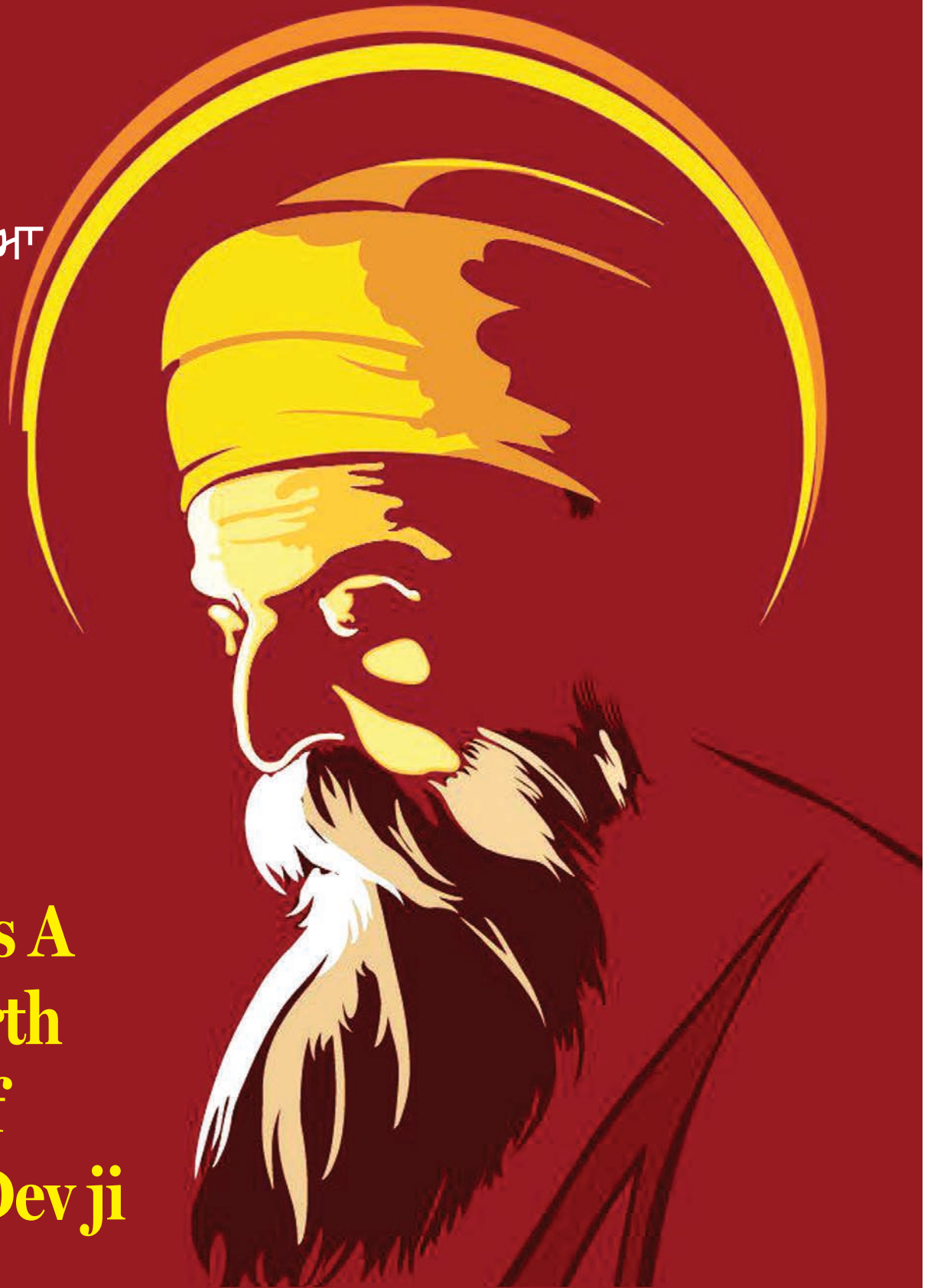




ਸਤਿਗੁਰੂ ਨਾਨਕ ਪ੍ਰਗਟਿਆ
ਮਿੱਟੀ ਧੁੰਦ ਜੱਗ ਚਾਨਣ ਹੋਇਆ

With the emergence of the true
Guru Nanak, the mist cleared and
the light scattered all around.



We Wish Readers A
Happy 553rd Birth
Anniversary of
Shri Guru Nanak Dev ji

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The Nargis Dutt Memorial Cancer Foundation, Inc.

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Dr. Nilesh Mehta



Late Mr. Peter Bheddah



Dr. Asad Sadiq



Mr. Sunny Singh



Mr. Andy Mansukhani



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GUJARAT ASSEMBLY POLL TO BE HELD ON DECEMBER 1 AND 5; COUNTING TO BE HELD ON DECEMBER 8

NOVEMBER 3, 2022



The Chief Election Commissioner of India (CEC) Rajiv Kumar said there are over 4.9 crore electors eligible to vote this year. There will be more than 51,000 polling stations, which are going to be set up, including more than 34,000 in rural areas. File Photo

NEW DELHI / NEW YORK (TIP): The Election Commission on Thursday, November 3, announced two-phase assembly polls in Gujarat, as voting for the first-leg will take place on December 1 and for the second on December 5. The counting of votes will be taken up on December 8 along with Himachal Pradesh.

Announcing the decision of the poll panel Chief Election Commissioner (CEC) Rajiv Kumar said, 89 assembly segments will go to the polls in the first phase on December 1, and 93 seats in second phase on December 5.

The CEC said there are over 4.9 crore electors eligible to vote this year. There will be more than 51,000 polling stations, which are going to be set up, including more than 34,000 in rural areas.

Ahead of the polls, the Centre has deployed 160 companies of the Central Armed Police Forces to the state.

The term of the 182-member state assembly ends on February 18, 2023. With the announcement of the election schedule, the Model Code of Conduct has (MCC) come into effect in the state.

The much awaited, high-stake polls are seeing a three-cornered contest among the BJP, the Congress and the AAP. The BJP has been in power in the state - Prime Minister Narendra Modi's home turf - for over two decades.

Nargis Dutt Memorial Cancer Foundation to honor 6 eminent personalities



Dr. V. K Raju, Dr. Asad Sadiq, Dr. Nileshe Mehta, Sunny Singh, Andy Mansukhani, and Late Peter Bheddah (posthumously) will be honored at the Foundation gala on November 6

INDRAJIT SALUJA
NOVEMBER 4, 2022

HICKSVILLE, NY (TIP): The once extremely active organization Nargis Dutt Memorial Cancer Foundation, has had some internal dissensions preventing the Foundation from being functional for a couple of years. To top it came the harrowing period of Covid-

19 during which all activity of almost all organizations had to take a back seat.

The Nargis Dutt Memorial Cancer Foundation is now back in action and are holding a gala and fundraiser on November 6 at Marriott in Uniondale, Long Island. As usual, the Foundation is honoring this time six eminent

personalities. They include Dr. V. K Raju - Ophthalmologist, Dr. Asad Sadiq - Dentist, Dr. Nileshe Mehta - Gastroenterologist/Hepatologist, Mr. Sunny Singh - Entrepreneur Philanthropist, Mr. Andy Mansukhani, and Late Mr. Peter Bheddah.

CONTD ON PAGE 68

Singapore-based Researcher, Writer, and Documentary Filmmaker Amardeep Singh to Receive 2022 Guru Nanak Interfaith Prize



Amardeep Singh, a researcher, writer, and documentary filmmaker is the recipient of 'The Guru Nanak Interfaith Prize' for the year 2022

NEW YORK (TIP): Amardeep Singh, a Singapore-based researcher, writer, and documentary filmmaker is the recipient of 'The Guru Nanak Interfaith Prize' for the year 2022.

The ceremony will be hosted on Monday, November 14, 6 PM onwards at Crest Hollow Country Club Emerald Room, Woodbury, New York.

The Guru Nanak Interfaith Prize recognizes and supports the efforts of those individuals and organizations that work to advance the vision of Guru Nanak, the founder of Sikhism, who taught that we discover our oneness with humanity by exploring our differences.

The Guru Nanak Interfaith Prize was established with a gift from the family of the late Sardar Ishar Singh Bindra and Sardarni Kuljit Kaur Bindra, prominent Sikh Americans who lived in Brookville, New York. In September 2000, the Bindra family endowed the Sardarni Kuljit Kaur Bindra Chair in Sikh Studies at

CONTD ON PAGE 68

JAIPUR FOOT FOUNDER DR MEHTA TO VISIT NEW YORK



Mr. Mehta will be the chief guest at a Seminar- India for Humanity- at the Indian Consulate in New York on November 15, 2022.

NOVEMBER 4, 2022

NEW YORK (TIP): Devendra Raj Mehta, former SEBI chairman and deputy governor of Reserve Bank of India (RBI), and founder and chief of Bhagwan Mahaveer Viklang Sahayata Sami (BMVSS), parent organization of Jaipur foot USA is arriving in NY next week.

Mr. Mehta will be the chief guest at a Seminar- India for Humanity- at the Indian Consulate in New York on November 15, 2022.

He will also attend RANA Deep Mahotsav at Crest Hollow Country Club in Long Island on November 20, as a very special guest, according to the information given to The Indian Panorama by the Jaipur Foot USA Chairman Prem Bhandari.



US Secretary of Treasury Janet Yellen will visit India to participate in the US-India Economic and Financial Partnership on November 11

Treasury Secretary Yellen to visit India to deepen US-India economic ties

NOVEMBER 04, 2022

WASHINGTON, D.C. (TIP): US Secretary of the Treasury Janet Yellen will visit India to participate in the US-India Economic and Financial Partnership on November 11 and discuss how the two countries can work together to deepen their economic ties, according to an official announcement here on Friday, November 4. In New Delhi, Yellen will highlight the strength of America's partnership with India, which continues to deepen, the Treasury said in a statement.

CONTD ON PAGE 68



Andy Singh

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COMMENT

The Midterms: Indian American Samosa Caucus likely to win



BY
INDRAJIT SALUJA

Midterms on November 8 are just about less than 4 days ago. The Indian American community is participating in a big way both in the form of candidates and in the form of voters. Usually, it has been seen that the Indian American community is more supportive of the Democratic Party, and that is why we see more Indian Americans on the Democratic Party ticket than on the Republican Party ticket. A survey showed that most Asian Americans support the Democratic candidate in congressional races. 70% Indian American voters said they would vote Democrats while only 17% favored Republicans.

The most important elections that we

INDIAN AMERICANS NEED TO GET MORE INVOLVED IN ELECTORAL POLITICS

would be witnessing are of the Samosa Caucus Indian American Congressmen who are seeking reelection. They are Raja Krishnamoorthy, Pramila Jayapal, Ami Bera and Ro Khanna. It's not going to be an easy cake work for them anymore primarily because of the divisions that have surfaced in the American society. Another reason is the falling approval rate of the Democratic Party President Joe Biden. And the disapproval rate hinges on certain issues of concern to the American society, mainly the economic issue of inflation, and the crumbling law and order situation. However, the four Indian American congressmen seeking reelection have more chances of winning than losing.

One is surprised to find that the Indian

American community does not find any issues worth consideration. There is a strange indifference to the issues. The only thing one hears is that the Indian community wants greater representation. But then not many Indian Americans get involved in active and electoral politics. Wherever they are involved, they have seen favorable results, as in New Jersey State. Quite a few from Indian American community are in the Senate as also they hold positions in the local administration. There are Mayors, Council Presidents and council members. Merely saying that we want more representation doesn't help.

Indian Americans need to get more involved in electoral politics.

GUEST COMMENT

A case for NRIs to get a right to vote



BY
PRABHJOT SINGH

If the hearing on several petitions filed on behalf of overseas Indians is any indication, the Supreme Court appears to be suitably inclined in their favor.

The Apex Court has been hearing petitions to make voting via postal ballots available for NRIs.

There is a substantial population of NRIs, mostly migrant skilled and unskilled laborers from Punjab, Haryana, Himachal Pradesh, Kerala and Tamil Nadu in the Middle East and other parts of the world that have been seeking voting rights for a long time.

Though at one stage, the Apex Court held that extending the postal ballot facility available to those serving in

remote far-flung areas security forces was different from extending the same to those who have chosen to work or live abroad for various reasons.

At the same time, the Supreme Court acknowledged that it would be beyond the means of the migrant laborers to travel back home just to exercise their franchise.

It was in this context; it sought the union government's stance on the subject. Once granted the right to vote, Nis would become a decisive factor in the country's electoral politics.

Besides the migrant laborers, an equally strong section is of Indian students studying abroad. Their number has been growing by hundreds of thousands every year. A substantial section of these students wants to retain their Indian citizenship and be part of the political system here.

The Union Government had introduced a Bill in the Parliament to make necessary amendments to the

Representation of the People Act - the law that governs electoral politics in the country - to allow NRIs to vote by proxy. But it lapsed with the dissolution of the last Lok Sabha.

This amendment suggested the removal of unreasonable restrictions that require NRIs to be physically present to exercise their franchise.

Before arriving at any decision, the Apex Court also wanted to know whether the Union Government was considering any option of allowing digital voting while maintaining the secrecy and sanctity of the voting process.

Another possibility of permitting remote voting is also under consideration as the Election Commission has also prepared a report for extending voting rights to NRIs remotely.

One hopes the right to vote to the NRIs will not remain a wait for Godot.

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of Shri Guru Nanak Dev Ji**



V.K. Raju, MD, FRCS, FACS

Ophthalmologist, Regional Eye Associates
President and Founder, Eye Foundation of America
President and Founder, Goutami Eye Institute
Clinical Professor, West Virginia University
Director, International Ocular Surface Society
Adjunct Professor, GSL Medical School
Adjunct Professor, Wilmer Eye Institute,
Johns Hopkins University

**Seeing well as you age
Dr. V.K. Raju's recommendations**

It is important to have a complete eye examination with your ophthalmologist every year or two after the age of 65.

Keeping up with regular eye examinations allows your ophthalmologist to catch problems early.

The American Academy of Ophthalmology recommends adults aged 65 and older to see their ophthalmologist for complete eye exam every year or every other year

During regular eye exams your ophthalmologist will check for regular eye diseases including cataracts, glaucoma, diabetic retinopathy, age related macular degeneration.

An interesting fact: ophthalmologist can identify other health problems such as diabetes or strokes through eye exams.

*Need help paying for an eye exam? Eye Care America: a program of the American Academy of Ophthalmology provides low cost or no out of pocket cost exams to eligible seniors. If you need more information email info@eyefoundationofamerica.org

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INDIAN-ORIGIN CARNATIC VOCALIST ARUNA SAIRAM HONORED WITH CHEVALIER AWARD



Aruna Sairam has been honored with the French government's highest honor- Chevalier de l'Ordre des Arts et des award.

NOVEMBER 1, 2022

PARIS (TIP): Carnatic vocalist, composer, collaborator, humanitarian and speaker Aruna Sairam has been honored with the French government's highest honor- Chevalier de l'Ordre des Arts et des award.

Aruna Sairam has been selected for this award not just for her singing prowess, but also for her contribution towards development of the Indo-France relationship.

Announcing the award, Consul General of France in Chennai Lise Talbot Barre said that the Minister of Culture of the French Republic, Rima Abdul Malak had appointed Aruna Sairam to the rank of Chevalier de l'Ordre des Arts et des Lettres.

Lise said, "This award is the unequivocal token of my country's appreciation for your brilliant career and of your numerous contributions to the French and international artistic scene".

"You have carried for over 30 years the marvelous beauty and subtlety of Carnatic music in India and across the world. This award thus underlines the friendship that you have always carried to France.

"By your performance and your creation, you have revolutionized the world of Carnatic music. With your numerous joint programs with French artistes and frequent performances in France, you have greatly contributed to bring France and India closer together and develop cultural and artistic cooperation between our two countries," the Consul General said.

Expressing happiness on being selected for the honor, Aruna Sairam said, "I am very happy for getting such a prestigious award for just doing my duty as a musician and inheritor of the rich cultural heritage of our country. This also gives me additional responsibility to continue what I am doing. This award will help me to take my work to the next level. I thank the French government for their kind gesture." Aruna Sairam began her classical training under her mother, Rajalakshmi Sethuraman.

(Read full story at
www.theindianpanorama.news)

New Indian visa center opens in Central London to boost capacity for processing applications

NOVEMBER 2, 2022

LONDON (TIP): A new Indian visa center has been set up in central London to boost capacity for processing applications alongside other measures, such as a doorstep service and document verification facility, to address high travel demand from the UK.

Indian High Commissioner to the UK Vikram Doraiswami inaugurated the new India Visa Application Centre (IVAC) at Marylebone on Tuesday, November 1, to be operated by VFS Global, the outsourcing and technology services provider for governments and diplomatic missions.

A more streamlined process has also been introduced for group tourism or those travelling as a group, typically via a travel agency to the same destination using the same flights.

"The number of appointments we have been able to do has increased to about 40,000 per month thanks to our partners at VFS Global," said Doraiswami on Twitter.

Tourists travelling to India from the UK now also have the option of a Visa at Your Doorstep (VAYD) service, at a cost of around GBP 180.

"Your papers can be collected at your home and will be brought to you after it is processed. To help with that, the service provider will also offer a special service



Indian High Commissioner to the UK Vikram Doraiswami inaugurated the new India Visa Application Centre (IVAC) at Marylebone on Tuesday, November 1.

to get your documents checked online for a small cost. We are also starting a form-filling service, which will be offered by our service provider VFS Global," he said. The new center is the third India visa center in London, with VFS Global operating a network of 10 IVACs across the UK - in Belfast, Birmingham, Bradford, Cardiff, Edinburgh, Glasgow, central London, Hounslow, Leicester and Manchester.

