit, who is the Chancellor of the university, was also present on the occasion.

(Source: PTI)



Chief Justice of India U U Lalit interacts with West Bengal Chief Minister Mamata Banerjee during the 14th convocation ceremony of West Bengal National University of Juridical Sciences (NUJS), in Kolkata on October 30, 2022.

Photo / PTI

Indian diaspora team wins inaugural International Liberty T20 cricket cup against Australia in New York



The winning Indian team with the trophy. Captain Raj Mohabe is seen in the front- 3rd from left. A beaming Dr. Varun Jeph, Deputy Consul General of India is seen in the last row , second from the left Photo / Yoshita Singh

Australia in New York organized the inaugural International Liberty Cup in the Bronx here. The match was held under the 75th Independence Day commemoration - Azadi ka Amrit Mahotsav celebrations.

CONT'D ON PAGE 44

NEXT WEEK

- SPECIAL ARTICLES ON GURU NANAK DEV JI
- PROFILES OF FOLLOWERS OF GURU NANAK DEV JI
- INTERVIEW:
AMBASSADOR DR.
MANOJ K MOHAPATRA,
INDIA'S AMBASSADOR
TO GUATEMALA



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Indian Consulate hosts a Diwali reception to Indian American Media



At the Diya Lighting. L To R: PTI Special Correspondent Yoshita Singh, Thomas Oomen , Dr. Sudhir Parikh, Ambassador Jaiswal and Prof. Indrajit Saluja
Photo / Mohammed Jaffer/ SnapsIndia

OCTOBER 28, 2022

NEW YORK (TIP): Indian Consulate here hosted a reception for Indian American media in celebration of Diwali. At the first of its kind meet and greet , Ambassador Jaiswal said that a lot is happening in the women's space

CONT'D ON PAGE 12

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GUEST COMMENT

PM Rishi Sunak's priority will be to safeguard British interests

Rishi Sunak has become the UK's first Indian-origin Prime Minister and also the first person of color to occupy this chair. The Indian diaspora is calling his elevation a watershed in contemporary British history, even as the Pakistanis are also laying claim to him in view of his Gujranwala roots. The 42-year-old has taken charge after the culmination of the short but tumultuous tenure of Liz Truss. Sunak knows very well that he is wearing a crown of thorns as the UK is facing a 'profound economic challenge', as he himself described it. The state of affairs is so bad that he may not even get the customary honeymoon period.

The euphoria among Indians worldwide must be tempered by willingness to ask key questions: Will

Sunak's premiership ensure closer India-Britain ties? Will the free trade agreement be finalized sooner than later and provide a level playing field? Will his government be more accommodating in its treatment of Indian migrants? The answers may not be conclusively in the affirmative, going by how Indian-origin Home Secretary Suella Braverman went ballistic over the UK's asylum system and the influx of migrants during her brief term that ended ignominiously last week. Sunak's priority will be to safeguard British interests at all costs. India is not likely to have a central place in his scheme of things as he strives to pull Britain out of a cost-of-living crisis that has brought the former colonial master to its knees. He may have to take some difficult decisions in terms of

spending and taxation. His policies would have to focus on reaching out to all needy Britons, not just members of certain communities.

Sunak's remarkable rise should not blind anybody to the fact that Britain has been slow to embrace diversity in the highest echelons of power. India has been way ahead, having had presidents and prime ministers from minority communities over the decades. The enormity of the challenge of winning the British public's trust is underlined by an Ipsos poll: 36 per cent of the people think Sunak would make a good PM, while 46 per cent are rooting for Opposition leader Sir Keir Starmer.

(Tribune, India)

Vital intervention: On the Supreme Court order against hate speech

THE SUPREME COURT OF INDIA MUST DO EVERYTHING POSSIBLE TO CURB THE PROPAGATION OF HATE

There is good reason for the Supreme Court of India to ask the police to be proactive in dealing with hate speech by taking immediate legal action without waiting for a formal complaint. The Court has also warned of contempt action if the police showed any hesitation in compliance. Directed at the police in Delhi, Uttar Pradesh and Uttarakhand, the order is in response to the "unending flow of hate speeches" highlighted in a writ petition before it. The Court has referred to the growing "climate of hate", and taken note of the inaction in most instances, despite the law containing provisions to deal with the phenomenon. It is quite apparent that the governments at the Centre and in some like-minded States do not share the Court's concern for communal harmony, fraternity and tranquility; in fact, some of them may be contributing to the vitiated atmosphere either by studied inaction or complicity in allowing provocative speeches in

purported religious gatherings by majoritarian elements. Intervention by the highest court has become necessary in the light of some controversial religious leaders getting away lightly after making unacceptable comments, some of them tinged with a genocidal tenor. It is in such a backdrop that the Court has underscored the constitutional values of secularism and fraternity among all religions and social groups.

It was a religious conclave held in Haridwar late last year that set the tone for the 'hate speech' case that is being heard now. Even then, the Court had called for corrective measures, leading to another conclave being prevented by local authorities in Roorkee in Uttarakhand. While the intervention may have halted a few meetings at that time, it cannot be said that such transgressions have ended. There has been a disconcerting pattern of Hindu festivals becoming an occasion for the

conduct of religious processions that end in clashes caused by provocative behavior. In the name of dealing with the resulting clashes or disturbances, officials have resorted to demolishing the houses of those allegedly involved in the incidents, without following any process of law. Such developments have given rise to new curbs on minorities, such as unwarranted police probes into the holding of group prayers, and new allegations of purported plots to infiltrate Hindu events. Some television channels have been adding to the bigotry by their manner of functioning. Administrative bias on the one hand and the spread of social prejudice on the other cannot be allowed to vitiate the national mood. Towards that end, the Court must do everything possible to nudge authorities to enforce the law against the propagation of hate.

(The Hindu)

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GOPIO Manhattan Organizes 'Meet & Greet' for Students from India at the New York Indian Consulate

OCTOBER 28, 2022

NEW YORK (TIP): The GOPIO-Manhattan (NYC) in cooperation with Consulate General of India in New York organized the 'Annual Day for Students-New & Existing from India' studying in the Northeast to connect them to the community and providing mentoring opportunities as well as to raise awareness of Consular services to students from the Indian Consulate. The program was held at the Indian Consulate in New York on October 21st. Students from many universities across the Northeast participated in person or virtually.

The program started with a welcome by GOPIO Manhattan Co Secretary and Chair for the event and emcee Ms. Bhavya Gupta. She welcomed Consul General of India at New York Mr. Randhir Kumar Jaiswal to begin the evening's proceedings.

The host for the evening Ambassador Randhir Kumar Jaiswal, commented, "Welcome to all the students from India with open heart as you pursue your future studies here in the North-East region and help in the growth of economy here in USA and back home in



Speakers and organizers at the 'Meet & Greet' for Students from India, From l. to r.: 1st Row: Dr. Lisa George, Raj Punjabi, GOPIO Manhattan Treasurer Braj Aggarwal, GOPIO Chairman Dr. Thomas Abraham, Ambassador Randhir Kumar Jaiswal, Chief Guest Chandrika Tandon, Speaker Gautam Mukunda, and Dy. Consul Dr. Varun Jeph. 2nd Row: Speaker Dilli Bhatta, Speaker Srikanth Jagabathula, Speaker Sridhar Ramasubbu, Speaker Gagan Gurjal, Speaker Raj Pandey Speaker Shobhit Kumar, GOPIO Manhattan EVP Professor Rajasekhar Vangapati, Speaker Monica Arora, Speaker Rajeev Kumar Goyle, GOPIO Manhattan Board Member & Program Coordinator Bhavya Gupta & GOPIO Manhattan Board Member Siddharth (Sid) Jain

India."

He further highlighted this year Indian Students were the highest among the international community in USA, and the goal to expand this program to

include more students, from the pool of 200,000 students that come to the USA for further studies, to attend in person more interactive sessions and gain exposure to various services offered by the Consulate

for the benefit of the students from registration at the Consular Portal, to cultural events to mental health support initiatives.

This was followed by GOPIO International Chairman Dr. Thomas Abraham's address, who also serves as an advisor to GOPIO-Manhattan encouraged the speakers to mentor, motivate and guide the students.

Dr. Abraham said, "In the 1960s and '70s when a foreign student joined a university, he/she was given host family, now with connected world and social media, the host family concept went away and the 4.5 million Indian Americans could serve as the host family to the new students."

Ms. Bhavya Gupta then introduced and invited the chief guest for the evening Ms. Chandrika Tandon and moderator Mr. Gautam Mukunda for a fireside chat. Ms. Tandon who is a Philanthropist, Grammy-nominated artist and humanitarian commented, "Students can succeed whether here in USA or in India, as long as they put in their work with honesty combined with hard work and dedication."

CONT'D ON PAGE 26

Diwali celebrated at Times Square by Association of Indians in America & Jaipur Foot USA

NASDAQ TOWER LIGHTED FOR 5 DAYS



Nasdaq Tower is lighted



OCTOBER 24, 2022

NEW YORK (TIP): A colorful and bright part of India was seen in New York's iconic Times Square as Diwali celebrations lit up the famous landmark with joy and festive spirit. Prime Minister Narendra Modi's special message was the icing on the cake.

AIA NY held the Deepavali 2022 Diya-lighting ceremony on Sunday, October 23rd at Times Square, (43rd Street & Broadway) outside Nasdaq stock exchange, NYC. The Diya-lighting ceremony. Harish Thakkar, President of

the AIA NY chapter, was accompanied by chief guest Dr. Samin Sharma, a noted interventional cardiologist at Mt Sinai, Prem Bhandari, Chairman of Jaipur Foot USA, Dr. Varun Jeph, Deputy Consul General of India in New York, for the Diwali celebrations at Times Square. A poster with Deepavali greetings from the leaders was also displayed at Times Square. Srinivas Ranga, Corporate Vice President at New York life insurance company, Dr. Samin Sharma, John Liu,

CONT'D ON PAGE 12

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Indian-origin Sikh woman is new councilor of Canadian city Brampton



Navjot Kaur Brar, an Indo-Canadian health care worker has become the first turban-wearing Sikh woman to be elected as a city councilor of Brampton city in Canada.

OCTOBER 26, 022

BRAMPTON, ONTARIO (TIP): Navjot Kaur Brar, an Indo-Canadian health care worker has become the first turban-wearing Sikh woman to be elected as a city councilor of Brampton city in Canada.

Brar, a respiratory therapist, was on Monday elected the Brampton city Councilor in the recent municipal council polls after she won the race in Wards 2 and 6.

The mother of three beat Jermaine Chambers, a former Conservative MP candidate for Brampton West, as she secured 28.85 per cent of the votes cast.

Chambers, the nearest contender received 22.59 per cent and Carmen Wilson came in third at 15.41 per cent, the Brampton Guardian reported.

As part of her campaign, she knocked on over 40,000 doors and spoke to over 22,500 residents in the last two months.

"I am so proud of @Navjitkaurbrar. She was a selfless and dedicated front-line health care worker during the pandemic. She has stepped up for public service and I am confident she will be a phenomenal addition to Brampton City Council," Brampton Mayor Patrick Brown, who won a second term in the recent election, tweeted.

Brar, who previously ran as the Ontario NDP candidate in Brampton West, had lost to the current Progressive Conservative MPP Amarjeet Sandhu.

Another Sikh candidate, Gurpartap Singh Toor, knocked off his opponent Gurpreet Dhillon in Wards 9 and 10 by a scant 227 votes.

The report said as many as 40 Punjabis were in the fray for Brampton civic elections and only 87,155 of the 3,54,884 eligible voters turned up to cast ballots - an abysmal voter turnout of approximately 24.56 per cent. The Indo-Canadian community, along with the councilor candidates, had raised concerns over the election date overlapping with Diwali - one of the most-awaited festivals celebrated by the large swathe of Indian diaspora in Canada.

"It is very problematic that the elections are taking place on Diwali day, especially the municipal election that has always seen a low voter turnout," said Gurpratap Singh Toor.

(Read full story at www.theindianpanorama.news)

Indian-origin Suella Braverman brought back as British Home Secretary

OCTOBER 25, 2022

LONDON (TIP): British PM Rishi Sunak on Tuesday, October 25, began putting his top team in place with key Cabinet appointments and decided to keep the new Chancellor, Jeremy Hunt, in place for economic stability and brought back Indian-origin Suella Braverman as Home Secretary.

In another move aimed at continuity, James Cleverly will stay in his post as Foreign Secretary despite not being a Sunak loyalist. Braverman, whose scathing resignation letter precipitated Liz Truss' exit from Downing Street last week, is a fellow Brexiteer like Sunak. It remains to be seen how her tough stance on immigration will square off in the new Cabinet after her remarks about Indian visa overstayers caused much damage to the ongoing India-UK FTA



British PM Rishi Sunak has brought back Indian-origin Suella Braverman as Home Secretary.

talks. Kemi Badenoch staying on in her role as Trade Secretary could provide some stability to the ongoing FTA negotiations.

Hunt, who was parachuted in earlier this month by former PM Liz Truss and went on to reverse her tax-cutting mini-budget, has been an ally of Sunak and it was widely expected that he

would keep his job. Another close ally, Dominic Raab, who served as Deputy Prime Minister and Justice Secretary in the Boris Johnson-led Cabinet, returns to the twin posts under Sunak. Raab, who had been the chief cheerleader for Sunak during his latest run for Tory leadership, was widely tipped for a Cabinet return.

Ben Wallace stays in post as Defense Secretary and Nadhim Zahawi is appointed Tory party chairman and minister without portfolio. Braverman's successor at the UK Home Office, Grant Shapps, is now the new Business Secretary. Former leadership rival, Penny Mordaunt, stays in her role as Leader of the Commons and Truss loyalist Therese Coffey moves from the health department to Secretary of State for Environment, Food and Rural Affairs.

Indian-origin politicians hit sweet spot abroad



Currently, at least nine persons of Indian origin are either head of state or head of government abroad.

Image for representation only

developing countries such as Suriname, Singapore, Guyana, Trinidad & Tobago, Malaysia, Fiji and Seychelles. But with the addition of Sunak, politicians of Indian-origin are now heading governments simultaneously in developed countries too such as Portugal, Singapore and now the UK. In Ireland, there will be a PM of Indian origin from December.

Kamala Harris is not a head of state or government but is the first Indian-origin US Vice-President. Mauritius has had nine heads of state of Indian origin and Suriname has had five Presidents from the community. Four heads of state in Guyana and three in Singapore were of Indian descent. In addition, Trinidad & Tobago, Portugal, Malaysia, Fiji, Ireland and Seychelles have chosen an Indian-origin head of state.

Portugal and Ireland have had Indian-origin heads of government in the past.

In Portugal, Alfredo Nobre da Costa became head of government about 40 years ago, followed by Antonio Costa, who ran the government for a year in 2015.

In Ireland, Leo Varadkar was the PM till 2020 and is scheduled to take the post again in December this year.

PORTUGAL	: PM António Costa
MAURITIUS	: PM Pravind Jugnauth
MAURITIUS	: Prez Prithviraj Roopun
SINGAPORE	: Prez Halimah Yacob
SURINAME	: Prez Chan Santokhi
GUYANA	: President Irfaan Ali
SEYCHELLES	: Prez W Ramkalawan
JAMAICA	: PM Andrew Holness
UK: Prime Minister Rishi Sunak	

Indian Americans seek justice for high tech immigrants, visa delays and cultural recognition

OCTOBER 28, 2022

WASHINGTON, D.C. (TIP): Among the issues flagged by the Foundation for India and Indian Diaspora Studies (FIIDS) are stopping injustice to high tech immigrants, eliminating visa appointment delays, ending campaign of misinformation and hate and cultural recognition.

Also listed are support for US-India strategic partnership and concern over terror funding/military aid to Pakistan and inflation and recession.

"As Indian Americans are almost 4.5million in population with a high concentration in critical competitions and swing states, they want their voice be heard on important issues and policy matters," said FIIDS director Khanderao Kand.

As a part of a four-weeks long #IndoAmericanVotesMatter campaign, FIIDS had earlier launched, voting registration, candidate analysis, survey of Indian Americans and a campaign for voting.

FIIDS said its list of issues was based on past surveys, discussions with community leaders, analysts, and own research and analysis.

As mail-in voting has begun and will continue for the two weeks, this list will be useful for Indian American voters to reflect on and to discuss issues of their importance with candidates and within the community, it said.

Stop injustice to high tech immigrants: Though Indian immigrants are a ~30% workforce building most advancements in the tech industry that provides an international edge to the USA, the Indian tech professionals, are stagnant like bonded laborers for more than ~50-60 years due to country-wise green card limit of 5000 GC per year for processing hundreds of thousands of backlog, FIIDS said.

It urged elected officials and executives to one time clear all the backlog and pass HR 3648 Eagle Act 2022 to prohibit this backup in the future.

Eliminating visa appointment delays: After the painfully long covid period ended and travel restrictions were lifted, relatives want to visit US to meet family, attend events and heal together from the losses they endured, FIIDS said.

INDIAN AMERICAN
ISSUES for 2022



Among the issues flagged by the Foundation for India and Indian Diaspora Studies (FIIDS) are stopping injustice to high tech immigrants, eliminating visa appointment delays, ending campaign of misinformation and hate and cultural recognition.

Also listed are support for US-India strategic partnership and concern over terror funding/military aid to Pakistan and inflation and recession.

Image for representation only

(Read full story at www.theindianpanorama.news)

Indian American community celebrated Diwali with Texas Governor at his official residence

OCTOBER 24, 2022

AUSTIN, TX (TIP): Governor of Texas, Greg Abbott, has extended his Diwali greetings to Prime Minister Narendra Modi, as he celebrated the joyous occasion with leaders of the Indian American community at his sprawling official residence in Austin.

Diwali or Deepavali is a festival that marks the victory of good over evil, light over darkness and knowledge over ignorance.

On Sunday, Governor Abbott and first lady Cecilia Abbott were dressed in traditional Indian attire, as they greeted leaders of the Indian American community and lit a lamp to commemorate the occasion.

Abbott conveyed Diwali wishes to Prime Minister Narendra Modi, the people of India and Indian Americans living in Texas and other states in the US.

"Tonight, Cecilia & I celebrated Diwali at the Governor's Mansion. We welcomed friends as we lit Diwali lamps & celebrated the victory of light over darkness, goodness over evil, & hope over despair. Happy Diwali to those celebrating the Festival of Lights!" Abbott said in a tweet.

He also lauded the Indian American community for their achievements in various sectors and participating in the



Governor of Texas, Greg Abbott celebrated the joyous occasion with leaders of the Indian American community at his sprawling official residence in Austin.

prosperity of Texas.

"Indian Americans are true partners in growth of Texas economy, and they are enhancing Texas values, we are glad they have called Texas as their home",

Governor Abbott said.

"The growing similarity of shared values such as education, entrepreneurship, economic advancement, and compassion will

continue to bring the communities of India, Texas and Indian Americans closer to each other," he elaborated.

The Diwali celebrations have become an annual fixture at Abbott's official residence, with the only exception being in 2020, when the event was cancelled due to the pandemic.

The guests at the ceremony included prominent heads of the community organizations from across the state of Texas, Consul General of India in Houston, Aseem Mahajan, Arun Agarwal from Dallas, who serves as Vice-Chair of Texas Economic Development Corporation and Dr Satish Nayak from Midland, who serves on Texas medical board as governors' appointee, among others.

"Diwali, the festival of lights symbolizes the triumph of good over evil and is a time for harmony, goodwill and affirming the bonds between family and friends," Mahajan said, as he thanked Abbott and First Lady Cecilia for their warm gesture.

Agarwal, who was instrumental in organizing Abbott's maiden visit to India four years ago, thanked the Governor for supporting the Indian American community in Texas.

Texas is home to the second-largest Indian American population in the US, behind only to the state of California.

Indian Americans Parag Agrawal and Vijaya Gadde fired by Elon Musk



Parag Agrawal and Vijaya Gadde were among the first two casualties of Elon Musk's hostile takeover of Twitter

OCTOBER 28, 2022

WASHINGTON, D.C. (TIP): Two Indian Americans executives, Parag Agrawal and Vijaya Gadde were among the first two casualties of Elon Musk's hostile takeover of Twitter after six months of a legal war over the \$44 billion deal. "The bird is freed," tweeted Musk, referencing Twitter's bird logo in an apparent nod to his desire to put fewer limits on content that can be posted on the social media platform.

Besides CEO Agrawal and the head of legal, policy and trust, Gadde, also freed or fired were Chief Financial Officer Ned Segal, and general counsel and Sean Edgett, according to media reports.

"Agrawal and Segal were in Twitter's San Francisco headquarters when the deal closed and were escorted out," Reuters reported quoting sources. Twitter, Musk and the executives are yet

to issue an official statement on the firings.

IIT Bombay alumnus Agrawal was elevated to the top job at the microblogging site in Nov 2021 after founder CEO Jack Dorsey decided to step down. Agrawal who joined the company in 2011 became its Chief Technology Officer (CTO) in 2017.

Elon Musk and Parag Agrawal started off great, but their relationship went south as the deal talks progressed as evidenced by a series of texts disclosed at Delaware court. "Hey Elon - great to be connected directly. Would love to chat," Agrawal texted on March 27. He invited Musk to "treat me like an engineer" instead of a CEO as they worked through technical questions together. At one point, Musk wrote, "I love our conversations!" But things suddenly took a turn on April 9 when Musk publicly tweeted "Is Twitter dying?" and got a message from Agrawal calling the criticism unhelpful. Musk tersely responded: "This is a waste of time. Will make an offer to take Twitter private."

The collection of text messages also includes Musk's conversations with Dorsey, who told him that while the board was "terrible," Agrawal was an "incredible engineer." (Read full story at www.theindianpanorama.news)

Indian American Washington Post editor Neema Roshania Patel dies at 35

OCTOBER 27, 2022

WASHINGTON, D.C. (TIP): Neema Roshania Patel, a founding editor of The Washington Post's news site for millennial women, The Lily, died on Monday at just 35 after a battle with gastric cancer, the paper announced.

Born to immigrants from India in Maplewood, New Jersey, in 1987, Roshania Patel joined the Washington Post in 2016 as a digital editor before helping launch The Lily.

On the podcast "Motherly," Roshania Patel called The Lily "a stopping place on the internet where we could bring together the best stories on women and gender." She spearheaded projects such as the "Anxiety Chronicles," which documents mental health struggles, and a months-long project called "The Jessicas," which looked at the most popular name for girls born in 1989 and examined their lives and evolving identities as they turned 30.

She found 10 diverse subjects, worked with freelancers to tell the stories and oversaw a documentary short that was included in film festivals.

She left her position as top editor at "The Lily" in 2009 to join the paper's Next Generation initiative - aimed to widen the Post's readership to younger demographics, which Roshania Patel



Neema Roshania Patel, a founding editor of The Washington Post's news site for millennial women, The Lily, died on Monday, October 24, at just 35 after a battle with gastric cancer.

was passionate about. "Younger audiences want to see their experiences and the experiences of their peers reflected in the journalism they consume," she wrote in an op-ed to the Poynter Institute about diversifying sources. "They want to see how policy affects the lives of everyday people. And they want to feel personally connected to what they read. Diverse sourcing makes us more trustworthy arbiters of the news." Amy King, The Lily's founding editor in chief, who is now creative director and deputy managing editor at the Los Angeles Times, called Roshania Patel a "vibrant" colleague who "found our greatest stories and gave visibility to people and ideas who had long been ignored." (Read full story at www.theindianpanorama.news)

THE KERALA CENTER PRESENTED THE 2022 ANNUAL AWARDS



Kerala Center Awardees, (L. to R): P.T. Paulose, Bindiya Sabarinath, Thomas Joy and Jose Kaniyaly



Awardees with Kerala Center officials, distinguished guests and past awardees



Souvenir Booklet release By Prof. Theresa Antony. (L to R): Raju Thomas, Dr. Antony and Abraham Thomas



Awardees with Kerala Center officials, distinguished guests and past awardees



The chief guest was introduced by Dr. Thomas Abraham, Chairman of the Trustee Board and Award Committee member. In his remarks, Dr. Abraham talked about the maturing of the Indian community in the last 50 years with our increasing political participation. He called upon the parents to inculcate community service in their children.

Chief Guest, Indian Trade and Commerce Consul Manish Kulhary stated that he had a relationship with Keralites from his childhood as his teachers in his school in Rajasthan were Malayalees. He praised Kerala for its achievement in education and healthcare, and also praised the Kerala Center for honoring individuals who excelled in their professions and serving the society with dedication.

Dr. Madhu Bhaskaran, the chairman of the Award Committee and Board of Directors, in his speech explained the process of selecting the awardees.

The award for Malayalam Media and Journalism went to Jose Kaniyaly the Executive Editor and Partner of Kerala Express, a weekly Malayalam newspaper published from Chicago, which was founded in 1992. In his speech, he encouraged associations and its leaders in America to give more recognition to medias and journalists here in conjunction with journalists in India. Kaniyaly was introduced by Christy Jose, youth representative of the Kerala Center, and Consul Kulhary presented the award.

The award for community service went to Thomas Joy, a police officer, a combat veteran of the Iraq war and president of the American Malayalee Law Enforcement United (AMLEU). In his speech, he encouraged our youth to get involved in public service. Officer Joy was introduced by Samuel Joseph, youth representative of the Kerala Center, and Senator Kevin Thomas presented the award.

The award for performing Arts went to Bindiya

Sabarinath, the Artistic Director of the Mayura School of Arts in New Jersey established in 2001. In her speech, Mrs. Sabarinath said that she feels blessed that she was able to teach dance to more than thousand students already using her God given talents. Bindiya was introduced by Annie Esthappan, youth representative of the Kerala Center, and Trustee Board member G. Mathai presented the award.

The award for contributions to Pravasi Malayalam Literature went to P. T. Paulose, a journalist, freelance writer, theatrical performer and director. In his speech, he said that receiving awards are sweet, but it is sweeter when it was from the Kerala Center which always stood for secularism, humanity and inclusiveness. Paulose was introduced by James Thomas, youth representatives of the Kerala Center, and J. Mathews, Chief Editor of Janani magazine, presented the award.

In addition to New York senators Thomas and Kaplan, Jose Kadapuram, Director of Kairali TV, USA, made a felicitation speech. As part of the Award Ceremony, a Souvenir was released by the souvenir committee members Raju Thomas and Abraham Thomas by giving a copy of it to Dr. Theresa Antony.

James Thottam was the chairman of the Award Dinner. Board members Abraham Thomas, Mathew Vazhappally and John Paul coordinated the event. The MC of the program, Daisy Palliparambil, impressed everybody with her outstanding performance. The songs sung by Bincy Cherian, Indian classical dance performed by Maya Devi of Mayura School of Arts and Brazilian dance performed by Beena made the awards night a more colorful one.

Kerala Center Secretary Jimmy John concluded the ceremony with a vote of thanks to the guests, awardees, audience, sponsors and everyone worked so hard to make it a successful event. With dinner, the 2022 Award Night came to an end.

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NOT OUR MAN IN LONDON

THERE IS NOTHING IN RISHI SUNAK'S ELEVATION TO CELEBRATE FOR INDIANS

"The takeaway from the hullabaloo over the elevation of a beef-eating-yet-cow-worshipping opportunist as the new PM of Britain is that there is nothing to celebrate in it for Indians. In fact, if Sunak is a Churchill worshipper, like most other Tories, India has a lot to be worried about while dealing with a seemingly brown person on the other side of the table. The contempt of the British government - which included Sunak - for Indian territorial integrity was in full display last year when it hosted the Khalistan referendum in London."

"With the Kamala Harris example, it should have by now become clear to Indian politicians that a person of Indian origin gaining political office abroad is often more of a liability than an advantage to further India's interests in that country. A politician by definition is at the mercy of his or her constituents, colleagues, co-conspirators and the media. So, even a hint of a lack of loyalty to the local mores can finish off a career. No wonder the US has still not elected a President or a Vice-President from a minority religious group or even an atheist; all of them since 1789 seem to have got sworn into office with a hand on the Bible."



Not our man in London. It is in the British interest to have Rishi Sunak as Prime Minister. Photo / PTI

At closer inspection, all the panegyrics - mother of all parliaments, the womb of democracy, the Westminster Model - ring ridiculously hollow. Sure, no one ever told the British king that his democracy was showing. It was only when Rishi Sunak was appointed (or selected) to the Prime Minister's office did it occur to the world that the mother of all parliaments had all along let only White children hold her hand. The celebrated Westminster Model was all about protecting White privilege, and yet, the knaves of the old colonies were copying it, again, to preserve White privilege, for this model afforded the old master the occasion to tinker with newly-freed slaves.

An Indian-origin person gaining political office abroad is more of a liability than an advantage to further India's interests.