"The new VAC will increase the visa application capacity in London by providing additional appointment slots. This along with the recently opened visa

center in Glasgow will double the capacity of visas handled by VFS Global," said Aditya Arora, COO of VFS Global.

"We are always looking at finding practical solutions to address customer experience challenges. As a responsible service provider that manages non-judgmental and administrative tasks related to visa applications for the governments we work with, we have taken measures along with the High Commissioner of India in London to help visa applicants with a seamless visa application experience," he said.

The visa firm said it has been able to release more appointments as London and Birmingham started receiving applications on Saturdays and weekday afternoons.

Since March this year, VFS Global has also partnered with the High Commission of India in London and its Consulates around the UK to set up weekend consular camps across the UK.

The measures follow a massive surge in demand for Indian visas, with travelers from the UK reporting long waits and, in some cases, having to cancel trips due to a shortage of visa appointments. The Indian High Commission in London had pledged to work with its outsourcing partner towards doubling capacity in order to address the high visa demand.

STATUE HONORING SIKH SOLDIERS WHO FOUGHT AROUND THE WORLD UNVEILED IN UNITED KINGDOM



The bronze figure on a granite plinth of a Sikh soldier was unveiled on Sunday, October 30, in the UK's Leicester city to honor Sikhs who fought for Britain in conflicts around the world.

OCTOBER 30, 2022

LONDON (TIP): A statue of a Sikh soldier was unveiled on Sunday, October 30, in the UK's Leicester city to honor Sikhs who fought for Britain in conflicts around the world.

(Read full story at
www.theindianpanorama.news)

Queensland govt announces 1 million Australian dollar reward for information on Punjabi-origin man wanted for Australian woman's murder



Indian origin Rajwinder Singh, 38, is wanted for the murder of an Australian woman Toyah Cordingley

NOVEMBER 3, 2022

NEW DELHI (TIP): Australian High Commissioner to India Barry O'Farrell AO has noted the announcement by the Queensland government of an Australian 1-million-dollar reward for information leading to the location and arrest of Rajwinder Singh, 38, wanted for the murder of Toyah Cordingley.

Cordingley was reported missing on October 21, 2018, and her body was found the following morning at Wanggetti Beach, Queensland.

(Read full story at
www.theindianpanorama.news)

INDIAN-ORIGIN BUSINESSMAN SHOT DEAD IN UGANDA'S KISORO



Kuntaj Patel has been shot dead allegedly by a police constable in Kisoro town of Uganda

Photo for Representation only

OCTOBER 31, 2022

JOHANNESBURG (TIP): A 24-year-old Indian-origin businessman has been shot dead allegedly by a police constable in Kisoro town of Uganda, according to a media report. The deceased was identified as Kuntaj Patel. Police constable Elioda Gumizamu, 21, from the Field Force Unit (FFU) has been charged with murder after he was apprehended and handed over to the police on October 27 while he was trying to flee the scene of the crime on the main street, the media reported.

The accused policeman along with other persons, who are yet to be tracked, walked into an Indian shop dealing in hardware and shot the Indian businessman in the chest around 2 pm on Thursday, Elly Maate, the regional police spokesperson, was quoted as saying by the media.

(Read full story at
www.theindianpanorama.news)

Indian American community lauded by New York City Mayor Eric Adams

NOVEMBER 2, 2022

NEW YORK (TIP): Lauding the contributions of the Indian - American community to New York City, mayor Eric Adams has honored four community organizations and Grammy Award Winner Falu Shah for their work in New York area.

"Let me tell you, my love for this community. Let me tell you why I believe this community is so important to the city," he said bestowing the honors at a largely attended Diwali celebration at the Gracie Mansion on Oct 25.

"When I looked at during the 70s when we saw such a large wave of those who came from India, moved to Queens, wanted to believe in American dream," Adams recalled.

"You worked hard and opened small businesses, and you sent your children to school to learn different skills so they can be deputy mayors and doctors and leaders of agencies and help our city move forward. You fortify the strength of our city," he said.

"And when you do an analysis, you notice your presence in law enforcement, healthcare, small businesses, your faith," Adams noted.

"You're one of the largest economic groups in this country, one of the largest educated groups in this country, one of the largest small business owners in this country. You believe in the American dream, and you live it out every day," he



Honorees with Deputy Mayor Meera Joshi and Environmental Protection Commissioner Rohit Aggarwala. From L to R: M.R. Rangaswamy, Commissioner Aggarwala, Deputy Mayor Joshi, Grammy Award Winner Falu Shah, Dr. Thomas Abraham and FIA Chairman Ankur Vaidya

said.

The honorees were Global Organization of People of Indian Origin (GOPIO) and its chairman Dr. Thomas Abraham, Federation of Indian Associations of NY, NJ, CT (FIA) Chairman Ankur Vaidya, Indiaspora Founder M.R. Rangaswamy, Tulsi Mandir of Richmond Hill Queens represented by its priest Lakra Maharaj, Romeo Hitlall of the Indo-Caribbean community and Grammy Award Winner Falu Shah.

Over 1100 people attended the festive celebration with Indian food, dances of India and people dancing to the tune of Bollywood music.

Others present with Mayor Adams were his senior team members of Indian origin including Deputy Mayor for Operations Meera Joshi, Environmental Protection Commissioner Rohit T. Aggarwala, Health Commissioner Ashwin Vasan and Deputy Commissioner Dilip Chauhan (Trade and Investment).

INDIAN- AMERICAN DR. VEENA RAO HONORED WITH THE 2022 PINK FROG LEGACY AWARD



Veena N. Rao has received the 2022 Pink Frog Legacy Award from the Pink Frog Foundation

NOVEMBER 1, 2022

ATLANTA, GA (TIP): Veena N. Rao, PhD, professor and co-director of the Cancer Biology Program, at Morehouse School of Medicine, received the 2022 Pink Frog Legacy Award from the Pink Frog Foundation at its 10th Annual Pink Frog Affair at the Martin Luther King Jr. International Chapel, Morehouse College on Friday, October 14. The organization said it chose to honor Dr. Rao for her longstanding research on breast cancer.

The anniversary celebration was a breast cancer awareness event and fundraiser which raised over \$137,000 to support breast cancer patients in metro Atlanta.

Founded in 2012, the Pink Frog Foundation, Inc. is a registered 501c3 non-profit organization dedicated to providing support to breast cancer patients. In addition, the organization strives to provide emotional, social, and educational programming and to increase public awareness about the special needs and issues facing individuals with breast cancer.

Dr. Rao is a Professor in the Department of Obstetrics and Gynecology at Morehouse School of Medicine and serves as co-director of the MSM Cancer Biology Program. She is also a Georgia Cancer Coalition Distinguished Cancer Scholar at MSM. Her research focuses on the BRCA1 gene and its role in breast and ovarian cancer in diverse populations, including triple-negative breast cancers (TNBC) that are more prevalent in African American women, are highly aggressive and have higher rates of metastasis.

She has obtained a patent for BRCA1 function-based assays, which can be used to stratify risk for TNBC in women who carry BRCA1 mutations and can also be used to develop targeted therapy for TNBC, a disease which currently has no mechanism-based precision treatments available. This technology when fully developed combined with BRCA1 genetic testing will revolutionize early detection for hereditary TNBC. Not to mention, the countless lives it will save through early detection of these aggressive cancers, thus reducing the mortality in African American women, leading to health equity in line with MSM's mission. (Read full story at www.theindianpanorama.news)

SANKARA NETHRALAYA USA RAISES OVER \$32000 FROM MICROSOFT GIVE FUNDRAISING POKER TOURNAMENT



NOVEMBER 2, 2022

ATLANTA, GA (TIP): Sankara Nethralaya USA is a not-for-profit charity organization providing ophthalmic (eye) care throughout India. For the last 4 decades, SN has treated millions of indigent blind patients. During the month of October, Microsoft organizes the Give campaign. In this month, Microsoft encourages its employees to contribute to various causes and supports thousands of non-profit organizations across the globe. Microsoft matches 100% of the employees' contribution and volunteer hours during this month to promote philanthropy across the organization. (Read full story at www.theindianpanorama.news)

INDIAN-ORIGIN TECHNOLOGY EXECUTIVE SRIRAM KRISHNAN IS HIRED BY ELON MUSK FOR TWITTER



Twitter's new owner Elon Musk has hired Sriram Krishnan

NOVEMBER 1, 2022

NEW YORK (TIP): Sriram Krishnan, an Indian-origin technology executive, is "helping out" Twitter's new owner Elon Musk as he revamps the social media giant following its acquisition by the billionaire entrepreneur. Krishnan is a general partner at Silicon Valley venture capital firm Andreessen Horowitz (a16z). "Now that the word is out: I'm helping out @elonmusk with Twitter temporarily with some other great people.

(Read full story at www.theindianpanorama.news)

Indo- Canadian Punjabi singer AP Dhillon hospitalized after suffering injury on US tour, postpones San Francisco, Los Angeles concerts



AP Dhillon has been hospitalized after suffering an injury while he was on the US tour

NOVEMBER 1, 2022

SACRAMENTO (TIP): Indo-Canadian Punjabi singer AP Dhillon has been hospitalized after suffering an injury while he was on the US tour. Dhillon took to his Instagram where he posted an apology to his fans who were to attend his concerts in San Francisco and Los Angeles in the first week of November. (Read full story at www.theindianpanorama.news)

Bharat Jodo Yatra: What does it mean?



BY
MIKE GHOUSE

"BHARAT JODO YATRA IS A TIMELY INITIATIVE TO BRING INDIANS TOGETHER. IT DOES NOT MATTER WHO TOOK THE LEAD, BUT IT IS THE RIGHT THING TO DO. INDIA IS A GREAT NATION AND WILL REMAIN ONE, AND A FEW TRANSITORY INDIVIDUALS CANNOT WIPE OUT ITS 5000-YEAR-OLD HISTORY. IT IS FOOLISH TO THINK HINDUISM IS IN DANGER; WHO ARE YOU TO SAVE IT? SANATANA DHARMA DOES NOT NEED GREEDY DEFENDERS TO TAKE ADVANTAGE OF IT. ITS ETERNAL VALUES OF PLURALISM AND COEXISTENCE WILL OUTLIVE ALL THE SMALL MEN THAT HAVE COME AND GONE."

Are we not happy when we function together, work together, study together, eat and live together with fewer conflicts and tensions? Aren't we most pleased with each other in a family, neighbors, and community if we do not hate each other?

We were born to live in harmony. God has created everything in balance except our interactions with each other. Look around you. Look at the Sun and its planets arranged to go in circles with precision. The earth goes around the Sun in 24 hours, and it has been doing this for millions of years; not only that, it tilts at certain angles to give us the needed seasons of sustenance. Our body is programmed to function together, provided we feed it right.

We can do the right thing with our freedom and live in peace or screw it up and live in tension.

What creates disharmony? It is our interactions with each other that create discord, conflicts, and divisiveness in society. It is taking a toll on all Indians. Most Indians live in tension; the threateners and the threatened feel

BHARAT JODO YATRA IS IN THE INTERESTS OF INDIANS TO SUSTAIN DEMOCRATIC INSTITUTIONS AND DEMOCRACY IN INDIA. THE FREEDOM THAT WE HAVE HAD FOR 75 YEARS IS GRADUALLY WANING.

insecure. It has to change.

Bharat Jodo Yatra is a timely initiative to bring Indians together. It does not matter who took the lead, but it is the right thing to do. India is a great nation and will remain one, and a few transitory individuals cannot wipe out its 5000-year-old history. It is foolish to think Hinduism is in danger; who are you to save it? Sanatana Dharma does not need greedy defenders to take advantage of it. Its eternal values of pluralism and coexistence will outlive all the small men that have come and gone.

We are all Indians and created equal, and no one is more privileged than the other. Together as Indians, we are Hindus, Dalits, Muslims, Sikhs, Christians, Jains, Atheists, Nastiks, Buddhists, Bahá'í, Tribals, Jews, Bo's, Qandharis, Bakarwals inclusive of every group of Indians. Anyone who breathes the air of the land, drinks the water, eats the food, and or chooses to be an Indian is an Indian.

We should not allow any evil force to pit one Indian against another. If patriotic, they must work for an exemplary. We should ask them to join us and build a cohesive India where authentic sab ka Saath, sab ka vikaas ho. Sab ka Samman ho, aur sab ko nyay mile.

The divisive Hindu-Muslim rhetoric has got to go. The politicians are the ones who gained from this nonsense. Did the average Indian gain anything from it other than being fooled?

We have to figure out how to co-exist with the least friction. It is in your interests, my interest, and everyone's interest to have justice, which gives birth to sustainable peace and prosperity. Our motherland is sliding down on scales of poverty, economic growth, and social cohesion, and we must put brakes to this slide.

We need Bharat to be mukt from bad governance. Good governance is being accountable to the public. The top leader must hold press conferences, answer questions in the parliament, and fearlessly put himself to give difficult interviews to the pressmen like Karan Thapar, Ravish Kumar, and Arfa Khanum. True democracy is when the leaders are open to criticism and welcome it instead of harassing the critics.

If Modi had children, he would have enriched them. However, he has enhanced his friend's wealth by giving



Rahul Gandhi hugging two old women during Bharat Jodo Yatra

away profitable public businesses to them without offering bids to the public.

Modi's lust for power and control is shameful and is worse than any dynastic rule. He chooses to remain silent when the nation is burning with hate and calls for genocide are made relentlessly. All this corruption and destruction has to come to an end.

Bharat Jodo Yatra reminds me of the Bharat Choro Yatra initiated by Mahatma Gandhi in 1942. Its demand was an immediate end to British rule over India. It was known as the Quit India Movement that led the British to run away.

Bharat Jodo Yatra is in the interests of Indians to sustain democratic institutions and democracy in India. The freedom that we have had for 75 years is gradually waning.

Watching the Bharat Jodo Yatra and Rahul Gandhi meeting ordinary Indians on the walk is a joy. No one other than Mahatma Gandhi was this fearless. These men are born once every 100 years to restore Dharma in society. Rahul has no fear even though he lost his grandmother and father to terrorism. He has set the movement to bring Indians together, and the momentum will pick up on its own. The Indians are reasonable people, and harmony is in their DNA even though momentarily they are lost following the pied piper.

After Mahatma Gandhi's abrupt death, Indians were looking for another Mahatma who was unselfish and did not lust for power but cared for fellow Indians to live in harmony.

We may have that Mahatma reincarnated in Rahul and we wish great success to the yatra to bring Indians together to common good.

Jai Hind!

(Mike Ghouse is the CEO and founder of the Center for Pluralism and an interfaith wedding Officiant. He offers pluralistic solutions on issues of the day to the media, policymakers, and others. More about him at www.TheGhouseDiary.com)



Rahul Gandhi with a little girl, and on the right, helps a girl with her shoes

Why criminal godmen like Ram Rahim Singh and Asaram Bapu continue to have millions of devotees



BY
NAMITA WAHI

"EXPECTEDLY, MOST OF THESE CRIMES ARE AGAINST WOMEN, ESPECIALLY MINOR GIRLS. IN OUR SOCIETY, PATRIARCHY IS OFTEN THE ONLY CONSTANT ACROSS DIVERGENT RELIGIONS AND THE IDEOLOGICAL-POLITICAL SPECTRUM. WOMEN ARE IDENTIFIED AS SEXUAL OBJECTS AND IN RELATION TO A MALE FIGURE, ACCORDING TO THE THREE BS, "BIWI, BETI, AND BAHU". I SAY "AND", NOT "OR" BECAUSE, AS THE NUMEROUS CASES OF MARITAL AND INCESTUOUS RAPE REVEAL, THE IDENTIFICATION OF WOMEN ACCORDING TO THE THREE BS DOES NOT IN ANY WAY PRECLUDE THEIR IDENTIFICATION ALSO AS SEXUAL OBJECTS."



Gurmeet Ram Rahim Singh

File photo

Gurmeet Ram Rahim, serving a life term following his conviction for the heinous crime of rape of female devotees and the murder of journalist Ram Chander Chhatrapati who published the rape allegations, is out on a 40-day parole. While on parole, he recorded a music video released on Diwali, which garnered 40 lakh views in a single day. He has also held satsangs where various BJP political leaders like Karnal Mayor Renu Bala Gupta, and Himachal Pradesh cabinet minister Bikram Thakur have sought his blessings. Outraged by the Haryana government's patronage for a convicted rapist and murderer who has been out on parole thrice this year just before crucial elections, Delhi Commission for Women Chief Swati Maliwal has appealed to Haryana Chief Minister Manohar Lal Khattar to cancel Gurmeet Ram Rahim's parole. Trinamool Congress MP Mahua Moitra has called for the codification of parole rules to prevent arbitrariness and misuse of parole powers for political reasons.

Gurmeet Ram Rahim is not the only self-styled godman convicted of heinous crimes enjoying such patronage. Asaram Bapu is serving a life term for raping a minor girl. Both he and his son Narayan Sai, also serving a life term for rape, evaded conviction for a long time due to political protection. Enjoying the following of lakhs of devotees, and owning property worth crores of rupees, the blind faith enjoyed by these godmen gives them enormous moral and social power, which is perhaps more significant than any political patronage they may enjoy. In fact, political patronage is the result of their mass popularity. What explains this astonishing popularity, which despite criminal convictions for the most serious offences known to humankind, fails to diminish?