It is indeed a matter of great shame that an institution that traces its history back to the 13th century never allowed a person from a minority community to head the house. So, all the talk of diversity, often funded by British NGOs, should now start by addressing why it took Britain so long to have diversity at 10 Downing Street. And that question leads to another, more pertinent one: Why now? Why should a nation that prides itself on its customs, traditions, wigs and gowns suddenly abandon it all for a brown man professing a "beastly religion"? The answer could only be that it is in the British interest to have Sunak as Prime Minister. Only those who have a good ear to the London ground can tell us exactly what particular interests Sunak serves.

But there is no doubt whatsoever that he has been chosen to serve the interests of the White privilege or the western

consensus. After becoming the Prime Minister, Sunak has pressed all the right buttons. He pumped up Zelensky, snubbing Putin, promised to counter China's 'malign influence' and appointed an anti-immigration Home Secretary. So, it remains a mystery why it should be Sunak and not another White MP. Does this appointment have anything to do with a course correction in the British or western perspective over their loosening grip over India?

The fear of the rise of China has obviously restricted the movement of the instruments of global finance capital headquartered in London, and they would obviously have far fewer takers in an emasculated Europe, particularly after Brexit. In that context, the best possible market to make money is the poorly regulated yet bottomless Indian market.

Despite demonetization devastating the informal sector and the Covid lockdown inflicting untold pain on the poor, the Indian market is bouncing back like a ping-pong ball. With almost every other slightly upper-middle-class Indian family sending its wards to the West for higher studies, it would seem as if middle India on an average has a disposable income of about half-a-crore rupees. So, it makes sense for a nation of shopkeepers to have a brown man to sell its wares.

The takeaway from the hullabaloo over the elevation of a beef-eating-yet-cow-worshipping opportunist as the new PM of Britain is that there is nothing to celebrate in it for Indians. In fact, if Sunak is a Churchill worshipper, like most other Tories, India has a lot to be worried about while dealing with a seemingly brown person on the other side of the table. The contempt of the



BY RAJESH RAMACHANDRAN

British government - which included Sunak - for Indian territorial integrity was in full display last year when it hosted the Khalistan referendum in London.

Interestingly, even the grandsons of old colonial collaborators - like the one who gave a saropa to General Dyer or the false witness in the Bhagat Singh trial - are still feted by the British establishment. Till recently, a letter from one of these old collaborators' grandsons could fetch an asylum visa for a regular immigrant to the UK or Canada.

This week marks 75 years of the first war against India by Pakistan. According to Mountbatten's ADC Narendra Sarila, it was predicted by General Leslie Hollis of Churchill's war cabinet a good five months earlier, in May 1947. Well, it could not have been predicted without the idea having been conceived by the same group that wanted Kashmir to accede to Pakistan against the wishes of its people. The burden of history is so strong that it is difficult to expect anything dramatically positive from a government led by a party that unapologetically created circumstances for the Bengal famine that killed three million people - half the number of those dead in the Jewish holocaust.

While dealing with the brown people on the other side of the table, Indian politicians must remind their counterparts that they should lock up and deport overstaying Indian visa violators, but at the same time they should understand that their asylum policy has been exposed as a means to strengthen religious secessionism in India. Also, Britain should stop being a safe haven for Indian fugitives. Let businessmen buy residencies in the UK, but not with the aim of finding a hiding place to enjoy the fruits of bank defaults and frauds.

With the Kamala Harris example, it should have by now become clear to Indian politicians that a person of Indian origin gaining political office abroad is often more of a liability than an advantage to further India's interests in that country. A politician by definition is at the mercy of his or her constituents, colleagues, co-conspirators and the media. So, even a hint of a lack of loyalty to the local mores can finish off a career. No wonder the US has still not elected a President or a Vice-President from a minority religious group or even an atheist; all of them since 1789 seem to have got sworn into office with a hand on the Bible.

India, on the contrary, has been truly democratic and inclusive till, of course, the BJP decided not to have Muslim ministers in the Union Cabinet. Just 20 years after Partition, which created a separate nation for Muslims, India had a Muslim President. According to the Westminster model, this would be like asking King Charles to convert!

The author is the Editor-in-Chief of Tribune India

March For Unity-What Unity?

The upcoming "March For Unity" in Edison township of New Jersey on Oct. 30, 2022 is an insult to the minorities of Indian origin as well as majority Hindus that believe in human rights for all by the organizers. First of all, what is the relevance of this march in USA? After disturbing the peace, unity and respect among different ethnic groups of Indian origin living in USA with their Hindutva Agenda; what they are trying to prove with this Circus of self-proclaimed leaders of Hindus in the name of "March For Unity".

Since 2014, with the rise of religious bigotry, gross human rights violations and violence against minorities in India; these organizations namely HSS, VHP, Seva International, Ekal Vidyalaya, Infinity Foundation, HAF, FIA, IBA and other locally based Hindu organizations of America; has yet to condemn state actions under PM Modi or has ever supported freedom of free speech, right to justice, religious and human rights of the minorities namely, Muslims, Christians, Tribals, SC & OBC. These organizations openly came out against Farmers protesting for their rights in India and those who were protesting against NRC & CAA for discriminating, especially Muslims. Rather they all have been publicly supporting Modi, his BJP and their parent organization RSS and its family of organizations. They are also assaulting the very American values; Freedom of Speech, Human Rights, Religious Freedom, Equal Rights and right to criticize wrong actions by US based Tax-Exempt organizations.

The individual members that are funding these US based organizations, they or their family members will never go back to India. They want Freedom of speech, human rights, right to worship and every right that is enshrined in the constitution of America. But when it comes to their so called "Bharat" aka India, they are supporting and financing PM's Modi's government of communal bigots, rapist, criminals, terrorist & bomb maker; denying basic human rights to minorities financed by world class Indian billionaires; a product of "Gangster Capitalism" of India where ruling party create Billionaires with wealth belonging to Indian public.

On Nov. 28, 2021 first time in American history an Indian movie "The Kashmir Files" made with a sole purpose to demonize Indian Muslims; 4 months before its release in India or worldwide was premiered in New Jersey, USA. Sunil Hali & Nilesh Dasondi the Publisher & CEO of "The Indian Eye" arranged a Citation to the movie maker of the "TKF" Vivek Agnihotri, from Mayor Thomas Lankey of Edison in New Jersey. This duo did the marketing of the film in USA as "Truth Unfold" when in the very first scene there is a Disclaimer: "Based on Fiction.". Entire ethnic Indian Media and Hindu Organizations of USA rallied behind them with full throttle publicity to demonize Indian Muslims. There were free shows of "TKF" with free bus ride & snacks in different parts of America with media coverage of reactions of the viewers demonizing Indian Muslims.

FIA also arranged a Citation for film maker Agnihotri on Dec 9, 2021 from Rhode Island by using the services of Rep. Brian Kennedy. Also in Dec 2021, Ohio State Senator Niraj Antani a Modi sympathizer arranged a Citation from Ohio state Senate & Governor for Agnihotri. Pathetically none of the US elected representatives involved in arranging or awarding Citations to "TKF" maker Agnihotri ever saw the movie or read the history of Kashmir. They did it for the heck of campaign contributions received for the Citations. They could have looked into the background of Vivek Agnihotri that has mostly made C-grade erotica and D-grade propaganda films only.

Eventually "TKF" was released on March 11, 2022 in India and worldwide with the full financial support of Modi government, RSS, VHP & other Hindu organizations. The maker Agnihotri while releasing the movie claimed in print, TV & social media, "First time in 32 years, any state in the world, the democratic & liberal state of USA-Rhode Island, has officially recognized Kashmir Genocide due to a very small film." Canadian filmmaker Dylan Mohan

Gray slammed the Vivek Agnihotri directorial "TKF" and described it as "hatemongering garbage of no artistic merit." TKF is nothing but hatred, bigotry and untruth; made to demonize Muslims & promote radical Hindutva as preached by Modi, BJP, RSS, VHP & other radical organizations.

This write has extensively written on India Day Parades in USA for over a decade that they do not represent India. Unfortunately, Insult India Parades in USA are Funded by India's premier public enterprises: Ministry of Tourism, State Bank of India, Bank of Baroda, Bank of India etc. By financing FIA/IBA etc. they are promoting racism with Indian along with US Taxpayer's money in America besides misuse of public funds by FIA/IBA owners for personal promotion. FIA or IBA are controlled by people practically from one community from one state; with no vision & honesty to understand that India is a multi-religious country with 30 states. For almost 2 decades, it is an annual mindless affair for local politicians & Photo Hungry Desi (PHD) Leaders posing as Indian Community Leaders along with their supporters who cannot be paraded for any cause anywhere in the world including



world famous Pushkar Mela of Rajasthan in India.

In 2013 itself India Day Parades in USA were used to promote BJP & its PM candidate Modi for the upcoming general elections in India. This was a violation as per US laws for a Tax-Exempt entity that they cannot indulge in politics. Especially after 2014 when Modi became PM of India; these Parades have been turning into Hindutva Day Parade promoting RSS group of families members including its political wing BJP and its US based supporting organizations.

2022 is the watershed year for totally Saffronizing these Insult India Parades with misguided Hindutva in the name of Hinduism. IBA put a Bulldozer featuring pictures of PM Modi and criminal & bigot Hindu Monk aka CM Yogi (Governor) of UP, in India, on 14 August 2022. Yogi started the use of Bulldozer to demolish the private homes and businesses, most of them owned by members of the Muslim minority in UP and all BJP ruled state followed him. Bulldozers have become symbols of oppression of minorities especially Muslims, Christians and schedule caste in India. "It symbolizes a threat that if you raise your voice against the BJP government or its leaders, your home or place of business will be demolished as well; your place of worship can also be demolished." Although there is no provision in the constitution to unlawfully demolish houses or businesses or places of worship or to give collective punishment but no court in India will help you because they are for rich and upper-class Hindus only.

In 2017, Delhi Court asked the Municipal Body to Rebuilt homes demolished in "Sanik Farms" a 100% unauthorized colony for super rich and politically well-connected Hindus. Only about 24% of the population in India's capital Delhi lived in planned colonies-the rest 76% lived in unauthorized constructions and slums, according to state government data from 2008-2009. As of 2019, there were over 1,700 such illegal colonies spread across Delhi, according to a ministry of housing and urban affairs estimate. A new master plan announced in 2021 lays out a blueprint for development till 2041. It, too, addressed the



BY
DAVE MAKKAR

issue of the 1,700-odd unauthorized colonies, even considering ownership rights for residents.

IBA knowingly used the Bulldozer in the parade to offend the Indian American minority groups, especially Muslims, from the local area and across New Jersey and other parts of USA. Administration of Edison Mayor Sam Joshi & 2 councilman Ajay Patil & Nishith Patel can't deny that they were not aware of it. Besides that, IBA invited a globally known Islamophobic hatemonger; BJP National Spokesperson Dr. Sambit Patra to walk in the parade as Grand Marshal. FIA also invited Sambit Patra along with another communal BJP National General Secretary Kailash Vijayvargiya for the Indian Flag hoisting at Times Square in New York on Aug. 15, 2022.

Whatever is happening in India and USA in the name of misguided Hindutva and Indian Nationalism; is very disturbing for the majority of Indian Americans. Personally, I am very hurt that the things that forced me to leave India; have come to USA to haunt me. Unfortunately, I was 3RD generation supporter of RSS & BJP. 3 incidents in my life forced me to leave financially socially & politically well-connected life in India to migrate to USA to start a new life from scratch. The 1989 RSS family of organizations led by BJP's Islamophobic and blatantly communal Ram Mandir movement, 1990, Chandra Shekhar with 61 MP's (out of 525-member lower house) was installed PM with the outside support of 195 Congress MP's under Rajiv Gandhi & 25 MP's of splinter groups, covert support of BJP by toppling the V P Singh government. The entire operation was financed by Dhirubhai Ambani with bribes to every MP because V P Singh government was pursuing money laundering, tax evasion and other wrong doings against Ambani group. In 1992 RSS, BJP, VHP & other prominent Hindu Leaders instigated a Hindu mob to demolish the 15th century old Babri Masjid claiming to be the birthplace of Lord Rama. On the other hand, Hindu scriptures say that "Kan Kan mei Vyape hein Ram" meaning "Lord Rama permeates every atom of this universe".

There are more than two million Hindu temples and 300,000 Muslim mosques in India, including 23,000 Hindu temples in the riverside city of Varanasi alone. Varanasi happens to be the Parliamentary seat of PM Modi of India. On the other hand, 70% of students studying in government schools are ill-equipped to learn in the class because of poor infrastructure, no equipment, shortage of qualified teachers and inadequate budget. Over 18 mil children are living on the streets of India.

All my adulthood I spent in fighting Congress for never dismantling the British Master & Slave governance system of India. For that reason, I always say's that India got Independence in 1947 but Indians never got independence or freedom from slavery. Then my fight with Congress was for "Gangster Capitalism" in which state was creating billionaires to financially support the Ruling Party. If Congress produced Ambani's; Modi has produced Adani. This "Gangster Capitalism" is directly responsible for criminalization of politics, communalism, gross abuse of human rights and destruction of democratic institutions including Courts and Media in India. After coming to power BJP has proved to be worse than Congress and now India has been reduced to an elected autocracy.

These organizers of "March For Unity"; if they are really sincerer, honest and respect human rights; must give a memorandum on behalf of all the Indian Americans to the CG Jaiswal for Government of India demanding human rights and freedom of speech for all communities and release of all young and other activists jailed for years under British slavery laws for opposing government policies, demanding human rights and restoration of Democracy in India.

(Compiled by Devendra Makkar from various internet sources & writings of prominent journalists)

Oct. 28, 2022



BJP'S Dynastic Politics



<p>FATHER SON</p> <p>Amit Shah Union Home Minister</p> <p>Jay Shah BCCI Secretary</p>	<p>FATHER SON</p> <p>Prem Kumar Dhumal Former CM, HP</p> <p>Anurag Thakur Union Sports Minister</p>	<p>ELDER YOUNGER BROTHER BROTHER</p> <p>Anurag Thakur Union Sports Minister</p> <p>Arun Singh Dhumal Chairman of IPL</p>
<p>FATHER SON</p> <p>Rajnath Singh Defence Minister</p> <p>Pankaj Singh MLA, Noida, UP</p>	<p>FATHER SON</p> <p>Ved Prakash Goyal Former BJP Treasurer</p> <p>Piyush Goyal Commerce Minister</p>	<p>FATHER SON</p> <p>Debendra Pradhan Former cabinet member</p> <p>Dharmendra Pradhan Education Minister</p>
<p>FATHER SON</p> <p>Narayan Rane MSME Minister</p> <p>Nilesh Rane Former MP</p>	<p>FATHER SON</p> <p>Rinchin Kharu First pro-tem speaker, AP</p> <p>Kiren Rijiju Law Minister</p>	<p>FATHER SON</p> <p>Rao Birender Singh Former Haryana CM</p> <p>Rao Inderjit Singh MoS, Statistics</p>
<p>FATHER DAUGHTER</p> <p>Sone Lal Patel Founder of Apna Dal</p> <p>Anupriya Patel MoS, Commerce</p>	<p>FATHER OF LAW DAUGHTER IN LAW</p> <p>Arjun Pawar Former MoS, MH</p> <p>Bharati Pravin Pawar MoS, Health</p>	<p>FATHER SON</p> <p>Manjul K Thakur Former Bengal Minister</p> <p>Shantanu Thakur MoS, Ports</p>
<p>FATHER SON</p> <p>Madhavrao Scindia Former Congress veteran</p> <p>Jyotiraditya Scindia Civil Aviation Minister</p>	<p>FATHER SON</p> <p>Sisir Adhikari 'Turncoat' MP</p> <p>Suvendu Adhikari 'Turncoat' MLA</p>	<p>FATHER SON</p> <p>Kailash Vijayvargiya BJP general secretary</p> <p>Akash Vijayvargiya MLA, Indore</p>
<p>FATHER SON</p> <p>Gangadhar Fadnavis Former BJP MLC</p> <p>Devendra Fadnavis Maharashtra Dy CM</p>	<p>FATHER SON</p> <p>CPN Singh Former Congress veteran</p> <p>RPN Singh BJP Member</p>	<p>FATHER SON</p> <p>Jitendra Prasada Former Congress veteran</p> <p>Jitin Prasada UP Minister</p>



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**WALK FROM TIME SQUARE, NYC
TO MAHATMA GANDHI STATUE,
UNION SQUARE, NYC**

October 30th, Sunday
Meeting Point: Time Square, NYC @ 3 PM

Sam Pitroda, IOC Global Chairman
and other Dignitaries will participate in the Walk.

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 Gurmit Singh Gill, President, IOC Punjab Chapter (609 456 6125) | Rajender Dlchpally, General Secretary (973 906 0768)
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 Harjot Singh, President, IOC J&K Chapter (330 968 7481) | Dr. Viajinath Chakote, Chairman, IOC Karnataka Chapter (347 406 2675)

Diwali celebrated at Times Square by Association of Indians in America & Jaipur Foot USA



L to R: Harish Thakkar, Dr. Samin Sharma, Prem Bhandari, Dr. Varun Jeph, Deputy Consul General of India

CONT'D FROM PAGE 3

New York State senator, Dr. Varun Jeph and Prem Bhandari lit the lamp during the inaugural ceremony at Times Square.

New York's iconic Times Square was lit up with Diwali festivities as the Indian diaspora living in the US got together to enjoy every moment of it. Association of Indians in America (AIA) New York chapter with Jaipur Foot USA in collaboration hosted a grand Deepavali event at NYC's Times Square, displaying the true spirit and grit of India away from home.

The Diwali function at Times Square had everything from the Diya-lighting ceremony to the playing of drums to the delight of spectators. People were

enjoying the festivities organized as a part of the Diwali celebrations at Times Square. People played drums and danced their hearts out and sweets were also distributed to add the perfect desi touch to the festival in the US.

Harish Thakkar, president said, "We are sharing the message of Diwali - Knowledge over Ignorance, Peace, Love, Unity, and Togetherness and Inclusion in Diversity to the world from the biggest crossroads of the world, Times Square. Even the universe responded in appreciation by keeping the weather conducive to the event despite forecasts of rain throughout the day.

Prem Bhandari Rana, president mentioned in his speech we are very grateful to Honorable PM Narendra



Jubilant gathering at Times Square

Modi for sending Deepavali greetings not only to 4.6 million NRIs & OCI's living in the US but to 40 million Indians across the world.

NY State Senator John Liu said Diwali is the celebration of light and so, coming at a time of darkness, when there are so many stories of bereavement, sickness and financial hardship all caused by a virus, we need to ensure that our inner light stays ignited. Instead of thinking of 'Corona', it's a time to share compassion, love and care with everyone around us. He also said he attended many AIA Diwali festival events at South Street Seaport and thanked AIA president Harish Thakkar for organizing the Diya lighting event at Times Square and wished everyone Happy Diwali and a prosperous new year.

A.I.A president Harish Thakkar thanked the all the media, including ITV, TV Asia, Jus Punjabi, PTC News, South Asian Times, Desi talk, News India, Parikh Worldwide media, The Indian Panorama, Radio Zindagi and Hum Hindustani. "We are grateful to all our media who made this event a big success," he said.

wishes to everyone and said that Diwali truly brightens our evenings as we unite to celebrate the festival of lights, we mark the triumph of good over evil, light over darkness. Diwali's central message of openness, peace and mutual respect is one we can all learn from. He thanked AIA president, Harish Thakkar for organizing the Diya lighting event at Times Square and wished everyone Happy Diwali and a prosperous new year.

Modi for sending Deepavali greetings not only to 4.6 million NRIs & OCI's living in the US but to 40 million Indians across the world.

Sharanjit Singh Thind and Jay Jasbir Singh presented a Citation on behalf of the Town of Hempstead to Ambassador Jaiswal. Prof. Indrajit Saluja, publisher/ editor of The Indian Panorama joined in the presentation

Photo / Mohammed Jaffer/ SnapsIndia

Radhika Krishnaraj and Harsh Chitroda sang a few Bollywood songs.

Photo / Mohammed Jaffer/ SnapsIndia

each other and let's celebrate together. Thank you very much."

Earlier, Ambassador Jaiswal lighted a Diya which is a traditional ceremony for any event. He was joined by Yoshita Singh, Thomas Oomen, Dr. Sudhir Parikh and Prof. Indrajit S Saluja.

Sharanjit Singh Thind and Jay Jasbir Singh presented a Citation on behalf of the Town of Hempstead to Ambassador Jaiswal. Prof. Indrajit S Saluja joined in the presentation.

A brief entertainment program curated by Sunny Thakkar of Sneh Arts added to the charm of the event. Radhika Krishnaraj and Harsh Chitroda sang a few Bollywood songs.

A large number of media persons and consulate staff attended the event.

Indian Consulate hosts a Diwali reception to Indian American Media



CONSULATE GENERAL OF INDIA

Ambassador Jaiswal gives his remarks

Photo / Mohammed Jaffer/ SnapsIndia



Sharanjit Singh Thind and Jay Jasbir Singh presented a Citation on behalf of the Town of Hempstead to Ambassador Jaiswal. Prof. Indrajit Saluja, publisher/ editor of The Indian Panorama joined in the presentation



A view of the gathering



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Photo / Mohammed Jaffer/ SnapsIndia

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CONT'D FROM PAGE 1

from grassroots action to President of India. We need a lot more. I think we have to be able to create a more wholesome society. Participation of womenfolk is very important. We want more and more women to come in the public space; more and more women to join in the journey to build the nation. At the Consulate, we are fortunate that majority of our colleagues happen to be women. Happy Diwali. Let's enjoy together. Let's greet

Indian American police officer Sandeep Dhaliwal's murderer sentenced to death

OCTOBER 27, 2022

HOUSTON (TIP): Robert Solis, the man convicted of murdering Sandeep Dhaliwal, the first turbaned Indian American Sikh police officer in the US state of Texas while making a traffic stop in 2019, has been sentenced to death, according to a police official.

The verdict was handed down by the jury, a panel made up of citizens. Solis showed no emotion as the sentence was read on Wednesday. Jurors deliberated for just 35 minutes before recommending the death penalty in the punishment phase of the trial. They deliberated for 25 minutes in the guilt phase.

"Verdict is in: Jurors sentence Robert Solis to death. We are extremely grateful that justice has been served," Harris County Sheriff Ed Gonzalez tweeted.

Solis, 50, was convicted by the jury of the Harris County Criminal Court in Houston of the capital murder of 42-year-old Dhaliwal, a 10-year-veteran of the Harris County Sheriff's Office. Dhaliwal made national headlines when he was allowed to grow a beard and wear a turban on the job. He was gunned down in an ambush-style shooting while conducting a routine mid-day traffic stop in northwest Houston on September 27, 2019. Authorities said Dhaliwal was shot multiple times from behind after he had stopped Solis in a residential neighborhood and was walking back to his patrol car.

"...Basically, just shot him in a very ruthless, cold-blooded way," said Sheriff Gonzalez in 2019.

Jurors saw multiple angles of the shooting and heard from 65 prosecution witnesses, who testified about a criminal history that goes back more than 30 years.

During the trial, Solis testified in his own defense and



Jurors sentenced Robert Solis to death for the murderer of Police Officer Sandeep Dhaliwal

told jurors he had accidentally shot Dhaliwal.

But prosecutors argued Solis deliberately shot Dhaliwal because he didn't want to go back to jail. At the time of the traffic stop, Solis had a warrant for violating parole, CBS News reported.

During his closing argument, his last chance to address jurors, Solis merely said, "The only thing I have to say is that it's your decision to make. My life is in your hands," KTRK-TV Houston reported.

Solis asked for several delays during the trial. He told the judge he was sick and said he had not been given proper time to prepare.

His behavior throughout the trial stands in direct contrast to the life and legacy of Dhaliwal, who leaves behind a wife and three children.

"Anybody I talked to, they say, 'I wish we had a Dhaliwal at this time. How many people get justice today? How many families?' Dhaliwal's older sister, Harpreet Rai, was quoted as saying in the report.

"We should all aspire to be a Dhaliwal. He left such a legacy. He was a humanitarian and he helped so many beyond his work," Sheriff Ed Gonzalez said.

Just moments after Solis received the death sentence, a teenager gave a victim's impact statement, speaking directly to Solis.

"You're a nobody, Robert. You're the least powerful person in this room," she told the court.

Dhaliwal worked with United Sikhs, a global humanitarian relief and advocacy nonprofit, to help organize the donation of truckloads of supplies for first responders after Hurricane Harvey.

A post office in west Houston has been renamed in his honor and Congresswoman Lizzie Fletcher, who brought the renaming legislation to the US House of Representatives, had said at the dedication ceremony: "I am honored to play a role in commemorating Deputy Dhaliwal's remarkable life of selfless service."

"He represented the very best of our community: he worked for equality, connection, and community through his life of service to others. I was glad to work with a bipartisan delegation, our community partners, and those in the Sikh community, to pass legislation to rename this building the Deputy Sandeep Singh Dhaliwal Post Office," Fletcher added. However, this wasn't the first dedication for Deputy Dhaliwal. A year after his death, a portion of Beltway 8 near Highway 249 was renamed in his honor.

Indian American Seattle City Council Member Kshama Sawant claims cops ignored poop-tossing attacks on her home



Kshama Sawant, an Indian American Seattle City Council member has complained local cops ignored a series of politically motivated feces flinging attacks on her house.

OCTOBER 26, 2022

SEATTLE (TIP): Kshama Sawant, an Indian American Seattle City Council member has claimed local cops ignored a series of politically motivated feces flinging attacks on her house.

Sawant, 49, wrote in a letter that the Seattle Police Department has failed to properly investigate six incidents in which bags of human excrement have been thrown on the lawn of her private residence.

"As a socialist City Councilmember who has participated in Black Lives Matter protests, I am being told that my case of six threatening incidents involving human excrement doesn't merit even a serious investigation, let alone protection," she wrote to city officials last week.

One of the incidents was accompanied by a threatening email sent to Sawant's office, in which someone called her "the queen of s-t" and invited her to "sit on your throne of human excrement," according to the media.

"The material used in these repeated attacks is classified as biohazardous waste. The police informed me the material can't be sent to their lab for further investigation due to its hazardous nature," she wrote, according to the media reports.

"That seems quite odd considering that hospital labs do tests on human fecal matter all the time, but it does speak to the danger of having it repeatedly thrown in one's yard," Sawant added, noting she had to call poison control on one instance after her dogs got into the bag of waste.

"Most concerning is the very high likelihood that this extreme and hostile behavior is politically motivated, and could turn into more serious and dangerous harassment," she wrote, noting past threats made against her.

According to Sawant, the police have failed to seriously investigate the incidents reported by her and her husband, including ignoring two witnesses, refusing to test the fecal matter, not taking video evidence collected by a neighbor.

Sawant, a self-described "activist, organizer, and socialist," claimed that when her husband informed the police about the fourth attack on Oct 8, they responded, "What do you expect us to do?" and did not open an investigation.

She also said cops refused to put a police detail in front of her house for protection, a TV station reported.

"There is obviously a glaring inconsistency between this approach and the way in which former Mayor [Jenny] Durkan, after a peaceful Black Lives Matter protest was held a short distance from her mansion, was provided with a 24-hour stakeout for a full year," Sawant wrote.

(Read full story at www.theindianpanorama.news)

3 Indian-origin students die in car mishap in Sheffield Town

OCTOBER 28, 2022

BERKSHIRE (TIP):

Three Indian-origin students died in a car accident in Sheffield Town in the state of Massachusetts, Berkshire District Attorney's Office said.

State and local police are still investigating a two-motor vehicle collision that killed three and hospitalized five people on Tuesday morning.

The crash occurred on Tuesday at approximately 5.30am as a Toyota Sienna and a Chevrolet Silverado collided on Route 7 near Pike Road in Berkshire County.

Three occupants of the Sienna, 27-year-old Prem Kumar Reddy Goda, 22-year-old Pavani Gullapally and 22-year-old Sai Narasimha Patamsetti died on the spot.

"The State Police Detective Unit notified family members and/or designees of the decedents and the Consulate General of India, New York," the District Attorney's Office said in a statement.

"Law Enforcement identified the occupants of the Sienna as international college students, six studying at the University of New Haven and one at Sacred Heart University. The operator of the Silverado lives in Sheffield," it added.

The Sheffield Police Department and the State Police Detective Unit assigned to the Berkshire District Attorney's Office are investigating the circumstances of the collision.



Prem Kumar Reddy Goda, Pavani Gullapally and Sai Narasimha Patamsetti died in a car accident in Sheffield Town in the state of Massachusetts

Photo for representation only

GOLD SMUGGLING CASE: KERALA IS TRYING TO DERAIL PROBE, ED TELLS SUPREME COURT

Powerful persons in the Kerala government are misusing their power to thwart and derail proceedings in the gold smuggling case, the Enforcement Directorate (ED) told the Supreme Court in an affidavit filed on Thursday ahead of next week's hearing on the agency's plea seeking transfer of trial from Kerala to Karnataka.