In his classic work, *Phenomenology of Spirit*, the German philosopher GWF Hegel wrote about "spirit" or consciousness, which is inherently universal. But as manifested in particular physical forms, in the minds

of particular people, it is not aware of its universal nature. That is, particular people do not see themselves as all part of one universal spirit. Hegel describes this situation as one in which "spirit" is alienated from itself, that is, people who are manifestations of this universal spirit regard other people who are also manifestations of the same universal spirit, as something foreign, hostile and external to themselves, whereas they are in fact part of the same whole. In its description of brahman and atman, the Bhagwad Gita also embodies this understanding of the universal spirit manifesting in different individual physical forms (atman) but remaining eternal and indestructible as part of the universal whole (brahman).

Hegel believed that people divide human nature between its essential nature, which is immortal and heavenly, and its non-essential nature, which is mortal and earthly. Building on Hegel's idea of alienation, Ludwig Feuerbach, another German philosopher, in *The Essence of Christianity*, argued that it was human beings who had created the idea of God, by externalizing and projecting their own essential nature to a higher divinity. But this Christian God now seemed to have an independent existence from them, which made it impossible for humans to regard themselves as having the highest divinity within their selves. Wisdom, love, and benevolence are really intrinsic attributes of the human species, but human beings have attributed them in a purified form to God. The more we enrich our concept of God in this way, the more we impoverish ourselves.

In the context of Hinduism, this alienation of the universal spirit from the individual human spirit, and its projection onto god goes two steps further - because of our multiple gods, and because of self-professed interpreters of those multiple gods, the godmen. As a result, even though human beings are fully capable of alleviating their own distress by accessing the power of their human divinity, they

AS A SOCIETY AND POLITY, HOLDING THESE GODMEN ACCOUNTABLE IS OF THE UTMOST IMPORTANCE. BUT THE CRIMINAL JUSTICE SYSTEM IS NOT ENOUGH TO SYSTEMICALLY REDRESS THE ISSUE OF POWER EXERCISED BY THESE GODMEN OVER THEIR FOLLOWERS.

continue to feel powerless, seeking relief from the teachings and ministrations of these godmen. It is a cliché that power corrupts, and absolute power corrupts absolutely. Therefore, the enormous moral power exercised by godmen over their followers almost inevitably corrupts them into committing crimes that are antithetical both to human divinity and to the moral fabric of organized political society.

Expectedly, most of these crimes are against women, especially minor girls. In our society, patriarchy is often the only constant across divergent religions and the ideological-political spectrum. Women are identified as sexual objects and in relation to a male figure, according to the three Bs, "biwi, beti, and bahu". I say "and", not "or" because, as the numerous cases of marital and incestuous rape reveal, the identification of women according to the three Bs does not in any way preclude their identification also as sexual objects.

As a society and polity, holding these godmen criminally accountable is of the utmost importance. But the criminal justice system is not enough to systemically redress the issue of power exercised by these godmen over their followers. For that, we have to end the alienation of human beings from their inner divinity that allows the proliferation of such godmen. Above all, as the Constitution mandates, we need to realize our fundamental duties as citizens "to develop scientific temper, humanism, and the spirit of inquiry and reform". Only then can our outer reality be at peace with our collective conscience.

(Namita Wahi is a Senior Fellow at Center For Policy Research (CPR), where she leads the Land Rights Initiative, and a Visiting Fellow at the Centre for Law and Social Transformation in Bergen)

Assassination attempts are nothing new to politics in South Asia



BY
PRABHJOT SINGH

"INDIA, TOO, HAD ITS SHARE OF POLITICAL ASSASSINATIONS. TWO OF INDIAN PRIME MINISTERS, INDIRA GANDHI, AND HER SON, RAJIV GANDHI, WERE ASSASSINATED WHILE IN POWER. SIMILARLY, CHIEF MINISTER BEANT SINGH WAS KILLED OUTSIDE HIS FORTIFIED PUNJAB CIVIL SECRETARIAT OFFICE. BEFORE HIM, PUNJAB'S FINANCE MINISTER BALWANT SINGH, TOO, WAS AMBUSHED AND KILLED IN A TERRORIST ATTACK IN CHANDIGARH."

When an attempt on the life of former Pakistan Prime Minister Imran Khan was made on Thursday, October 27, it was a revival of an unfortunate and gory aspect of Pakistan's recent political history.

After Pakistan came into existence in 1947, similar attempts, including a few fatal, have dotted the history of this trouble-torn nation.

Cricketer-turned politician Imran Khan was shot in the shin during his anti-government protest last Thursday. Imran Khan's convoy was attacked in the east of the country in what his aides said was a clear attempt on the life of the immediate past Prime Minister of Pakistan.

Pakistan has a long history of political coups and unrest. Rawalpindi has been notorious for its history of political assassinations. At least two former Prime Ministers had been assassinated on the streets of this twin city of capital Islamabad.

It all started in 1951 when the country's first Prime Minister Liaquat Ali Khan, after the 1947 partition of India, was shot dead at a political rally in Rawalpindi.

Another Prime Minister to be assassinated during a political event in

DIFFERENCE OF OPINION IS AN ACCEPTED ASPECT OF A DEMOCRATIC PROCESS. BUT EXTENDING THIS DIFFERENTIATION OF OPINION TO LIQUIDATION IS EXTREMELY DEPLORABLE. UNFORTUNATELY, POLITICAL ASSASSINATIONS HAVE REFUSED ELIMINATION AS DEMOCRACIES, BOTH CONTROLLED AND LIBERAL, FACE NEW AND UPHILL CHALLENGES.



Imran Khan sustains bullet wound in 'assassination attempt' at protest rally in Wazirabad Screen shot

Rawalpindi was none other than Benazir Bhutto.

Two-time Prime Minister Benazir Bhutto was assassinated in a gun and bomb attack after holding an election rally in Rawalpindi. A few months before her death, she had survived a suicide bomb assassination attempt in Karachi, where at least 139 people were killed. It was one of Pakistan's deadliest attacks at a political rally.

In 1988 Military ruler President Mohammad Zia ul Haq was killed in an air crash. He was travelling in a Hercules C-130 aircraft that crashed in mysterious circumstances. Several conspiracy theories shrouded the crash. Some of these theorists suggested a case of mangoes being loaded in the plane shortly before its take-off. The box of mangoes was suspected to contain a timer device that released gas to knock out the cockpit crew.

Besides attempted political assassinations, Pakistan's history is also dotted by political bosses abandoning country's shores after being thrown out of power.

Former army chief-turned President Pervez Musharraf annexed power in a bloodless coup. He was sworn in as president and head of state in June 2001. He resigned in 2008 and Asif Ali Zardari, Benazir Bhutto's husband, succeeded him as president.

Zulfiqar Ali Bhutto, the father of Benazir who was elected as Prime Minister in 1970, was hanged following conviction that remained mired in controversies.

In 1977, Zia ul Haq seized power after a coup against the Bhutto government. He put Bhutto under house arrest, imposed martial law, suspended the constitution

and put a blanket ban on political parties. It was not the first military coup in Pakistan.

Pakistan's first military coup was in 1958 when Governor-General Sikander Mirza enforced martial law with General Ayyub Khan as chief martial law administrator. Ayyub Khan later assumed the presidency and sacked Mirza, who later exiled as was subsequently done by Parvez Musharraf and Nawaz Sharif.

India, too, had its share of political assassinations. Two of Indian Prime Ministers, Indira Gandhi, and her son, Rajiv Gandhi, were assassinated while in power. Similarly, Chief Minister Beant Singh was killed outside his fortified Punjab Civil Secretariat office. Before him, Punjab's Finance Minister Balwant Singh, too, was ambushed and killed in a terrorist attack in Chandigarh.

Difference of opinion is an accepted aspect of a democratic process. But extending this differentiation of opinion to liquidation is extremely deplorable. Unfortunately, political assassinations have refused elimination as democracies, both controlled and liberal, face new and uphill challenges.

Tail piece : Now when Imran Khan is in the news again, it may not be way off the context to recall my interaction with him (that appeared in The Tribune) during the 1989 World Cup Cricket Tournament:

My piece: On meeting a Sikh journalist On professional assignments outside Chandigarh, whenever I introduce myself as Prabhjot Singh from The Tribune, the question comes to me: "Are you from Punjabi Tribune?" Perhaps implying thereby that a Sikh cannot write: English.

I often laugh away such queries. There could be many reasons for such a question. There were not many Sikhs who took to newspaper reporting, especially as Staff Correspondents of The Tribune.

I had gone to Pakistan to cover the World Cricket Tournament for the Reliance Cup. Accompanied by other Indian and foreign journalists. I went to the National Stadium at Lahore on the eve of Pakistan's match against England. Pakistani players were at the nets.

We were engrossed in a discussion when I found someone touching my shoulder. I looked back. It was none other than Pakistan's freak leg spinner, Abdul Qadir.

"Sardarji, sada kaptan tuhanu bulanda je" (Sardarji, our skipper is calling you), said Abdul Qadir, pointing towards the Pakistani tent where Imran Khan sat in a chair.

I told Qadir that I would come in a few minutes.

Imran Khan was all smiles as he admired me from head to toe. He enquired: "Sardarji, Punjabon aye ho?" (Sardarji, have you come from (East) Punjab?)

"Ji", I replied.

"Match dekhana aye ho ke ghuman phiran aye ho?" (Have you come to watch matches or for sightseeing?)

"Matchan layi aya haan". (I have come for the matches).

"Ki kam karde ho?" (What do you do?)

"Main ik akhbar wich kam karda haan". (I work on a newspaper).

"Aacha; tusee taan te pher ik sahafi ho?" (I see, then you are a journalist), he said, and started laughing. He hugged me and said: "Kasam Khuda di aaj main pehli var koi Sikh sahafi takya je". (By God, I have seen a Sikh journalist for the first time).

"Sikh lok te vaise ve kaat hi cricket khed de ne. Par Sikh Sahafi dekh ke tan barri hairangi hoi je. Koi sewa hoi taan dasna", he said. (Not many Sikhs play cricket).

But seeing a Sikh journalist is a greater surprise. Let me know if I can be of any help.)

Afterwards, throughout the tournament, whenever Imran Khan would see me he would wave and shout; "Sardarji, Sat Sri Akal."

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



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Nanak ordained his followers to treat all humanity as one (manas ki jaat sabe eke pahchanbo), work hard, be charitable and lead a spiritual life (Kirt karo, vand chhako, naam japo).

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AN OPEN APPEAL TO ASSEMBLY MEMBER JENIFER RAJKUMAR AND MAYOR ADAMS

STOP EXPLOITING AND DUPING US ABOUT PROPOSED DIWALI HOLIDAY

MAYOR KNOWS HE CAN MAKE IT HAPPEN BY EXECUTIVE ORDER

RICHMOND HILL, NY (TIP): As an elected District Leader with a large South Asian population, I make this appeal on behalf of the more than 500,000 Hindu, Sikh, Jain and Buddhist families living in our great City. Both Assembly member Jenifer Rajkumar, and the Mayor knows that the Mayor can declare Diwali a holiday, without anyone's help. Indeed, both have repeatedly made unreserved Diwali holiday promises as major platform issues prior to being elected to their respective public offices. In the case of the Mayor, he promised "from Day 1, immediately after taking the oath of office."

The Mayor can implement his School Chancellor's regulation to make Diwali a holiday, just as had been done under Mayor Bill de Blasio to create the Eid and Lunar New Year holidays. Most disappointingly, Assembly member Jenifer Rajkumar betrayed her constituents who voted her into office



Albert Baldeo demonstrating with schoolchildren to make Diwali a school holiday

and collaborated on a flatulent promise that was nothing more than abdicating their promises and passing the buck to Albany legislators.

Their combined failures and refusal to deliver on their promise were aggravated in their misrepresentations to the media

that this was a done deal. What is worse, they are further exploiting communities, by manipulating and changing their tunes, to confuse and deceive us that Albany now has to play a part in this. It is the typical "bait and switch con game" we must denounce. This is the kind of evil and darkness Diwali shines a light on and eradicate. They have passed the buck to "blame typical dysfunction in the State legislature, as the culprit," for the inevitable failure.

To the Mayor and Jenifer Rajkumar, we say stop exploiting us with your mere rhetoric, deceitful promises and grandstanding. All your noise is further manifestation of false and exploitative promises you made to us, and still continue to make, but failed to deliver. Rajkumar knows that her bill has been pending for years in the State legislature,

did not even get the necessary State senator sponsor, nor make it out of committee, and has gone nowhere, yet she recycles her deceitful excuse to claim that "our time has come."

We further condemn her empty assurances and betrayal designed to manipulate this issue, prematurely promising that "my legislation makes the room," while deceitfully claiming that "Mayor Adams is the first Mayor to get done what South Asians have been advocating for over 20 years." Not only is she abusing us emotionally, but our kids also, while giving the Mayor a way out to renege on his promises and blame Albany for not supporting her long shot state bill.

As articulated by former City Council member and Education Chair, Councilman Mark Treygar at a stated, public hearing to make Diwali a holiday, he verified that, "There are currently more than enough school days to declare Diwali a holiday, and the Mayor can take away a snow day, and make Diwali a holiday, tomorrow, if he wants to." See 7:19 of this hearing: https://www.youtube.com/watch?v=i7_Cz5d7W8E&t=550

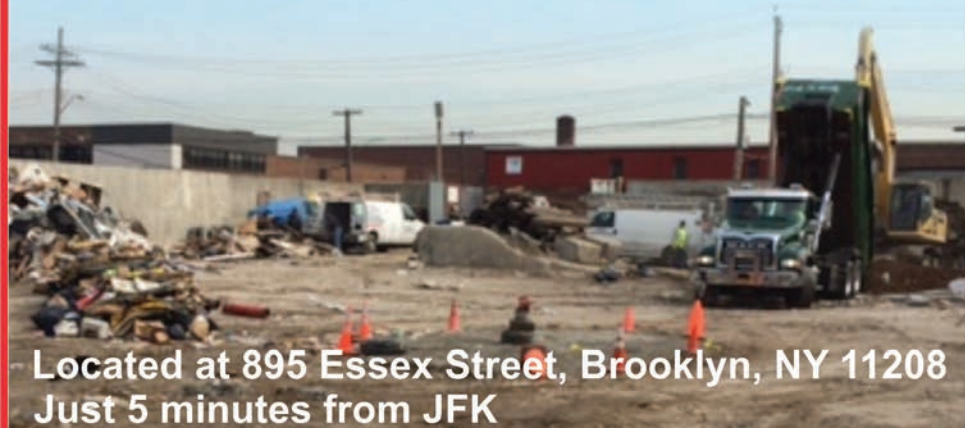
Stop exploiting and deceiving us with your lies, Jenifer Rajkumar and Mayor Adams, and deliver on your promise! Stop the hypocrisy!

(Albert Baldeo is an elected District Leader in Richmond Hill, South Ozone Park and Ozone Park.)

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Hicksville Massage Parlor Closed, Woman Charged with Prostitution

NOVEMBER 3, 2022

HICKSVILLE, NY (TIP): A massage parlor in Hicksville was shut down Wednesday, November 2, after an undercover investigation led to the arrest of a woman for prostitution.

Police say that Narcotics Vice Squad detectives performed an undercover investigation of a massage parlor at 195 South Broadway at 11:45 a.m. Wednesday.

The investigation led to the arrest of a 35-year-old woman, who was charged with unauthorized practice of a profession and prostitution.

The building was secured by the Town of Oyster Bay Building Department.

The woman was issued an appearance ticket and is due back in First District Court on Nov. 23.

Police say an undercover investigation led to the arrest of a woman from Queens

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PICNEWS

Jaipur Foot and Association of Indians in New York celebrated Diwali at Times Square with a display of their organizations and lighting on NASDAQ Tower



Mr. Prem Bhandari, Chairman Jaipur Foot USA with members of his organization and AIA President Harish Thakkar at the NASDAQ tower in Times Square

Queens District Attorney hosted a Diwali Celebration at Richie Rich Palace in Richmond Hill. Assemblywoman Jenifer Rajkumar was also present



A Hindu priest (right) offered prayers and spoke about the significance of Diwali.

Seen in the picture, from L to R: Queens District Attorney Melinda Katz, Assemblywoman Jenifer Rajkumar and the priest

A fire broke out at the American Museum of Natural History early Tuesday, November 1 morning. The FDNY battled the blaze inside the American Museum of Natural History at 200 Central Park West.



American Museum of Natural History at 200 Central Park West.

Indian American Forum Chairperson Indu Jaiswal along with Aligarh Medical Alumni Association (AMAANA) Vice President Dr. Tazeen Beg, welcomed renowned Bollywood actress and author Deepti Naval for her book launch and reading "A Country called childhood - A Memoir". Emceed by Flora Parekh



Deepti Naval, Dr Harshil Parekh, Flora Parekh, Anju Sharma, Jyoti Gupta at the book launch

Indian Overseas Congress USA Organizes Bharat Jodo (Unite India) Walk in New York City



Sam Pitroda, Mohinder Singh Gilzian, George Abraham and other IOC USA leaders at the Times Square shared their thoughts with the participants in the Unity Walk

NOVEMBER 4, 2022

NEW YORK (TIP): The Indian Overseas Congress (IOC) USA conducted a UNITY WALK in NEW YORK from Times Square (47th St & Steps) to Union Square (Gandhi Statue) on Sunday, October 30th at 3:00 PM. The NEW YORK Yatra (Walk) has been inspired by Bharat Jodo Yatra, currently in progress, led by Shri. Rahul Gandhi emphasized unity and peace in India and the sub-continent.

Dr. Sam Pitroda, Chairman of the Indian Overseas Congress, flagged off the unity walk from 47th St and 7th Ave. Around 300 or more members from the Diaspora walked via fifth Ave all the way to Union Square, where the Mahatma Gandhi statue was garlanded. In his concluding remarks, Mr. Pitroda urged India to continue to be led by the ideals of



Participants get ready to walk to Gandhi statue in Union Square

Mahatma Gandhi and respect the ideals of Democracy, Freedom, Human Rights, Justice, Equality, inclusion, and related values and wisdom outlined in the Indian Constitution.

Speaking with The Indian Panorama, Sam said that the idea behind Unity Walk is to really bring in focus, larger issues related to unity, democracy, freedom. Inspiration for the walk "really comes from Rahul Ji", he said.

Sam said: "In India the Bharat Jodo yatra is going through right now, which is 3500 kilometers, 150 days and anywhere from 50 to 100,000 people join him every day. We thought there is a message in that Yatra which needs to be conveyed to larger audience. Problems are the same everywhere in the world today. World is going through a very difficult time partly because of Ukraine war partly inflation, economy, unemployment, and the roots really lie in polarized



Sam Pitroda and other leaders garlanded the statue of Mahatma Gandhi at Union Square

politics violence, a sort of drifting away from democratic values, a little more authoritarian attitude.

And it is not just visible in India. It is visible in many parts of the world. We had part of that during Trump's time. World is going through one of the most difficult periods I would say in last 80 years. Our world needs to be redesigned, the senior Congress leader said.

Indian Overseas Congress organized the Unit walk under the leadership of Mr. Mohinder Singh Gilzian (President), George Abraham (Vice-Chair), Pradeep Samala (Chairman, unity Walk committee), Harbachan Singh (Secretary-General), Gurmit Gill, Leela Maret, Rajeswar Reddy, Ram Gadula, Gulshan and many others.

IOC USA declared solidarity with all initiatives that uphold the country's constitution according to the organizers.

Guru Nanak: The first master of the Sikhs

Guru Nanak, whose birth anniversary falls on November 8, was the founder of Sikhism. He travelled far and wide spreading the message of God.

Guru Nanak was the founder of Sikhism, one of the youngest religions. Guru Nanak became the first Sikh Guru and his spiritual teachings laid the foundation on which Sikhism was formed. Considered a religious innovator, Guru Nanak travelled across South Asia and Middle East to spread his teachings. He advocated the existence of one God and taught his followers that every human being can reach out to God through meditation and other pious practices. Interestingly, Guru Nanak did not support monasticism and asked his followers to lead the life of honest householder. His teachings were immortalized in the form of 974 hymns, which came to be known as 'Guru Granth Sahib,' the holy text of Sikhism. With more than 20 million followers, Sikhism is one of the important religions in India.

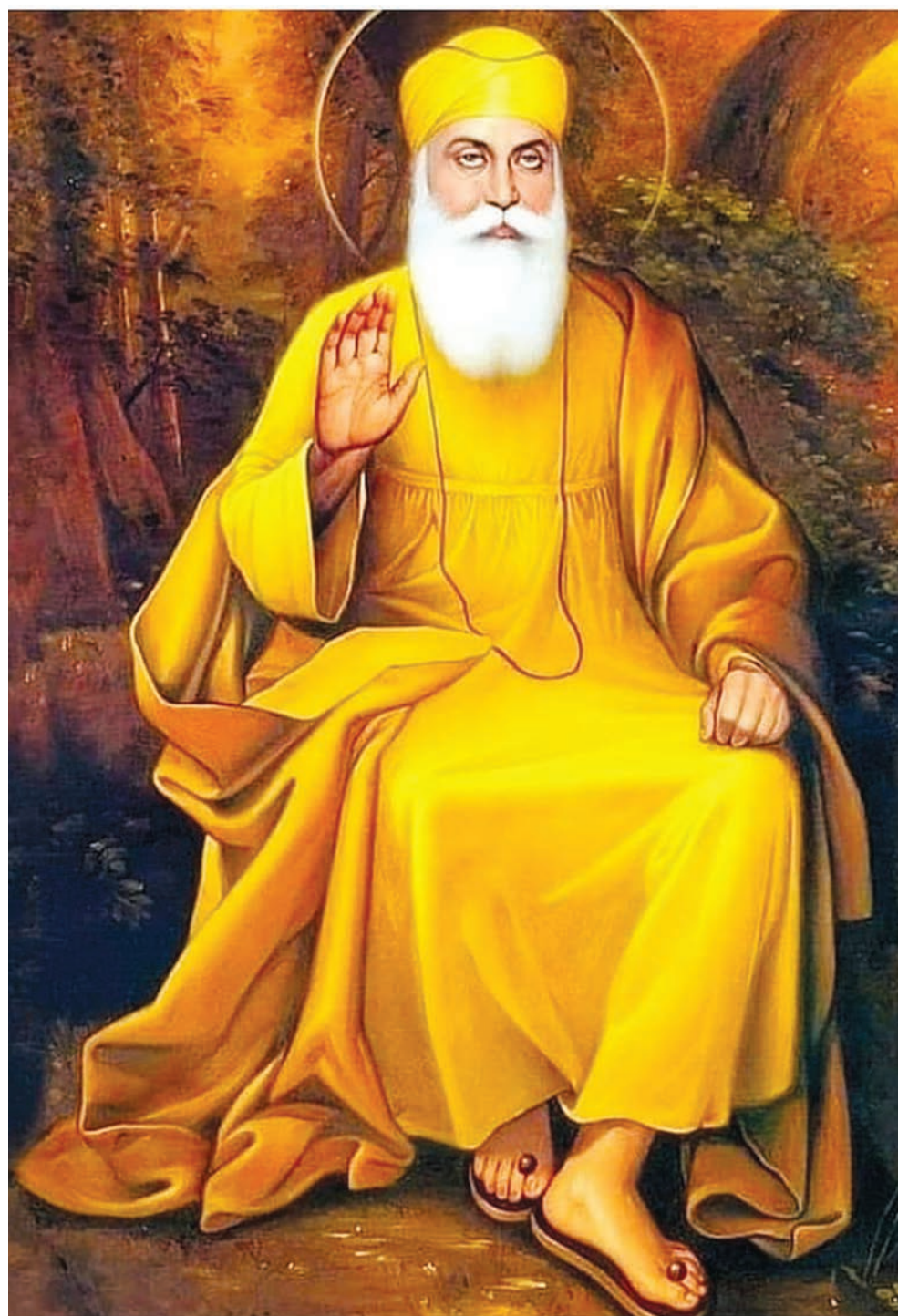
Nanak was born in a middle-class Hindu family and raised by his parents, Mehta Kalu and Mata Tripta in Talwandi on 15th April 1469. However, Sikhs now celebrate this auspicious event each year on the full moon day in November.

He spent most of his childhood with his older sister, Bebe Nanaki, as he was fond of her. As a child, Nanak went on to astound many with his intelligence and his interest towards divine subjects. For his 'upanayana' ritual, he was asked to wear the sacred thread, but Nanak simply refused to wear the thread. When the priest insisted him, a young Nanak took everyone by surprise by asking for a thread that is sacred in every sense of the word. He wanted the thread to be made of mercy and contentment, and wanted continence and truth to hold the three sacred threads together.

In 1475, Nanak's sister got married to Jai Ram and moved to Sultanpur. Nanak wanted to stay with his sister for a few days and hence went to Sultanpur and started working under the employer of his brother-in-law. During his stay in Sultanpur, Nanak would go to a nearby river every morning in order to bathe and meditate. One fine day, he went to the river as usual but did not return for three days. It is believed that Nanak went deep inside the forest and stayed there for three days. When he returned, he looked like a man possessed and did not utter a word. When he finally spoke, he said, "There is no Hindu and no Musalman." These words were the beginning of his teachings which would culminate in the formation of a new religion.

Sikhism

Nanak then came to be known as Guru Nanak (teacher) as he travelled far and wide to spread his teachings. He founded



Sikhism, one of the youngest religions, through his teachings. The religion emphasizes on the importance of leading a spiritual life without embracing monasticism. It teaches its followers to escape the clutches of ordinary human traits, such as lust, rage, greed, attachment and conceit (collectively known as the 'Five Thieves'). Sikhism is a monotheistic religion, which believes that God is shapeless, timeless and invisible. It also teaches the concepts of worldly illusion (Maya), Karma, and liberation. Some of the key practices of Sikhism are meditation and the recitation of Gurbani, the hymns

composed by the Gurus. The religion also advocates justice and equality and urges its followers to serve mankind.

Teachings

Among the many philosophical foundations laid by Guru Nanak, his characterization of God is most recognizable. It forms the opening lines of Guru Granth Sahib. The translation is as follows:

- There is but One God, The Supreme Truth; The Ultimate Reality, The Creator, Without fear, Without enemies, Timeless is His image,

Fast Facts

- Date of Birth: April 15, 1469
- Place of Birth: Rai Bhoi Ki Talwandi (present day Punjab, Pakistan)
- Date of Death: September 22, 1539
- Place of Death: Kartarpur (present day Pakistan)
- Father: Mehta Kalu
- Mother: Mata Tripta
- Wife: Mata Sulakhni
- Children: Sri Chand and Lakhmi Das
- Successor: Guru Angad
- Famous As: Founder of Sikhism
- Resting Place: Gurdwara Darbar Sahib Kartarpur, Pakistan

Without Birth, Self Created, By His grace revealed.

- Guru Nanak's teachings can be found in the Sikh scripture Guru Granth Sahib, as a vast collection of revelatory verses recorded in Gurmukhi. Guru Nanak describes the dangers of the Egotism and calls upon devotees to engage in worship through the word of God. The word of God, cleanses the individual to make such worship possible. Guru Nanak warned against hypocrisy and falsehood saying that these are pervasive in humanity. Through popular tradition, Guru Nanak's teaching is understood to be practised in three ways:
- **VAND CHHAKNA:** Sharing with others, helping those with less who are in need
- **KIRAT KARNA:** Earning/making a living honestly, without exploitation or fraud
- **NAAM JAPNA:** Chanting the Holy Name and thus remembering God at all times (ceaseless devotion to God)
- Guru Nanak put the greatest emphasis on the worship of the Word of God (Naam Japna). The crux of his teaching was
- "Equality of Humans" without distinction of caste or creed. Guru Nanak preached against discrimination and prejudices due to race, caste, status, etc. He didn't only preached these concepts he also took practical steps to achieve it. He started the institution of langar, where people have to sit together to eat without any distinction.
- Guru Nanak believed in equality of men and women. He elevated the position of women by spreading this message: "From woman, man is

Continued on page 15

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born; within woman, man is conceived; to woman he is engaged and married. Woman becomes his friend; through woman, the future generations come. When his woman dies, he seeks another woman; to woman he is bound. So why call her bad? From her, kings are born. From woman, woman is born; without woman, there would be no one at all. O Nanak, only the True Lord is without a woman.” Besides rejecting the Hindu caste system, idolatry, and ritualism, Guru Nanak preached universal equality. In consistence with his message of equality, Guru Nanak scorned those who considered women to be evil and inferior to men by asking: Why should we call her inferior, when it is she who gives birth to great persons?

Guru Nanak's Journeys

Guru Nanak was determined to spread the message of the God. He was saddened by the plight of mankind as the world was fast falling prey to the wickedness of Kaliyug. Hence, Guru Nanak decided to travel across the subcontinent to educate the people. It is said that he undertook five journeys (udasis) in his lifetime. Before beginning his first journey, Guru Nanak is believed to have visited his parents to explain them the importance of his journeys. During his first journey, Guru Nanak covered most parts of present day India and Pakistan. This journey lasted for seven years and is believed to have taken place between 1500 and 1507 AD. In his second journey, Guru Nanak visited most parts of present day Sri Lanka. This journey too, lasted for about seven years.

In his third journey, Guru Nanak travelled through the difficult terrains of the Himalayas and covered places like Kashmir, Nepal, Tashkand, Tibet and Sikkim. This journey lasted for about five years and took place between 1514 and 1519 AD. He then travelled to places like Mecca and most parts of Middle East in his fourth journey. This lasted for about three years. In his fifth and final journey, which lasted two years, Guru Nanak focused on spreading the message within the region of Punjab. He was accompanied by Bhai Mardana in most of his journeys. Though the authenticity of these journeys is challenged by scholars, it is believed that Guru Nanak spent 24 years of his life in his journeys, covering a staggering distance of 28,000 kilometers by foot.

Contributions to Humanity

Guru Nanak's preaching came at a time when there were conflicts between various religions. Mankind was so intoxicated with pride and ego that people had started fighting against each other in the name of God and religion. Hence, Guru Nanak began his teachings by saying that there are no Hindus and no Muslims. This implies the fact that God is one and that He is only seen differently through various religions. Guru Nanak's teachings, although not intended, contributed to the unity of Hindus and Muslims to an extent. He also emphasized on the importance of equality of mankind. He condemned slavery and racial discrimination and said that all are equal.

Guru Nanak is one of the most important religious figures to have contributed to women empowerment in India. Guru Nanak appealed to his



followers to respect women and to treat them as their equal. He said a man is always bound to women and that without women there would be no creation on earth. He also restored the faith in God by saying that the Creator is deeply involved in what man is trying to achieve on earth. While most of the major religions including the sects of Hinduism and Buddhism advocated monasticism in order to achieve salvation, Guru Nanak came up with a religion that supports the lifestyle of an average householder. Most importantly, he also taught his followers the methods to attain salvation while leading a normal life within the society. He, in fact, stressed on the importance of leading life with one's family members. Not only did he teach his ideals, but he also served as a living example. When Guru Nanak left for the heavenly abode, nine other Gurus followed his teachings and continued to spread his message.

Last years

Through his teachings, Guru Nanak had become extremely popular among both the Hindus and the Muslims. His ideals were such that both communities found it ideal. They both claimed Guru Nanak to be one of their own and needless to say, Guru Nanak's ardent followers who called themselves the Sikhs (disciples) were also in the race along with the Hindus and the Muslims. According to the legend, when Guru Nanak approached his final few days, a debate between Hindus, Muslims, and the Sikhs arose as to who should be given the honor to perform the last rites. While Hindus and Sikhs wanted to cremate the mortal remains of their Guru as per their custom, the Muslims wanted to perform the last rites according to their beliefs. When the debate failed to conclude amicably, they decided to ask Guru Nanak himself as to what needs to be done. When they all approached him, Guru Nanak asked them to bring flowers and lay them next to his mortal remains. He asked the Hindus and the Sikhs to place their flowers on the right side of his body and the Muslims to place theirs on the left. He said that the honor of performing the last rites would go to the party whose flowers remain fresh for a night. When Guru Nanak breathed his



last, the religious communities followed his instructions. When they came back the next morning to see whose flowers remained fresh, they were surprised to see that none of the flowers had wilted, but the biggest surprise was that Guru Nanak's mortal remains had disappeared and all they could see in place of his body were fresh flowers. It is said that the Hindus and the Sikhs picked up their flowers and buried it, while the Muslims did the same with their flowers.

Guru Nanak Jayanti celebrations

Celebrations start in Gurudwaras two days prior to the day of Guru Nanak Jayanti.

A 48-hour non-stop recitation of the Guru Granth Sahib, called Akhand Path, is held. A day before Guru Nanak's birthday, a procession called Nagarkirtan is organised.

The procession is led by five men, referred to as the Panj Pyare, holding the Sikh triangular flag, Nishan Sahib.

The holy Guru Grant Sahib is placed in a palanquin during the procession. People sing hymns in groups and play traditional musical instruments and also display their martial art skills. The joyful procession passes through streets decorated with flags and flowers.

Langar

Originally a Persian word, Langar

translates as 'an almshouse' or 'a place for the poor and needy'. In the Sikh tradition, that is the name given to a community kitchen. The concept of Langar is to provide food to anyone in need – irrespective of their caste, class, religion or gender – and always welcome them as the Guru's guest.

It is said that Guru Nanak, when he was a child, was given some money and told to visit the market by his father to do 'Sacha Sauda' (a good bargain). His father was a well-known trader of his village and wanted young Nanak to learn the family business when he was just 12 years old. Instead of doing a worldly bargain, the Guru instead bought food with the money and fed a large group of saints who had been hungry for days. That is what he said was the "true business".

On Guru Nanak Jayanti, the processions and celebrations are followed by a langar arranged at Gurudwaras by volunteers.

Sikhism and community service

In recent times, we have seen many gurdwaras come forward and provide food and shelter to those in need. Whether in India or abroad, wherever the need arises, the Sikh community can be seen helping people out in the best ways possible.

CASH-STRAPPED PAKISTAN TO RECEIVE ADDITIONAL USD 13 BILLION FROM CHINA, SAUDI ARABIA

NOVEMBER 5

ISLAMABAD (TIP): Cash-strapped Pakistan has secured about USD 13 billion in additional financial support from its traditional allies China and Saudi Arabia, Finance Minister Ishaq Dar has said, as the government tries to steady the country's weak economy.

Dar said that under the new financial support Pakistan would be getting about USD 9 billion from China and USD 4 billion from Saudi on top of assurances for about USD 20 billion in investments, the Dawn newspaper reported.