"The very fact that the state government constituted a commission of inquiry into an investigation conducted by a central investigation agency demonstrates that powerful persons involved in the case who are holding high offices in the government of Kerala are willing to misuse the state machinery and powers in order to thwart and derail proceedings in the case," ED said in its affidavit, rebutting criticism that its request for transfer of the case is "politically motivated".

Kerala's Pinarayi Vijayan government constituted the one-man judicial commission in May 2021 and a petition is pending in Kerala high court questioning its constitution.

ED also cited accused Swapna Prabha Suresh's testimony in June in which she accused several ruling Kerala politicians of involvement in the gold/currency smuggling scam through the UAE consulate, and rebutted that she was forced by ED to make the statement.

"The very fact that the statement was given under Section 164 CrPC confirms that the statement was free and voluntary before an independent judicial forum. There is no basis on which it can be said that proceedings are politically motivated."

PM proposes 'one nation, one uniform' for cops

NEW DELHI (TIP)

Prime Minister Narendra Modi on October 28 mooted the idea of "one nation, one uniform" for police personnel during the 'chintan shivir' of state Home Ministers at Surajkund in Haryana's Faridabad district. He asked the participating ministers to ponder over his suggestion, saying it would enhance the identity of the force.

Addressing the event through video-conferencing, PM Modi warned against the forces "expanding their intellectual sphere to push the youth towards extremism and perverting the minds of the coming generations".

"Every form of Naxalism, be it the one with the gun or the pen, has to be uprooted to prevent it from misleading the youth of the country," asserted PM Modi. He also noted that such forces get significant support internationally.

About his "one nation, one uniform" suggestion, the PM said, "It is just an idea. I am not trying to impose it on you. Just give it a thought. It may

Use of new technologies for terror activities a challenge: India at UN meet

NEW DELHI (TIP)

India on Saturday, October 29, warned about the threat posed by the use of varied technologies for terrorist activities as they become "cheaper and more readily available". India's Permanent Representative to UN Ruchira Kamboj said the new and emerging technologies have helped fuel economic growth and offer the possibility to reduce existing inequalities, however, they have also thrown several challenges that demand our attention and urgent action.

"The use of new technology for terrorist purposes is increasing, diversifying and evolving as varied technologies become cheaper and more readily available," Kamboj said in her opening statement on Day 2 of the UN Security Council's Counter-Terrorism Committee meeting.

"Proliferation in online activities particularly during the pandemic has given terrorists the opportunity to spread their toxic narratives honing their propaganda, particularly targeting youth and children including through gaming platforms," she added.

India is hosting the two-day anti-terrorism meeting of the United Nations Security Council (UNSC). The ongoing meeting in Delhi is being held under India's chair of the Counter-Terrorism Committee.

Addressing the meeting, external affairs minister S Jaishankar underlined that the threat of terrorism is growing and expanding despite the UN Security Council's significant efforts in the last two decades to combat the menace. Jaishankar said that the technologies have also thrown up new challenges for governments and regulatory bodies given the "very nature of some of these technologies and the nascent regulatory environment."

"UN Security Council, in the past 2 decades, has evolved an important architecture built primarily around the Counter-Terrorism Sanctions Regime to combat this menace. This has been very effective in putting those countries on notice that had turned terrorism into a state-funded enterprise," the minister said.



"Despite this, the threat of terrorism is only growing and expanding, particularly in Asia and Africa, as successive reports of the 1267 Sanctions Committee monitoring reports have highlighted," he added.

Jaishankar further stated that the internet and social media platforms have turned into potent instruments in the toolkit of terrorists and militant groups for spreading propaganda, radicalisation and conspiracy theories aimed at destabilising societies.

"Another add-on to the existing worries for governments around the world is the use of unmanned aerial systems by terrorist groups and organised criminal networks," he added.

Print deities' images on notes, Kejriwal writes to PM

MUMBAI (TIP)

happen in five, 50 or 100 years. But let's give it a thought." Noting that states can have their number or insignia on the uniform, PM Modi said, "Bulk production will lead to improvement in the quality of clothes. It will also give a common identity to law enforcement personnel as people will recognise them anywhere in the country."

He also urged the state governments to review old laws and amend these to suit the current scenario as he batted for coordinated action by all agencies to meet the emerging challenges of law and order and security.

"Even though law and order is a state subject as per the Constitution, these are equally linked with the unity and integrity of the country," the PM said, adding all police forces should learn and work together for internal security.

Meanwhile, officials in the MHA said that at the conclusion of the event, it was agreed upon that internal security was a shared responsibility of both Centre and states and the two must work together.

Source: HT

Delhi Chief Minister Arvind Kejriwal on October 28 wrote to Prime Minister Narendra Modi, urging him to include the photographs of Lord Ganesh and Goddess Lakshmi on currency notes.

The AAP leader wrote the letter two days after he appealed to the Union Government to print new notes with the images of Hindu deities for country's "economic prosperity".

"I have written to the PM on behalf of 130 crore Indians that the images of Laxmi-Ganesh ji should be put on the Indian currency along with Mahatma Gandhi's," Kejriwal wrote on Twitter while sharing the letter.

Claiming that the Indian economy was not in a good shape, Kejriwal had on Wednesday said the country needed a lot of effort to get the economy back on track along with the "blessings of our gods and goddesses". "Tremendous support has been received on this issue. There is massive enthusiasm among people and everyone wants this to be implemented immediately," Kejriwal



claimed in the letter, while adding: "On the one hand, all countrymen need to work hard and on the other, we also need blessings of the deities so that our efforts bear fruits."

Kejriwal's demand has evoked sharp reactions from the BJP, which called it an unsuccessful attempt to hide the "ugly anti-Hindu face" of the AAP in view of the upcoming polls in Gujarat and HP. Addressing a press conference on Wednesday, the AAP leader said, "Our economy is not improving. We need to make multi-pronged efforts. Our efforts will bear fruit only when we have the blessings of God."



RAHUL GANDHI: NO GST ON HANDLOOMS IF CONGRESS IS ELECTED

Congress leader Rahul Gandhi on Friday, October 28, assured that the party, once voted to power at the Centre, would do away with Goods and Services Tax (GST) on handlooms to provide succour to the weavers.

He also promised to provide land rights to the tribal farmers of Telangana once the Congress comes to power in the state in the next year's assembly elections.

Gandhi, who was on the third day of his Bharat Jodo Yatra in Telangana, had an interaction with weavers and tribal farmers at Gopalpur Kalan village of Devarkadra block in Mahabubnagar district for more than an hour.

"You do not have to wait for too long. We will come to power at the Centre and the state soon and solve these problems. We will ensure that GST is removed on handlooms. We shall also provide title deeds of the lands being cultivated by tribal farmers, once we come to power in Telangana," he said.

The weavers of Telangana have been protesting against imposition of GST on handloom textiles and their raw material. The Telangana government, too, recently wrote a letter to the Centre asking for removal of the GST on handloom products.

A woman weaver brought to the notice of Gandhi that the GST on handlooms and raw materials would cripple the weaving sector. "During the Congress period, yarn subsidy used to reach the weaver. That system does not exist anymore. Similarly, the state cooperative organisation used to buy directly from weavers. That, too, does not happen anymore," she said.

Similarly, tribal farmers during their interaction with the Congress MP, spoke about the implementation of the Forest Rights Act, 2006. They explained to him about the status of assigned land and lack of title deeds for their lands where they take up Podu cultivation (shifting cultivation).

Sunil Kumar of National Law School and Research (Nalsar) summed up the problem of the implementation of the Forest Rights Act. "Three major issues afflict the tribal farmers of Telangana. One, over 3 lakh applications are pending for recognition of forest land. Two, tussle between government departments, mainly forest and revenue departments, due to which 1 lakh tribal-farmers are suffering. Three, forest department is delaying recognition of forest land which is affecting approx. 25 lakh farmers in the state," he explained to Gandhi.

Source: HT

India, EU discuss issues relating to mobility, migration of professionals and students

NEW DELHI (TIP)

India and the European Union have explored ways to facilitate mobility and migration of talented professionals, students and skilled workforce for the mutual benefit of both the sides, the Ministry of External Affairs (MEA) said on Friday, October 28.

The issues figured at the 6th High Level Dialogue on Migration and Mobility (HLDMM) between India and the European Union that took place in Brussels on October 27.

The MEA said the discussions at the meeting covered a wide range of issues related to the promotion of safe, orderly and regular migration including prevention of irregular migration.

"Both sides also discussed potential areas of cooperation to facilitate mobility and migration of talented professionals, students and skilled workforce for the mutual benefit of both partners," it said in a statement.

"Both sides expressed satisfaction at the successful implementation of India-EU Common Agenda on Migration and Mobility. As India and EU celebrate 60 years of diplomatic ties, the dialogue is an important dimension of the strategic partnership," it added. The Indian delegation at the talks was led by Ausaf Sayeed, Secretary (Consular, Passport & Visa and Overseas Indian Affairs) in the MEA. Monique Pariat, Director General (Migration and Home Affairs), European Commission,



headed the EU team.

Besides the two delegations led by the co-chairs, the meeting was also attended by representatives of the diplomatic missions of EU member states in Brussels who were invited as observers.

The representatives of the Ministry of Home Affairs, Ministry of Skill Development and Entrepreneurship and Ministry of Labour and Employment were part of the Indian delegation.

Source: PTI

ISRO carries out key test of its heaviest rocket's engine

The flight acceptance hot test of CE-20 engine has been carried out in the High Altitude Test facility of ISRO Propulsion Complex (IPRC) at Mahendragiri in Tamil Nadu.

The engine is assigned for the LVM3-M3 mission identified for launching the next 36 OneWeb India-1 satellites, the Indian Space Research Organisation said.

Sources said these satellites of OneWeb, the London-based satellite communications company, are expected to be launched by the NewSpace India Limited (NSIL), the ISRO's commercial

arm, aboard LVM3 early next year.

Friday's (October 28) flight acceptance test comes within days of the launch of the first set of 36 OneWeb satellites by the NSIL from the Satish Dhawan Space Centre (SDSC-SHAR) in Sriharikota on October 23.

According to OneWeb, its partnership with NSIL and ISRO demonstrated its commitment to provide connectivity across the length and breadth of India by 2023.

From Ladakh to Kanyakumari and Gujarat to Arunachal Pradesh, OneWeb will bring secured solutions not only to

enterprises but also to towns, villages, municipalities and schools, including the hardest-to-reach areas across the country, it said.

"OneWeb's commitment to enhance connectivity in India is backed by Bharti Global, its largest investor," the company said.

NSIL Chairman-cum-Managing Director Radhakrishnan D had said: "We look forward to strengthening our partnership with OneWeb and utilising the potential that LEO connectivity has to deliver broadband services across India."

Source: PTI

Amendment of intermediary guidelines aimed at protection of online users: IT minister

NEW DELHI (TIP)

IT Minister Ashwini Vaishnaw has said the latest amendment of intermediary guidelines is focused on protection of online users.

The comment came as the government on Friday, October 28, notified new rules under which it will set up appellate panels to settle grievances that users may have against decisions of social media platforms like Twitter and Facebook on hosting contentious content.

The three-member Grievance Appellate Committee(s) will be set in three months, according to the gazette notification.

Soon after the tweaks in IT rules were notified on Friday, Vaishnaw said, "The focus of the amendment of intermediary guidelines is on the protection of online



IT Minister Ashwini Vaishnaw

users.

"The law of the land is supreme. Intermediary to ensure accessibility of its services to all users and respect their rights under the Constitution of India,"

he noted.

According to the latest amendments, the appellate committees will be able to review content moderation and other decisions of social media companies such as Meta and Twitter.

"The central government shall, by notification, establish one or more grievance appellate committees within three months from the date of commencement of the Information Technology (Intermediary Guidelines and Digital Media Ethics Code) Amendment Rules, 2022," the notification said.

Each grievance appellate committee will consist of a chairperson and two whole-time members appointed by the central government, of which one will be a member ex-officio and two will be independent members.

Source: PTI

Assassination of Indira Gandhi and its violent aftermath

On the morning of October 31, 1984, Indira Gandhi, 'the Iron Lady' of India, was assassinated. She was India's then Prime Minister. The assassination was carried out by Satwant Singh and Beant Singh, her 'Sikh bodyguards.' The assassination was the result of the 'Blue Star' operation carried out at the behest of Prime Minister Indira Gandhi by the Indian Army.

The attack on the Golden Temple in Amritsar by the Indian Army in June 1984 left the Sikh temple heavily damaged. Hundreds of people lost their lives, including the terrorists as well as the Army. What followed the assassination, however, was brutal, and the recovery was huge. The nation was engulfed in the flames of riots for the next four days. The capital of the nation bore the majority of its brunt. More than 3000 Sikhs have been killed nationwide. The anger against the Sikh community was evident after the assassination.

Indira Gandhi was the country's first lady prime minister. She was popular among the masses, despite the emergency and Operation Blue Star. "There were scores of people grieving her loss, the loss of a great leader who should have avoided the mistakes just the way that Rajiv Gandhi could have avoided making the famous line, 'The earth shakes when a large tree falls'."

WHY WAS INDIRA GANDHI ASSASSINATED?

Between 1 and 8 June 1984, Operation Bluestar was an Indian military operation ordered by Indira Gandhi to evict leader Jarnail Singh Bhindranwale and his armed followers from the buildings of the Amritsar Harmandir Sahib Complex.

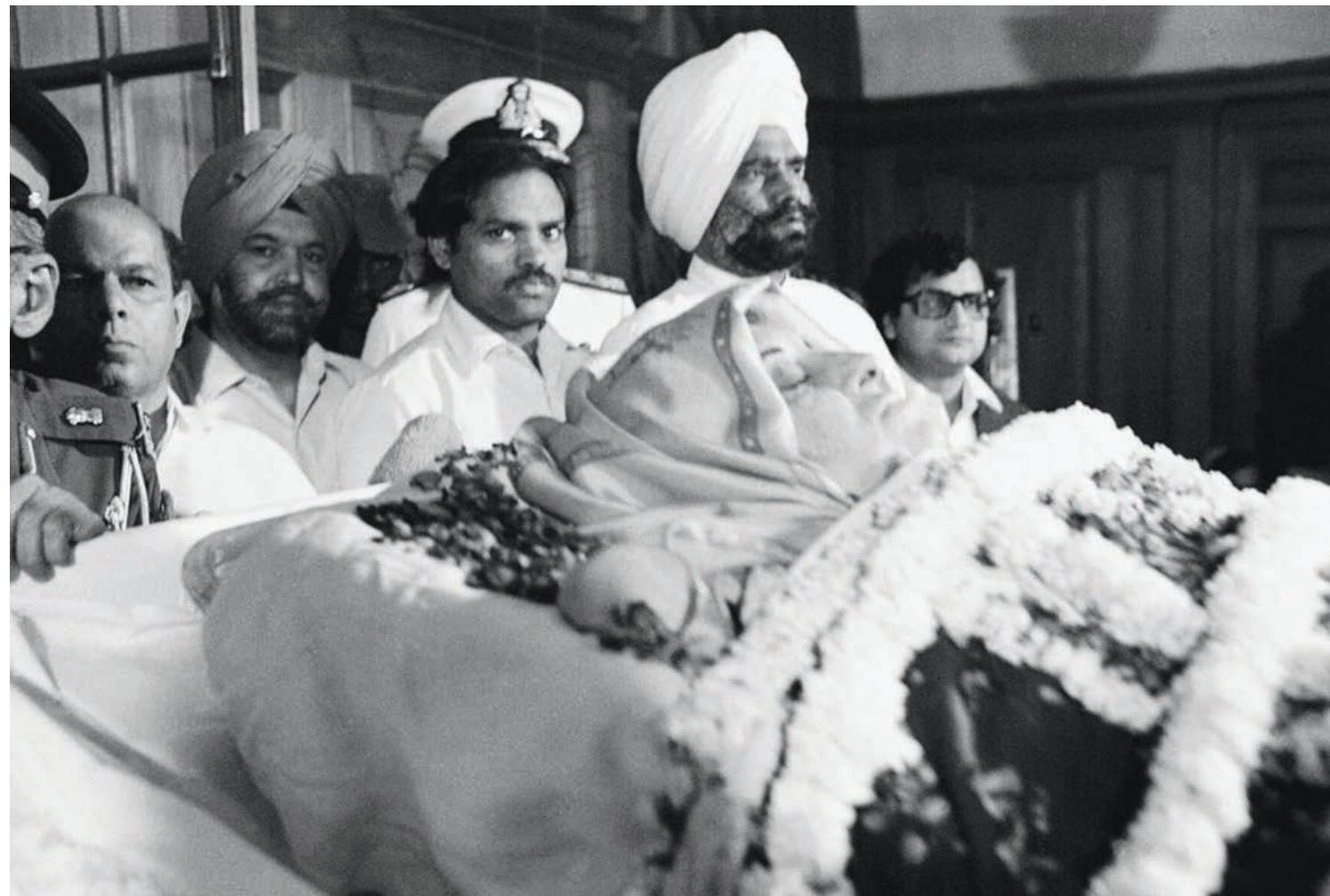
Due to her role in the operation that destroyed portions of the Akal Takht and caused casualties, Indira Gandhi was unpopular among Sikhs.

In the temple, library that caught fire caused the alleged destruction of Sikh scriptures and manuscripts.

Consequently, out of fear of assassination, Sikhs were removed from her private bodyguard by the Intelligence Bureau. She also ordered her Sikh bodyguards to be reinstated by the Special Protection Group, including Beant Singh. He was considered her personal favorite.

WHAT WAS OPERATION BLUE STAR?

- It is a code name given to an Indian military operation to remove the separatists hiding within the Amritsar Golden Temple on June 5, 1984.
- Indira Gandhi, the then Prime Minister, ordered the operation, primarily to take possession of the Amritsar Harmandir Sahib Complex (popularly referred to as the Golden Temple).
- To drive out the Sikh extremist religious leader, Jarnail Singh



- Bhindranwale, and his armed followers, the Indian military entered the premises of the temple.
- There were two components to the operation, Operation Metal, which was the invasion of the temple complex, and Operation Store, which was restricted to the state's countryside.
- Jarnail Singh Bhindranwale wanted the Indian government to pass the Anandpur Resolution, and thereby agree to the formation of a separate state of Khalistan for Sikhs.
- This radical leader of Sikhism had managed to gain ample support for his cause since 1982 and had set up a base with ammunition and his followers within the Golden Temple complex by mid-1983.
- Operation Blue Star was then launched to get rid of Bhindranwale and his demands between 1 June and 6 June 1984.
- This operation helped to eradicate Khalistani extremism, resulting in the death of Bhindranwale.

Indira Gandhi was the Prime Minister of India from 1966 to 1984. She entered office with grand ideas to promote Indian autonomy through the establishment of the Green Revolution. She also joined the fight to create what would be known as Bangladesh (then part of Pakistan). Despite her achievements, there was much opposition to her regime. The Sikh minority wanted their own nation which

Gandhi rejected. Tensions rose and led to Operation Blue Star, which sought to stop the Sikh rebellions that Gandhi asserted inspired much terror throughout India.

Several Sikhs were killed in the operation. Months later, on October 31, 1984 Indira Gandhi was assassinated by her Sikh bodyguards, Satwant Singh, and Beant Singh. Why did Gandhi's bodyguards assassinate her and what was the impact of her murder? Satwant and Beant Singh assassinated Indira Gandhi as a result of political and religious grievances, and that her murder led to much retaliation and bias against the Sikhs.

There has been much debate over whether Operation Blue Star, which Indira Gandhi ordered, was justified. The Sikhs developed nationalistic movements to create their own nation. In some cases, they used terror to scare the Indian government into granting them a separate Sikh nation. Some historians argue that Operation Blue Star was necessary to put down Sikh nationalistic movements that were causing turmoil in India. Conversely, other historians argue that the operation was not justified and that it was an exhibition of Gandhi's misuse of power and discriminatory action towards the Sikhs. Following her assassination, there were several anti-Sikh riots that plagued the country. Hindus participated in mass killings of Sikhs as an act of revenge. The riots lasted for months and the death toll rose to thousands. There seemed to be no

effective ways to stop the violence. There was fear all over. Also, there was speculation that the government was purposefully not doing anything because they hated the Sikhs for killing Gandhi.

However, this was proven to be false because they had several members in the government that were Sikhs, so the argument had gotten shut down as well. Many nations had no idea how bad the situation was until the numbers were displayed. At this point in time, Sikhs were being blamed for almost everything, even things that were not related to Gandhi.

The divide between Sikhs and Hindus grew at an exponential rate as was the amount of Sikh deaths in India. Rajiv Gandhi, Indira's son took office as Prime Minister following her assassination and found that he could not keep the situation under control. However, it was becoming apparent that the police would not intervene to save the Sikhs that were being tortured, and killed. So, he had decided to attempt to hide the events that were taking place. Despite his efforts, eventually other nations had discovered what had happened and expressed their disgust towards the events but did not take much action in doing anything to remedy the issue.

Throughout the period of anti-Sikh riots, thousands of them killed, raped, tortured and more. Homes and holy places of the Sikhs were also destroyed. It was a dark time for the people of India especially the Sikhs.

1984 anti-Sikh riots: The darkest period of modern Indian history

8 years have passed since ‘Operation Blue Star’, when Indira Gandhi, the then Prime Minister of India, ordered an attack on the Sikh Golden Temple in June 1984. The aim was to silence demands for Sikh religious and political autonomy, and resulted in the deaths of 492 civilians. In retaliation, Indira Gandhi was assassinated by her two Sikh bodyguards. The events that followed represent one of the darkest periods of modern Indian history.

The Khalistan movement, Operation Bluestar, Indira Gandhi’s assassination, the anti-Sikh massacres — 1984 is etched in public memory as a disastrous, tragic year for India.

Operation Bluestar, ordered by Prime Minister Indira Gandhi to wipe out the Khalistani militants holed up inside the Golden Temple complex in Amritsar, saw the death of hundreds of civilians, militants and military personnel alike.

The Akal Takht, one of the sacred religious sites of the Sikhs within the complex, was badly damaged too, enraging a section of the Sikh population. Bluestar ultimately led to a cycle of violence: the prime minister was assassinated by her Sikh bodyguards, and anti-Sikh killings on a massive, mind-numbing scale were orchestrated by leaders and supporters of the ruling Congress party in Delhi and elsewhere, claiming the lives of more than 3,000 persons from the Sikh community. Unofficial estimates place the death toll at more than 5,000.

Despite many commissions of inquiry instituted over the decades, the victims of the 1984 massacres continue to battle for and await justice. Dozens of eyewitnesses have testified to police inaction before these commissions. They have deposed that the police did not do anything to stop the killings in which large numbers of people participated.

Survivors, witnesses and observers spoke of how the violence was orchestrated by Congress leaders — including, they said, H.K.L. Bhagat, Sajjan Kumar and Jagdish Tytler. But no senior politician has been convicted till now, except Sajjan Kumar — who was finally sentenced to life imprisonment by the Delhi high court bench of Justice S. Muralidhar and Justice Vinod Goel in December 2018 after the overturned the trial court verdict of 2013 which had acquitted him.

At least 10 committees have examined different aspects of the anti-Sikh violence, seven of which have investigated the specific aspect of the death count. But most of these committees have had no impact, with successive governments not implementing their recommendations or disregarding their findings.

The Mishra Commission, constituted in 1985, accepted “the submission advanced before it that the violence against Sikhs on October 31, 1984, started as a natural reaction to the situation. And that at that stage there was no organised attempt to cause or spread



Relatives grieve at a funeral after the Sikh riots in Delhi. Over three days in Nov 1984, 350 Sikhs had lost their lives here. Image Credit: AFP



violence by rioting directed against the Sikhs.”

Similarly, the Nanavati Commission, submitting its report in 2005, said that “there was simply no evidence that “Shri Rajiv Gandhi or any other high ranking Congress (I) Leader had suggested or organised attacks on Sikhs. Whatever acts were done, they were done by the local Congress (I) leaders and workers, and they appear to have done so for their personal political reasons.”

However, a fact-finding team jointly organised by the People’s Union for Democratic Rights (PUDR) and People’s Union for Civil Liberties (PUCL) reported both Hindus and Sikhs telling the organisations that far from being a spontaneous expression of ‘grief and anger’ at Indira Gandhi’s assassination, the riots were in fact organised by certain Congress(I) leaders.

Congress(I) councillors considered to be loyal followers of the MP Dharamdas Shastri were named as the main culprits who were reportedly carrying voters’ lists to identify Sikh households in the Anand Parbat area.

The Delhi police filed 587 FIRs against



those involved in the violence. Out of these, 241 cases were closed by the police, citing lack of evidence.

Several prominent Congress leaders figure on the lists of several complainants accusing them of instigating crowds to attack Sikhs in the aftermath of Indira Gandhi’s assassination. Jagdish Tytler was widely accused of playing a prominent role in mobilising the mobs. He has specifically been accused of instigating the mob that led to the murder of three Sikhs at Gurdwara Pul Bangash, Delhi, on November 1, 1984.

In 2000, the BJP-led government of Atal Bihari Vajpayee set up the Nanavati commission headed by a former Supreme Court judge to investigate the crimes committed during the 1984 massacres. The commission’s report released in 2005 during the UPA-I tenure, put out detailed evidence against Tytler and other Congress leaders of the Delhi wing of the INC. The report led to Tytler’s resignation from the Union cabinet. Despite the CBI clearing him of any wrongdoing in March 2009, public outrage forced the party to drop him as an INC candidate for the 2009 Lok Sabha

elections. In 2013, a New Delhi Court ordered the reopening of the case against Tytler and directed the CBI to record the testimonies of key witnesses who had said they saw the Congress leader instigating mobs. He filed a plea for a stay order on CBI probe, which the high court rejected in January 2014.

One of the most frequently mentioned names in connection with the 1984 violence is that of Congress politician Sajjan Kumar. On the recommendations of Justice G.T. Nanavati Commission, the CBI registered a case against Kumar, alleging that he incited mobs to attack Sikhs in the Delhi Cantonment. The CBI told a Delhi court that Kumar incited the crowd to kill Sikhs. “There was a conspiracy of terrifying proportion with the complicity of police and patronage of local MP Sajjan Kumar,” CBI prosecutor R.S. Cheema told the court. Cheema further told the court that witnesses at the scene heard Sajjan Kumar tell a crowd that “not a single Sikh should survive”.

While Kumar was acquitted by a district court, the Delhi high court finally convicted him. Kumar was found guilty of murder, promoting enmity between groups and defiling public property, and asked to surrender by December 31, 2018.

Sajjan Kumar is the main accused in the 1984 anti-Sikh riots and is serving a life term in a case relating to the killing of five members of a family in Raj Nagar following the assassination of Indira Gandhi on October 31, 1984.

In the Gandhinagar area, a local Congress(I) councillor Sukhanlal was identified by the victims as the main leader of the assailants. Escapees from the area whom the People’s Union for Democratic Rights (PUDR) and People’s Union for Civil Liberties (PUCL) fact-finding team met at the Shakarpur relief camp on November 6, blamed the Congress(I) MP from the area, H K L Bhagat, for having masterminded the violence in their locality. During the 1990s, a sessions judge in the Karkardooma Court in Delhi, Justice S.N. Dhingra sent senior Congress minister Bhagat to jail briefly. The Nanavati Commission’s recommendations nailed Bhagat in 2005. The Congress leader passed away later that same year due to advanced age and prolonged illness.

The commission found that along with H.K.L. Bhagat, Dr. Ashok Kumar, a local Congress leader and member of Municipal Corporation, Kalyanpuri, had taken “active part in this anti-Sikh riots.” He had reportedly held a meeting in Kalyanpuri, in which he incited violence, and in the ensuing violence, there were cases of loot, murder, arson and rape. The commission, though, failed to recommend any further action against Bhagat and Kumar, citing their acquittals in criminal cases even though they had been acquitted due to poor investigations by the police.

India in history this Week

OCTOBER 28, 2022, TO NOVEMBER 3, 2022**28 OCTOBER**

1867 Birth of Swami Vivekananda's disciple Bhagini Nivedita in Ireland.

1913 Jain Shwetambar Terapanthi Sabha was established.

1851 The British Indian Association was established in Bengal.

29 OCTOBER

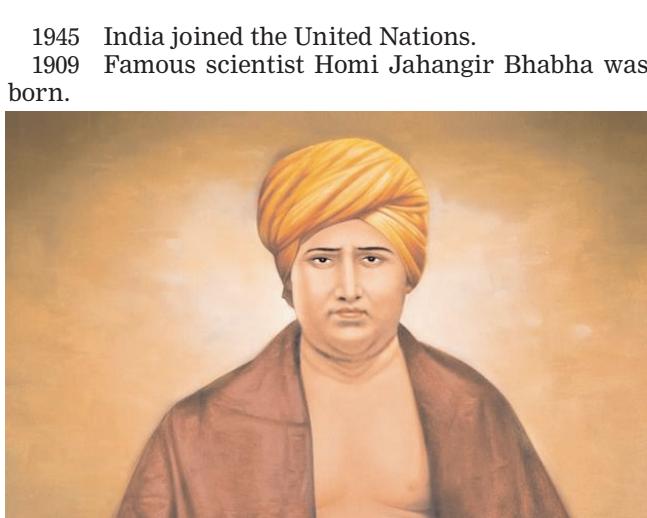
1985 Boxer Vijendra Singh, who won India's first Olympic medal in boxing, was born.

1999 About 150 people died and five lakh people were affected by the Mahatufan, which came at a speed of 250 km on the east coast of India.

2005 Two days before Deepawali in Delhi, 62 people died in the serial blasts in busy areas Paharganj and Sarojini Nagar.

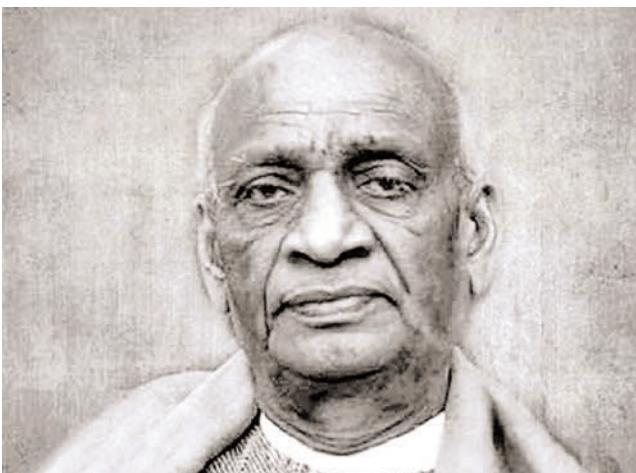
1920 Jamia Millia Islamia was established by the efforts of former President Zakir Hussain.

2008 Assam bombings killed 69 people and injured 350 people.

30 OCTOBER

1883 The great thinker and social reformer Swami Dayanand Saraswati died.

1956 India's first five-star hotel 'Ashoka' opened.

31 OCTOBER

1875 The freedom fighter of India and the first Home Minister of independent India Sardar Vallabh Patel was born.

1984 The then Prime Minister of India Indira Gandhi was shot dead by her bodyguards.

1966 India's famous swimmer Mihir Sen floated and crossed the Panama Canal.

1943 Indian scientist and former chairman of 'ISRO' G. Madhavan Nair was born.

1960 The cyclonic storm in the Bay of Bengal killed about 10,000 people.



1975 Sachin Dev Burman, a famous musician/music director and singer of Bengali and Hindi cinema, passed away.

01 NOVEMBER

1950 The first steam engine in India was built at the Chittaranjan Rail factory.



1984 After the assassination of Indira Gandhi, the then Prime Minister of India, anti-Sikh riots broke out in the country.

1858 The rule of India went from the East India Company to the ruler of Britain and now the Viceroy was appointed to replace the Governor General.

1956 The state of Madhya Pradesh was formed on the basis of language.

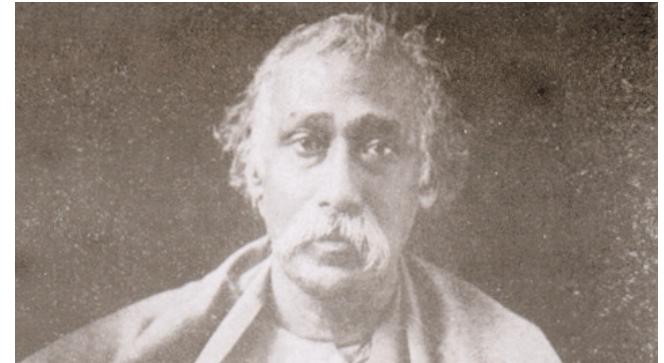
1956 The capital of the country, Delhi became a union territory.

1960 Kalyani University was established in West Bengal India.

1966 The state of Haryana was carved out of Punjab.

1973 The name of Mysore was changed to Karnataka.

2000 The state of Chhattisgarh was formed.

02 NOVEMBER

1833 Mahendra Lal Sarkar, the First Homeopathic Practitioner in India, was born.

1834 The ship named Atlas had reached Mauritius with Indian laborers. Which is celebrated as immigrant day there.

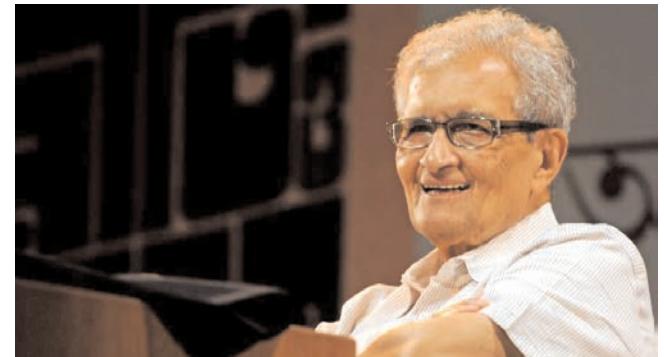
1534 The fourth Sikh Guru Ramdas was born.



2012 Indian-American mathematician Shriram Shankar Abhyankar died.

03 NOVEMBER

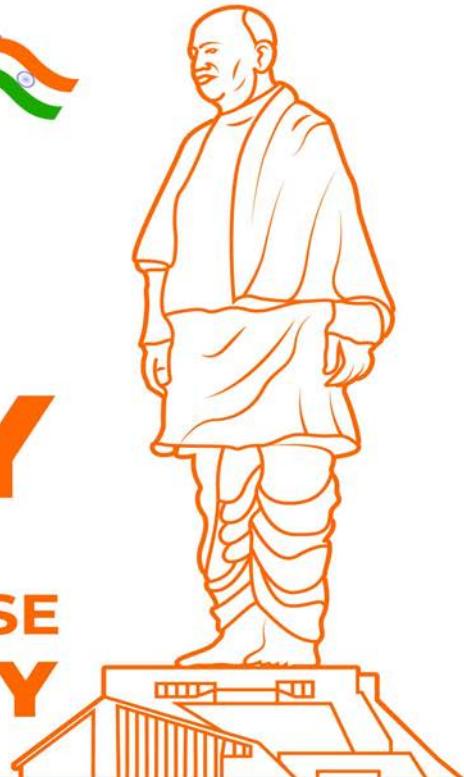
1917 Annapurna Maharana, a freedom fighter and advocate for women's rights, was born.



1933 Economist and Nobel Prize winner Amartya Sen was born in Birbhum district of West Bengal.

1948 The then Prime Minister of India Jawaharlal Nehru gave his first speech at the United Nations General Assembly.

2000 Direct to home broadcasting service launched for all by the Government of India.



MARCH FOR UNITY

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UNITY IN DIVERSITY



Chief Guest



Randhir Jaiswal

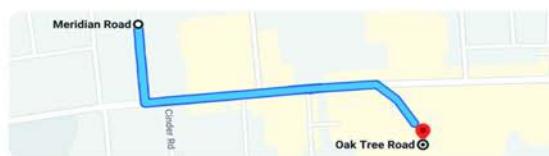
Consul General of India
New York, USA



11:30 am to 1:30 pm

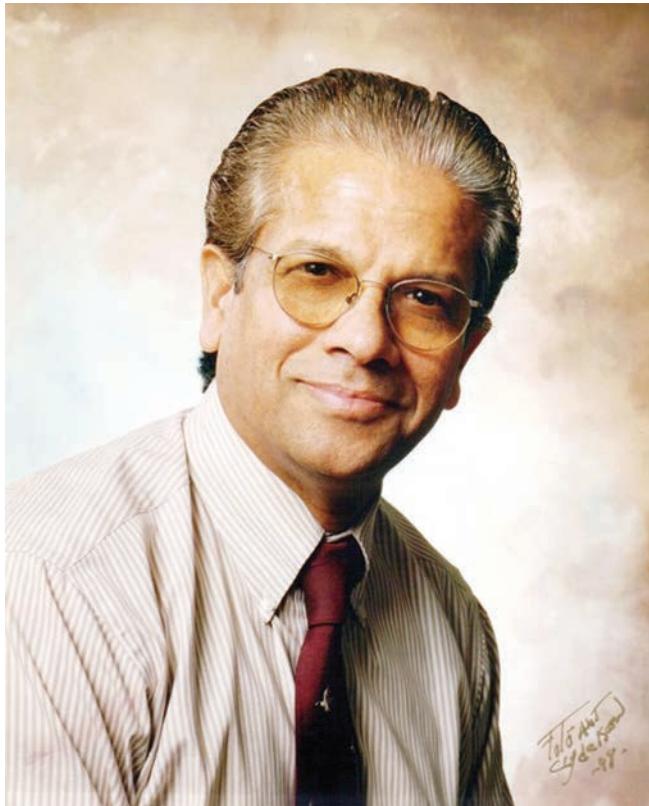


Meridian Rd, Edison, NJ 08820
to 1665, Oak Tree Road, Edison, NJ



Light refreshment will be served

'Political will, professional will, and peoples' will together can do anything'



Dr. V.K. Raju, Founder-President of the Eye Foundation of America

Dr. V.K. Raju is the Founder and president of the Eye Foundation of America and a clinical professor of ophthalmology at West Virginia University in Morgantown. He received his medical degree from Andhra University in Visakhapatnam, India. He completed both his ophthalmology residency and fellowship at the University of London. Dr. Raju is a fellow of the Royal College of Surgeons and the American College of Surgeons.

The Eye Foundation of America he founded has been rendering services since 1977 in India and 21 other developing countries. The mammoth work the EFA team has done could be the envy of any humanitarian organization. Close to 400,000 eye surgeries, 2.5 million + outpatients- it is a colossal work. It helped found 2 Eye Institutes - Goutami and Srikiran in AP, India in 2005. These institutes have committed to provide innovative and compassionate care to the patients, by incorporating new technology and through patient education. His mission was to protect, preserve and restore the treasured gift of sight for improving quality of life by providing caring service, irrespective of the socio-economic status, with due emphasis on education and research.

Dr Raju has received numerous awards, including the Academy's Outstanding Humanitarian Award, the Melvin Jones Fellowship from the International Lions Foundation, the Paul Harris Fellow Award from Rotary International, the Distinguished Community Service Award from the American Association of Physicians of Indian Origin and the Dr. Martin Luther King, Jr., Achievement Award from West Virginia University. Dr. Raju has published over 300 presentations, articles and chapters. He has authored 2 books , and more are in the pipeline. Along with his clinical work, his interests include medical history, establishing lectureships to enhance teaching and the prevention of blindness in children through teaching, service and research.

The Indian Panorama editor Prof. Indrajit S Saluja caught up with Dr. Raju who was in New York as a guest at the Diwali at Times Square,

and had a conversation with him on his favorite subject of prevention of blindness among children

TIP: What is your message to readers of The Indian Panorama?

I was born in India but lived in West Virginia most of my life. People often say that I am working so hard for a long time. Actually 45 years now since this work began. When you like and do the work, it's not work anymore. I do believe in that. Today we are living in an incredible age with the advancement of medicine. But for children, I think it's not fair. I have worked in 30 countries but our main nucleus is India. As my mentor used to say in London 'there are three solutions for every problem involved - first is education, second is education, and third is education.' So, if you educate people, problems will be minimum. If we can give education and health to children, they will build the nation. I feel there is need for charities for them.

ultimately sending them to the hospitals to complete the procedure. But 30-40 years back there was a problem. After you finish the camp where will patients go for follow up? So, we started two institutions - and the latest one is Goutami. Giving continuous care is the main thing. Our priority is children, children, and children. We talk about education and 80% of our education is through vision and if the children miss that chance, it's not only problem to the child, it's a problem to the community, society, and to the country. In eyecare, if you catch them early, treat them early, problems can be resolved. Goutami has excellent telemedicine facility - biggest program in Andhra Pradesh. We screen every baby who is prematurely born - 8% to 10% of them need special attention. Fifteen to thirty minutes treatment can save them from blindness.

The Rotary Clubs helped us a lot in organizing the eye camps. Goutami does a camp a day. Anything can be done today but we have to do it together. If the will is there it can be done. Political will, professional will, and peoples' will together can do anything.



Dr. V.K. Raju examines children at Goutami Hospital in Rajahmundry in Andhra Pradesh

TIP: What is your vision and mission about Goutami?

Our work starts with 'eye camp' which is a wonderful concept. The concept is: screening, seeing the patients outside the hospital. In rural areas people don't want to come to the hospitals because it's threatening. Even today, even in the United States, people are somehow concerned about coming to the hospitals. We treat people outside the hospital. Screen them, advise them and some of the treatments we give outside the hospital. In 1979 we started a temporary facility outside the hospital with screening, advising the patients and giving minor treatments which are quite safe outside the hospital. You have heard about health fairs where we set up all facilities by screening people and if needed

TIP: Have you launched a project on eyecare in Rotary Club in Morgantown?

Yes we did. In United States there is a problem with nutrition. What people eat in West Virginia is not good for health, and obesity is the major issue. We really try to educate parents and their children in the farmers market about what to eat properly. In ancient Ayurvedic system of India, it is not the medications. The principles of Ayurveda are - eat right, exercise right, fix your lifestyle and then if it's not enough then take medication. We are trying to make people conscious about that. Mindset is important. Forget what you have done. Think about what you have to do.

CONT'D ON PAGE 21

CONT'D FROM PAGE 20

TIP: The lifestyle in America, does it cause any eye ailment?

Yes. Children spending too much time with cellphone or video game can suffer from Myopia. But we can check that. They should take a break from screens every 30 or 45 minutes. It's up to the parents because children learn what they live.

TIP: Do you have any plans to extend the work of Eye Foundation of America in Central American countries?

I am so glad you have asked this question. The Eye Foundation of America will go where the need is the highest. We're planning to go to Guatemala end of this year or early next year. The Green Goutami project is coming up. Once the new building starts we will extend our reach in Guatemala.

Children receive expert care at Goutami Hospital**TIP: Tell us about the new Goutami Building**

We have all facilities with the latest and greatest equipment. There will be treatment for a rare cancer of the eye called 'Retinoblastoma.' Cancer in the eye is very rare but important aspect of eye cancer is tumor in the eye in the back of retina. We want to make people aware of this. We are planning to do some projects with Nargis Dutt Memorial Cancer Foundation.

TIP: What's your call on Govt of India's child welfare programs?

Indian government has done incredible job in this regard but after getting about 80% success there is relaxation. They have achieved whatever, but there are problems in implementation. In villages and rural areas there is still vitamin deficiency and vitamin A deficiency is not only bad but it can make you blind. There is a problem of immunity. If a vitamin A deficient child gets measles, it can cause death. Not a single child be left behind. That should be the attitude. We should not stop until we reach the last post.

CELEBRATE DIWALI AT FLUSHING TOWN HALL

BY MABEL PAIS

**Featuring
RANGOLI ART DISPLAY-
COMPETITION, DANCE PARTY,
PERFORMANCES & DELICIOUS
INDIAN CUISINE**

Flushing Town Hall (FTH) hosts its eighth annual Diwali Festival - a celebration welcoming audiences of all ages and cultures and a very popular event each year at the FTH Theater in person on Saturday, November 5, 2022. There are two shows: at 11 a.m., and at 2 p.m. Learn more at flushingtownhall.org/diwali.

Celebrate Diwali with this all-ages festival and dance party featuring Kathak classical dancer Abha Roy and Bharatanatyam dancer Ishita Mili! Learn folk, Bollywood, and Kathak dance



Abha Roy, Rangoli artwork.

moves infused with hip hop and contemporary dance with Abha and Ishita, explore rangoli design with Anju Gupta, taste Indian foods with Queens Curry Kitchen, discover ayurvedic treatments with Shweta Parmar, and more.

Abha Roy, master teaching artist and artistic director of the Srijan Dance



Photo / Flushing Town Hall.

Company shares the stage with IMGE: Ishita Mili Global Exposé, a performance company rooted in Indian classical, hip hop, and contemporary dance.

At the event, Flushing Town Hall will present the artwork of the winners of its rangoli design competition. Rangoli is an age-old art form from India. Derived from the Sanskrit word "Rangavalli", it

means rows of colors and is used to celebrate Hindu festivals such as Diwali. Rangoli is usually drawn in homes or courtyards, in the hope of inviting blessings of the Gods.

SAFETY PROTOCOL:

Flushing Town Hall (FTH) requires all visitors, performers, and staff to show proof of vaccination against COVID-19 with matching identification. Additionally, masks will be required at all times. For more details on Flushing Town Hall's Covid-safety measures and vaccine requirements, visit flushingtownhall.org/covid-safety.

Flushing Town Hall

To learn more, visit flushingtownhall.org.

137-35 Northern Blvd. Flushing, NY 11354
(718) 463-7700 x222

NJYS OPENS SEASON WITH ASIAN DANCE

BY MABEL PAIS

The New Jersey Youth Symphony (NJYS), a program of Wharton Arts, officially opens the symphonic season on Saturday, October 30 at 4:00 p.m. at The Patriots Theater at the War Memorial in Trenton with a dynamic concert featuring the New Jersey Youth Symphony (NJYS) and Samgomu Dancers Holly Shin-Young Knudson, Quinn Lee, and Brooke Jee-in Newmaster, each an adoptee.

The award-winning orchestra under the baton of award-winning Helen H. Cha-Pyo presents 'Symphonic Dances!', a vibrant display of Korean arts and culture featuring traditional Korean dancing and drumming. Rachmaninoff's 'Symphonic Dances' and Manuel de Falla's 'Three-Cornered Hat, Suite No. 2' will interlace with Kyle Newmaster's 'Impressions of Cheonmachong': Concerto for Korean Three Drum Dance for a spectacular family event.

Artistic Director, Helen Cha Pyo said, "This exciting collaboration with Kyle and Brooke is truly a unique and enriching musical experience for our youth musicians, and I anticipate it will be a powerful experience for the audience. They will have the opportunity to hear Brooke's personal story immediately followed by her performance of 'Impressions of Cheonmachong.' It is my hope that this concert will inspire all of us as we share music and dance together from around the world in the context of personal stories."

Samgomu, often called "three drum dance" or standing "drum dance," is a traditional Korean art form where each dancer is surrounded on three sides by drums positioned in a way that allows



(Top right) - Artistic Director, Helen Cha-Pyo.

(Top center) - NJYS Orchestra.

Collage of Korean dancers.

Photo whartonarts.org

the dancers to play complex rhythms while moving in synchronization.

'Impressions of Cheonmachong': Concerto for Korean Three Drum Dance, composed by Kyle Newmaster and choreographed by Brooke Newmaster (siblings), was commissioned for the Cape Symphony's 2016 concert, 'The Silk Road and Beyond.' The first collaboration piece for the sibling team, the work is a concerto for traditional Korean Samgomu dancing and drumming and large symphony orchestra. Very much a family story, the work began with Brooke's adoption and her passion for reclaiming her Korean cultural heritage. Together Brooke and Kyle created a work that both captures

their family love and tells the compelling story of a great ancient king and his horse, the result being a piece that isn't strictly Korean or American. Brooke and Kyle dedicate 'Impressions of Cheonmachong' to their parents, Marge and Ray Newmaster, and to Brooke's Korean birth mother.

Brooke Jee-in Newmaster is the director of JangmiArts, a program that provides Korean traditional dance, drumming, music, folk art lessons, and workshops since 1984. JangmiArts focuses on supporting Korean Adoptees of all ages to experience Korean culture through the arts. People of all backgrounds are invited to learn together. Newmaster's lifelong passion

for Korean traditional culture and her experience as a transnational, transracial Korean adoptee growing up in Minnesota was the genesis for 'Impressions of Cheonmachong.'

Holly Shin Young Knudson was born in Seoul, South Korea. She was adopted when she was six months old by a family in Minnesota and has been dancing with JangmiArts for over 27 years. She is a manager at U.S. Bank.

Quinn Lee was adopted when she was six months old into a family where she has a younger brother biological to her adoptive parents. She grew up and still lives in Minneapolis, Minnesota. Quinn has been part of JangmiArts since she was six years old. She is currently the Assistant Extended Learning Coordinator at Yinghua Academy, a Chinese immersion school.

The New Jersey Youth Symphony (NJYS) will present four signature concerts this season chronicling a variety of dance rhythms from across the globe in the 'Beyond Cultural Boundaries Series: A Confluence of Music, Dance, and Story.'

TICKETS

For info on event details, tickets and discounts for students and seniors, visit NJYS.org.

WHARTON ARTS

To learn about Wharton Arts, visit whartonarts.org

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

SOUND UNSEEN + MUSIC FEST USHERS IN 23RD EDITION

BY MABEL PAIS

The Sound Unseen Film + Music Festival (November 3-6 in Austin, November 9-13 in Minneapolis) presents its annual 23rd edition of the popular film festival. With an expansion of screening presentations in Austin, 'Sound Unseen' has solidified its standing as a two-city film festival, with back-to-back weekends in Austin and Minneapolis. The Austin Festival takes place at the Austin Film Society Cinema (6259 Middle Fiskville Rd) and the Minneapolis Festival takes place at multiple locations. Virtual screenings run November 12-19.

Sound Unseen's Program Director Rich Gill, said, "What began as an idea to bolster our pandemic response by bringing our Sound Unseen "show" to both Austin and Minneapolis virtually and then dip our toes into the in-person screenings in Austin adding to our traditional screenings and events in Minneapolis has been received with more enthusiasm than we could have ever imagined. So, we are now a full-fledged two-city film festival, based in two of the most influential musical cities in the country. It makes sense that we would find ourselves in this place and we could not be more excited to increase our presence down in Texas while also delivering the Sound Unseen experience that Minnesota has come to expect from us."

THE 2022 SOUND UNSEEN FILM LINEUP**SOUND UNSEEN IN AUSTIN**

Finding Her Beat

OPENING NIGHT**Finding Her Beat****Dirs: Dawn Mikkelsen, Keri Pickett | USA |****1h 27m**

For thousands of years women have been locked out of Taiko drumming. Not anymore. In the dead of a Minnesota winter, Asian drumming divas smash gender roles and redefine power on their own terms. 'Finding Her Beat' dives into the rhythms and struggles that lead to an electrifying historic performance that changes everything.

The evening is expected to include a special performance of the dynamic Taiko drumming as well as a Q&A with the directors.

ADDITIONAL FEATURES**Friday I'm In Love****Dir: Marcus Pontello | USA | 1h 24m**

Since 1978, Numbers Nightclub has been a home to the underground and LGBTQ communities in Houston, becoming one of the longest running nightclubs in the U.S. 'Friday I'm In Love' is told through the personal connection to Numbers by the film's queer filmmaker (Marcus Pontello), who reveals the club's history alongside events like the AIDS crisis, police brutality against the LGBTQ+ and the rise in hate crimes during the '90s.



Meet Me In the Bathroom

Meet Me In The Bathroom**Dirs: Will Lovelace, Dylan Southern | United Kingdom | 1h 45m**

An immersive journey through the New York music scene of the early 2000s. Set against the backdrop of 9/11, this documentary tells the story of how a new generation kickstarted a musical rebirth for New York City that reverberated around the world.

Joining the gala presentation includes an appearance by author Lizzie Goodman.

In addition, there are 8 short films, and 5 music videos.

SOUND UNSEEN IN MINNEAPOLIS**OPENING NIGHT****Meet Me In The Bathroom****Dirs: Will Lovelace, Dylan Southern | UK | 1h 45m**

An immersive journey through the New York music scene of the early 2000s. Set against the backdrop of 9/11, this documentary tells the story of how a new generation kickstarted a musical rebirth for New York City that reverberated around the world.

CENTERPIECE SCREENING**Finding Her Beat****Dirs: Dawn Mikkelsen, Keri Pickett | USA | 1h****27m**

For thousands of years women have been locked out of Taiko drumming. Not anymore. In the dead of a Minnesota winter, Asian drumming divas smash gender roles and redefine power on their own terms. Finding Her Beat dives into the rhythms and struggles that lead to an electrifying historic performance that changes everything.

Geoff Marslett will join the gala presentation.

CLOSING NIGHT SELECTION

Quantum Cowboys.

Photos / soundunseen.com

Quantum Cowboys**Dir: Geoff Marslett | USA | 1h 40m**

'Quantum Cowboys' is an old-fashioned western about two haplessly charming drifters, Frank and Bruno, who team up with Linde, recover her land and trek across 1870s southern Arizona in order to find an elusive frontier musician. But it is also the director's love letter to Quantum Physics, Animation, Music and Memories.

In addition, there are 4 Special Presentations, 21 Additional Features, 11 Short Films, and 7 Music Videos.

TICKETS

For a complete film lineup, more information on 'Sound Unseen' and to purchase virtual passes and tickets, visit soundunseen.com.

SOUND UNSEEN

Sound Unseen LLC founded in 1999, is a cultural organization dedicated to the role of film and music as a conduit of powerful ideas and diverse viewpoints. Its mission is to foster a greater appreciation of cinema, to bridge cultures, create and expand community, provide cultural exchange, networking opportunities and educational outreach through regular interaction with great films, filmmakers, musicians, and artists.

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

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Tamannaah Bhatia starts prep for Lust Stories 2

Actress Tamannaah Bhatia was spotted in Mumbai as she stepped out for reading session of her upcoming project Lust Stories 2.

With the reading that took place on Tuesday (October 25), the prep of the sequel to Netflix's anthology Lust Stories has officially begun.

The actress got papped at the same location as actor Vijay Varma who was spotted later in the day heading for the prep of the same. The Pan-India star is best known for her versatile performances coming from multiple genres and languages.

While Tamannaah is busy conquering all the industries, Lust Stories 2 will highlight yet another range of her character and we can't wait for her to surprise us soon in the Netflix's popular anthology.

Katrina feels inspired to do southern films, thanks to 'Ponniyin Selvan: 1'

Katrina Kaif, who is currently awaiting the release of her upcoming horror-comedy movie 'Phone Bhoot', has shared that she would like to do movies from South India.

The actress has done some films down south like the 2004 Telugu release 'Malliswari' and 'Allari Pidugu', which came out in 2005, and the Malayalam film 'Balram vs. Tharadas'.

Elaborating on the southward shift of her future plans, Katrina told IANS: "If ever there's a script which is compelling enough and has a strong character, language won't be a barrier for me. We have some phenomenal directors working in south India."

She went on to lavish praise on Mani Ratnam and his recent release, 'Ponniyin Selvan: 1'. "The best and the most recent example is Mani Ratnam sir's 'Ponniyin Selvan: 1'. Such an amazing film, na? Such grandeur, beautiful frames and music. To make a film on such a big scale at this stage in his life, that proves the mettle of an iconic director."

'Phone Bhoot', which is Katrina's first film after her marriage with Vicky Kaushal, also stars Siddhant Chaturvedi and Ishaan Khatter. The film, produced by Excel Entertainment, is set to arrive in cinemas on November 4, 2022.

Source: IANS



Akshay Kumar's Ram Setu opens with a bang, rakes in Rs 15 crore

After a long wait, Akshay Kumar's Ram Setu finally opened in the theatres on October 25. As expected, the film put up a decent total on its opening day as it collected around Rs 15 crore. Ram Setu gave a tough fight to Ajay Devgn and Sidharth Malhotra's Thank God, which also released on October 25. It was mostly the Diwali fervour that also helped the Akshay Kumar-starrer in the theatres. It remains to be seen how Ram Setu performs hereon.

After a series of flops, Akshay Kumar finally seems to have revived his Midas touch now. His film Ram Setu has been well received by the audience in mass centres. Ram Setu earned around Rs 15 crore nett on its first day, according to Box Office India. It earned over Rs 1 crore from Rajasthan while CP Berar also added Rs 1 crore nett to the total. The Akshay Kumar-starrer especially performed well in the UP, Bihar and CI and Gujarat /Saurashtra markets.

Ram Setu has successfully managed to earn more than Thank God. Interestingly, Ram Setu also bagged the second biggest opening of the year, after Brahmastra. The film looks quite promising with these numbers.

Ram Setu is directed by filmmaker Abhishek Sharma. Akshay is seen alongside Jacqueline Fernandez and Nushrratt Bharucha. Ram Setu is an action-adventure drama that follows an archeologist investigating whether Ram Setu is a myth or reality. According to the epic Ramayana, Ram Setu is a bridge built by the god Rama's army of Vanara to reach Lanka to rescue his wife Sita, who was abducted by Lanka's Rakshasa king Ravana. The film is co-produced by Akshay's company Cape of Good Films along with Amazon Prime Video, Abundantia Entertainment, and Lyca Productions.



Source: India Today

Recjected sex comedies because they are derogatory to women: Radhika Apte

Actor Radhika Apte, in a new interview, revealed how sex comedies came to her after starring in Varun Dhawan's Badlapur. While she clarified that she has no issue with the genre, she rejected such films as these subjects can be derogatory to women. She said she won't be a part of projects celebrating jokes about women.