He said that during Prime Minister Shehbaz Sharif's recent visit to Beijing, the Chinese leadership promised to roll over USD 4 billion in sovereign loans, refinance USD 3.3 billion commercial bank loans and increase currency swap by about USD 1.45 billion — from 30 billion yuan to 40 billion yuan. The total worked out at USD 8.75 billion.

"They promised the security of financial support," Dar, who recently took over as the new finance minister of Pakistan from his predecessor Miftah Ismail, said and quoted Chinese President Xi Jinping as telling Sharif, "don't worry, we will not let you down".

These would be rolled over whenever they reach maturity, the minister said, adding that about USD 200 million worth of commercial loans had already flowed in a few days back.

Responding to a question, Dar said the Chinese side had also agreed to fast-track the processing for a USD 9.8 billion high-speed rail project (Main Line-1) from Karachi to Peshawar and both sides would immediately activate their respective teams.

The minister said he had also suggested a part of the outstanding dues of Chinese power producers to be converted into overall debt stock and had already cleared about Rs 160 billion in recent months.

Responding to another question, Dar said Saudi Arabia had also "given a positive response" to Pakistan's request for increasing its financing by another USD 3 billion to USD 6 billion and doubling its deferred oil facility of USD 1.2 billion, the report said.

The two heads worked out at USD 4.2 billion and the finance minister said there was no delay except a month or so of processing time, the report said.

Dar said Saudi Arabia had also agreed to revive the USD 10-12 billion petrochemical refining project at Gwadar, for which he had been assigned by the prime minister to coordinate with respective ministries for finalisation. On top of that, the minister said Pakistan was engaging Saudi Arabia in privatisation transactions like in LNG power projects and shares in other entities to ensure non-debt creating foreign inflows. (PTI)

'You are Pakistan's hero', says Imran Khan as he meets his saviour

NOVEMBER 5

LAHORE (TIP): Pakistan's former Prime Minister Imran Khan who survived an assassination attempt has hailed the man who foiled the attack and apprehended the shooter during his long march in Punjab province as the country's "hero".

Khan, 70, suffered a bullet injury in the right leg on Nov 3 when two gunmen fired a volley of bullets at him and others mounting on a container-mounted truck in the Wazirabad area of Punjab province, where he was leading a protest march against the Shehbaz Sharif government.

A day later on Nov 4, Khan met with Ibtisam, who foiled the attack and apprehended the shooter during the march, at the Shaukat Khanum Hospital here where he is being treated for the bullet wounds which pierced through his lower limbs, causing a fracture, the Geo News reported.

"You are Pakistan's hero. You showed immense courage. It felt very nice," Khan told Ibtisam.

The Pakistan Tehreek-e-Insaf (PTI) chairman also signed an autograph for his saviour on the same shirt that he wore while apprehending the shooter who is currently in the custody of Punjab Police.

Meanwhile, Khan's ex-wives have also condemned the assassination attempt.

The cricketer-turned-politician has married thrice. His previous two



marriages have ended in divorce.

His first marriage was with Jemima Goldsmith, daughter of a British billionaire, in 1995, which lasted 9 years. Khan has two sons from her. His second marriage with TV anchor Reham Khan in 2015 ended after 10 months.

In 2018, Khan married for the third time with his "spiritual guide" Bushra Maneka.

Goldsmith, the ex-wife of Khan, expressed relief as her former husband is stable after the assassination attempt. She also called Ibtisam a "hero".

She also conveyed their sons' gratitude to the man who caught the attacker.

"The news we dread... Thank God he's okay. And thank you from his sons to the heroic man in the crowd who tackled the gunman," 48-year-old Goldsmith, who separated from Khan in 2004, tweeted.

Reham Khan tweeted, "Firing on PTI chairman Imran Khan & other party members is shocking & condemnable. Security for public events for all our politicians must be ensured by provincial/federal law enforcement & our agencies." (PTI)

Sri Lanka cabinet initiates process to divest loss-making SriLankan Airlines

NOVEMBER 1

COLOMBO (TIP): The Sri Lankan government has formally decided to initiate the process of divesting the ownership of the loss-making national carrier, SriLankan Airlines, to select investors, a cabinet note released on November 3 said.

During a cabinet meeting on November 2 the decision to restructure the airline's management was taken. A considerable number of shares would be handed over to select investors through a transparent procurement process, the note said.

The State-Owned Enterprises Restructuring Unit has been given the task to study the methodology for the handover and make recommendations to the cabinet for the same, the note added.

The Lankan government in August announced that it was looking to sell a 49 per cent stake in the catering and ground-handling units of the national carrier in order to restructure it.

The government is now looking to hand over the management of the airline in addition to selling its shares, Aviation minister Nirmal Siripala de Silva said.



President Ranil Wickremesinghe, also the finance minister, had stressed the need to restructure loss-making state enterprises. "I propose that the loss making SriLankan Airlines be privatised," Wickremesinghe said in an address to the nation in May.

In the 20/21 year alone its loss was Rs 45 billion. By March 31, 2021, its total losses were Rs 372 billion.

Even if the government privatised the airline the country will have to bear the

loss, he said. "You should note that this loss has to be borne by the poorest of the poor who have not set foot in an aircraft," the president said in May.

Formed as Air Lanka in 1979, the management control of the airline was sold to the Emirates in 1998.

The national carrier has accumulated a loss of Rs 372 billion since 2009 when the island nation's government acquired back the management control from the Emirates. (PTI)



ਸ੍ਰੀਗੁਰ ਨਾਨਕ ਪ੍ਰਗਟਿਆ
ਮਿਟੀ ਧੁੰਦ ਜਗ ਚਾਨਣ ਹੋਆ । ।

Heartiest Congratulation on the 553rd Birth Anniversary of Shri Guru Nanak Dev Ji



**Sardar Ajit Singh Subhanpur
& Family**



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Colors, Lights and Food Mark Joyous Diwali Celebrations at BAPS Mandirs across North America

NOVEMBER 1, 2022

DALLAS (TIP): From October 22 to October 26, colors, lights and food fused with joy and tradition as Diwali - The Festival of Lights - was celebrated at the BAPS Shri Swaminarayan Mandir in Robbinsville, NJ. Diwali is the most widely celebrated festival by Indians and Hindus around the world. October is being celebrated as Hindu Heritage Month, and community leaders, as well as policymakers, including US President Joe Biden, are participating in lighting lamps and offering best wishes for the festivities.

The mandir welcomed visitors through the new, which had over 2,700 diyas, a colorful Rangoli and flower decoration.

In preparation for the festivities, many devotees, young and old, gave their time to help create decorations, prepare for children's Diwali, and set the stage for the most significant ritual of Diwali, 'Annakut'. Annakut, which literally means 'a mountain of food', is traditionally offered to God to celebrate the beginning of the Hindu New Year. Annakut was celebrated on October 26, 2022, with over 1500 food delicacies being offered to Bhagwan.

This year, millions of devotees and well-wishers across the globe are taking part in the centennial celebrations of His



Holiness Pramukh Swami Maharaj, the spiritual guru and leader of BAPS Swaminarayan Sanstha. After darshan of the Annakut, visitors got to view an exhibition-themed "Century of Service," which gave an immersive experience into the Life of Pramukh Swami Maharaj.

Pramukh Swami Maharaj lived by the principle, "In the joy of others, lies our own." He dedicated his life to selflessly serving others for the greater good of

humanity, traveling across the world as an ambassador of peace, harmony, and faith; all while maintaining firm faith in God and adhering to His teachings. Pramukh Swami Maharaj visited over 250,000 homes across more than 50 countries and replied to over 750,000 letters, personally counseling individuals, helping them through struggles, and inspiring them to live value-centric lives. His virtues and life's work transformed individuals,

families, and communities worldwide.

Ami Shah, a visitor said, "I start my year at BAPS Shri Swaminarayan Mandir in Robbinsville, NJ. The Annakut is awesome and I love coming here. This year the exhibition on Pramukh Swami Maharaj was just too good. It was amazing to know that this was created by youths who were explaining various sections enthusiastically."

"I experienced my culture while getting a taste of fine Indian cuisine. Every person I met had an expression of warmth and happiness on their face. I truly felt at home," said Jignesh Patel.

The multiple days of Diwali are steeped in traditions and rituals that symbolize new beginnings and a renewed commitment to family. The bright colors of Rangoli, the lamps, the elaborate offering of vegetarian food (Annakut) to Bhagwan, all mark a renewal of the good within and the goodwill towards all around us.

This year His Holiness Mahant Swami Maharaj celebrated Diwali and Annakut in Gondal, in the state of Gujarat in India. He blessed the devotees for a happy and peaceful new year. He also stressed that since this year is also the centennial celebration of HH Pramukh Swami Maharaj, may all be blessed to live according to his virtuous life.

GLOBAL SPACE COOPERATION IS AN INTEGRAL PART OF INDIAN SPACE PROGRAMME SAYS OFFICIAL

NOVEMBER 04, 2022

WASHINGTON, D.C. (TIP): Global space cooperation is an integral part of India's space programme, a top Indian space scientist has said and supported the idea of nations coming together to replicate the International Space Station for another outpost in space.

In this entire journey of the Indian space programme, global space cooperation has always been "an integral part", Krunal Joshi who is currently a counsellor, Space (ISRO) at the Embassy of India told a recent ASCEND Conference.

Participating in two-panel discussions at the prestigious ASCEND conference, hosted by the American Institute of Aeronautics and Astronautics (AIAA) in Las Vegas from October 24 to October 26, Joshi told the space scientific community that India has launched more than 350 satellites from 33 countries. In the 1960s, India dedicated Thumba Equatorial Rocket Launching Station to the UN and a variety of research and launch experiments were done from here.

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'No choice', says Elon Musk as he justifies massive layoffs at Twitter

NOVEMBER 5, 2022

NEW YORK (TIP): Amid massive layoffs at Twitter across the world, including in India, and the subsequent backlash, the microblogging site's new owner Elon Musk on Saturday, November 5, justified the move, saying there was "no choice" when the company was losing millions of dollars daily.

The company posted a net loss of USD 270 million in the second quarter ended June 30, 2022, compared to a profit of USD 66 million in the same period a year ago.

"Regarding Twitter's reduction in force, unfortunately there is no choice when the company is losing over \$4M/day," Musk tweeted. "Everyone exited was offered 3 months of severance, which is 50% more than legally required," he added.

Hundreds of employees were handed the pink slips at Twitter on Friday as Musk, 51, started overhauling the social media platform which he bought for a whopping USD 44 billion late last month.

In a letter to employees obtained by multiple media outlets on Friday, the company said employees would find out by 9 am Pacific Standard Time if they had been laid off. The email did not say how many people would lose their jobs.

Some employees tweeted early Friday that they had already lost access to their work accounts.

Twitter has also fired the majority of its over 200 employees in India. Sources said



Elon Musk tweeted: "Regarding Twitter's reduction in force, unfortunately there is no choice when the company is losing over \$4M/day,"

the layoffs are across engineering, sales and marketing, and communications teams.

However, there is no clarity yet on the severance package to be paid to employees laid off in India.

The entire marketing and communications department in India has been sacked, the sources said.

Musk has blamed activists for a significant drop in the company's revenues.

"Twitter has had a massive drop in revenue, due to activist groups pressuring advertisers, even though nothing has changed with content moderation and we did everything we could to appease the activists. Extremely messed up! They're trying to destroy free speech in America," Musk tweeted on Friday.

Twitter's roughly 7,500 employees have been expecting layoffs since Musk took the

helm of the company. After he completed the acquisition of Twitter, Musk ousted CEO Parag Agrawal, legal executive Vijaya Gadde, Chief Financial Officer Ned Segal and General Counsel Sean Edgett.

He also removed the company's board of directors and installed himself as the sole board member.

Musk has also announced Twitter will charge USD 8 (around Rs 660) per month from verified (blue tick) accounts-triggering intense debate on the social media platform.

The firm is reportedly laying off 3,738 people out of its total headcount of 7,500 across the globe.

Meanwhile, several Twitter employees on Thursday, November 4 night filed a class action lawsuit alleging that Twitter is in violation of the federal and California Worker Adjustment and Retraining Notification Act (WARN Act) after laying off some employees already, CNN reported.

The WARN Act requires that an employer with more than 100 employees must provide 60 days' advance written notice prior to a mass layoff "affecting 50 or more employees at a single site of employment."

"Elon Musk, the richest man in the world, has made clear that he believes complying with federal labor laws is 'trivial'," Attorney Shannon Liss-Riordan, who filed the lawsuit, said in a statement to CNN.

Five prominent Indian-American politicians in race for US Congress in midterm polls

NOVEMBER 05, 2022

WASHINGTON, D.C. (TIP): If the pollsters and opinions of political pundits are to be believed, Indian-Americans are likely to have a 100 per cent strike rate for the House of Representatives.

The four incumbents - Ami Bera, Raja Krishnamoorthi, Ro Khanna and Pramila Jayapal - are likely to be re-elected. All four are from the Democratic party.

Adding to the so-called Samosa Caucus of Indian-Americans in the House of Representatives would be the entrepreneur and businessman Shri Thanedar, who is seeking his election from the 13th Congressional District of Michigan.

Bera, 57, the seniormost of all, is seeking his sixth term in the House of Representatives from the 7th Congressional District of California.

Khanna, 46, who represents the 17th Congressional district from California, Krishnamoorthi, 49, (8th Congressional District of Illinois) and Jayapal, 57, from the 7th Congressional District of Washington State, are seeking their fourth consecutive terms.

According to political experts, all four are comfortably placed against their Republican opponents. So does Thanedar, 67, who is seeking his maiden entry into the House of Representatives from the heavily African American portion of Detroit.

If elected, he would be the fifth Indian-American in the next Congress along with Bera, Khanna, Krishnamoorthi and Jayapal.

Chennai-born Jayapal is the first ever and only Indian-American woman to be elected to the House of Representatives.

During this election cycle, another Indian-American seems to be all set to create history in the State of Maryland. Aruna Miller, 57, a former member of the Maryland House of Delegates, is



The four incumbents (Samosa Caucus) - Ro Khanna, Ami Bera, Raja Krishnamoorthi, and Pramila Jayapal - are likely to be re-elected. All four are from the Democratic party.

running as Lt Governor of the State on the Democratic ticket.

Political pundits say she is all set to win. In that case, she would be the first-ever Indian American to be elected to this position in Maryland.

Meanwhile, the Democrats and the Republicans have intensified their efforts to reach out to the Indian-Americans ahead of the November 8 midterm elections.

The Washington Post newspaper on Friday said that Indian-Americans can play an important role in some of the tightly contested races.

"Ahead of mid-term elections that could be decided by razor-thin margins, Democrats are hoping to capitalize on some of the optimism felt by Indian Americans, a growing and increasingly vital bloc of voters," the daily wrote.

In the critical State of Pennsylvania, popular TV host Padma Lakshmi, Phenomenal Media CEO Meena Harris and Jayapal would knock doors in Philadelphia to mobilize the community's South Asian voters.

The canvass launch will feature music,

food and a lineup of distinguished speakers. Peloton Instructor Aditi Shah will lead a 20-minute grounding session to kick off the day, focusing on the importance and power of our collective community. Following the launch, over 4,000 estimated doors will be knocked in Upper Darby, Centre City and Northeast Philadelphia.

"I'm inspired to be with so many incredible community activists and South Asian women leaders in Philadelphia this weekend to activate voters who can make the margin in this midterm election. Let's get out, knock doors, and vote!" Lakshmi said.

"This is the first time we've brought together this group of South Asian women leaders from all over the country to mobilize our community around civic engagement," Harris said.

"And the stakes are so high - right now we're facing intersecting crises, including alarming new restrictions to abortion care, and attacks on free and fair elections. We have to fight, and I'm proud that our community is showing up," she said.

According to Neil Makhija, Indian-American Impact executive director, in 2016, Pennsylvania was decided by a slim margin of fewer than 45,000 votes.

"This November, we're determined to show up and show out, just as we did in Georgia, when we doubled turnout. With over 100,000 South Asian American voters in Pennsylvania alone, we have the opportunity to set the direction of the country," he said.

The midterm elections will have a significant impact on the direction of the nation, as well as the fate of the person and the party in power in the White House.

Currently, Democrats are in the majority due to the tiebreaking power of Democratic Vice President Kamala Harris, who serves ex officio as the president of the Senate.

Controlling Congress means having the power to launch committee investigations.

In his first two years as president, President Joe Biden has pushed through new laws on climate change, gun control, infrastructure investment and child poverty despite his narrow majorities in Congress.

If one of those chambers switched to the Republicans, however, they would have the power to stop Democratic bills from being passed by Congress and the result would be gridlock.

It will decide who controls Congress as well as state legislatures and governor's offices. But the elections will give voters an opportunity to indirectly express their views on his presidency and the current direction of the country.

With the US economy struggling and voters concerned about crime and undocumented immigration, the verdict could be a harsh one for President Biden.

The outcome will influence the playing field for the 2024 presidential campaign, and especially the odds of Donald Trump running again. (Source: PTI)

Diaspora group launches online petition urging Blinken to reduce visa wait time



U.S. Secretary of State Anthony Blinken

File photo

NOVEMBER 02, 2022

WASHINGTON, D.C. (TIP): A US-based diaspora body on Tuesday, October 31, launched an online petition campaign urging the Secretary of State Anthony Blinken to reduce the long waitlist for various types of American visas being

issued from India.

"We request the State Department, Secretary of State Mr. Anthony Blinken and the US embassies in India to eliminate wait times for visa appointments in India.