In Badlapur, Radhika Apte plays the role of Vinay Pathak's wife. In a scene, she strips to nothing in order to save her husband's life from Varun Dhawan. After the film released, Radhika said she was offered roles in sex comedies, which she denied.

When asked about the reason why she would refuse a big-ticket film, Radhika told Bollywood Hungama, "I think a couple of sex comedies were offered to me after Badlapur. I don't have a problem with sex comedies. Hunterrr (2015) could be called a sex comedy as well. But, the kind of sex comedies we had, in the past, can be very derogatory to women and can be very objectified. They objectify women and I don't like the humour. So, I don't do it."



Source: HT



Pakistani filmmaker Sharmeen Obaid-Chinoy to direct new Star Wars movie

Ms Marvel director Sharmeen Obaid-Chinoy has been tapped to helm a new Star Wars film with Damon Lindelof attached as co-writer.

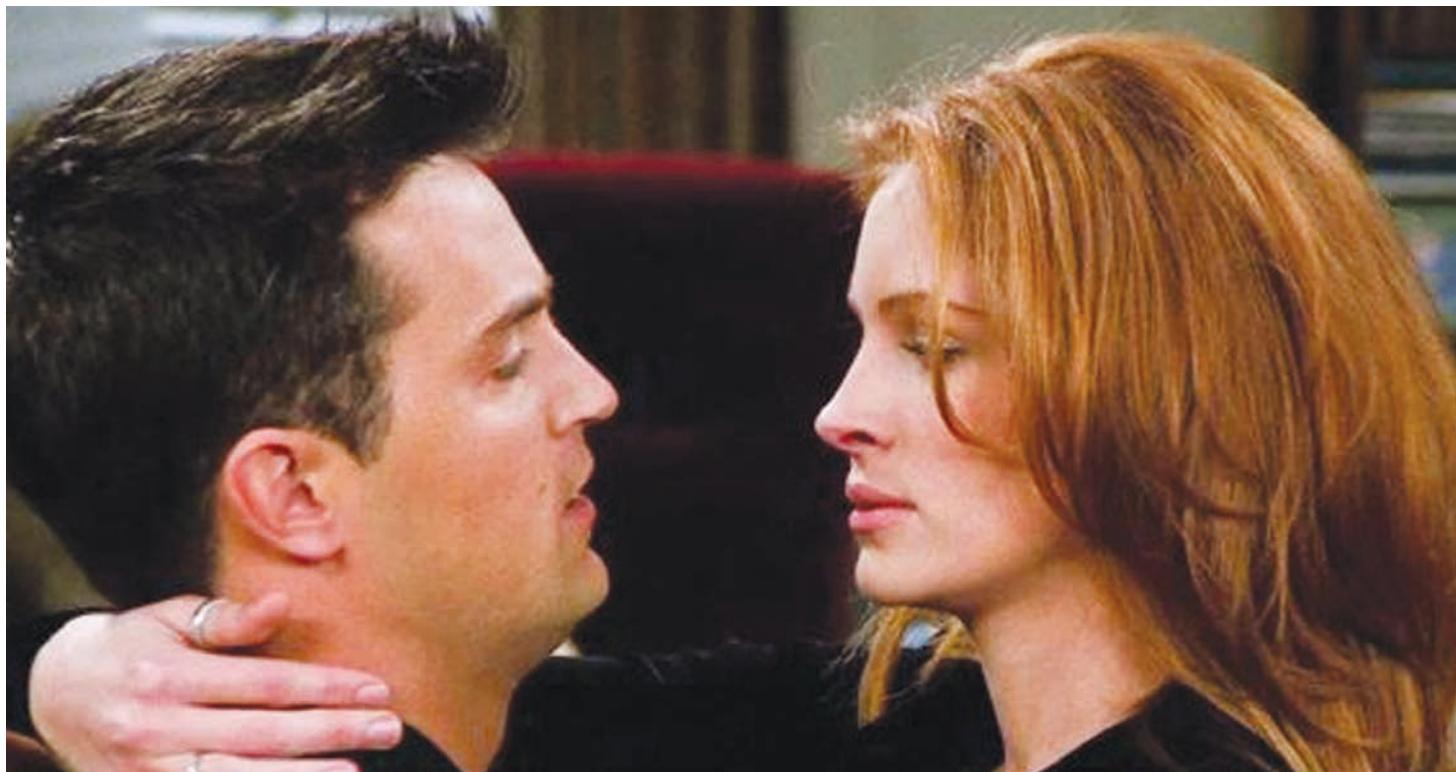
According to entertainment website Deadline, the Lucasfilm project is currently under scripting stage.

The movie is being touted as a first major big screen release for Lucasfilm after 2019's Star Wars Episode IX: The Rise of Skywalker. The studio has been focusing on its TV projects -- The Mandalorian, Obi-Wan Kenobi, Andor--over recent years since then.

Obaid-Chinoy, best known for her Oscar-winning documentary shorts Saving Face, A Girl in the River and The Price of Forgiveness, recently directed several episodes of Disney's hit series Ms Marvel.

Source: PTI

Matthew Perry reveals why he broke up with Julia Roberts



Matthew Perry is divulging all about his short-lived romance with Julia Roberts! In his highly-awaited, upcoming memoir titled Friends, Lovers and the Big Terrible Thing, not only did the Friends star reveal the unique way he convinced the Oscar winner to cameo in the legendary sitcom, but Perry also confessed the reason why he broke up with Roberts after dating for just two months. In an excerpt from Friends, Lovers and the Big Terrible Thing, via The Times and Entertainment Weekly, Matthew Perry shared the reason behind splitting with Julia Roberts: "Dating Julia Roberts had been too much for me. I had been constantly certain that she was going to break up with me. Why would she not? I was not enough; I could never be enough; I was broken, bent, unloveable. So instead of facing the inevitable agony of losing her, I broke up with the beautiful and brilliant Julia Roberts. She might have considered herself slumming it with a TV guy, and TV guy was now breaking up with her. I can't begin to describe the look of confusion on her face." Julia Roberts' reps didn't immediately respond to request for comment. Furthermore, Matthew Perry revealed the elaborate way in which he convinced Julia Roberts to guest star in Friends Season 2 Episode 13 titled The One After the Superbowl, Part 2. Matthew explained that the 54-year-old actress was offered the Friends episode, to which she apparently stated she would do if "she could be in my storyline." Perry reiterated Julia's demand and quipped, "Was I having a good year or what?" However, he also added, "But first, I had to woo her."

Source: Pinkvilla

When Kim Kardashian decked up in desi outfits for photoshoot

Kim Kardashian celebrated her birthday on October 21. The reality TV star and businesswoman turned 42 on Friday. A few years ago, when Kim Kardashian had landed on an Indian magazine's cover it was all anyone could talk about. Kim had worn sarees and lehengas from India's top designers for the magazine photoshoot, and called them 'beautiful'.

For her magazine cover, Kim had posed in a saree dress that featured a sheer hoodie. For the inside photos featured in the magazine spread, Kim wore several outfits by Indian designers such as Anita Dongre, Anamika Khanna, and Sabyasachi. She wore a shimmery red saree by Sabyasachi, and a regal Anita Dongre lehenga, among other desi outfits.

The reality star had graced the pages of Vogue India for the first time ever with the March 2018 issue. In her cover interview with the magazine, Kim had said about Indian outfits, "The sarees, the jewellery, the clothes — everything was so beautiful!"

I told my show (Keeping Up With the Kardashians) that we have to figure out how to get to India."

Soon after the pictures of Kim dressed up in traditional Indian clothes in an Indian magazine had come out, social media users had gone into a frenzy, with some arguing that the magazine should highlight Indian models rather than Western pop culture stars. Kim was not alone in facing this type of backlash from a section of Indians. Her sister, model Kendall Jenner, had also faced criticism, when she posed for Vogue India's 10th anniversary. Late actor Sushant Singh Rajput had also posed with Kendall for the photoshoot.

Kim and rapper-designer Kanye West had announced their separation in 2021, and their divorce is ongoing. They share four children – daughters North, 9, and Chicago, 4, and sons Saint, 6, and Psalm, 3. Kim briefly dated actor-comedian Pete Davidson; the two ended their relationship recently.

Source: HT



GOPIO Manhattan Organizes 'Meet & Greet' for Students from India at the New York Indian Consulate

CONT'D FROM PAGE 3

She further added that there is a merit-based admissions process at NYU's Tandon School of Engineering and the incoming class has a very promising future with emphasis that new and existing students today have many more choices of majors to pursue such as computational biology not offered couple decades ago....

Ms. Tandon has donated \$100 million to Tandon School of Engineering at New York University.

Mr. Gautam Mukunda, Research Fellow at the Harvard Kennedy School's Center for Public Leadership, host of Nasdaq's podcast "World Reimagined" engaged in a fireside chat with Ms. Tandon. His questions varied from her journey starting with her professional career to music to philanthropy.

GOPIO-Manhattan Executive Vice President Professor Rajasekhar Vangapaty introduced the Panel discussion moderated by Mr. Rajeev Kumar Goyle. There were seven panelists in this session who are asked to comment on several questions.

Mr. Rajeev Kumar Goyle, attorney and a lecturer at Wichita State University, shared his experiences with the students and moderated the panel. He indulged the panel to assist students in formulating their choices of major and career path. He further implored the Panel to reflect on the fireside chat and share their thoughts.

Mr. Srikanth Jagabathula, Robert Stansky Research Faculty Fellow and Associate Professor of Tech, Ops, and Stats at the NYU Stern School of Business, shared his experiences with the students and said, "wear different hats, multi-task, go out of your comfort zone, explore and discover."

Mr. Raj Pandey, CEO of SaaS and Services startup ZopSmart added "students should immerse within the system, learn and connect with the people."

Mr. Gagan Gujral, Director in the Financial Services Group added "that students should not be afraid to ask for help from teachers and peers as he reflected the cultural differences between homeland and USA."

Mr. Shobhit Kumar, Senior Tech leader at a major Life & Annuity Company provided insights to Existing and New Students, "Students should be willing to raise their hands and ask for help. It is a sign of commitment."

Mr. Sridhar Ramasubbu, CFO at Trianz, added, "leadership is not given, leadership is taken." He further added students should take initiative, be ambitious but without adding stress.



Ambassador Randhir Kumar Jaiswal, Consul General of India in New York inaugurating the event.



Ms. Chandrika Tandon and Mr. Gautam Mukunda engaging in a Fireside Chat with the Students from India



Presenting First Day Covers and sheet of Diwali Stamps at the 'Meet & Greet' for Students from India, From l. to r.: Chief Guest Chandrika Tandon, Ambassador Randhir Kumar Jaiswal and GOPIO Chairman Dr. Thomas Abraham

Mr. Jain concluded with vote of thanks to Chief Guest Ms. Chandrika Tandon, Host Ambassador Shri Randhir Kumar Jaiswal, Dy. Consul Shri Varun Jeph, Panelists the consulate staff. Other GOPIO-Manhattan officials present at the meeting included President Shivender Sofat (attended virtually), EVP Professor Rajsekhar Vangapaty, Treasurer Braj Aggarwal, Co-Secretaries Dr. Lisa George and Bhavya Gupta and Raj Punjabi.

Board Member & Program Coordinator Bhavya Gupta, GOPIO Manhattan Board Members Braj Aggarwal, Raj Punjabi, Siddharth (Sid) Jain & Dr. Lisa George.

"The students had an excellent time networking with students from different universities as well as with speakers and the Consulate and GOPIO officials and we plan to do a much bigger event next year," Dr. Abraham added.

In accordance with its mission to serve the larger society and those in need, GOPIO-Manhattan Chapter has taken several initiatives in the recent past. A Community Feeding is organized by the Chapter providing vegan or vegetarian lunch for the homeless and needy at Tomkins Square Park in Manhattan on the last Monday of every month. The chapter appeals to the community to support the initiative by being a volunteer and/or a sponsor.

For more info on GOPIO Manhattan, call President Shivender Sofat at 731-988-6969, e-mail: info@gopiomanhattan.org or visit here: <https://gopiomanhattan.org/>

Facebook Link: GOPIO Manhattan NYC



Some of the Indian Students present at the Welcome Reception with Chandrika Tandon, Ambassador Randhir Kumar Jaiswal, GOPIO Chairman Dr. Thomas Abraham, Gautam Mukunda, Dy. Consul Dr. Varun Jeph, GOPIO Manhattan EVP & Speaker Professor Rajsekhar Vangapaty, GOPIO Manhattan Board Member & Program Coordinator Bhavya Gupta, GOPIO Manhattan Board Members Braj Aggarwal, Raj Punjabi, Siddharth (Sid) Jain & Dr. Lisa George

'My aim has been to promote Indian culture': Purnima Desai



Purnima Desai, Founder President of Shikshayatan and Sriniketan

Purnima Desai, through her cultural centers-Shikshayatan and Sriniketan, been providing education in Indian culture and Sanskrit and Hindi languages for about 4 decades in New York. In fact, Shikshayatan's 34th anniversary is being celebrated on October 29.

The Indian Panorama editor Prof. Indrajit S Saluja caught up with Purnima Ji to know about her current and future projects.

TIP: You have been organizing music festivals for the last 4 decades. How do you look at your journey?

Sikhshayatan Cultural Academy was established on Vijaya Dasami day in 1988. It's a long journey - 34 years we are celebrating on October 29. The purpose of that organization was to promote Indian culture. It was already a very well-known organization in India. We are just trying to promote that culture among younger generation here so that they can keep connections with their roots and get the best from both the East and the West. That was my purpose and many children were benefitted as they learnt Sanskrit slokas, Hindi language, vocal and instrumental music, and dances. I was quite successful but there is no end to work. The greater purpose was to make good human beings. That was my goal. Now I am planning to build educational/cultural centers and couple of temples throughout the United States. Temples will be the part of educational/cultural centers where students can pray. Hopefully by 2024 it will be done.

TIP: How are you going to achieve that?

I don't want to ask money for Sriniketan or Sikhshayatan. They should earn on their own merit. I have some real estate properties which I will sell when the time comes. I want to work selflessly for the community. If I get some funds from some

genuine people without asking for it, which happened in the past too, then I am blessed. I have organized free musical programs for senior citizens in different senior centers. Your intention has to be pure without any expectations. I silently do my job without expecting any name or fame.



Purnima Desai with her spiritual master the Enlightened Yogiraj Gurunath Siddhanth

Moreover, my spiritual master, the Enlightened Yogiraj Gurunath Siddhanth ji is there to make my task easier.

TIP: You have recently had a large number of international artists at the international music festival you organized. How do you manage to get these artists from across the world?

International music festival was a unique one. I wanted to bring the awareness in the community that what classical music is all about. I was born in Kolkata, West Bengal where art is very popular. From my childhood I was crazy about classical music. Classical music does not only give you immense joy and happiness, but it also heals your soul too. It also reduces your physical pain and stress. It was a therapy for the listeners who came for the festival. The artists were also very happy to perform. So, both were benefitted.



Purnima Desai meets the Prime minister of India , Narendra Modi in New York

TIP. You have planned a cultural festival to celebrate 34 years of Shikshayatan on October 29. What are the highlights?

It's going to be very interesting because lot of little kids will perform - singing Bhajans, reciting Dohas of Kabir Ji. There will be dance performances by kids. One group from New Jersey is coming with 19 artists to perform geet, ghazal. There will be garba-raas as well to celebrate Diwali. A top classical artist from Kolkata - Biplob Mukherjee is coming. I hope the audience will enjoy the event.

**CAR BOMBS AT BUSY SOMALIA MARKET
INTERSECTION KILL AT LEAST 100: PRESIDENT MOHAMUD**

OCTOBER 30

MOGADISHU (TIP) : The two car bombs that exploded at Somalia's education ministry, next to a busy market intersection, killed at least 100 people and wounded 300. President Hassan Sheikh Mohamud said on October 30, warning the death toll could rise.

Mogadishu's K5 intersection is normally teeming with people buying and selling everything from food, clothing and water to foreign currency and khat, a mild narcotic leaf, but it was quiet on Sunday, when emergency workers were still cleaning blood from the streets and buildings.

Saturday's attack was the deadliest since a truck bomb exploded at the same intersection in October 2017, killing more than 500 people.

No one immediately claimed responsibility, but Mohamud blamed the Islamist al Qaeda-linked group al Shabaab.

The chairperson of the African Union Commission, Moussa Faki Mahamat, condemned the attack and urged the international community to "redouble its efforts to ensure robust international support to Somalia's institutions in their struggle to defeat terrorist groups".

The first of the explosions hit the education ministry at around 2 p.m. The second hit as ambulances arrived and people gathered to help the victims.

Mohamed Moalim, who owns a small restaurant near the intersection, said his wife, Fardawsia Mohamed, a mother of six, rushed to the scene after the first explosion to try to help.

"We failed to stop her," he said. "She was killed by the second blast."

President Mohamud said some of the wounded were in a serious condition and the death toll could rise.

"Our people who were massacred ... included mothers with their children in their arms, fathers who had medical conditions, students who were sent to study, businessmen who were struggling with the lives of their families," he said after visiting the scene.

Al Shabaab militants, who are seeking to topple the government and establish their own rule based on an extreme interpretation of Islamic law, frequently stage attacks in Mogadishu and elsewhere. But the group typically avoids claiming responsibility for attacks that result in large numbers of casualties.

With support from the United States and allied local militias, the president has launched an offensive against al Shabaab, although results have been limited. (Reuters)

More than 150, including 19 foreigners, dead in stampede during Halloween festivities in Seoul

OCTOBER 30

SEOUL (TIP): A mass of mostly young people celebrating Halloween in Seoul became trapped and crushed as the crowd surged into a narrow alley, killing at least 153 people and injuring 82 others in South Korea's worst disaster in years.

Emergency workers and pedestrians desperately performed CPR on people lying in the streets after the crush in the capital's nightlife district of Itaewon on October 29 night.

Those killed or hurt were mostly teens and people in their 20s, according to Choi Seong-beom, chief of Seoul's Yongsan fire department.

South Korean's Yoon declares national mourning period over deadly Seoul stampede

The dead included 19 foreigners, he said, whose nationalities weren't immediately released. The death toll could rise further as 19 of those injured were in critical condition.

An estimated 1,00,000 people had gathered in Itaewon for the country's biggest outdoor Halloween festivities since the pandemic began and strict rules on gatherings were enforced.

The South Korean government eased Covid-19 restrictions in recent months and this was the first big chance to get out and party for many young people.

While Halloween isn't a traditional holiday in South Korea, where children rarely go trick-or-treating, it's still a major attraction for young adults, and costume parties at bars and clubs have become hugely popular in recent years.

Itaewon, near where the former headquarters of US military forces in South Korea operated before moving out of the capital in 2018, is an expat-friendly district known for its trendy bars, clubs



and restaurants and it's the city's marquee Halloween destination.

Officials initially said 150 people were injured as of Sunday morning before later lowering their tally.

National Fire Agency officials didn't immediately explain why the tally was reduced but said emergency workers would have had a more accurate idea of the casualties as rescue operations proceeded and that some of the injured would have been converted to deaths.

It was also possible that some of those who were lightly injured had returned home overnight and were no longer counted. South Korean President Yoon Suk Yeol declared a national mourning period on Sunday and ordered flags at government buildings and public offices to be raised at half-staff.

During a televised speech, Yoon said supporting the families of the victims,

including their funeral preparations, and the treatment of the injured would be a top priority for his government.

He also called for officials to thoroughly investigate the cause of the accident and review the safety of other large cultural and entertainment events, including regional festivals, to ensure that they proceed safely.

"This is really devastating. The tragedy and disaster that need not have happened took place in the heart of Seoul amid Halloween (celebrations)," Yoon said during the speech.

"I feel heavy hearted and cannot contain my sadness as a president responsible for the people's lives and safety." After the speech, Yoon visited the Itaewon alley where the disaster occurred. Local TV footage showed Yoon inspecting the alley filled with trash and being briefed by emergency officials. (AP)

Global concern on Russia's suspension of Ukraine grain deal

OCTOBER 30

KYIV (TIP): Ukraine (AP) US President Joe Biden warned that global hunger could increase because of Russia's suspension of a UN-brokered deal to allow safe passage for ships carrying Ukrainian grain.

"It's really outrageous," said Biden speaking in Wilmington, Delaware, on October 29. "There's no merit to what they're doing. The UN negotiated that deal and that should be the end of it." Biden spoke hours after Russia announced it would immediately halt participation in the agreement, alleging that Ukraine staged a drone attack Saturday against Russia's Black Sea Fleet ships off the coast of occupied Crimea. Ukraine has denied the attack.

The grain initiative has allowed more

than 9 million tons of grain in 397 ships to safely leave Ukrainian ports since it was signed in July. It was to be renewed in late November. The grain agreement has succeeded in bringing down global food prices, which have fallen by approximately 15 per cent from their peak in March, according to the United Nations. Ukrainian President Volodymyr Zelenskyy called the decision predictable and said Russia has been deliberately aggravating the food crisis since September. Currently, some 176 ships loaded with grain are prevented from sailing from Ukraine's ports, he said. "This is food for more than 7 million consumers. ... Why is it that some handful of people somewhere in the Kremlin can decide whether there will be food on the tables of people in Egypt or Bangladesh?" he said in

his nightly address to the nation Saturday.

Russia's action is facing international condemnation. European Union foreign policy chief Josep Borrell urged Russia to reverse its decision, in a tweet Sunday.

Stephane Dujarric, spokesman for the UN secretary general, said the world body is in touch with Russian authorities and it is vital all parties refrain from any action that would impede the grain initiative.

Russia had been setting conditions to withdraw from the deal for some time, the Institute for the Study of War, a Washington think tank said. Even if Ukraine did order the attack on Russia's Black Sea Fleet, it would have been proportionate to Russia's bombing campaign on Ukrainian civilian targets and infrastructure in recent weeks, it added. (AP)

50 dead, dozens feared missing as storm lashes Philippines

OCTOBER 29

MANILA (TIP): Flash floods and landslides set off by torrential rains left at least 50 people dead, including in a hard-hit southern Philippine province, where as many as 60 villagers are feared missing and buried in a huge mudslide laden with rocks, trees and debris, officials said October 28.

At least 42 people were swept away by rampaging floodwaters and drowned or were hit by debris-filled mudslides in three towns in Maguindanao province from Thursday night to early Friday, said Naguib Sinarimbo, the interior minister for a five-province Muslim autonomous region governed by former separatist guerrillas.

Eight other people died elsewhere in the country from the onslaught of Tropical Storm Nalgae, which slammed into the eastern province of Camarines Sur early Saturday, the government's disaster response agency said.

But the worst storm impact so far was a mudslide that buried dozens of houses with as many as 60 people in the tribal village of Kusiong in Maguindanao's Datu Odin Sinsuat town, Sinarimbo told The Associated Press by telephone, citing accounts from Kusiong villagers who survived the flash flood and mudslide.

Army Lt. Col. Dennis Almorato, who went to the mudslide-hit community Saturday, said the muddy deluge buried about 60 rural houses in about 5 hectares (12 acres) section of the community. He gave no estimate of how many villagers may have been buried in the mudslide, which he described as "overwhelming." At least 13 bodies, mostly of children, were dug up Friday and Saturday by rescuers in Kusiong, Sinarimbo said.



"That community will be our ground zero today," he said, adding that heavy equipment and more rescue workers had been deployed to intensify the search and rescue work.

"It was hit by torrents of rainwater with mud, rocks and trees that washed out houses," Sinarimbo said.

The coastal village, which lies at the foot of a mountain, is accessible by road, allowing more rescuers to be deployed Saturday to deal with one of the worst weather-related disasters to hit the country's south in decades, he said.

Citing reports from mayors, governors and disaster-response officials, Sinarimbo said 27 died mostly by drowning and landslides in Datu Odin Sinsuat town, 10 in Datu Blah Sinsuat town and five in Upi town, all in Maguindanao.

An official death count of 67 in

Maguindanao on Friday night was recalled by authorities after discovering some double-counting of casualties.

The unusually heavy rains flooded several towns in Maguindanao and outlying provinces in a mountainous region with marshy plains, which become like a catch basin in a downpour. Floodwaters rapidly rose in many low-lying villages, forcing some residents to climb onto their roofs, where they were rescued by army troops, police and volunteers, Sinarimbo said.

The coast guard issued pictures of its rescuers wading in chest-high, brownish floodwaters to rescue the elderly and children in Maguindanao. Many of the swamped areas had not been flooded for years, including Cotabato city where Sinarimbo said his house was inundated. (AP)



NORTH KOREA FIRES BALLISTIC MISSILE TOWARDS SEA, SAYS SEOUL

OCTOBER 28

SEOUL (TIP): North Korea fired a ballistic missile towards the sea on October 28, Seoul officials said, as its rival South Korea was wrapping up an annual military drill that the North views as an invasion rehearsal.

South Korea's Joint Chiefs of Staff said in a statement the missile flew towards North Korea's eastern waters but gave no further details including how far the weapon flew.

The launch, the latest in a series of weapons tests by North Korea in recent weeks, came on the final day of South Korea's annual 12-day "Hoguk" field exercises, which also involved an unspecified number of US troops this year.

The South Korean and US air forces plan to conduct a large-scale training next week.

North Korea sees such regular drills by Seoul and Washington as practice for launching an attack on the North, though the allies say their exercises are defensive in nature.

Friday's launch came four days after the rival Koreas exchanged warning shots along their disputed western sea boundary, a scene of past bloodshed and naval battles. (AP)

expected to amount to 71.6 trillion yen (USD 490 trillion).

The plan includes about 45,000 yen (USD 300) subsidies for household electricity and gas bills and coupons worth 100,000 yen (USD 680) for women who are pregnant or rearing babies.

"We will make sure to deliver the measures to everyone and do our utmost so that people can feel supported in their daily lives," Kishida said earlier on Friday, after preliminary approval of the package earlier in the day.

The 29 trillion yen (USD 200 billion) spending package will be part of a supplementary budget that still must be approved by the parliament.

Kishida vowed to compile and submit a budget plan and get it approved as soon as possible.

His support ratings have sunk since July amid public criticisms over his Liberal Democratic Party's longstanding cozy ties with the Unification Church, which is accused of brainwashing adherents into making huge donations, causing financial hardships and breaking up families. (AP)

Japan Cabinet OKs USD 200 billion spending plan to counter inflation

OCTOBER 28

TOKYO (TIP): Japanese Prime Minister Fumio Kishida's government approved on October 28 a hefty economic package that will include about 29 trillion yen (USD 200 billion) in government spending to soften the burden of rising utility rates and food prices.

Globally surging prices and a weakening of the yen have amplified costs for imports, pushing inflation higher.

The stimulus package includes subsidies for households that are largely seen as an attempt by Kishida to lift his plunging popularity.

His government has been rocked by the ruling Liberal Democratic Party's close ties to the South Korean-based Unification church, which surfaced after the assassination of former leader Shinzo Abe in July.

"The economic measures are designed to overcome rising prices and to achieve an economic recovery," Kishida said in a news conference. "We will protect the people's lives, jobs and businesses, and strengthen the economy for the future."

Any market reaction to another flood of stimulus was likely already taken into account earlier in the week as share prices fell in Tokyo, with the benchmark Nikkei 225 losing 0.9 per cent to 27,105.20.

Japan has stuck to using fiscal measures, or government spending, to counter current economic challenges. While central banks around the world are raising interest rates aggressively to try to tame decades-high inflation, Japan's inflation rate is a relatively moderate 3 per cent and the greater fear is that the economy will stall, not overheat.

The Bank of Japan, which has kept its benchmark rate at minus 0.1 per cent

since 2016, kept its longstanding lax monetary policy at a policy making meeting that wrapped up on Friday.

In doing so, it runs the risk of seeing the yen weaken further since the Federal Reserve is still raising rates, which tends to push the dollar higher. That in turn will raise prices in Japan since it imports much of what it consumes.

Kishida said on Friday that the government was vigilantly monitoring movements in exchange rates.

Japan has spent tens of billions of dollars in market interventions to support the yen in recent weeks as the currency sank to a 32-year low against the dollar of more than 150 yen. On Friday, it was trading near 148 yen to the dollar. At the beginning of the year, it was at about 115 yen.

Kishida said the overall size of the stimulus package, including private-sector funding and fiscal measures, is

SHOOTOUT WITH MILITANTS IN NORTHWEST PAKISTAN KILLS 2 TROOPS

OCTOBER 29

QUETTA (TIP): A shootout with militants in northwestern Pakistan on October 29 killed two soldiers, authorities said as a counterterrorism task force arrested a suspect involved in the recent killing of a former top judge of the country's restive southwestern Baluchistan province. According to a military statement, the shootout took place in the Darazinda area, in the district of Dera Ismail Khan in northwestern Khyber Pakhtunkhwa province, which for many years had been a stronghold of various Islamic militant groups.