"Even after a two-year-long Covid-era pause in visa appointments at the US embassies in India, the visa appointment situation is far from normal, requiring 300 to 900 days of wait time based on the visa types, Foundation for India and Indian Diaspora Studies or FIIDS said launching its online petition campaign.

As per travel.state.gov reports on October 31, there is an average 900+ days' wait time for appointments for visitors' visa (B1/B2), an average 400 days' wait time for students (F, M, J) and an average 300 days' wait time for petition-based

temp workers like H, L, O, P and Q across the USA consulates in India (Mumbai, New Delhi, Hyderabad, Chennai and Kolkata), it said.

In contrast, the US consulates in China only have an average three days' wait time, FIIDS said.

The 900+ days' delay deprives Indian Americans and Indian immigrants in the USA of having their beloved relatives to visit, whether in the time of difficulties, needs, or for celebrations, impacting their quality of life, it said.

The 400+ days' wait time affects students joining the US universities, that not only impacts students' future but also negatively impacts the US universities, FIIDS said, adding, the 300+ days' wait time is impacting productivity and success of various industries and

businesses due to lack of skilled workers.

We urge the US State Department and Sec Blinken to resolve this issue. We believe it is not only important for US interests but the right thing to do on moral and compassionate grounds, FIIDS said in its petition on Change.Org.

"As per Reuters news on 27th Sept, the Secretary of State blamed the lack of resources and funding due to lost revenues from fees on this 'self-financed program,'" the petition said.

"We request the concerned authorities to take all necessary steps and to seek emergency funds to resolve this backlog. We are eager to assist in any way possible and will forge a coalition of individuals who will rise to the occasion to assist in mitigating this issue, it added. (Source: PTI)

Guru Nanak, The Environmentalist

"GURU NANAK'S ENVIRONMENTALISM UPHOLDS THE ETHICAL OBJECTIVES OF CONTEMPORARY ECO-THEOLOGAINS- THEIR CONCERN WITH JUSTICE BASED ON CARE PERTAINING TO OUR PRESENT LIVES. WE CANNOT BE WAITING FOR THE FUTURE 'KINGDOM' OF GOD, CAUTION FEMINIST SCHOLARS. THE LOVE OF LIFE EXTENDS TO OUR IMMEDIATE FAMILIES, TO OUR PRIMARY COMMUNITIES, AND TO OTHER SPECIES. GURU NANAK'S PROFOUND VERSES HAVE THE POTENTIAL TO GENERATE 'A NEW SYNTHESIS, A NEW CREATION IN WHICH HUMAN NATURE AND NONHUMAN NATURE BECOME FRIENDS IN CREATING OF A LIVABLE AND SUSTAINABLE COSMOS'."

With the earth's climate changing faster than ever and the oceans getting hotter and more acidic, we face the gravest environmental challenges today. Guru Nanak would not have been privy to our daily news reports



"Air is our guru, water is known as our father
The unifying womb, our mother earth
Night and day are the two male and female nurses
This is how You keep the play of the world playing." - Guru Nanak

about unprecedented hurricanes, floods, wildfires, health threats, depletion of agriculture, extinction of plant and animal species, and other such hazards. Nevertheless, his open-ended sublime melodies have a profound impact as they move us out from our narrow selves towards appreciating nature's rhythms, earth's abundant gifts and the cosmic beauty surrounding us. Guru Nanak's reverence for our planet is infectious. The more we read and hear him, the more we question our economic, profit-making, capitalist attitude.

Even the few biographical facts we have about Guru Nanak's life underscore his consanguineous relationship with nature. Apparently, as a youngster, he did not like the confines of school, and opted to commune with nature. The Janamsakhis repeatedly illustrate his at-homeness in nature. We even see young Nanak grazing cows, and when he falls asleep, a cobra shades him while the sun smiles from above; in another narrative, the shade of the tree stands still while he is asleep. The terrestrial and the celestial, the spheres human, animal and vegetation, are all integrated into a harmonious whole. The Guru travelled to many different places and acquired a deep knowledge of and appreciation for the abundant diversity of flora and fauna. As we know, the first Sikh community developed in Kartarpur, the village he founded by the rippling river Ravi. Men and women who gathered around the Guru to hear and recite his hymns were in sync with the soil and spirit of its natural landscape. Planting, irrigating, ploughing, harvesting, rotating crops, cooking and cleaning-all with their own hands-were their daily practices. This fundamental nature orientation subsequently led to the Sikh institutions of seva (service for the larger community), langar (eating together without social segregations) and sangat (sense of fellowship)

An enchanting plurality of trees, plants, flowers, animals, birds and elements forms the script of Guru Nanak's literary repertoire. It is very much with them, in them, that Guru Nanak rejoices in the wondrous presence of the divine One in this very world of ours. His hymns like 'Barah Mah', 'Pahare' and 'Thiti' manifest the correlation between cosmic and human rhythms, physical and spiritual currents. Guru Nanak's theology does not posit 'God' above or apart from the cosmos: the sole infinite Creator creates everything, is present in everything, watches over each and all with care and joy. All of natural phenomena is the Divine's household (eco from the Greek word for household: ekos). Guru Nanak reveals this very cosmos as the dwelling place of the divine One and our life together with fellow beings, biotic or abiotic, in an interlinking web. He approves of neither Western anthropocentrism nor an instrumentalist attitude to nature. We must absorb his lyrics so we value the natural world and work together to sustain its precious wealth for future generations.

In heartwarming ways, Guru Nanak establishes a familial relationship with the environment:

Air is our guru, water is known as our father

The unifying womb, our mother earth

Night and day are the two male and female nurses

This is how You keep the play of the world playing.

-GGS: 1021

Indeed, this wholistic scenario holds enormous import in Sikh scripture as it appears with slight variation in the epilogue of the Japji. The elements are our parents, without whom we would not even be here. Earth is the mother, the matrix from which we all originate, and



BY
NIKKY-GUNINDER
KAUR SINGH

the father is water which is approximately 80 per cent of our bodies. The air we breathe every second is our teacher from whom we learn about our utter reliance on the infinite One, who keeps up the momentum of worldly play. Night and day are our male and female nurses who look after us. Thus, all planetary beings are children belonging to the same family. The verb 'playing' (khelai) intimates our delightful movements in the rhythmic lap of night and day-with the awareness of the infinite One each moment as we breathe (air is our guru!).

In a host of images Guru Nanak solidly situates the divine One in this world. He exuberantly says, 'All that exists exists in You-jeti hai teti tudh andar' (GGS: 1034). A short passage celebrates the immediacy of the infinite One in nature and its elements. It connects and affirms human architectural, domestic and economic activities as well.

*Your room above in four directions
Has land on one side, water on the other*

*This whole world is a coin
Minted with Your face alone.*

-GGS: 596

The architectural construction (caubara) indicates an airy space on the roof of a double-storey house. Its location between the land and the waters evokes the traditional hand mill that women used to grind corn and grains till very recent times. Guru Nanak's Punjabi term for 'side,' pu?, refers to the two sides of a chakki (hand mill), which brings to mind Sufi devotional songs (chakki-namahs) sung by mothers as their hand spun around grinding flour while their babies slept in their laps. And the whole universe (sagal bhavan) for the Sikh Guru is a single coin imprinted with the face of the transcendent One. If only our society would see the world through Guru Nanak's eyes! Would we be so money-centric? Would we be so self-indulgent? Economic wealth belongs to all of us equally. How can we have such massive disparities in our global world? How can billions of our siblings be denied access to basic food, health, education and sanitation standards?

Guru Nanak's environmentalism upholds the ethical objectives of contemporary eco-theologians-their concern with justice based on care pertaining to our present lives. We cannot be waiting for the future 'kingdom' of God, caution feminist scholars. The love of life extends to our immediate families, to our primary communities, and to other species. Guru Nanak's profound verses have the potential to generate "a new synthesis, a new creation in which human nature and nonhuman nature become friends in creating of a livable and sustainable cosmos."

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Guru Nanak Assigned His Religion a Universal Role



BY
DR. BHAI
HARBANS LAL

There is a striking verse in Sri Guru Granth Sahib (SGGS), the Sacred Sikh Scripture. Its author, Guru Nanak was the founder of Sikhi-sm:

ਗੁਰੂ ਸਮੁੰਦ ਨਦੀ ਸਬਿ ਸਿਖੀ ਨਾਤੇ ਜਿਤੁ ਵਡਿਆਈ ॥

Guru Nanak Dev. SGGS, p. 150

Guru samund nadi sabhi sikhi natai jit vadiai.

Guru, the Divine Wisdom, is the bottomless Ocean, and all of its WISDOM is in the form of teachings from this Ocean. Those who take a dip in those achieve greatness.

Ocean and rivulets here are metaphors; an ocean for Guru's Wisdom and rivulets for institutions of dissemination. The Ocean of sacred Knowledge is depthless. The water of Knowledge vaporizing from this Ocean creates clouds, raindrops, and snow. In turn, they descend on earth. Finally, they give birth to brooks, rivers, and sometimes, puddles all over the world. When they are in the format of shabad using the language of Sikh tradition, they are said to form rivulets of Wisdom.

Thus, the rivulets are metaphors describing the practices of the Guru's teachings.

As rivulets vary in shape, size, speed, and quality of water they distribute, so are Guru Nanak's teachings. They adapt to numerous variations depending on the terrains of particular geographical or cultural expanses. Their shape and external formats are widely differing landscapes and linguistic temperaments. But their purpose is to nourish humanity with ONE Universal consciousness.

Guru's Wisdom originating from Shabad Guru or the Wisdom imbibed in the Guru's hymns (composed in 22 languages) applies to diverse populations and cultures. The recipients may be of various mindsets, varying from place to place. Guru Nanak's Wisdom is applicable irrespective of religion, culture, or nationality.

Thus, Guru Nanak's teachings would overtly look and feel diverse, but inside they are universal and carry the same fundamental doctrines and Wisdom. Their purpose is to nourish the human mind with one universal Knowledge towards ONE Universal Consciousness and ultimately take all humanity back to their source, the OCEAN, the Creator.

CLOUD BURST

Sikh historian Bhai Santokh Singh reported a beautiful story from the Guruship of Guru Ram Das.

A delegation of religious scholars under the leadership of Pundit Mohan Lal came to visit the Guru. The members were well-known Pundits or leaders of Brahminical tradition. Their mission was to express their concern with the language and mode of propagation the Guru used to freely spread the Gurmat message among the people.

The Guru rebuked the suggestion and used the same metaphor of rain as related above to make his point forcefully. Bhai Santokh described it as

Vedas and Puranas, the scriptures of ancient religions written in Sanskrit, are like water kept in a well. The divine message of Gurus' hymns, the Guru said, was like rain waters that reach every thirsty person or every germinating plant.

Divine Knowledge in classical languages like Sanskrit or Arabic is like water kept in deep wells. It takes effort to draw it and then quench the thirst of the person drawing it out to irrigate crops of only those who possess the means of taking out water in this manner. No sharing was possible as the quantity thus drawn may be sufficient only to satisfy the needs of the bucket holder.

In contrast, the Guru's Wisdom must be in a language



Guru Nanak's teachings go well beyond the narrow meaning of 'religion'.

that served as a cloud burst. It turned the crops of everyone and in every field green; it reached mountains and valleys alike, birds and mammals alike, animals and humans alike, educated and uneducated alike, poor and rich. (See Santokh Singh, Sri Gur Partap Suraj Granth, Raas 1, Part 46, p. 1518. Reprinted Amritsar, Khalsa Samachar, 1954.)

The Guru's verdict was akin to a biblical parabola.

Jesus is known to say that when you light a lamp, place it on a higher pedestal so that the light can reach everyone.

DIVERSITY TO BE WELCOME

The metaphor from the Guru Granth, as described above, also implied the appreciation of the great diversity observed in all civil societies and faiths. For example, As Guru Granth says, Diversity is Divine Order.

ਮੇਰੈ ਪ੍ਰਭਿ ਸਾਚੈ ਇਕੁ ਖੇਲੁ ਰਚਾਇਆ ॥ ਕੋਇ ਨ ਕਿਸ ਹੀ ਜੇਹਾ ਉਪਾਇਆ ॥

My Timeless Creator has staged a play. He has created no one like anyone else.

Guru Amar Das, SGGS, p. 1056.

Without an appreciation of diversity, one fails to practice universality. Only diversity provides a necessary opportunity to practice universality.

GURU NANAK'S RELIGION IS UNIVERSAL

The purpose of elucidating Guru Nanak's metaphor above is to illustrate the universal nature of Guru's message, Gurmat, or Sikhi.

What is universal? Universal applies universally, that is, for "all similarly situated individuals," regardless of culture, race, gender, religion, nationality, sexuality, economic rank, or any other distinguishing feature.

There is a dynamic relationship between identity, community, and grace-awakened values, which are authentic when universal. Let us examine what exactly one means by "operationalizing Sikh universals."

Let me begin by defining what is universal.

A universal is a concept, an idea, a feeling, etc.- across different cultures and languages. Its validity is beyond the domain in which it originated.

For example, Christians have exported the idea of "God, or 'religion' beyond its origins in the Middle-Eastern and Greece-Roman context. Further, western secularists have exported the notions of democracy beyond its European and American context. Buddhists and Hindus have exported the concepts of dharma, karma, meditation, yoga, even Gandhi-ism, etc., beyond India. There are many more examples.

But to take root in new soil, a concept must alter the relations between itself and other notions native to that new soil. To take root in a new ground is to transform connections between the words and concepts of a new

culture. There is a firm conviction that Guru Nanak did not want his message confined to a narrow ethnic context. He traveled across cultures and religions. His teachings may have emerged within the North-West soil of India. Indeed, the teachings of every great spiritual master began their lives in a particular area.

But the message of Guru Nanak is such that all humanity shares it.

Guru Nanak himself traveled widely beyond his native place of birth, nearly 38 thousand kilometers. The universality of his teachings applied to many cultures across the areas of his visits. There was a purpose for the Guru going much further than the borders of this lingua-franca.

Guru Nanak's teachings go well beyond the narrow meaning of 'religion.' It radically disrupts the Western religion-secular binary, on the one hand, to eliminate ego and, on the other hand, its intimate connection to the shabad as poetic consciousness.

In this way, SABD-guru may appeal to and be experienced beyond the Punjabi domain by all humanity because it also connects to shared humanity through our shared philosophy.

The teachings of shabad-guru are both secular and religious. Thus, to operationalize shabad-guru is to release it from the traps of religious hegemony and allow it to create new relations with whatever soil it encounters and sets roots in. Thus, we see Guru Nanak's mission as universal.

CONCLUSION

Several centuries ago, Guru Nanak used the Ocean metaphor for the divine Wisdom that serves humanity as the nourishing water of creeks all over the earth. Thus, Guru Nanak's teachings would never formally align with one denomination, political party, geographical area, or ethnicity or allow someone to ignore laws of civil societies, sciences, or of colors and diversities of the same institutions. As far as we know, that was the intent of Guru Nanak.

Describing divine Wisdom as the Ocean of Truth and rivulets as routes of its dissemination Guru Nanak continued to tell all those who bathe in those rivers of Divine Wisdom will evolve to higher awareness.

ਨਾਨਕ ਸਾਹਿਬੁ ਮਨਿ ਵਸੈ ਸਚਾ ਨਾਵਟੁ ਹੋਇ

Says Nanak, an authentic cleansing bath, is experienced when the Divine dwells within human consciousness.

Guru Nanak, SGGS, p. 146

ਅੰਤਰਿ ਨਾਵਟੁ ਸਾਚੁ ਪਛਾਣੈ ॥

One who takes an internal bath in Divine Wisdom comprehends the Truth.

Guru Nanak, SGGS, p. 414

Guru Nanak's institutions and scholarship carry the responsibility to 'operationalize and export' the Wisdom to all civil societies. The specifics of 'operationalization and exporting' need extensive discussions. Here it suffices to conclude as follows. Don't just be satisfied with the place on the library shelf provided for Guru Nanak's teachings by the West. Similarly, don't blindly worship it like a totemic object, as most Punjabis do.

DO SOMETHING WITH IT. Do that which the Gurus wanted you to do with it. Experience it and be transformed by it. Those who bathe in those rivers of Divine Wisdom will evolve to higher awareness and recognition of the Divine within. Then, change the culture around you so others may seek Guru Nanak's message.

(Author is a scholar of Sikhism and has authored hundreds of scholarly articles and written dozens of books. He can be reached at Japji2050@gmail.com)

Opinion poll: BJP may win absolute majority in Gujarat, Himachal Pradesh

The Gujarat Assembly elections will be held in two phases on December 1 and 5, and single-phase Himachal polls on November 12. The results will be declared on December 8

NEW DELHI (TIP)

The ruling Bharatiya Janata Party (BJP) may win absolute majority in both the Gujarat and Himachal Pradesh assembly elections, with Congress coming second in both states, says India TV-Matrise opinion poll.

According to the opinion poll, BJP may win a huge majority of 119 seats in the 182-member Gujarat assembly, while Congress may win 59 seats and Aam Aadmi Party may win only three seats. In 2017 assembly elections, BJP had won 99 seats, Congress had won 81 seats and 'Others' had won two seats.

Voting percentage wise, the opinion poll says, BJP may get 51.3 per cent, Congress 37.2 pc, and AAP may get only 7.2 pc votes. In 2017 assembly elections, BJP had got 48.8 pc votes, Congress 42.3 pc and 'Others' 8.9 per cent votes.