The statement said that during an intensive exchange of fire, two soldiers were fatally wounded. A military action was then undertaken to eliminate the fleeing militants, it added. Separately, the country's counterterrorism task force announced the arrest of the man behind the killing of Baluchistan's former chief justice, Noor Mohammad Meskanzai. Senior officer Aitzaz Goraya told reporters that Shafqatullah Yalanzai was arrested in Kharan, where the judge was killed in a gun attack near a mosque two weeks ago. The officer said the suspect was a member of the outlawed Baluchistan Liberation Army, which had claimed the responsibility for the killing. Goraya claimed the suspect allegedly confessed to his role in the slaying and also revealed details about the group. Baluchistan, which is rich in mineral resources, has been a scene of low-level insurgency by separatist groups for over two decades. Pakistan's military has claimed it quelled the insurgency but violence persists in the area. AP

Pak PM Shehbaz Sharif says he rejected Imran Khan's proposal on new Army Chief's appointment

OCTOBER 30

ISLAMABAD (TIP): Prime Minister Shehbaz Sharif has said that he has flatly rejected a proposal from his predecessor and Pakistan Tehreek-e-Insaf (PTI) Chairman Imran Khan on the appointment of a successor to Army Chief General Qamar Javed Bajwa.

Bajwa, 61, who is on a three-year extension, is set to retire on November 29.

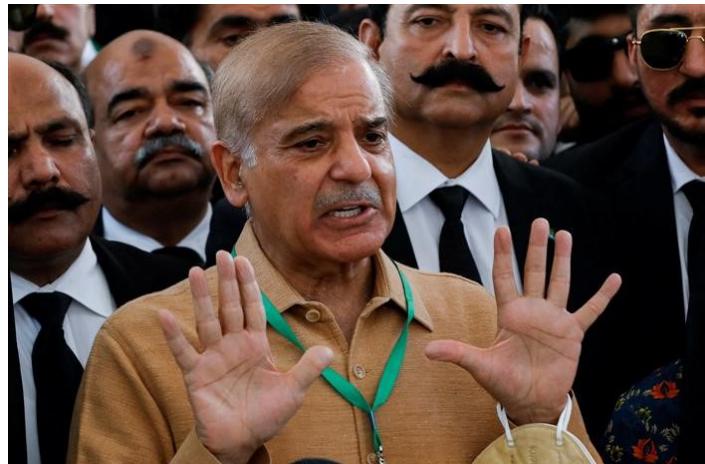
Bajwa was initially appointed in 2016, but after three years of tenure, the then government of Khan in 2019 extended his service for another three years. In September, former Prime Minister Khan had said that Gen Bajwa should be given another extension until the new government is elected, while reiterating calls for early elections.

Talking to vloggers on Saturday, which was his first such meeting, Shehbaz said Khan had offered talks with the government a month ago through a mutual businessman friend to resolve two issues, one of which was the appointment of the army chief and the second was holding early elections, the Express Tribune newspaper reported on Sunday.

"Imran had suggested that we give him three names and he gives three names for the post of army chief and then we decide on the appointment of the new chief from those six names," the prime minister said.

"If there is a common name in both the lists, then we will agree," he said, adding, however: "I flatly refused Imran Khan's offer by saying 'thank you'."

Shehbaz said he had sent a message that appointment of the army chief was



a constitutional duty that the prime minister would have to perform.

"I have offered Imran Khan to discuss the Charter of Democracy and Charter of Economy," he said.

"Imran Khan is currently targeting the Army leadership only to fulfil his personal desires," Shehbaz said, adding that the former prime minister is "now spewing poison against those who nurtured him. No one is safe from his mischief".

The appointment of Pakistan Army chief is the sole prerogative of the prime minister and it is perhaps the only time that his verdict is accepted by the powerful army without any ifs and buts.

The upcoming appointment is in the headlines for all wrong reasons.

When Khan was in power, the

opposition accused him of trying to bring an army chief of his choice who could support his alleged agenda of victimising opposition leaders.

Since he lost power in April this year, the equation has changed and now Khan is saying that the coalition government wants to install an army head of its choice to protect looted wealth and steal general elections.

Whatever the political meaning of the rival rhetoric, the fact is that an army chief is seldom a silent spectator of the political games in the country.

The powerful army, which has ruled the coup-prone country for more than half of its 75-plus years of existence, has hitherto wielded considerable power in the matters of security and foreign policy. (PTI)

Attack on Taliban vehicle carrying military employees kills five



OCTOBER 27

KABUL (TIP): An attack on a vehicle in western Afghanistan killed five medical personnel employed by Taliban security forces on October 27, a defence ministry spokesperson said.

"This morning, unknown armed men attacked a ... vehicle carrying medical personnel of the 207th Al-Farooq Army Corps," said Ministry of Defence spokesperson Enayatullah Khwrazmi, referring to a Taliban military unit

headquartered in the western province of Herat. Several employees were also injured in the attack, he added.

Since taking over the country in 2021, the Taliban say they have focussed on restoring security to the war-torn nation. However, in recent months a number of attacks have taken place and the United Nations has said security is deteriorating.

In the western city of Herat, a large blast hit near a mosque in September, killing 18 people including a pro-Taliban cleric

and in July, an attack on a Al-Farooq 207 Corps vehicle killed two security force members.

Several attacks have also taken place in Kabul, including an explosion this month that hit a mosque in the vicinity of the heavily fortified interior ministry compound, killing four people and wounding 25.

It was not clear who behind those attacks. Other attacks in the country have been claimed by the Islamic State militant group. Reuters

Rishi Sunak makes history, becomes 1st Indian-heritage UK PM

Rishi Sunak enters No 10 Downing Street today as the UK's third prime minister in 2022, and its fifth in six years.

Sunak's investiture of Britain's highest office may be part of the country's revolving door political environment, but it is significant as the first time someone of Asian-heritage has made it to the top.

The son of African-born Hindu parents of Indian Punjabi descent, Sunak is the first Indian-origin prime minister. That he enters the role the day after Diwali begins is just the cherry on top of the cake.

It's a significant step for a country that once ruled over India as a colony of the British Empire.

Calling it a straight-up victory for meritocracy might be stepping a bit far, given that the privately-educated Sunak becomes prime minister without a single vote cast in his favour, and after replacing another unelected prime minister (Liz Truss) who beat him in the previous internal-party leadership vote. But it's a form of a victory, sure.

The rise of Rishi Sunak

- Rishi Sunak was born in the UK's Southampton area to an Indian family. His grandparents hail from Punjab.
- The son of a pharmacist mother and doctor father, he was educated at one of England's most renowned schools, Winchester, and then Oxford. He spent three years at Goldman Sachs Group Inc and later gained an MBA from Stanford in California, where he met his wife Akshata Murthy, the daughter of Infosys co-founder N.R. Narayana Murthy.
- The couple got married in 2009 and have two children — Krishna and Anoushka.
- Sunak became a Member of Parliament (MP) in 2015 after he got elected from Richmond, Yorkshire.
- In February 2020 he was designated as the Chancellor of the Exchequer, the most important UK Cabinet post.
- Sunak's victory in the Tory leadership race came at the end of a dramatic few days in Westminster since Liz Truss resigned on October 20 in the wake of a disastrous tax-cutting mini-budget and several policy U-turns.
- Former PM Boris Johnson ruling himself out from the contest over the weekend and Leader of the Commons Penny Mordaunt conceding defeat just moments before the shortlisting deadline on October 24 paved the way for a remarkable political comeback for Sunak.
- He now faces the enormous challenge of steering the UK economy through massive inflationary turbulence and also uniting the different wings of a divided Conservative Party.

Major challenges

First, the UK's economic crisis and currency that have particularly suffered ever since Liz Truss's mini-budget, need to be fixed right away. But that also means there will be immediate tax increases and sharp spending cuts. Worries are that areas such as health care, education and pension funds may be affected the most. It is forecast that schools will run out of cash next year. The National Health Service (NHS) has been under severe pressure with lack of funds and workers, and this winter will be a challenging one.



Sunak will have to address the country's inflation, national debt, cost of living and energy crisis. He will have to help common people ensure they have food on the table and heating at home at the same time and

don't ever need to choose between either. It is going to be an incredibly difficult few months for Britons, and it is on Sunak and his cabinet to stabilise the economic issues.

Second, he has the challenge of uniting the Conservative Party, which is widely divided at the moment. But MPs believe Sunak will be able to unite the party and get it ready to win the 2024 election against Labour. He is also most likely to swing the Asian votes in London and other parts of the UK from Labour to Conservative, provided he can have a balanced and sensible cabinet and useful and practical policies.

Third, Sunak who voted to exit the EU will now have to deal with post-Brexit trade complications, especially in Northern Ireland.

Fourth, the UK-India relations and the pending completion of FTA will also be under focus.

Fifth, his foreign policy needs to look after Ukraine and its current situation. Former PM Boris Johnson was extremely passionate about Ukraine's war against Russia, and Britain has provided military aid.

UK PM RISHI SUNAK'S NEW TEAM OF MINISTERS

British Prime Minister Rishi Sunak appointed key ministers to his government after replacing Liz Truss as the leader on Tuesday. His Cabinet is a mix of sitting members of the previous government and new leaders.

Sunak brought in people from different wings of the Conservative Party for his Cabinet. He removed about a dozen members of Truss' government but kept several senior figures in place, including Foreign Secretary James Cleverly and Defense Secretary Ben Wallace.

Below are the main Cabinet and ministerial appointments:

Position	Minister Appointed	Previous Minister
Chancellor of the Exchequer (finance minister)	Jeremy Hunt (re-appointed)	
Foreign Secretary	James Cleverly (re-appointed)	
Leader of the House of Commons	Penny Mordaunt (re-appointed)	Grant Shapps
Home Secretary	Suella Braverman	Therese Coffey
Deputy Prime Minister	Dominic Raab	
Defence Secretary	Ben Wallace (re-appointed)	Brandon Lewis
Justice Secretary	Dominic Raab	Kit Malthouse
Education Secretary	Gillian Keegan	Nadhim Zahawi
Chancellor of the Duchy of Lancaster	Oliver Dowden	Jacob Rees-Mogg
COP26 President	Alok Sharma (re-appointed)	Mike Gapes
Business, Energy and Industrial Strategy Secretary	Grant Shapps	John Berry
Conservative Party Chairman	Nadhim Zahawi	Wendy Morton
Chief whip	Simon Hart	Nadhim Zahawi
Minister for Equalities	Kemi Badenoch	Simon Clarke
International Trade Secretary	Kemi Badenoch (re-appointed)	Ranil Jayawardena
Levelling Up, Housing and Communities Secretary	Michael Gove	Therese Coffey
Digital, Culture, Media and Sport Secretary	Michelle Donelan (re-appointed)	Steve Barclay
Environment Secretary	Therese Coffey	Chris Heaton-Harris (re-appointed)
Health Secretary	Steve Barclay	David Davies
Secretary of State for Northern Ireland	Chris Heaton-Harris (re-appointed)	Alister Jack (re-appointed)
Secretary of State for Wales	David Davies	Jeremy Quin
Secretary of State for Scotland	Alister Jack (re-appointed)	Mark Harper
Paymaster General and Minister for the Cabinet Office	David Davies	Victoria Prentis
Transport Secretary	Alister Jack (re-appointed)	Mel Stride
Attorney General	Alister Jack (re-appointed)	Gavin Williamson
Work and Pensions Secretary	Alister Jack (re-appointed)	Robert Jenrick
Minister without portfolio	Alister Jack (re-appointed)	John Glen
Minister for Immigration	Alister Jack (re-appointed)	Johnny Mercer
Chief Secretary to the Treasury	Alister Jack (re-appointed)	Tom Tugendhat (re-appointed)
Minister for Veterans' Affairs	Alister Jack (re-appointed)	Andrew Mitchell
Minister for Security	Alister Jack (re-appointed)	Vicky Ford
Minister for Development	Alister Jack (re-appointed)	

Use avocado oil for hair growth

Avocado oil is derived from the versatile avocado fruit which is the source of avocado oil. It is loaded with essential nutrients and has a light texture with great penetrative powers. Your hair needs the vital minerals, vitamins, and fats that avocado contains. Its oil contributes to hair moisture, lessens dandruff, encourages hair growth, shields the hair from harm, and adds shine. We have covered the potential advantages of using avocado oil on hair, how to use it, and any potential risks in this post. The oil's quick penetration abilities may improve the health of your hair. It has a high vitamin E and D content and has anti-inflammatory and antioxidant qualities. These characteristics of the oil make it ideal for boosting hair growth and health. Take a look at why you should use avocado oil for hair growth.

Protects Hair From Damage

Avocado oil has the ability to nourish the hair with fatty acids and protect it from harm. Sun exposure, harsh style methods, and hot hair appliances like blow dryers or straighteners are some of the common causes of hair damage. Before using heat-styling products, use avocado oil to the hair to reduce heat damage.

Using It As Serum

Avocado oil can also be used as a styling serum for hair. Avocado oil's omega-3 and omega-9 fatty acids help to support a healthy mane. Apply it gently with your fingertips



from the middle of the shaft to the ends, then evenly distribute it with a hair brush.

Promoting Hair Growth

Your scalp's blood flow may be improved by applying avocado oil massages. This can energise the hair follicles and clear any clogged ones that promote hair growth. Vitamin D is also present in avocado oil. The development of new hair follicles may be promoted by this nutrient. You will see changes if you repeat this method every few weeks.

Reduces Dandruff

Your scalp can become dry and flaky as a result of colour treatments, chemical shampoos,

and certain medical conditions. Dandruff could develop as a result of this scalp issue. Dandruff can result from scalps that are excessively oily or too dry. Applying a natural oil topically, such as avocado oil, can benefit scalp health. Before washing your hair, massage some avocado oil into your scalp to possibly lessen dandruff.

Gives Shiny Hair

Avocado oil is a potent source of all the essential vitamins and nutrients your hair requires. It can give your hair shine and improve all of your hairstyles. You can apply the oil to your hair by dispensing a small bit into your hands, rubbing your hands together, and applying it to your hair. *Source: Her Zindagi*

FOOD

Payyoli Chicken Fry

A simple fried chicken recipe with authentic Malabar flavours. The spiciness of the green chillies cuts perfectly through the juicy and tender chicken pieces. The coconut oil gives this dish a distinct flavour. Serve this dish as a starter for your house parties.

Ingredients

500 Gram Chicken, cleaned and cut into 1 inch cubes
1 tsp Garlic, minced
1 tsp Ginger, minced
2 tsp Kashmiri Red Chilli Powder
1/2 tsp Turmeric Powder (Haldi)
2 tbsp Vinegar1 Green Chilli, slit lengthwise
1 tbsp Meat Masala
3 tbsp Fresh Coconut, grated to taste Salt
2 sprig Curry Leaves
3 tbsp Coconut Oil100 ml water

Method

- Marinate the chicken in minced ginger and garlic, vinegar, turmeric powder, salt, meat masala powder and Kashmiri red chilli powder.
- Keep this for an hour.
- Combine grated coconut and Kashmiri red chilli powder.
- Heat coconut oil in a pan and fry the marinated chicken along with slit green chillies.
- Add the red chilli-coconut mix and curry leaves to the semi-cooked chicken and fry it for a while.
- Pour water and let the chicken cook till the chicken completely absorbs the water.
- The Payyoli chicken fry is ready.

Source: NDTV Food



How to get glass skin at home and steps to follow

Glass skin is nothing but flawless clear skin that looks smooth as the surface of the glass which reflects light. The glass skin trend grew in popularity especially when the world fell in love with Korean beauty regimes. Korean actors' beautiful skin looks almost unreal but it can be achieved with a proper diet and a devoted skincare regime. Korean glass skin facials and massages are quite common in the parlour and you can get it done at an affordable price but the results won't last long until you follow the eight-step skincare routine to achieve it. With the below-listed products you can easily win glass skin at home:

How to get glass skin at home?

Glass skin and the quest to retain a luminous, translucent skin glow is a dream for many. Here's a step by step routine to follow to achieve the glass skin glow.

Double Cleanse

Cleansing is nothing but washing your face. Korean glass skin routine emphasises double cleansing to clear out all the impurities on the face before proceeding with other products. First, face your face with an oil-based cleanser that won't clog pores or strip skin of its natural oils and repeat the same with a foam-based cleanser that removes the greasy and oily makeup residues or other dirt.



Post cleansing, dab your face with a towel and apply a face scrub to exfoliate your skin. This step helps remove excess dead skin cells and removes blackheads on the skin. Though a lot of people skip on exfoliation and directly jump to the next step, exfoliation is an important part to achieve a glass-like glow on your skin.

Toner

Your skin is left soft and supple after exfoliation. Apply an alcohol-free toner to help reset the pH of the skin. Let the toner air dry so your skin can effectively soak up the goodness, and follow with an essence.

Essence

An essence is a lightweight water-based product that adds moisture to your skin. It prevents signs of ageing and strengthens the skin's defence system. Essence is the most significant part of the glass skin routine as it gives a natural glow to your skin.

Face Serum

Next, layer a face serum and massage your face gently. The powerful antioxidant properties of Vitamin C and hyaluronic acid prevent free-radical damage, thereby making your skin brighter and younger. It improves skin texture and nourishes deeply to help retain your skin's natural glow.

Source: Pinkvilla

Foods to help reduce risk of chronic kidney disease

A progressive decrease in kidney function is a feature of chronic kidney disease, commonly known as chronic kidney failure. Wastes and extra fluid are removed from your blood by your kidneys and then passed through your urine. Your body may accumulate hazardous amounts of fluid, electrolytes, and wastes if you have advanced chronic kidney disease. Waste, particularly food waste products, accumulates in the blood when the kidneys aren't functioning correctly. As a result, those who have kidney illnesses must adhere to a particular diet. In this article, we list foods that have been linked to lowering the risk of chronic kidney disease.

Garlic

Garlic lowers cholesterol, soothes inflammation, and contains antibacterial qualities that help prevent buildup from accumulating on teeth. Garlic can be easily added to a variety of savoury recipes whether you buy it raw, in a container, chopped, or powdered. A head of roasted garlic can also be added to curries, etc. In the kidney diet, garlic powder works well in place of garlic salt since it adds a delightful flavour.

Strawberries

Anthocyanins and ellagittannins, two different forms of phenols, are abundant in strawberries. Strawberries' red colour is produced by anthocyanins, potent antioxidants that assist safeguard bodily cell structures and stop oxidative damage. Strawberries are a fantastic source of fibre, vitamin C, manganese, and other micronutrients. In addition to having anti-cancer and anti-inflammatory properties, they could offer cardiac protection.

Apples

Apples may lower cholesterol, decrease constipation, prevent heart disease, and lower the chance of developing cancer. Making it beneficial for our overall health. Apples are high in fibre and anti-inflammatory ingredients, which is excellent news for kidney disease sufferers who already make a lot of doctor's appointments.

Cabbage

Cabbage, a green leafy is part of the cruciferous



vegetable family. It is bursting with phytochemicals, chemical substances found in fruits or vegetables that disperse free radicals before they can do harm. Cabbage is an excellent source of fibre, vitamins K, C, and B6, as well as B vitamins B6 and folic acid. It's an inexpensive addition to the kidney diet because it's low in potassium and cost.

Onions

The sulphur compounds in onions, an Allium family member and a staple ingredient in many cooked meals, are what give them their strong aroma. Furthermore, onions contain a lot of flavonoids, including quercetin, a potent antioxidant that may lower the risk of heart disease and shield against a variety of diseases. Onions are a high source of chromium, a mineral that aids in the metabolism of carbohydrates, fats, and proteins, and they are low in potassium.

Red bell peppers

Red bell peppers are excellent for the kidney diet for a number of reasons, one of which is their low potassium content and great taste. In addition to being delicious, these veggies are a great source of fibre, and vitamins B6, C, and A. Because they contain lycopene, an antioxidant that helps prevent some cancers, red bell peppers are healthy for you.

Source: NDTV



Reasons why you should never skip breakfast

What is the first thing that concerns most people immediately after waking up in the morning? Usually, it's what to have for breakfast. And believe me when I say that this is one of the best decisions you can make for the entire day. Because after fasting for an average of 6-8 hours while you sleep, breaking the fast is imperative to have the energy to begin the day right.

A healthy and fulfilling breakfast is the fuel that replenishes your body energy with nutrients and minerals offering you the necessary boost to get back to work.

Here's a closer look at why you should make it a point to make the first meal of the day a priority, without exception:

If you are keen about losing excess weight, it's a cardinal dietary sin to skip breakfast regularly. The habit of consuming power-packed, wholesome breakfasts shortly after waking up helps to curb your hunger pangs throughout the day. This further leads to less chances of overeating and helps you consciously make nutritious choices when it comes to your other meals. So, if you are keeping tabs on your weight, a nutritious breakfast is not an option, it IS the only option to keep obesity at bay.

A healthy breakfast not only kick starts your day and keeps your health in check but also decreases the risk of contracting heart disease in the long run. Studies have linked breakfast skippers to increased chances of clogged arteries. That also opens the door to other lifestyle diseases such as high cholesterol, hypertension, obesity, and many more, which leads to higher risk of strokes and heart attacks.

Studies have also proven that having breakfast reduces the chances of getting Diabetes since it minimises the insulin spikes in your blood and keeps insulin resistance at bay. On the other hand, missing breakfast habitually can be correlated to developing Type 2 Diabetes caused by persistent insulin resistance. By skipping breakfast, you allow your body's insulin levels to drop and spike again sharply post lunch -- the most foolproof way to getting Type 2 Diabetes.

If you eat breakfast regularly, you are giving your brain a necessary boost and thus are mentally sharper to those who skip it. You will notice that your short-term memory is enhanced, equipping you with increased concentration and productivity levels.

Source: IANSlife

New cancer research offers a way out of painful effects of chemotherapy

One of the most effective ways of treating cancer today is 'chemotherapy'. However, chemotherapy attacks cancerous cells as well as other normal cells in the body due to which the condition of a cancer patient worsens for a few days.

Indian researchers have now discovered a technique whose therapy will only attack cancerous cells and not harm the rest of the body's cells.

The micro-RNA developed by researchers from the Banaras Hindu University (BHU) specifically kills cervical cancer cells. The currently available treatments for cervical cancer are chemotherapy and radiotherapy, but it also has an effect on non-cancerous cells, which is quite harmful and toxic.

The findings of the study could pave the way for the development of micro-RNA therapy that is not harmful for the treatment of cervical cancer in the future.

This micro-RNA has been discovered by a team of researchers from BHU led by Samarendra Kumar Singh, Assistant Professor, School of Biotechnology, Institute of Science, BHU. During the study, Singh and his Ph. D student Garima Singh demonstrated that a human micro-RNA, miR-34a, kills the viral E6 gene, which in turn shuts down an oncogenic cell cycle factor, and kills only cervical cancer cells.

This discovery is of utmost importance in the context of developing a safe and specific therapy in the management of cervical cancer. During the study, the researchers found that no ill-

effects were seen on normal or non-cancerous cells.

Upon completion, this study could be important towards developing specific treatment therapies for cervical cancer. The study findings have been published in BMC Cancer, one of the most prestigious journals in the field of cancer. This is the first study to show that miR-34a suppresses cancer cells by regulating the cell cycle.

High-risk human papillomavirus (HPV) is a factor in 99 per cent of cervical cancer cases by weakening the host cell's multiple tumor suppressors and checkpoint factors. The viral protein also stabilizes several oncogenic factors, including an essential cell cycle regulator Cdt2/ DTL which in turn promotes cell transformation and proliferation.

Source: IANS

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Facebook's bitmoji-style avatars now coming to WhatsApp

Social media giant Facebook's Bitmoji-style avatars, which earlier invaded Instagram and Messenger, are now also coming to WhatsApp.

According to The Verge, a report from WABetaInfo suggests that WhatsApp is rolling out support for customizable avatars in the latest 2.22.23.9 beta on Android, but only for some users.

Those with access to the feature will see a new 'Avatar' category in their settings menu that they can use to customise the digital version of themselves.

Similar to Meta's other apps, WhatsApp will then generate a sticker pack with the avatar in various poses, which users can use to express themselves when messaging family and friends.

This feature was first spotted by WABetaInfo last month but now it's actually rolling out to users. It's unclear when WhatsApp will roll out the feature to all users on Android, or when it plans on bringing the feature to iOS, reported The Verge.

Meta first introduced avatars on Messenger and the News Feed in 2019 before they became available to use in Facebook comments and stories in 2020.

Earlier this year, the company gave its avatars a new 3D look and started letting users add them to feed posts, Facebook profile pictures, and Instagram Stories.

As per The Verge, at the time, Meta's general manager for avatars and identity, Aigerim Shorman, touted the update as part of Meta's efforts toward building out its idea of the metaverse, which not only includes virtual and augmented reality, but also bridges "more familiar platforms like your phone and computer."

Source: ANI

Astronomers make discovery that can 'dramatically narrow' search for aliens

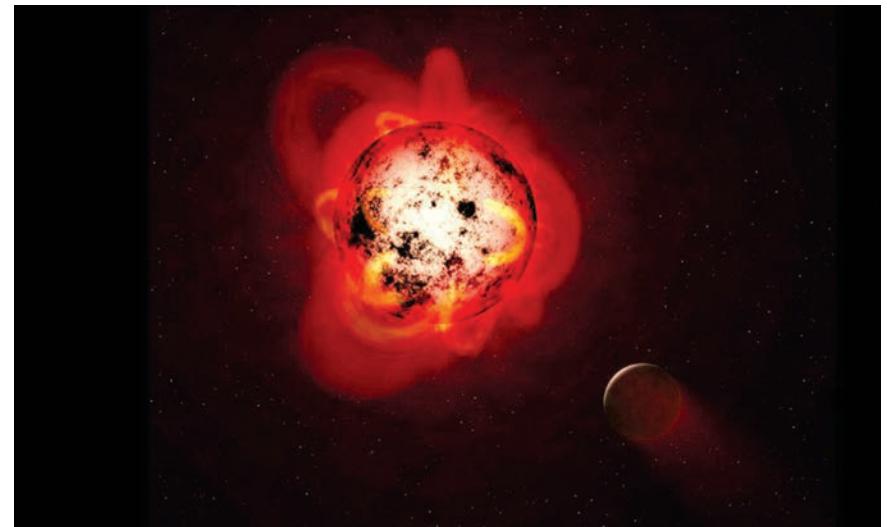
Red dwarf stars or M dwarf stars are the most common type of stars in the universe. Recent research into an Earth-like planet orbiting such a star discovered that it has no atmosphere. According to the researchers behind the study, this discovery could create a major shift in the way we look for alien life.

Since these stars are so common, the discovery of GJ 1252b—the planet in question—having no atmosphere could mean that a large number of planets orbiting such stars would probably not be able to host any life. This Earth-like planet is slightly larger than ours and is much closer to its star than we are to our Sun. This makes GJ 1252b intensely hot and pretty much inhospitable. "The pressure from the star's radiation is immense, enough to blow a planet's atmosphere away," said Michelle Hill, UC Riverside astrophysicist and co-author of the study published in The Astrophysical Journal Letters, in a press statement.

How planets lose their atmosphere

The Earth also loses some of its atmosphere over time due to the intense radiation from the Sun. But on our planet, a combination of volcanic emissions and other carbon cycling processes replenishes what is lost for the most part. But for a planet like GJ 1252b, which has a much tighter orbit with its star, it is nearly impossible to replenish the atmosphere being lost.

This is exactly what happens with Mercury in our solar system. The



An illustration of an M dwarf star being orbited by a hypothetical planet. (Image credit: NASA/ESA/STScI/G. Bacon)

planet closest to the sun does technically have an atmosphere but it is an extremely thin one made up of atoms that the sun's radiation blasted off its surface. The extreme heat on Mercury means that most of these atoms escape into space.

How do scientists know GJ 1252b doesn't have an atmosphere

A secondary eclipse is when a planet passes behind a star, blocking the light from the planet and the light that is reflected from its star. Astronomers measured infrared radiation from GJ 1252b when it was obscured by such an eclipse.

This infrared radiation revealed that the planet's temperatures are scorching hot during its daytime, tipping the scales at around 1227

degrees Celsius. This is hot enough to melt all the gold, silver and copper on the planet. Based on this heat and the low surface pressure on the planet, scientists concluded that there is no atmosphere there.

"The planet could have 700 times more carbon than Earth has, and it still wouldn't have an atmosphere. It would build up initially, but then taper off and erode away," said Stephen Kane, UCR astrophysicist and study co-author, in a press statement.

All of the above factors, combined with the fact that M dwarfs tend to have more flares and activity than the sun, means that it is extremely unlikely that planets closely surrounding such planets can hold on to their atmosphere.

Source: The Indian Express

Windows 11's new features make file sharing more easier

With an aim to enhance user experience, tech giant Microsoft has rolled out several new features, including files sharing, to help users share files and photos easily to Windows 11.