Region wise

In Central Gujarat having 61 seats, BJP may get 43, Congress 17 seats and AAP nil. In Saurashtra-Kutch having 54 seats, BJP may get 32 seats, Congress may get 20 seats and AAP may get only two seats. In South Gujarat having 35 seats, BJP may get 27, Congress may get 7 seats, and AAP only one seat. In North Gujarat having 32 seats, BJP may get 17 seats, Congress 15 seats and AAP nil.

The sample size taken in India TV-Matrise opinion poll was 91,000 respondents (54,600 males and 36,400 females) spread in 182 assembly constituencies of Gujarat. The Random Sampling Quantitative Data Collection



Workers prepare BJP party flags ahead of the Gujarat Assembly elections, in Surat. PTI

was done from October 15 to November 2, with at least 500 samples from each constituency. The margin of error being plus/minus 5 per cent.

The opinion poll shows, BJP may get 48 pc scheduled caste votes, 49 pc scheduled tribe votes, 58 pc Kadwa Patel votes, 53 pc Leuva Patel votes, 52 pc OBC votes, 48 pc upper caste Hindu votes and 14 pc Muslim votes. Congress may get 41 pc SC votes, 42 pc ST votes, 34 pc Kadwa Patel votes, 37 pc Leuva Patel votes, 39 pc OBC votes, 41 pc upper caste Hindu votes, and 62 pc Muslim votes.

On Chief Minister Bhupendra Patel's performance, 31 pc said 'very good', 38 pc said 'average' and 29 pc said 'very poor'. Asked whether they wanted change, 32 pc said they were unhappy and wanted change, 44 pc said they were unhappy but wanted no change, while 22 per cent said, they were happy and do not want change.

Price rise remained the topmost issues for voters with 28 per cent, Unemployment came second with 22 pc, Basic facilities emerged the third issue

with 16 pc, and Corruption the fourth issue with nine per cent.

Will Narendra Modi become the game changer in elections, 42 per cent said 'Yes', 33 per cent said 'To some extent', and 21 pc said, 'it won't affect'.

Asked who will form the government, 66 per cent said 'BJP', 28 per cent said 'Congress, and only two per cent said 'AAP'.

Asked whose election campaign will have maximum effect, 64 per cent said Narendra Modi, 22 per cent said Rahul Gandhi and only eight per cent said Arvind Kejriwal.

What will save BJP from anti-incumbency? To this question, 46 per cent said Narendra Modi, 21 per cent said change of non-performing MLAs, 12 pc said better election management, 7 pc said strong candidates, and 6 pc said 'poll promises'.

Himachal Pradesh

In the 68-seat Himachal Pradesh assembly elections, BJP may retain

power by winning 41 seats, Congress may win 25 seats and 'Others' may win two seats. In 2017 elections, BJP had won 44 seats, Congress had won 21 and 'Others' had won three seats. Voting percentage wise, BJP may get 46.2 pc, Congress may get 42.3 pc, AAP may get 2.3 pc and Others may get 9.2 pc votes.

In Himachal Pradesh, India TV-Matrise Random Sampling Survey was done among 13,600 respondents (8160 males, 5440 females) across 68 assembly constituencies from October 15 till November 2. The margin of error being plus/minus 5 per cent.

29 per cent respondents said, Chief Minister Jai Ram Thakur's performance was 'Very Good'. 37 per cent said it was 'Average' while 31 per cent described his performance as 'Very Poor'.

43 per cent respondents said government will change this time, 48 per cent said the present government will stay, while nine per cent had no opinion.

The topmost issues before voters were: Unemployment (26 pc), Price rise (14 pc), corruption (11 pc), Unhappy with MLAs (9 pc) and Old Pension Scheme (6 pc).

Which party will suffer most because of groupism? To this question, 38 pc said 'BJP', 27 pc said 'Congress', and 33 pc said 'Both parties'.

Among the best CM candidate, Jai Ram Thakur topped the list with 26 per cent, former CM Virbhadr Singh's widow and Congress leader Pratibha Singh with 17 per cent, and Leader of Opposition (Congress) Mukesh Agnihotri with nine per cent.

To the question, will Narendra Modi become a game changer in elections, 32 per cent said 'to a large extent', 43 pc said 'to some extent', and 23 pc said 'will not have any effect'.

Source: India TV

Meet ex-journalist Isudan Gadhvi, the Aam Aadmi Party's chief ministerial candidate for Gujarat assembly elections

Delhi Chief Minister and Aam Aadmi Party (AAP) chief Arvind Kejriwal announced Isudan Gadhvi, 40, as Gujarat's Chief Ministerial candidate for the AAP on Friday, November 4, at a public gathering in Ahmedabad, Gujarat. "Last week we invited public opinion, and 16,48,500 responses were received and 73 per cent of them named Isudhanbhai Gadhvi", Kejriwal said.

Last week, Kejriwal urged people to contact the party through SMS, WhatsApp, voice mail and e-mail to give their views about who should be the CM candidate from the party in the state for the elections, due to be held in two phases – on December 1 and 5.

After the announcement, Gadhvi embraced party colleagues Manoj Sorathiya and Yuvrajsinh Jadeja and got down the stage to seek the blessings

of his mother. In a tweet, he thanked Kejriwal and the people of Gujarat.

Who is Isudhan Gadhvi?

Born to a farmer in Pipaliya village of Dwarka district in Gujarat on January 10, 1982, Isudan Gadhvi belongs to the community of other backward classes.

He graduated from Gujarat Vidyapeeth, Ahmedabad in 2005 where he pursued a Master's degree in Journalism and Mass Communication and then worked as a journalist. He began working with Doordarshan and started as a field journalist in Porbandar with ETV Gujarati from 2007 to 2011.

Gadhvi's reporting helped bring focus on a 150-crore illegal deforestation scam in the Dang and Kaprada districts of the state, and the



Isudan Gadhvi

Gujarat government subsequently took action in the case. His reporting on farmers' issues helped earn him a substantial following in rural areas.

In 2015, Gadhvi joined the Gujarati

TV channel VTV as a prime-time show anchor. In his show called Mahamanthan, Gadhvi discussed national and state issues with panellists in the studio, as well as with the public via 'phone-ins' and organised debates. At VTV, he went on to become the youngest channel head in the regional media. He quit as the channel's editor last year to join the AAP. The former journalist joined the Aam Aadmi Party on June 14, 2021, in presence of Arvind Kejriwal. He was among the first influential figures to join the party in Gujarat as AAP made a debut in BJP's stronghold for 27 years.

Gadhvi began his foray into politics when he joined AAP last year. He was made the AAP's national joint general secretary after his inclusion in the party.

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PUNJAB POLITICIAN SHOT DEAD DURING PROTEST IN AMRITSAR

A controversial Punjab politician was shot dead on Friday, November 4, by a local shopkeeper in the middle of a public protest in Amritsar with police present at the spot, ratcheting up tensions and sparking a political row. Sudhir Suri, a 58-year-old who headed a Punjab-based right-wing outfit called Shiv Sena (Taksali) was staging a protest outside a temple in Amritsar's Kashmir Avenue when he was shot at five times by Sandeep Singh, who ran a garment shop outside the same temple, according to police officials. Singh was later arrested.

Police didn't immediately attribute a motive but said that they will swiftly move to investigate all aspects of the crime.

"We will not allow the situation to be disturbed. We will unveil the entire conspiracy behind the murder and all those who are behind it will be arrested," said director general of police Gaurav Yadav in a hurriedly called press conference.

A car was also parked near the crime spot with stickers on its windows that appeared to be linked to Waris Punjab De Chief Amritpal Singh, who has courted controversy in the past for his comments backing the creation of Khalistan. But the police refused to confirm if the crime was linked to the outfit.

"The accused told the police that he had never met Suri before. What triggered the accused to kill the Shiv Sena leader is part of the investigation. We are probing the case from all angles and interrogation of the accused is underway," the DGP said.

Canada-based gangster Lakhbir Singh Landa takes responsibility

Canada-based gangster Lakhbir Singh Landa has taken the responsibility for the murder of Hindu leader Sudhir Suri.

He claimed responsibility in a social media post.

Though the police officials were tightlipped over any further development in the case, a police official said they were checking the authenticity of the social media post.

Meanwhile, the situation in Amritsar remained peaceful. Heavy police security was deputed near the postmortem house. A medical board was formed for his autopsy.

Perusal of SIT report shows 'sham' trials conducted in 1984 anti-Sikh riots, SC told

NEW DELHI (TIP)

The Supreme Court was told on Thursday, November 3, that a perusal of a report filed by a Special Investigation Team (SIT) shows that "sham" trials have been conducted in the 1984 anti-Sikh riots.

Senior advocate H S Phoolka, appearing for petitioner S Gurlad Singh Kahlon, referred to the SIT report filed on November 29, 2019, and stated that the manner in which trials have been conducted shows that the whole system has failed.

Citing the report, Phoolka said a perusal of cases shows that in one of the FIRs while police after clubbing various cases sent a challan regarding the killing of 56 people. However, the trial court framed charges only in the killing of five persons and no charge was framed in respect of the remaining, he said.

"It is not known why charges were framed only for five murders and not 56



murders and why trial court did not order separation of trial for each incident of crime," Phoolka read from the report.

The top court said it will go through the report and posted the matter for hearing after two weeks.

It had earlier issued notice to parties on a plea of Kahlon, a member of the Delhi Sikh Gurdwara Management Committee, seeking inquiry into role of 62 policemen named in the riots.

The apex court had constituted the SIT headed by former Delhi High Court judge Justice S N Dhingra to supervise further probe into the 1986 riots' cases, in which closure reports had been filed earlier.

The SIT also has its members retired IPS officer Rajdeep Singh and IPS officer Abhishek Dular. However, it currently has only two members as Singh had declined to be a part of the team on "personal grounds".

Large-scale riots had broken out in the national capital in the aftermath of the assassination of the then prime minister Indira Gandhi by her two Sikh security guards on the morning of October 31, 1984.

The violence had claimed 2,733 lives in Delhi alone.

ED arrests Mukhtar Ansari's MLA son in money laundering case

The Enforcement Directorate has arrested Abbas Ansari, Suheldev Bharatiya Samaj Party MLA from Mau and son of gangster-turned-politician Mukhtar Ansari, in a money laundering case, officials said on Saturday, November 5.

Abbas Ansari, 30, was arrested after a long questioning session at the federal agency's office in Prayagraj, Uttar Pradesh, they said.

He has been arrested in the money laundering case being investigated against his father and family, they said.

Last month, the ED had attached seven immovable assets of Mukhtar Ansari worth Rs 1.48 crore (registry value).

Mukhtar Ansari, a five-time former MLA, is currently lodged in jail in Uttar Pradesh's Banda. The 59-year-old was questioned by the ED in this case last year.

The agency had also raided the official residence of his elder brother and BSP MP Afzal Ansari in Delhi and some locations in Ghazipur, Mohammadabad (in Ghazipur district), Mau and Lucknow in August.

The money laundering case against Mukhtar Ansari stems from multiple FIRs registered by the Uttar Pradesh Police apart from two lodged against a company called Vikas Constructions (a partnership firm) that was run by his wife, two brothers-in-law and others.

Mukhtar Ansari is under the ED scanner in connection with at least 49 criminal cases against him including those on charges of land grabbing, murder and extortion.

He is facing trial in several cases, including attempt to murder and murder, in Uttar Pradesh.

First voter of independent India, Shyam Saran Negi passes away

KINNAUR (TIP)

Shyam Saran Negi, 106, the first voter of independent India passed away at his native place in Himachal Pradesh's Kalpa on Saturday, November 4.

Earlier he cast his 34th vote for the 14th assembly elections in the state through postal ballot. Negi cast his first vote on October 23, 1951, in Kalpa polling station. Negi has voted almost 16 times in the Lok Sabha elections. Last year also, he cast his vote for the Mandi parliamentary bypolls. On the day he cast his last vote Negi had asked the people of the country to exercise their right to franchise to strengthen democracy. "The young voters should consider their duty to vote and contribute to strengthening the nation," said Negi.

Talking about the departed soul, PM Modi tweeted, "This is commendable and should serve as an inspiration for the younger voters to take part in the elections and strengthen our democracy."

CM Jairam Thakur too offered his condolences and said, "Saddened to hear the news of the demise of Shyam Sharan Negi Ji, the first voter of independent India and who belonged to Kinnaur. While performing his duty he cast his postal vote for the 34th time on November 2, this will always be emotional."



Shyam Saran Negi



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04 NOVEMBER



1936 Birth of eminent mathematician Shakuntala Devi.

1970 Famous Kathak dancer Pandit Shambhu Maharaj passed away.

1822 Formal launch of water supply scheme in Delhi.

1947 Major Somnath Sharma of Budgaon, Kashmir received the first Paramveer Chakra. However, he was given this honor posthumously.



1954 The Institute of Himalayan Mountaineering was established in Darjeeling.

1984 OB Aggarwal became world champion of amateur snooker.

1997 In Siachen base camp, the army off-signal gave the highest STD in the world. Booth set up.

1845 The famous revolutionary of India, Vasudev Balwant Phadke was born.

05 NOVEMBER

1556 In the second battle of Panipat, the Mughal ruler Akbar defeated Hemu.

1920 Indian Red Cross Society was established.

1961 India's first Prime Minister Jawaharlal Nehru visited New York.

2001 India and Russia rejected the Taliban's participation in the Afghan government.



1870 The great freedom fighter Chittaranjan Das was born.

06 NOVEMBER

1763 The British army defeated Meerkasim and captured Patna.

1913 Mahatma Gandhi led 'The Great March' against apartheid policies in South Africa.

1998 India's proposal for ceasefire in Siachen rejected

1943 During the Second World War, Japan handed over Netaji Subhash Chandra Bose to the Andaman and Nicobar Islands.

1962 National Defense Council was established.



2000 Jyoti Basu stepped down after being Chief Minister of West Bengal for 23 consecutive years.

07 NOVEMBER



1858 Bipin Chandra Pal, the great revolutionary who fought against the British, was born.

1862 Bahadur Shah II, the last ruler of the Mughal Sultanate, died in Rangoon.

1876 Bankim Chandra Chattopadhyay composed the song Vande Mataram in a village called Kantol Pada in Bengal.

1888 Renowned scientist Chandrashekhara Venkata Raman was born.

2006 India and ASEAN agreed to create a fund for the development of science and technology.

2008 The famous poet Rahman Rahi of Kashmir was conferred with the Jnanpith Award.

1711 The ship of the Dutch East India Company sank all of the 300 crew.

1978 Indira Gandhi was re-elected to the Indian Parliament.

08 NOVEMBER

1661 Sikh religious teacher Har Rai died.

2008 India's first unmanned space mission Chandrayaan-1 reached the lunar orbit.

2016 Prime Minister Narendra Modi announced demonetisation and 500,1000 notes were discontinued. After that, new 2000 notes were issued.

1999 Rahul Dravid and Sachin Tendulkar set a world

record by sharing 331 runs in a one-day cricket match.

1627 The Mughal ruler Jahangir died.



1920 India's famous Kathak dancer Sitara Devi was born.

09 NOVEMBER

1236 The Mughal ruler Ruknuddin Firoz Shah was assassinated.



1270 The great saint Namdev was born.

1947 Junagadh state merged into India.

1960 First Indian Air Force Chief Subroto Mukherjee died.

2000 Uttarakhand was carved out of Uttar Pradesh and made a new state.

10 NOVEMBER

2001 Indian Prime Minister Atal Bihari Vajpayee addressed the United Nations General Assembly.

2013 The famous Rajasthani language litterateur Vijaydan Detha passed away.

1978 Rohini Khandilkar became the first woman to win the National Chess Championship.



2008 India won the Border-Gavaskar Trophy by defeating Australia 2-0.

2008 Giving strategic depth to India-Qatar relations, the two countries signed the Defense and Security Agreement.

Dr. Manoj Mohapatra, India's Ambassador to Guatemala

"WE HAVE IDENTIFIED FIVE AREAS OF VERTICALS OF COOPERATION - IT'S CALLED SPEED - SUPPLY CHAIN, PHARMACEUTICAL, EDUCATION, ENERGY, AND DIGITAL."

Dr. Manoj Mohapatra is India's Ambassador to Guatemala, one of the better-known countries in Central America.

The Indian Panorama editor Prof. Indrajit Saluja was in Guatemala at Ambassador Mohapatra's invitation to attend a Trade Exhibition of Indian Handicrafts and participate in the ongoing Azadi Ka Amrit Mahotsav related other events from September 22 to September 25, 2022, at various locations in Guatemala. However, the majority of the events took place in Guatemala City.

Ambassador Mohapatra graciously agreed to sit with Prof. Saluja for an interview. Here are some excerpts from the long interview the Ambassador gave to The Indian Panorama in his office at the Indian Embassy in Guatemala City on September 22, 2022.

TIP: HOW WOULD YOU CHARACTERIZE THE RELATIONSHIP BETWEEN INDIA AND GUATEMALA?

Amb. Year 2022 marks two milestones in our historical relationship. First one - We are celebrating 75 years of India's independence 'Azadi Ka Amrit Mahotsav' here in Guatemala who last year celebrated 200 years of its independence. The other one is, we are also celebrating 50 years of establishment of diplomatic relationship between India and Guatemala. In the last fifty years we have built a solid foundation. We have identified certain areas where we would be working together with Guatemala. In this regard we have identified five areas of verticals of cooperation - it's called SPEED - Supply chain, Pharmaceutical, Education, Energy, and Digital. Although the geographical distance between India and Guatemala is quite far, it takes about 70 days to reach a container from India to Guatemala, to overcome those challenges we are working together. We have already made some progress in these five verticals.