To make sharing files even more accessible, the company has enhanced the Windows Share experience so that users can share files with more discoverable devices nearby directly from their desktop, File Explorer, Photos, Snipping Tool, Xbox and other apps.

"Today, we are excited to announce the availability of new features in Windows 11 along with some exciting new experiences to help you be your most productive and creative, while also having fun," the company said in a statement.

"Announced in September, these new features and experiences begin to be available today and are a continuation of our commitment and journey to deliver continuous innovation in Windows to inspire and empower you," it added.



The taskbar is getting two highly requested enhancements. First, if you like to pin a more extensive selection of

apps to your taskbar than space allows, Taskbar gives you an entry point to an overflow menu that will enable you to

view all your overflowed apps in one space.

Second, when you right-click on the taskbar, in addition to Taskbar Settings, you will also see an option to jump directly into your Task Manager.

"These improvements have been made in direct response to your feedback and to give you access to what is important with a single click," the company said.

The company also announced the Memories feature, which resurfaces pictures' users have saved on OneDrive, making revisiting life's magical moments simple and effortless.

Through its partnership with Amazon, you can now access Android apps and games from the Amazon Appstore, generally available in 31 countries, including Australia, Canada, France, Germany, Italy, Japan, Spain, the UK, the US, among others.

With more than 50,000 titles to choose from, it's easy to discover and download your favourite apps and games on your Windows device.

Source: IANS

INDIA'S FOREIGN EXCHANGE RESERVES DROP \$3.8 BILLION TO \$524.5 BILLION, LOWEST SINCE JULY 2020

Foreign exchange reserves fell \$3.8 billion to a two-year-low of \$524.52 billion in the week ended October 21, data released by Reserve Bank of India (RBI) revealed.

This is the lowest level at which foreign exchange reserves have fallen since July 2020.

The slide has occurred mainly due to a fall in RBI's foreign currency assets, which fell to \$465.08 billion in the week ended October 21.

Foreign exchange reserves have fallen by more than \$100 billion since Russia invaded Ukraine in February this year.

On February 25, the day Russia invaded Ukraine, forex reserves were at \$631.53 billion.

Last month, RBI Governor Shaktikanta Das had said that 67 per cent of the fall in reserves during the current fiscal was due to revaluation in the face of a stronger dollar.

JAPAN APPROVES \$200-BN STIMULUS TO CHECK INFLATION

Japanese Prime Minister Fumio Kishida's government approved on Friday a hefty economic package that will include about 29 trillion yen (\$200 billion) in government spending to soften the burden of rising utility rates and food prices.

Globally surging prices and a weakening of the yen have amplified costs for imports, pushing inflation higher.

The stimulus package includes subsidies for households that are largely seen as an attempt by Kishida to lift his plunging popularity.

His government has been rocked by the ruling Liberal Democratic Party's close ties to the South Korean-based Unification church, which surfaced after the assassination of former leader Shinzo Abe in July.

"The economic measures are designed to overcome rising prices and to achieve an economic recovery," Kishida said in a news conference.

Source: AP

RECORD SALES DRIVE MARUTI SUZUKI Q2 NET TO OVER 4-FOLD RISE AT RS 2,112.5 CR

Maruti Suzuki India on Friday, October 28, reported an over four-fold increase in consolidated net profit to Rs 2,112.5 crore in the second quarter that ended September 30, 2022, riding on record sales.

The company had posted a consolidated net profit of Rs 486.9 crore in the same period last fiscal, Maruti Suzuki India Ltd (MSIL) said in a regulatory filing.

Total revenue from operations was at Rs 29,942.5 crore as against Rs 20,550.9 crore in the year-ago period.

MSIL said it sold a total of 5,17,395 vehicles during the quarter, its highest ever in any quarter.

'Let the good times roll': Musk tweets on first morning as new Twitter boss

NEW YORK (TIP)

"Let the good times roll", billionaire Elon Musk tweeted on Friday, hours after he completed his acquisition of Twitter for a whopping USD 44 billion and started off as the social media giant's new owner by firing its top executives, including CEO Parag Agrawal.

"The bird is freed," Musk had tweeted on Friday, October 28, after completing the takeover of Twitter and firing the social media giant's four top executives, including Agrawal, legal executive Vijaya Gadde, Chief Financial Officer Ned Segal and General Counsel Sean Edgett.

"Spoiler Alert. Let the good times roll," Musk, 51, tweeted early Friday morning after ending Thursday night with his acquisition of Twitter.

"I will be digging in more today," Musk said in reply to a tweet by a user called 'Catturd' who tweeted that he will be tweeting a message "every day to see if anything changes. As of now, I'm still Shadowbanned, ghostbanned, searchbanned, and Twitter removed 1200 followers today - as usual. Nothing has changed - I'll report again tomorrow."

Musk, a self-styled "free speech absolutist", has been critical of Twitter's management and its moderation policies.

"At least one of the executives who was fired was escorted out of Twitter's office," a report in the New York Times reported.

The deal's closing removes a cloud of



uncertainty that has hung over Twitter's business, employees and shareholders for much of the year, the CNN commented.

After initially agreeing to buy the company in April, Musk spent months attempting to get out of the deal, first citing concerns about the number of bots on the platform and later allegations raised by a company whistleblower.

Agrawal, 38, was appointed Twitter CEO in November last year after the social media site's co-founder Jack Dorsey had stepped down. An IIT Bombay and Stanford alumnus, Agrawal had joined Twitter over a decade ago when there were fewer than 1,000 employees at the company.

"Agrawal, who was appointed Twitter's chief executive last year, had clashed" with Musk "publicly and privately in recent months about the takeover," the NYT report said.

Musk also "singled out" Gadde, 48, "criticising her for her role in content

moderation decisions at the company", it added.

As the Twitter account of former US President Donald Trump was permanently suspended in January last year, Hyderabad-born Gadde was at the forefront of this dramatic decision undertaken within days of the attempted insurrection by pro-Trump supporters at the US Capitol.

Twitter co-founder Biz Stone thanked Agrawal, Segal and Gadde for their "massive contribution" to the business.

"Thank you to @paraga, @vijaya , and @nedsegal for the collective contribution to Twitter. Massive talents, all, and beautiful humans each!" Stone tweeted.

Musk arrived at the company's headquarters in San Francisco on Wednesday and had been meeting with engineers and advertising executives.

Musk also updated his Twitter description to "Chief Twit." He has promised to transform Twitter by loosening the service's content moderation rules, making its algorithm more transparent and nurturing subscription businesses, as well as laying off employees.

In April, Twitter accepted Musk's proposal to buy the social media service and take it private.

However, Musk soon began sowing doubt about his intentions to follow through with the agreement, alleging that the company failed to adequately disclose the number of spam and fake accounts on the service. Source: PTI

IMF cuts Asia's economic forecasts as China's slowdown bites

The International Monetary Fund (IMF) has downgraded its economic outlook for Asia as global monetary tightening, rising inflation blamed on the war in Ukraine, and China's sharp slowdown dampen the region's recovery prospects.

While inflation in Asia remains subdued compared with other regions, most central banks must continue raising interest rates to ensure inflation expectations do not become de-anchored, the IMF said in its Asia-Pacific regional economic outlook report released on Friday.

"Asia's strong economic rebound early this year is losing momentum, with a weaker-than-expected second quarter," said Krishna Srinivasan, director of the IMF's Asia and Pacific Department.

"Further tightening of monetary policy will be required to ensure that inflation returns to target and inflation expectations remain well anchored."

The IMF cut Asia's growth forecast to 4 percent this year and 4.3 percent next year, down 0.9 percent points and 0.8 points from April respectively. The slowdown follows a 6.5 percent expansion in 2021.

"As the effects of the pandemic wane, the region faces new headwinds from global financial tightening and an expected slowdown of external demand," the report said.

Among the biggest headwinds is China's rapid and broad-



based economic slowdown blamed on strict COVID-19 lockdowns and its worsening property woes, the IMF said.

"With a growing number of property developers defaulting on their debt over the past year, the sector's access to market financing has become increasingly challenging," the report said. "Risks to the banking system from the real estate sector are rising because of substantial exposure."

The IMF expects China's growth to slow to 3.2 percent this year, a 1.2-point downgrade from its April projection, after an 8.1 percent rise in 2021. The world's second-largest economy is seen growing 4.4 percent next year and 4.5 percent in 2024, the IMF said.

Source: Reuters

Shree Ganeshaya Namah

**ARIES**

Positive: Ganesha says now is the best time to concentrate your efforts on cognitive tasks. Try to be adaptable as well as optimistic.

Finance: Expert advice and a small investment in a bucket could mean the difference between success and failure in finance. There is a chance of financial success as well as the return of funds given to family or friends.

Love: Avoid being affected by your friends and family, as this could lead to a divorce. Rather than arguing, try to spend quality time together.

Business: A meeting with employees from another company as well as top management may take place. You are likely to get a good deal on your company's project. If you own a business, avoid arguing with your siblings.

Education: Yoga and medical students are having a good month this month. Because you and your parents may have opposing viewpoints on the subject, you should have an open and honest discussion with them. This discussion could be extremely beneficial to your studies.

Health: To improve your physical and mental health, try to surround yourself with positive people and enroll in some meditation classes.

TAURUS

Positive: Ganesha says being thankful does not imply that everything is always good. If that's all it means, you can simply accept it as a gift.

Finance: There is nothing to be concerned about in terms of finances. This month has the potential to be very profitable for your financial situation, and you could make a lot of money with a business deal.

Love: If you are serious about marrying, you should sit down and devise a long-term strategy. You must find someone who understands you and is interested in a long-term relationship. Even married couples would be happy with their marriage.

Business: Those seeking an international assignment are likely to find a rewarding career change. Your seniors will appreciate your efforts and encourage you to continue learning and applying what you've learned.

Education: Those of you who have worked as a tutor or mentor in a government agency is likely to be promoted shortly. You might also be encouraged to learn a professional skill that will help you stand out in a competitive market. In the coming days, your efforts will be recognized.

Health: You may experience relief from chronic ailments as well as a renewed sense of vigor and vitality. You should avoid becoming ill or being involved in an accident, and you should drive carefully.

Horoscope for the month of Nov 2022

By Chirag Daruwalla - Son of Astrologer Bejan Daruwalla

**GEMINI**

Positive: Ganesha says you must take action you have never taken before to obtain what you have never had.

Finance: If you are involved in a legal proceeding, you may incur unexpected legal fees. Those of you in sales marketing should be able to get a good deal this month.

Love: Some of you may be grumpy and unappreciative of your partner. There is a chance of disagreement, which could lead to a breakdown in communication. Avoid being swayed by your friends and family.

Business: You may also be recognized in addition to being chosen. When handling calls and emails at work, it is recommended that you be attentive and courteous. Writers and artists may achieve success.

Education: Mentors can impart knowledge to students of sports and art. You should be around positive people and think positive thoughts. Students interested in sports may have new options.

Health: Make an effort to meditate regularly this month. This month, eat a healthy diet of fruits and juices

mentors on the internet.

Health: To avoid dust, wear as much clothing as possible and use a cloth to cover your face and mouth.

**Virgo**

Positive: Ganesha says you are likely to be in good spirits for the rest of the month.

Finance: Now is a great time to think about making some wise investments. Prioritize your tasks by placing the most important and time-sensitive items at the top of the list.

Love: Excellent communication heightens feelings of love, passion, and intimacy, allowing you to share special moments with friends, family, and loved ones.

Business: You should also avoid making major decisions under duress. In the second half of the month, coworkers may be able to assist you.

Education: You should be able to overcome any issues that arise in the last few weeks of the month.

Health: You may be able to strike an ideal balance between your personal life and your health.

**LIBRA**

Positive: Ganesha says there is always an alternative. You might decide to approach them with a positive attitude.

Finance: Your financial situation may remain stable. It may result in some good cash profits from previous investments, strengthening your position.

Love: Reach out to family and friends and muster the courage to express your concerns to them. As the month draws to a close, you'll be able to generate viable ideas.

Business: Progressive forces may be able to assist you in moving forward. Your coworkers and superiors may be able to provide you with valuable advice that will assist you in resolving some outstanding issues.

Education: Using your energy in new ways can do a lot of good in your community. You may have the opportunity to learn new skills. It may also help you make significant progress as the month progresses.

Health: After some ups and downs in your health, you may notice a return to normal health conditions this month.

**SCORPIO**

Positive: Ganesha says the best way to ensure that your dreams come true is to live them.

Finance: You may be dissatisfied with your slow progress. You may see consistent gains if you stick to your budget. If you have applied for a loan, the bank will most likely help you.

Love: Perhaps you and your partner don't trust each other. As a result, to resolve conflicts and strengthen your bond with your life partner, you must prioritize your relationship.

Business: On-the-job employees may receive assistance from their superiors. During this time, job seekers may be able to find new opportunities.

Education: This is the perfect time to broaden your horizons by picking up a new skill. Your efforts this month may not be in vain. **Health:** By the end of the month, you may be feeling better and your luck may be turning in your favor.

**LEO**

Positive: Ganesha says while you have no control over what happens to you, you do have control over how you perceive everything that happens to you.

Finance: Your spending may rise this month. If you are working on a project, the failure of the project could spell financial disaster for you.

Love: If a married couple is having problems, they can solve them by talking about them. Never criticize your parents in front of your spouse if you live with them.

Business: People born under this sign may have the opportunity to work abroad as working professionals or business owners.

Education: Mentors can point you in the right direction when it comes to learning. Those interested in distance education can find excellent

CONT'D ON PAGE 38

Shree Ganeshaya Namah



VEDIC ASTROLOGER NASTUR BEJAN DARUWALLA

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

WEEKLY HOROSCOPE - OCTOBER 31 TO NOVEMBER 6



ARIES : Ganesha says, it's very likely that your week will start off well. You'll feel motivated and ready to tackle your week's tasks. You will be emphasized with all forms of kind deeds. This week, you're going to demonstrate to your superiors your reliability. You and your pal have gotten along well, and you're thinking of popping the question. The time is right to begin a fresh connection with confidence at its core. You have put a lot of effort into achieving your goals, but the path beyond is surely tougher. You'll be tempted to work more quickly if you use alternatives. You will be taking an unnecessary hazard. Your employees could stop believing in you.



TAURUS : Ganesha says, your goals are specific and well-defined, and you're devoted to achieving them modestly this week. Your family members will guide you on the proper path. The welfare of your household will constantly come first for you. Your partner will stand by your side in times of need. You could have a lucky time this week. You will maintain objectivity when it relates to your connection. You'll be aware of what needs to be done and the amount of energy and energy you're prepared to put into it. It's important to release go of the tension you've been experiencing lately. The secret to gaining emotional calmness is mindfulness. Give oneself a treatment this week.



GEMINI : Ganesha says, you'll discover imaginative ideas that will enable you to boost your employment income. Your supervisors will find it straightforward to take your suggestions into account. Your working life will change for the good as a result. You will exhibit your usefulness and efficacy. You might be surprised and want to reevaluate your career choice. Nevertheless, you must avoid letting your past interfere with the current and rather make wise plans for tomorrow. Your connection will be impacted by Venus's passage in your 8th house. You've been experiencing gastrointestinal issues. Maintain a healthy, good meal and stay away from fatty foods.



CANCER : Ganesha says, you'll enjoy yourself this week. Issues that annoy you won't be a worry to you. You'll be searching for opportunities to develop your profession. Since you'll focus on developing your courage and strength, you won't be terrified of anybody anymore. Considering you haven't communicated to one another in a while, you will likely experience issues with your partner. Spend some time reflecting on what you really want from this relationship. You've been exerting yourself tougher due to your health issues, which has made you exhausted. You should unwind for a while before

developing a plan to tackle it in a methodical way.



LEO : Ganesha says, you have been searching for new possibilities and you will get them this week. If you find an appropriate opportunity, your job search could be over. Your income may start off modest, but it will eventually increase. The time is not now to abandon all hope. You might receive support from your partner, which would cause you to experience awful. Instead of focusing on the drawbacks of your connection, emphasize the benefits. No issues with your wellness will arise. Your youngsters may fall ill or get a low-grade temperature in the afternoon. Give them the best treatment possible.



VIRGO : Ganesha says, all your assumptions are true, this week will be a great week for you even though you may win the lotto you've been winning for a while. You may use your sense of irony in your professional life, in addition, to assist you to unwind. This week, take into account all the risks before you make a purchase. Your new partnership will get started on a personal note. Take baby strides in your relationship and you will realize how cherished you are. A headache from the previous evening is possible. You'll be OK; finish your week by starting a new health regimen.



LIBRA : Ganesha says, your actions and feelings will be motivated by a positive perspective this week. Nobody will be capable of diverting your attention or keeping you from your objectives. You might also start a household improvement venture or focus on addressing household problems and marital fluctuations. This week, you might feel pressured to quit your work and lead a nomadic lifestyle. But even before you think of something else, you must first think about your responsibilities in the household. Your love life will be wonderful this week. This week won't have an impact on your but being cautious will help you stay safe.



SCORPIO : Ganesha says, this week, you need to be extremely meticulous. You could maintain your composure at the workplace this week and argue with a colleague. Your job might be negatively impacted by this.

You must keep your cool and use logic to navigate the issue. This week, it's crucial that you maintain your composure. You're in a fulfilling connection and want to advance it, but your partner isn't keen. Collectively, you may brainstorm a resolution and talk it through. You will be bothered by the stress and obligations. Take a minute to calm yourself and relax.

SAGITTARIUS : Ganesha says, this week, you'll be a touch beyond the usual route, but you'll still be



prepared to help or encourage anybody who confronts you. You'll be happy with your decision and donate to a great cause. You'll meet new people this week thanks to your inherent capacity for empathy. Given that you have not really been functioning well lately, you'll be depressed this week. You should assign your duties to someone and spend a few days' vacations from work. In the first half of this week, your marriage will suffer since your partner won't be able to go above and beyond for you. Your wellness will improve if you learn to control your emotions.



CAPRICORN : Ganesha says, this week at business, you'll be given executive authority and put in command of the upcoming assignment. You will be required to put in a lot of energy because your involvement will be very important at this point. You have to be ready for what comes next and for unanticipated events. Due to unforeseeable events, you'll have a memorable meeting with a new person. This person will become more familiar to you as you appreciate their companionship. This week, you could suffer some heart condition, which could worry you. Consult a doctor if necessary to prevent any further problems.



AQUARIUS : Ganesha says, you'll learn some fantastic information this week, so be prepared. As you have chosen a crucial choice for your household, you will be moving ahead. Others will feel pity for you, but your shock them. You will experience economic challenges, but you will figure out how to get beyond them. You always fall ahead because you wait too long to ask for help when you need it. You ought to never be reluctant or scared to ask for assistance. This week, your partner will be so happy with what you've done that they'll believe you are someone who will strongly commit to this relationship. Your wellness will be stable and in wonderful condition. Don't worry about it.



PISCES : Ganesha says, you will deal with a range of problems at employment in the first half of this week. You'll have a hard time getting beyond your obstacles. Nevertheless, you need to be patient and watch for future benefits. Rather than relying on your colleagues, make sure you do your part and fulfill your obligations. You've been a great partner since you're considerate of your partner's interests and humble. Affection will reward you with benefits if you stay in tune with your primal inclinations. You must alter your daily pattern and partake in beneficial activities in order to keep beneficial and ward off sickness.

BIRTHDAY HOROSCOPE : OCTOBER 31 TO NOVEMBER 6

BY ASTRO FRIEND CHIRAG - SON OF ASTROLOGER BEJAN DARUWALLA

OCTOBER 31 : Ganesha says your professional advancement should have your full attention because it will rapidly produce the desired outcomes. Businesspeople will develop valuable contacts. Children and spouses will be very demanding but supportive. Minor health issues like a stiff neck, backache, or other body aches will cause problems. If you travel and participate in clubs and social activities, you will succeed socially. Some of you are planning on travelling abroad for work.

NOVEMBER 1 : Ganesha says gains in money are guaranteed as long as you hang around with innovative, knowledgeable people. Some people will find new love through social events and leisure pursuits. Later in the year, religious impulses will surface, prompting you to seek spiritual blessing. Stress and anxiety will result from an infant's health. You'll spend more on luxury and other creature comforts as your finances improve. This time you will see the resolution of any legal or property conflicts.

NOVEMBER 2 : Ganesha says you should be extremely cautious, especially while managing your finances. During this time, finding spiritual blessings will give you mental comfort and calm. You'll be

considering long-distance trips. For people with chronic conditions, a proper diet is crucial. Sales and marketing positions are likely in high demand—the matrimonial unions for people looking for a living spouse. Although there will be assistance from others and a generally positive period, rash or careless decisions will only lead to losses.

NOVEMBER 3 : Ganesha says you will likely receive significant gains and recognition as bright stars move on your side. Some of you will also acquire ancestral wealth. The domestic front will require you to be tactful and diplomatic. Being stubborn will only backfire and complicate issues. You'll find it easy to achieve your goals. Children will perform well in academics and sports. Distant journeys later in the year for pleasure cannot be ruled out. Working on new projects will ensure long-term gains.

NOVEMBER 4 : Ganesha says due to fortunate star alignment, you are likely to experience significant gains and notoriety. Some of you will inherit inherited money as well. You will need to exercise tact and diplomacy on the domestic front. Being obstinate will only make matters worse. It will be simple to fulfill your objectives and meet people's expectations.

Children will perform well in sports and in the classroom. I may go a long distance for fun later this year. Long-term benefits are guaranteed by working on new initiatives.

NOVEMBER 5 : Ganesha says you are a great leader and can handle any challenge; you need to check your tendency to act occasionally selfishly, moodily, and hypocritically. During this time, success and profits will be on your side, and your confidence and morale will be high. Some may experience spiritual growth later in the year. You will be well-positioned to ask for favors, raise money, and manage others. Gains in the capital are inevitable but don't spend extravagantly.

NOVEMBER 6 : Ganesha says your sense of self-worth will increase. You will participate in activities that will safeguard your future and help you have a better life. At work, you'll hold a leadership role with a lot of responsibility. You will have fantastic opportunities for business and advancement as you make new relationships. Your life will become more exciting due to strong romantic sentiments from a person of the opposite sex. To keep in excellent form, exercise and healthy eating habits are essential.

CONT'D FROM PAGE 36

SAGITTARIUS



Positive: Ganesha says being kind is not a product. True compassion never limits its actions and never expects anything in return.

Finance: As a result of your prudent investing strategy, your bank account would steadily grow.

Love: Those of you who have been putting off starting a major project for a long time should reconsider the changes you intend to make to your current project.

Business: Employees, on the other hand, may be able to contribute to the growth of their company.

Education: Participate in any group discussion for educational purposes. This will also aid your understanding. The perspectives and opinions of others can teach you a lot. People, it will be worthwhile!

Health: Continue with your ways and dealings only if you are completely confident in them. Others may quickly figure out what you're up to. This month will be exciting and revitalizing for you.

CAPRICORN



Positive: Ganesha says being courageous entails confronting fear, refusing to ignore it, and acting despite it.

Finance: This month, remember to keep a close eye on the returns on your current investments. This will allow you to increase your wealth, which will be beneficial in the future.

Love: Marriage is a wonderful institution for those who have been dating for a long time. This is an excellent opportunity to strengthen your love and relationship over time.

Business: This is not the best month to start a new business. You'd be in big trouble if you did that. My only piece of advice is to keep an eye on your cash flow.

Education: My only piece of advice is to be extra cautious with your hard work this month because it could be the month where your learning is solely based on your current efforts.

Health: You can now sleep better and live a happier life. If you have persistent disease, check your health and take any necessary medications. Also, refrain from drinking any alcohol for the entire month.

AQUARIUS

AQUARIUS

Positive: Ganesha says when something terrible happens, keep your cool, take a few deep breaths, and redirect your attention to something uplifting.

Finance: Avoid investing because your money may become stranded during this period. Taking out a loan or credit facility this month may not be advantageous to you.

Love: Singles may also meet someone who is a perfect match for them. You have a good chance of conceiving this month, according to your monthly forecast.

Business: To land the job as soon as possible, you should maximize your opportunity as well as your self-confidence, resilience, and positive thinking.

Education: Take some practice tests before the final exam, as this may be your last chance to succeed. This month, make the most of your planning.

Health: Now is the time to be content with the direction your life will take in the future. Some of you may need to be more cautious about your future travel plans because this could work against you.

PISCES



Positive: Even when they are in the midst of a storm, the most courageous and compassionate people find the strength and compassion to help others.

Finance: You'll be in a giving mood and will help out your friends who are short on cash, as well as donate money to charitable organizations.

Love: Some of you may receive a romantic proposal from your hometown.

Business: You'll be a ball of energy all month. Professional connections in the creative industries should be strengthened through the use of digital media.

Education: Your teacher and mentor may have some excellent suggestions for you. Your chances of admission to a higher education program are excellent.

Health: Stress at work or home can cause agitation and negativity, interfere with your ability to sleep, and lead to unanticipated health problems.

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Nastur Bejan Daruwalla

Chhath Puja or Surya Shashthi

Chhath is an ancient Hindu Vedic festival which is historically celebrated in Bihar-Jharkhand, Chhattisgarh and India's eastern Uttar Pradesh and Nepal in the most elaborate form. This festival is celebrated mainly in Bihar-Jharkhand. But it is also prevalent in areas where the presence of people of Bihar-Jharkhand is present. This festival is celebrated not only in India but also in foreign countries. This festival has now become prominent in the India capital, Delhi. The Chhath Puja is dedicated to the Sun and his wife Usha in order to thank them for bestowing the bounties of life on earth and to request the granting of certain wishes.

It is called Chhath due to Sun Shastri's fasting. This festival is celebrated twice a year. For the first time in Chaitra and the second time in Kartik. The festival celebrated on the Chaitra Shukla Paksha Sashti is called Chaitra Chhath and the festival celebrated on the Kartik Shukla Paksha Sashti is called Kartik Chhath.

Chhath Puja is a four-day festival. It starts with Kartik Shukla Chaturthi and ends with Kartik Shukla Saptami. During this fasting, the fast will continue for next 36 hours. During this time they do not even accept water.

Nahay Khay

The first day of Chhath festival or it can be said that Chhath festival starts from this day, this day is known as 'Nahay-Khay'. This day falls on the Chaturthi of Kartik month, Kartik Shukla Chaturthi. On this day, first of all the house is cleaned and sanctified. On this day, the fasting person can eat food only once in a day. On this day, the devotees take a bath after thoroughly cutting off the nails, etc., washing their hair thoroughly with clean water. Vratis take bath in the nearby river Ganges, a tributary of the Ganges or a pond. While returning, he brings with him Gangajal which he uses for cooking. The fasting eats food only once on this day. In the food, Vratis use pumpkin vegetable, moong gram dal, rice. This food is cooked in a bronze or earthen pot. Mango wood and earthen stove are used for cooking. When the food is prepared, first the fast eats the food, only then other members of the family eat the food.

Kharna and Lohanda

The second day of Chhath festival is known as Kharna or Lohanda. It is celebrated on Panchami of Kartik month. On this day, the fasting fasts for the whole day. Do not take even a drop of water before sunset. In the evening, kheer is made using rice jaggery and sugarcane juice. Salt and sugar are not used in cooking. After giving these two things to the Sun God, they do 'solitude' in the same house, that is, they accept it by staying alone. All the family members go out of the house at that time so that there is no noise. It is against the rules of the festival to hear any kind of sound for the fasting person while eating alone.

After eating the fast again, he feeds the same 'Kheer-Roti' to all his family members and friends and relatives. This whole process is called 'Kharna'. Rice pitha and ghee-laden roti are also distributed as prasad. After this, for the next 36 hours, the fasting fast is kept Nirjala. At midnight, the fasting prepares special prasad Thekua for Chhath Puja.

Sandhya Arghya

The third day of Chhath festival which is known as Sandhya Arghya. It is celebrated on Kartik Shukla Shashthi. This day is a special day of Chhath Puja. Special prasad like thekua, also known as rice laddus or kachvaniya, is prepared for Chhath puja. For Chhath Puja, a basket made of bamboo called Daura is put in the offerings of worship, fruits and kept in Devkari. After offering worship, in the evening a coconut, five types of fruits, and other items of worship are placed in a basket, which the man picks up with his hands and takes it to the Chhath Ghat. It is not impure so that it is kept on the top of the head. On the way towards Chhath Ghat, women usually go singing the song of Chhath.

Usha Arghya

Arghya is offered to the rising sun on the morning of



Parana. The fasting people eat salty food this morning after fasting from Kharna till date.

Important information

Chhath Puja or Surya Shashthi 2022

28 October 2022 - Nahay-Khay First Day of Chhath Festival.

29 October 2022 - Kharna and Lohanda Second Day of Chhath Festival.

30 October 2022 - Sandhya Arghya Third Day of Chhath Festival.

31 October 2022 - Usha Arghya Fourth Day of Chhath Festival.

Sunrise on Chhath Puja Day : 30 October 2022 at 06:31 AM

Sunset on Chhath Puja Day : 30 October 2022 at 05:38 PM

Shashthi Tithi Begins - 30 October 2022 at 05:49 AM

Shashthi Tithi Ends - 31 October 2022 at 03:27 AM

Chhath festival is also known by this name: Chhathi, Chhath Parv, Chhath Puja, Dala Chhath, Dala Puja, Surya Shashthi

Did you know : Ritual rules of the festival are very strict and are celebrated in a period of four days. They stay away from holy baths, fasting and drinking water; stand in water for long periods, and offering and praying for the sun and rising sun.

Kartik Shukla Saptami on the fourth day. Even before sunrise, the fasting people worship the rising sun god at the ghat. The dishes offered in Sandhya Arghya are replaced by new ones, but the tubers, roots, fruits and vegetables remain the same. All the rules and regulations are the same as in the evening prayer. At this time only the fasting people stand in the water facing east and do Suryaprasana. After the worship is over, the ghat is worshipped. After distributing prasad among the people present there, the fasting comes home and also distributes prasad to his family at home. Vratis come back home and worship the Peepal tree in the village, which is called Brahma Baba. After the puja, the fasting is completed by drinking sherbet of raw milk and eating some prasad, which is called Paran or

Popular Katha

Many stories are prevalent in relation to Chhath fast. According to one of them, when Pandavas lost their entire palace in gambling, then Lord Krishna suggested Draupadi for Chhath fast. When Draupadi completed the fast, her wishes were fulfilled and the Pandavas got the Raajpat's back. According to one belief, Lord Rama and Mata Sita fasted Kartik Shukla Shishtha on the establishment of Ramrajya after the Lanka victory and worshiped the sun god. Saptami had received a blessing from Sun God after re-rituals during sunrise.

Scientific point of view

If the Chhath festival is seen from a scientific point of view, then a special astronomical transformation on the date, at this time, the ultraviolet rays of the Sun are gathered in greater quantity than the normal on the surface of the earth, hence due to its possible maladies, the power to protect is achieved. Following the festival of Chhath Puja, the animals are protected from harmful effects of sun light. In Hindu religion, Lord Sun is worshiped for the treatment of various types of skin diseases including leprosy diseases.

Source: Thedivineindia

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

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

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

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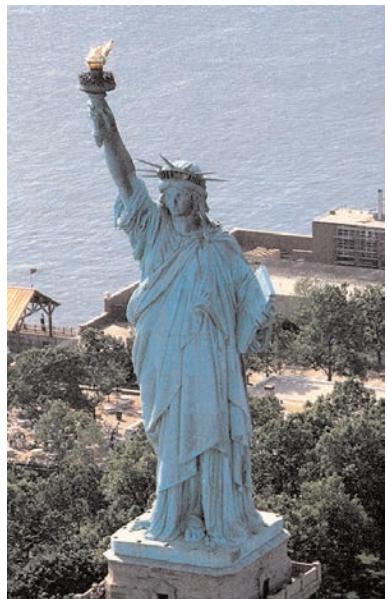
History This Week OCTOBER 28 TO NOVEMBER 03

"A SMALL BODY OF DETERMINED SPIRITS FIRED BY AN UNQUENCHABLE FAITH IN THEIR MISSION CAN ALTER THE COURSE OF HISTORY." - MAHATMA GANDHI

OCTOBER 28

October 28, 1636 - Harvard University, the oldest institution of higher learning in America, was founded in Cambridge, Massachusetts. It was named after John Harvard, a Puritan who donated his library and half of his estate. Distinguished alumni include Ralph Waldo Emerson, Henry David Thoreau, Henry James, and NAACP founder W.E.B. Du Bois.

October 28, 1846 - The Donner Party departed Illinois heading for California. The group totaled 90 persons, including immigrants, families and businessmen, led by George and Jacob Donner. Tragedy later struck as they became stranded in snow in the Sierras where famine and cannibalism took its toll. There were 48 survivors by the end of their journey in April of 1847.



The Statue of Liberty

October 28, 1886 - The Statue of Liberty was dedicated on Bedloe's Island in New York Harbor. The statue was a gift from the people of France commemorating the French-American alliance during the American Revolutionary War. Designed by Frederic Auguste Bartholdi, the entire structure stands 300 feet (92.9 meters) tall. The pedestal contains the words: "Give me your tired, your poor, your huddled masses yearning to breathe free, the wretched refuse of your teeming shore. Send these, the homeless, tempest-tost to me, I lift my lamp beside the golden door!"

October 28, 1918 - The Republic of Czechoslovakia was founded, assembled from three provinces - Bohemia, Moravia,

and Slovakia - which had been part of the former Austro-Hungarian empire.

October 28, 1918 - In the waning days of World War I, mutiny broke out in the German fleet at Kiel. Ships in port ran up the red flag of revolution. The uprising spread to Hamburg, Bremen and Lubeck, resulting in a general strike in Berlin which brought the government of Kaiser Wilhelm to a halt.

October 28, 1919 - Prohibition began in the U.S. with the passage of the National Prohibition (Volstead) Act by Congress. Sales of drinks containing more than one half of one percent of alcohol became illegal. Called a "noble experiment" by Herbert Hoover, prohibition last nearly 14 years and became highly profitable for organized crime which manufactured and sold liquor in saloons called speakeasies.

October 28, 1922 - Fascist blackshirts began their "March on Rome" from Naples which resulted in the formation of a dictatorship under Benito Mussolini.

October 28, 1949 - Helen Anderson became the first woman ambassador, appointed by President Harry Truman to be Ambassador to Denmark.

October 28, 1958 - Cardinal Angelo Giuseppe Roncalli, Patriarch of Venice, was elected Pope, taking the title John XXIII. Best known for undertaking the 21st Ecumenical Council (Vatican II).

October 28, 1962 - The Cuban Missile Crisis ended with the announcement by Soviet Russia's leader Nikita Khrushchev that his Soviet government was halting construction of missile bases in Cuba and would remove the offensive missiles. President Kennedy immediately accepted the offer then lifted the U.S. naval blockade of Cuba.

October 28, 1971 - The British House of Commons voted 356-244 in favor of joining the European Economic Community.

Birthday - Dr. Jonas Salk (1914-1995) was born in New York City. In 1952, he developed a vaccine for the dreaded childhood disease Polio (poliomyelitis, also known as infantile paralysis). His vaccine reduced deaths from Polio in the U.S. by 95%.



Bill Gates

Birthday - Microsoft founder Bill Gates was born in Seattle, Washington, October 28, 1955. In 1975, he co-founded Microsoft with Paul Allen, designing software for IBM computers. By 1980, Microsoft became the leading software company for IBM compatible computers. Gates became a billionaire by age 31 and remains one of the world's wealthiest individuals.

OCTOBER 29

October 29, 1618 - British explorer Sir Walter Raleigh was executed in London for treason on orders from King James I.

October 29, 1929 - The stock market crashed as over 16 million shares were dumped amid tumbling prices. The Great Depression followed in America, lasting until the outbreak of World War II.

Birthday - Nazi propaganda minister Paul Joseph Goebbels (1897-1945) was born in Rheydt, near Dusseldorf, Germany. Considered a master propagandist, he controlled all Nazi newspapers, radio and film production. He was a virulent anti-Semite who advocated the extermination of the Jews. Devoted to Hitler until the end, he died at Hitler's Berlin bunker in 1945 after poisoning his six children.

OCTOBER 30

October 30, 1905 - To counter the spread of revolutionary movements in Russia, Czar Nicholas II took a step toward constitutional government by allowing for an elected parliament (Duma) with legislative powers and guaranteeing civil liberties.

October 30, 1938 - The War of the Worlds radio broadcast panicked millions of Americans. Actor Orson Welles and the Mercury Players dramatized the story by H.G. Wells depicting a Martian invasion of New Jersey. Their

script utilized simulated radio news bulletins which many listeners thought were real.

October 30, 1990 - For the first time since the Ice Age, Great Britain was connected with the European continent, via a new rail tunnel under the English Channel.



John Adams

Birthday - John Adams (1735-1826) the 2nd U.S. President was born in Braintree, Massachusetts. He served from March 4, 1797 to March 3, 1801. He had been George Washington's vice president, and was the father of John Quincy Adams, the 6th President. He died on July 4, 1826, the same day as Thomas Jefferson, on the 50th anniversary of adoption of the Declaration of Independence.

Birthday - Admiral William "Bull" Halsey (1882-1959) was born in Elizabeth, New Jersey. He was the American fleet commander during World War II in the Pacific and played a leading role in the defeat of the Japanese. In 1942, he launched the Doolittle Raid, the first air raid on Japan. From 1942-44, he coordinated successful attacks on the Solomon Islands and New Guinea. In 1944, he led the U.S. fleet to victory at the Battle of Leyte Gulf, the largest naval battle in history.

OCTOBER 31

Halloween

October 31st - Halloween or All Hallow's Eve, an ancient

celebration combining the Christian festival of All Saints with Pagan autumn festivals.

October 31, 1517 - Martin Luther nailed his 95 Theses to the door of Wittenberg's palace church, denouncing the selling of papal indulgences and questioning various ecclesiastical practices. This marked the beginning of the Protestant Reformation in Germany.

October 31, 1940 - The Battle of Britain concluded. Beginning on July 10, 1940, German bombers and fighters had attacked coastal targets, airfields, London and other cities, as a prelude to a Nazi invasion of England. British pilots in Spitfires and Hurricanes shot down over 1,700 German aircraft while losing 915 fighters. "Never in the field of human conflict was so much owed by so many to so few," declared Prime Minister Winston Churchill.



Mount Rushmore National Memorial

October 31, 1941 - Mount Rushmore National Memorial was completed after 14 years of work. The memorial contains 60-foot-tall sculptures of the heads of Presidents George Washington, Thomas Jefferson, Abraham Lincoln and Theodore Roosevelt - representing America's founding, political philosophy, preservation, and expansion and conservation.

October 31, 1950 - Earl Lloyd became the first African American to play in a National Basketball Association (NBA) game when he took the floor for the Washington Capitols in Rochester, New York.

October 31, 1952 - The U.S. detonated its first hydrogen bomb at the Elugelab Atoll in the Eniwetok Proving Grounds in the Pacific Marshall Islands.

October 31, 1961 - The body of Joseph Stalin was removed from the mausoleum in Red Square and reburied within the Kremlin walls among the graves of lesser Soviet heroes. This occurred as part of Russia's de-Stalinization program under his successor Nikita Khrushchev.

(Read more on www.theindianpanorama.news)



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Andaman: Blue seas, virgin islands and colonial past

Replete with turquoise blue water beaches and a bit of history, Andaman & Nicobar Islands is a little slice of paradise tucked around 1,400 km away from the east coast of mainland India. Port Blair, the capital of this union territory, has a major airport and seaport connected with the rest of the country and with various tourist islands via multiple daily ferries. Havelock and Neil Islands are popular among tourists for their white sandy beaches and excellent diving options.

Andaman & Nicobar Islands comprises 572 islands, only 37 of which are inhabited, and a few are open to tourists. Havelock Island is one of the largest and the most popular islands of all Andaman & Nicobar Islands. Travellers typically enter from Port Blair via flight or ship and spend multiple nights in Havelock and Neil Islands that offer some great resorts.

Port Blair is generally used as a base city to catch ferries to nearby islands. However, tourists also spend a day or two here to explore the town and nearby beaches. People also take day trips to Ross Island and North Bay Island or Baratang and Jolly Buoy island from Port Blair.

Andamans have the most exotic beach and some of them also give the opportunity of trying out a number of water sports such as Scuba Diving, Snorkeling, Sea Walk etc. North Bay Island near Port Blair, Elephant Beach in Havelock Island and Bharatpur Beach in Neil Island are three popular beaches to try out watersports.

Places To Visit

Cellular Jail

The Cellular Jail, also known as 'Kala Pani' is an old colonial prison situated in Port Blair, the capital of Andaman and Nicobar islands. Constructed by the Britishers during their colonial rule in India, the jail was used particularly to exile Indian political prisoners. It was used to house many notable freedom fighters such as Batukeshwar Dutt, Yogendra Shukla and Vinayak Damodar Savarkar.

The jail complex is now owned by the Government of India and it is recognised as the national memorial monument that showcases the life of prisoners during the British era. Cellular Jail stands as a prominent tourist attraction in the Andaman and Nicobar Islands where visitors can learn about its history and also enjoy a light show held in memory of all the prisoners who were imprisoned here.

Today, the Cellular Jail is a solemn reminder of all the struggles the Indian freedom fighters undertook while fighting for independence, and is an integral part of India's history.

Elephant Beach

With its brilliant coral reefs and alluring cyan waters, the Elephant beach is one of the locations that add to the beach paradise reputation of the



Andaman and Nicobar Islands. These waters are a prime destination for tourists wishing to engage in water sports like snorkelling, swimming, banana boat rides, speed boats and diving. There are two ways to reach Elephant Beach: Take a ferry from Havelock Jetty to Elephant Beach (1000 INR per person) or trek for half an hour with a guide (INR 500). The trek starts at a distance of 2km from Radhanagar Beach.

For those who are here to relax, the beach offers some exciting food and drink options while one lounges leisurely on the sands. One could also engage in other adventurous activities like bird-watching, trekking and kayaking. As this area is famous for its coral reefs, sea walking is a major activity undertaken by almost every visitor to this beach, making this one of the best beaches of India.

Neil Island

Neill Island is a part of the South Andaman Administrative District and belongs to Ritchie's Archipelago in the Bay of Bengal. A part of the massive ocean separates it from Ross Island and Havelock Island. Tourists visiting Havelock often make a day-long trip to Neill Island.

Perhaps the most endearing feature of this island is its three sandy beaches, namely Bharatpur Beach, Sitapur Beach and Lakshmanpur Beach. The forest cover has reduced considerably due to the cultivation of rice but a section in the north-west of the island is being preserved actively.

The regions where the forest cover is



lost has a couple of degrees or so higher temperature than the region with enough flora. Nonetheless, Neill Island is the major supplier of vegetables to most regions of the Andaman Islands.

Due to its limited area, Neill Island can be covered with a simple walk. All three beaches are exquisite and extraordinarily clean and are well-connected to the mainland as well.

Radhanagar Beach

Awarded with the title of 'Asia's Best Beach' by the TIMES magazine in 2004, Radhanagar Beach in Havelock Island with its turquoise blue waters and powdery white sands lives up to the moniker. Its vast shores of endless white

grains stretch across 2 kilometres, making it a prime attraction of the Andaman and Nicobar Islands.

Food stalls and vendors can be seen on the fringes of the shore, keeping travellers refreshed with the provision of fresh and delicious seafood as well as beverages. You can also book beach beds, parasols, and umbrellas while they spend hours merely lounging at this exquisite wonderland. Radhanagar Beach Andaman is just adjacent to Elephant beach, so you may find mahouts taking out their elephants for a joyride to the tourists. The beach is also secure with patrolling lifeguards ready for rescue.

Source: *Holidify*

Australian health insurer Medibank says data of all customers hacked

OCTOBER 26

CANBERRA (TIP): Australia's largest health insurer said on October 27 a cybercriminal had hacked the personal data of all its four million customers, as the government introduced legislation that would increase penalties for companies that fail to protect clients' private information.

Medibank said "significant amounts of health claims data" had also been accessed in the breach, which was reported to police a week ago when trade in the company's shares was halted.

The thief has demanded ransom and has reportedly threatened to expose the diagnoses and treatments of high-profile customers.

Medibank said its priority was to discover the specific data stolen in relation to each customer and to share that information with those customers.

The company had previously said the breach was thought to be limited to its subsidiary AHM and foreign students.

"Our investigation has now established that this criminal has accessed all our private health insurance customers' personal data and significant amounts of their health claims data," Medibank chief executive David Koczkmar said in a statement to the Australian Securities Exchange.

"This is a terrible crime – this is a crime designed to



cause maximum harm to the most vulnerable members of our community," Koczkmar added, with an apology to customers.

The government has been planning urgent legislative reforms on cybersecurity regulation since a hacker stole the personal data of almost 10 million current and former customers of Optus, Australia's second-largest wireless telecommunications carrier.

Optus became aware on September 21 that personal data of more than one-third of Australia's population of 26 million had been stolen.

In introducing amendments to the Privacy Act to Parliament on Wednesday, Attorney-General Mark Dreyfus mentioned both companies and MyDeal, an online retail intermediary that lost the data of 2.2

million customers in a hack revealed two weeks ago.

"As the Optus, Medibank and MyDeal cyberattacks have recently highlighted, data breaches have the potential to cause serious financial and emotional harm to Australians, and this is unacceptable," Dreyfus told Parliament.

"Governments, businesses and other organisations have an obligation to protect Australians' personal data, not to treat it as a commercial asset," Dreyfus added.

The government is critical of companies that amass more customer data than necessary to make money from it in ways unrelated to the services for which the information was provided.

The penalties for serious breaches of the Privacy Act would increase from 2.2 million Australian dollars (\$1.4 million) now to AU\$50 million (\$32 million) under the proposed amendments.

A company could also be fined the value of 30 per cent of its revenues over a defined period if that amount exceeded AU\$50 million (\$32 million).

Medibank said on Wednesday it did not have cyber insurance and estimated the hack would reduce its earnings by between AU\$25 million (\$16 million) and AU\$35 million (\$22 million) by early next year.

The Medicare trading halt was lifted on Wednesday and shares slid more than 14 per cent in early trading. (AP)

CONT'D FROM PAGE 1

Indian diaspora team wins inaugural International Liberty T20 cricket cup against Australia in New York

Ahead of the match, Consul General of India in New York Randhir Jaiswal underscored the deep partnership between India and Australia.

"To celebrate India's 75 years of independence, we are celebrating it in a special manner through cricket which binds our two countries together. We want to enjoy cricket and we want to enjoy our friendship," Jaiswal said.

Australia's Consul-General in New York Nick Greiner described the match as a "highlight" of his tenure so far in New York. "It's the first time that we've played a sporting activity so that's always good for Australia. This is a small, symbolic way of celebrating the friendship between Australia and India, which is getting stronger and stronger. We're now part of the Quad group and I think at every level the relationship is getting better," Greiner said, making a reference to India, US, Japan and Australia grouping.

The Liberty Cup tournament was held with the aim of bringing cricket-playing nations together and to bolster the sport's popularity in the US. New York Thunderbolts Cricket Club represented team India on behalf of Consulate General of India in New York while team Australia was represented by the New York Kookaburras Cricket Club. Jake List captained the Australian team while Raj Mohabe was the captain of team India. Nonprofit organization 22 Yardsport, which promotes the game in the US, also organized the tournament. Jamaican legend Steve Buckner and Ramesh Lal were umpires for the match.

Team Australia won the toss and decided to bat first, putting up a total of 146 in 20 overs with loss of six wickets. Australian player Jake Preddey scored 63 runs in 51 balls, while team India's Gajanand Singh bowled an excellent spell and bagged 3 wickets in 3 overs. Team India chased the target of 147 runs in 16 overs, with Santy Santos blasting 81 in just 48 balls, hitting 6 sixes and 3 boundaries. Preddey was declared best batsman, Singh adjudged the best bowler and Man of the Match

trophy went to Santosh.

Deputy Consul General of India in New York Varun Jeph presented the trophy to the winning team. "When we talk about an inaugural match, it is always special but when it happens to be the 75th year of India's independence - Azadi ka Amrit Mahotsav - and 75 years of the establishment of diplomatic relations between India and Australia, that becomes even more special."

"As part of the celebrations, we are celebrating our sports, our sports achievements and what better way than to play cricket, which is such a great unifier for everybody, cutting across countries, continents, races and religions," he said adding that cricket is a religion in itself in so many nations where the sport is played.

Jeph recalled that growing up, he had a poster of Australian cricketer Shane Warne in his room and an Australian diplomat in Malaysia had told him that he had a poster of Indian cricketer Kapil Dev in his room.

Mohabe said in 2023, the tournament aims to include Consulates of other cricket-playing nations as well with an aim to further popularize the sport in the country, particularly among the younger generations. List said his team put together a "pretty competitive total" and "good effort" given that they "are not training four times a week." He lauded Santos for "blasting us" off the ground and India team for a "great performance."

Jaipur Foot USA Chairman Prem Bhandari described the inaugural match as "cricket diplomacy" and said it is a great initiative to bolster the popularity of the game in the US and among the American audiences. He said he will undertake efforts to further promote the cricket tournament in coming years to ensure that more diaspora teams from cricket playing nations participate in the tournament going forward.

In December last year, New York State Governor Kathy Hochul had signed a legislation that recognized the sport of cricket as an important part of the social and cultural fabric of New York State and expanded the State's capacity to officially promote the sport. The legislation was sponsored by Senator Kevin Thomas, the first Indian-American to serve in the New York State Legislature, and Assembly member Nily Rozic.

(Source: PTI)

Man arrested in attack on US House Speaker Pelosi's spouse faces charges

Representatives and Senate, coming amid the most vitriolic and polarized U.S. political climate in decades.

The 82-year-old House speaker herself, a Democrat who is second in the constitutional line of succession to the US presidency, was in Washington at the time of the assault.

She flew to San Francisco hours after the attack to be with her husband and released a statement on Saturday expressing dismay that "a violent man broke into our family home, demanded to confront me and brutally attacked my husband Paul." "Our children, our grandchildren and I are heartbroken and traumatized by the life-threatening attack on our Pop," she said in the brief statement, addressed to her congressional colleagues.

"Please know that the outpouring of prayers and warm wishes from so many in the Congress is a comfort to our family and is helping Paul make progress with his recovery," she wrote. "His condition continues to improve."

Earlier in the day, Paul Pelosi Jr., the couple's son, was seen outside Zuckerberg San Francisco General Hospital, where his father, a real estate and venture capital executive, was being treated. Asked by a reporter for an update on his father, he replied: "So far, so good."

Police identified the man arrested at the scene as David DePape, 42. He, too, was taken to a San Francisco hospital, but it was not made clear whether he was there for medical or psychiatric care or both.

Online sheriff's records showed he was booked into custody on suspicion of attempted murder, assault with a deadly weapon, elder abuse, battery, burglary, threatening a public official or family member, and other felonies. Formal charges will be filed on Monday, and his arraignment is expected on Tuesday, according to the San Francisco district attorney's office.

San Francisco Police Chief William Scott told a Friday night news briefing that police detectives, assisted by FBI agents, had yet to determine what precipitated the home invasion but said, "We know this was not a random act." The intruder shouted, "Where is Nancy?" before attacking, according to a person briefed on the incident who spoke to Reuters on condition of anonymity.



Bayern's Sadio Mane, center, scores his side's opening goal during the Champions League Group C soccer match between Barcelona and Bayern Munich at the Camp Nou stadium in Barcelona, Spain.

BARCA, ATLETICO EXIT; LIVERPOOL THROUGH

Barcelona was eliminated from the Champions League even before enduring yet another 3-0 beating by Bayern Munich.

Atletico Madrid also went out following an extraordinary sequence around a penalty awarded by video review after the final whistle of its 2-2 draw with Bayer Leverkusen.

Atletico's spot kick was saved before a frantic scramble in the goalmouth still could not bring the winning goal the Spanish club needed to prevent Porto advancing thanks to its 4-0 win earlier at group leader Club Brugge.

Two Spanish powers who were part of the failed Super League launch last year will now miss out on the round of 16 of Europe's top competition. Liverpool's passage into the knockout stage with a game to spare was relatively calm in a 3-0 win at Ajax to join leader Napoli in advancing from free-scoring Group A, which has had 44 goals in 10 games.

In more stoppage-time drama with video review, Tottenham thought it had won Group D when Harry Kane shot the ball into Sporting Lisbon's net with seconds left in a game tied at 1-1. A long VAR check ruled Kane had been offside, a furious Tottenham coach Antonio Conte was shown a red card, and the most finely balanced group goes to the final round next week with all four teams having a chance to advance.

Source: AP

Mandeep scores two late goals as India come from behind to beat NZ

BHUBANESWAR (TIP)

Mandeep Singh struck two field goals in the final quarter as India began their FIH Pro League campaign with a 4-3 win over New Zealand on October 28. Mandeep scored in the 51st and 56th minutes after India were down 2-3 at the end of the third quarter. Mandeep Mor (13th) and captain Harmanpreet Singh (41st) were the other scorers for world No. 5 India. World No. 9 New Zealand scored through Sam Lane (22nd and 35th) and Jake Smith (34th).

New Zealand showed more attacking intent in the early exchanges. India goalkeeper PR Sreejesh was called into action early in the match as he saved a deflection. It was India, however, who got the first penalty corner of the match but failed to convert. India took the lead from their first chance of the match. Nilakanta Sharma found Mor free on the right



with an accurate pass before the latter fired past New Zealand goalkeeper Dominic Dixon.

India were in the ascendency and threatened to

double the lead in the early period of the second quarter. But it was the Black Sticks who equalised seven minutes into the quarter from their first penalty corner. The shot from Sam Lane was blocked in front of goal by Surender Kumar. The visiting team went for a review and replays showed that the ball came off Surender's foot. Lane found the bottom corner of the Indian goal from the spot.

Soon after, New Zealand got another penalty corner but this time Krishan Pathak blocked the ball but it fell to Simon Child whose attempt went wide. Just before the halftime, India came close to taking the lead but Sukhjeet Singh's shot from a narrow angle was saved by Dixon. The third quarter was an exciting contest and New Zealand surged ahead with two quick goals in the 34th and 35th minutes. India pulled one back in the 41st minute when Harmanpreet converted a penalty stroke earned by Mandeep.

Source: PTI

T20 WORLD CUP

Zimbabwe edge Pakistan by one run; SA hammer Bangladesh

PERTH (TIP)

All-rounder Sikandar Raza sensationally picked up 3/25 against Pakistan today as Zimbabwe prevailed by one run in a final-ball thriller to register their first Super 12 win at the T20 World Cup.

Floored by an extraordinary last-ball defeat to arch-rivals India in their opening match on Sunday, Pakistan find their tournament in tatters after slumping to 129/8 in 20 overs, having earlier restricted Zimbabwe to a modest 130/8. Fresh off a horror last over against India that cost his side the match, Mohammed Nawaz's nightmare tournament continued when he was caught for 22 on the penultimate ball of the match off the bowling of Brad Evans (2/25), who had an 11-run cushion in the final over.

"Since I've been part of Zimbabwe cricket, I would rate that as the best victory we've had. There's no better stage. This is (the) World Cup, the biggest stage of all," Man of the Match Raza said.

Pakistan's chase got off to a rocky start, squeezed at 36/3 in the eighth over with the world's top-ranked T20 batsman, Mohammed Rizwan, back in the dugout for 14 having chopped a delivery from two-metre tall Blessing Muzarabani (1/18) on to his stumps. It was left to Shaan Masood to steady the ship with a composed 44,



regularly exploiting the large outfield to run twos.

But Raza further pegged back the Asian side with his off-spin, having Masood stumped off a wide.

"Today we were not up to the mark in all three departments," Pakistan skipper Babar Azam said.

Rossouw smashes ton

In Sydney, Rilee Rossouw scored the first century of the edition and built a partnership of 163 with Quinton de Kock to drive South Africa to a thumping 104-run victory over Bangladesh. Muscular lefthander Rossouw pummelled eight sixes and



seven fours for his 109, while de Kock pitched in with 63 runs as the Proteas dodged the rain to rack up an imposing tally of 205/5.

Source: Reuters

FIH PRO LEAGUE

Mandeep scores two late goals as India come from behind to beat NZ

BHUBANESWAR (TIP)

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with an accurate pass before the latter fired past New Zealand goalkeeper Dominic Dixon.

India were in the ascendency and threatened to



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**Message from
Peter J. McDonnell,
M.D. Director Wilmer Eye
Institute, Johns Hopkins
University, USA on the
occasion of laying the
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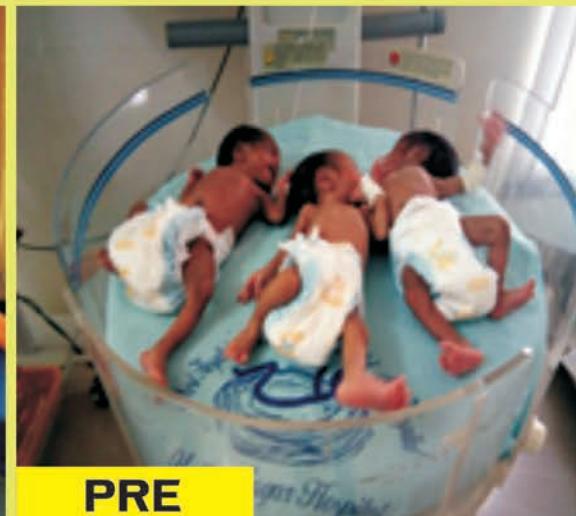
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