TIP: CAN YOU PLEASE TELL US ABOUT THE EVENTS YOU HAVE LINED UP TO CELEBRATE 'AZADI KA AMRIT MAHOTSAV' AND THE INITIATIVES PROMOTING RELATIONSHIP AND BUSINESSES BETWEEN INDIA AND GUATEMALA?

Amb. We have an excellent relationship with Guatemala in the political sphere. What is important is that the foundation that we have laid has been very fruitful for strengthening the economic and commercial relationship between two countries. Guatemala has always been supportive of India. What is more important is the geographical proximity of Guatemala with Northern



Ambassador Manoj Mohapatra expressed optimism about the growing ties in various sectors between India and Guatemala.

and Latin American countries- it's like a window between the two. It only takes three days to reach America from Guatemala by ship. Guatemala has signed a free trade agreement with the USA. That has been very much helpful for them. If our companies would be coming here to manufacture certain items which would be marketed in the USA - that would be very much helpful. One of the sectors is textile. We have seen our companies here bring semi-finished products from India. The areas that we have identified - one of them is the supply chain. About 20 Indian companies have shown interest to come here for a warehouse project in Guatemala City. We are working on the project to overcome the geographical distance between India and Guatemala. Our exports are very much welcome here. We have seen a 40% export growth increase in 2022 compared to 2021. We have exported more than one billion dollars worth of Indian goods.

India has become the pharmaceutical hub of the world. During the pandemic, India was the first country to supply 200,000 doses of Covid 19 vaccine to Guatemala. Indian pharma companies are marketing generic medicines here. In fact, two companies have opened a chain of pharmaceuticals here in Guatemala. They are also doing very well in the region. As we speak today, 3 to 4 delegations from Guatemala are currently attending IFEX in India. We see the willingness to buy generic medicines from India and we have seen the commitment that they would be buying 1 billion dollars worth of

medicine from India.

Now let's speak about the energy sector. Ten days back we organized the first technical level meeting between Indian companies ONGC, Indian Oil, Reliance and others with their counterparts in Guatemala. Guatemala is sitting on a huge pile of gas that will cater to India's requirements for more than 20 to 25 years. We are going to host a second technical level meeting soon which will make clear which Indian companies will come here to deal with the gas. The renewable energy companies are also keen to come to Guatemala because it's very cost effective here. We are encouraging Guatemala and Honduras to join the international solar alliance. We are working with all three governments for the solar energy project. We are also working on wind energy.

Now comes education. I am happy to announce that we have established a college called 'Barefoot College.' It's located in Jaipur. We have selected 20 girls who did not have access to electricity. We have given them the training of solar energy and rather than taking the ladies to India, we have opened a branch here to train them. And for doing so, we did not take any support from the Govt of India or Govt of Guatemala. We did this through corporate initiative. Our target is to train about 240 girls here. The trained girls would themselves install the solar panels in their house.

In the education sector, Indian companies have recruited about 10,000 Guatemalans directly. We are making a

bridge between Indian companies and the universities and anybody who is passing out of the universities, is recruited by the Indian companies. We have hosted job fairs organized by Indian company.

The fifth vertical is digital. Indian IT companies have hired 9 to 10 thousand people here.

Some Indian companies will come here for infrastructure development like the airport project. We have already started discussions.

TIP: HOW ABOUT COOPERATION IN THE FIELD OF EDUCATION? ARE THERE ANY PLANS FOR OPENING AN IIT IN GUATEMALA

Amb. The Govt of India has announced that IITs would go abroad. We have submitted a proposal to Guatemala Govt that we would be very happy to establish an IIT here. This will take some time because it's a lengthy process. We are also working on some universities of both countries to make partners. We are organizing video conferences as well. It's a Spanish speaking region so we are trying to overcome that challenge associated with the language.

TIP: ANY PLANS FOR COOPERATION IN PROVIDING MEDICAL EDUCATION IN GUATEMALA?

Amb. We are encouraging some of our hospitals and startups to come here to improve health care sector. Let's see what best we can do. We got very good response from Govt of Guatemala and El Salvador in this regard.

TIP: HOW ABOUT GEO-ECONOMIC ALLIANCE IN THIS PART OF THE WORLD?

Amb. Guatemala and India have a strong foundation. Guatemala is having advantage of coming Indian companies here because of the skilled and cheap workforce. Our companies are trying to become multinational and looking for more markets. Central American countries play a major role in this because of their proximity to Northern and Latin American countries. This is going to be a win-win situation for both.

TIP: WHAT IS THE GENERAL VIEW OF PEOPLE OF GUATEMALA ABOUT INDIANS?

Amb. That is the challenge we have as of now. People to people contact remains difficult because of the geographical distance. Another problem is that we don't speak the Spanish language. We have marked certain sectors to make people to people contact. One of them is getting Bollywood here. We are screening Bollywood movies in Spanish in various places. We are also hosting fashion shows, Indian handicrafts, textiles, automobiles etc. We would also like to see producers making shootings of Bollywood movies here because this country is full of natural beauties including volcanoes. We have invited some producers already to come here and see. We will also send about 200 people from Guatemala, Honduras, and El Salvador to India every year to different sectors who will become natural ambassadors when they return.

Guru Nanak who taught oneness of humanity



BY
PRABHJOT SINGH

I am reminded of a story - call it a fable - dating back to 1986. A middle-aged Sikh, travelling from Toronto to Delhi, had a memorable encounter with a young boy at an international airport in Europe. As the India-bound passenger was absorbed in reading a newspaper, the boy, who emerged from nowhere, started watching him closely. The boy's eyes were focused on the face of his unknown elderly co-passenger. When caught in his act of close admiration of his stranger elderly guest, the boy apologized profusely. Initially reluctant to reveal reason for his curiosity, he subsequently opened up and innocently gave expression to his inquisitively. "Don't your moustaches get burnt when you smoke?", he asked.

"No, they don't because I do not smoke. Further, my religion prohibits smoking," was the reply that shook the boy, who retorted back "How come you do not smoke? Everyone smokes. What is your religion? Are you Muslim?," were the questions that followed.

"I am a Sikh and we do not smoke."

The short and crisp reply baffled the boy who was little hesitant to accept that any religion can prohibit smoking.

He got enthusiastic and started asking questions about Sikhism, its origin and also who all are Sikhs. As the boy and the man got engaged in an animated conversation, mother of the boy, begged intervention to take away her son for the flight that was ready for boarding.

The boy could not contain his excitement and was vociferous in sharing with his Mom about "Sikhs" who do not smoke. She took aside the Sikh passenger aside to confide in him that she lost her husband to smoking. That she said was the reason her son gets overwhelmed on seeing people not smoking. Before leaving, the boy extracted a promise from his new friend for correspondence to share further knowledge about "Sikhism". The Sikh passenger wrote down his address on a piece of paper with an assurance that any correspondence from the boy would not go responded. While both went their ways, a new relationship was established. The boy, as promised, got some books about Sikhism gifted from his unknown Sikh friend in the subsequent years. So much so that he embarked upon a journey to visit the sanctum sanctorum Sri Harmandir Sahib in Amritsar. Subsequently, he and his friends embraced Sikhism and set up a gurdwara in their hometown in Europe.

Like this boy, not many know what Sikhism founded by Sri Guru Nanak Dev is all about.

Guru Nanak was a pioneer, a social reformer, a scientist and above all a committed family man. He raised an awareness about issues that the contemporary world is talking now.

Advanced countries like Canada that take pride in promoting and supporting multiculturalism, diversity, gender equity, volunteerism, and environment conservation are perhaps drawing their inspiration from the teachings of Guru Nanak's Sikhism, one of the youngest, most modern and scientific religion that accords wholesome respect to all other religions and faiths.

It was he who not only advocated for universal brotherhood, gender equity, but also in one God, the Almighty, or Waheguru, or Allah as believers and followers of different faiths and religions call him. It is his philosophy of "oneness of humanity" that prompted the US-based Bindra family to institute an Interfaith Peace award in 2008. Dalai Lama was the first recipient of this prestigious award.

Guru Nanak taught that we discover our oneness with humanity by exploring the differences that separate us. The Guru Nanak Interfaith Prize recognizes and supports the efforts of those individuals



Guru Nanak was a pioneer, a social reformer, a scientist and above all a committed family man. He raised an awareness about issues that the contemporary world is talking now.

and organizations who work to advance that vision.

According to Guru Nanak, religions are paradoxical. They help us to discover and cultivate what is best and most hopeful about one another and the world that sustains us. And yet, they often spark conflict and violence. The Guru Nanak Interfaith Prize is based on the conviction that religious dialogue helps to minimize religious conflict by cultivating awareness that we each view the world from the limitations of our own traditions, and we have much to learn from the traditions of others.

As a precocious child, Guru Nanak demonstrated his concern for the poor and needy at an early age. Guru Nanak pioneered volunteerism and the concept of "tera, tera" meaning that everything belongs to the Almighty. When he was given 20 rupees by his father for doing a profitable business, young Guru Nanak, instead of multiplying the amount through trade as was the common practice, he set up a community kitchen to feed the poor and hungry. It was the beginning of "langar" or community kitchen that has since then grown from strength to strength and has come to known as USP of Sikhism. In natural and manmade calamities, followers of Guru Nanak are always in forefront in organizing "langar" and other relief measures voluntarily.

When asked to explain his conduct, young Nanak's simple reply was, "I have made a true bargain", which in the Sikh parlance is known as Sacha Sauda.

When his father realized that his son was unfit for business, he sent him to his sister's house in Sultanpur Lodhi where he was employed as storekeeper by the local chief.

It was during his stay in Sultanpur Lodhi that Nanak got enlightenment on the banks of rivulet named Kali Bein. The first words he uttered after his enlightenment were:

Na koi Hindu nako Musalman, clearly indicating that his mission was to unite humanity by asking them to transcend the boundaries created in the name of religion, caste and color. It was on the banks of Kali Bein that Nanak, the Guru, recited Mool Mantara - the Primal creed of the new religion.

Guru Nanak's God is One without a second, His name is Truth and he alone is the Creator of the Universe. As children of one God, all have to be treated as equal in whatever station of life they are.

To share his message of unity of mankind, Guru Nanak went on long journeys to parts of India and the neighboring countries. He travelled far and wide in the

high Himalayas covered with snow, the sandy deserts of Rajasthan, the neighboring countries Afghanistan, Iran, Iraq and Sri Lanka.

In the Himalayas he visited Leh Ladakh and Chung Thang where now stands Gurdwara Nanak Lama. I had an opportunity to visit one of his lesser-known transit at Kargil.

He even travelled to Mecca in the blue garb of a Haji to join the faithful in prayer at Kaaba. During his interaction with the Muslim divines, the Guru was asked to tell as to who was superior - a Hindu or a Muslim? His simple reply was "Without good actions both were of no consequence."

Naam Japna, Kirat Karni, and Vand Chhakna - hard and honest labor, meditation, and sharing fruits of one's earnings with others - form the gist of his teachings. To put his teaching into practice in daily life, the Guru established a new town on the banks of river Ravi and named it Kartarpur - the city of God. It was here that a model society based upon Guru's teachings and those of other saints especially the concept of Begum Pura by Bhagat Ravi Das was established.

Begum Pura in the words of Bhagat Ravi Das was a land without worry, where people lived happily without any excessive taxes, undue interference of the State, and greed to amass wealth.

More than any other period of human history, the need for unity of thought and action today is the most urgent. When the world is fragmenting, and fragments clash with fragments surrendering all sense and purpose of living for the larger humanity, it is the humanity which seeks transcendence from narrow limits and boundaries. The world today is beset with violence and rejection. The cries and pains of millions from all parts of the world remind humanity to revert to teachings of universal Baba, Guru Nanak. More than Sikhs as his disciples, there are Sindhis and others who religiously follow his teachings. The moral core of our being is being invoked as if to look beyond our narrow confines and provide succor to the large number of people who are being ejected from their land, from their hearth and from their historic associations. The cries of the refugees and children born out of conflicts are too loud to be ignored.

At a time when the world is facing serious challenges resulting from unchecked exploitation of natural resources, growing race for arms, continued exploitation of poor by the rich and growing environmental degradation, it will be worthwhile to work for an alternative model of society based on truth, gender equality, protection of the environment and universal responsibility as advocated by Guru Nanak and his Sikhism.

For lasting peace in the turbulent world that we live in, a divine message from the Guru looks more relevant than ever before :

ਜਗਤੁ ਜਲੰਦਾ ਰਖਿ ਲੈ ਆਪਣੀ ਕਿਰਪਾ ਧਾਰਿ ॥

ਜਿਤੁ ਦੁਆਰੈ ਉਬਰੈ ਤਿਤੈ ਲੈਹੁ ਉਬਾਰਿ ॥

This world is burning O' Lord, Show Thy mercy, Thy Grace

And save it through whatever Door Thou can.

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

Heartiest Congratulations On The 553rd Birth Anniversary Of Shri Guru Nanak Dev Ji



MASTER MOHINDER SINGH

FOUNDER PRESIDENT

Gurdwara Baba makhan Shah Lobana Sikh Center, NY

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Guru Nanak's Holistic Vision of Creation

A PRECURSOR OF MODERN SCIENTIFIC OUTLOOK



BY
DR. DEVINDER PAL
SINGH

Humans have been staring up into space for thousands of generations to have a rational and coherent description of the Creation and evolution of the universe. Guru Nanak, the first Sikh Guru, in his hymns of Jap (u), Aasa di Var, Sidh Gosht, Thitee and Maru Sohile, has enunciated an excellent understanding of the mystery of Creation.

BEFORE CREATION

In Guru Nanak's hymns, many interesting facts about the state before the start of Creation are described. In his hymns of 'Maru Sohilee,' he articulates: *"For endless eons, there was only utter darkness. There was no earth or sky; there was only the infinite Command of the Creator. There was no day or night, no moon or sun; The Creator sat in primal, profound Samaadhi. There were no sources of Creation or powers of speech, no air or water. There was no creation or destruction, no birth or death. There were no continents, no nether regions, no seven seas, no rivers or flowing water. (SGGS, p. 1035)..... "The dazzling light glitters, although neither the moon nor the stars are shining; neither the sun's rays nor the lightning flashes across the sky. I describe the indescribable state, which has no sign, where the all-pervading Lord is still pleasing to the mind. (SGGS, p. 1033)."*

Interestingly, Guru Nanak's above views have been endorsed by the prevalent scientific ideas about the state before the start of Creation. By analyzing the light emanating from distant galaxies, nebulae, and pulsars, scientists have calculated that our universe was born about 13.8 billion years ago. Many theories are in vogue about its origination. However, none can describe the state before the Creation of the universe. Nevertheless, scientists agree that there was nothing like the moon, the sun, the earth, the galaxies and the day or night before the Creation of the universe.

ORIGINATION - THE PRIMAL CAUSE

Reporting on the origination of the Creation, Guru Nanak proclaimed that it is impossible to know precisely when the Creation began. He said, *"When the Lord (Creator) so willed, the world was created. Without any visible support, he sustained the universe. (SGGS, p. 1036)."*..... *"Only the Creator knows when and how the universe was created. (SGGS, p. 4)."*

On the scientific front, in 1930, astronomer Georges Lemaitre suggested that about 13.8 billion years ago, all the matter of the universe was contained in a primal atom called a 'cosmic egg.' It exploded, and its many fragments gave birth to planets, stars, galaxies, etc. This



theory is popularly known as the Big Bang theory. In 1948, cosmologists Hermann Bondi, Thomas Gold and Fred Hoyle proposed the Steady State Theory, suggesting that the universe was eternal and has always existed. In 1965, another astronomer, Allan Sandage, developed the 'Pulsating Universe Theory.' He indicated that the universe is created, destroyed and then re-created in 86 billion-year cycles. A universe is, in other words, not without end but with an infinite number of endings ... and beginnings. Thus, scientists have diverse views about the universe's birth and its ultimate fate. Unfortunately, they cannot say something definite about it with strict certainty.

PROCESS OF CREATION

Guru Nanak, in his 'Thitee' composition, points out the process of Creation of the universe as: *"The Creator created the universe, joining the elements together. Then, breaking the cosmic egg, he created the forces of attraction (union) and repulsion (separation). Next, IT made the earth and the sky the places to live. Finally, he created day and night, fear and love. The One, who created the Creation, also watches over it. (SGGS, p. 839)."* In 'Jap(u)' bani, Guru Nanak describes the process of Creation of the universe as; "You created the vast expanse of the Universe with One Word! After that, hundreds of thousands of rivers (the process of generation) began to flow (emerged). (SGGS, p. 3)." Guru Nanak's description of the beginning process of Creation is surprisingly similar to the descriptions provided by the "Big Bang" and "Pulsating Universe" theories, as explained above. It is pertinent to add that Guru Nanak expressed these views about 425 years before the discovery of the Big Bang Theory.

TIME OF CREATION

Guru Nanak, in his composition 'Jap(u),' has raised an apposite question concerning the time of Creation. It asks, *"What was the time, and what was the moment? What was the day, and what was the date? What was the season, and what was the month when the universe took its*

shape? Had Pandits (Hindu scholars) known the time, it would have been written in Puraanas. Had Qazis known the time, it would have been written in Quran. No Yogi knows the time, the weekday, the month or the season of the Creation. The Creator who created this Creation only IT knows about it. (SGGS, p. 4)." Herein, Guru Nanak has clearly pointed out that it is impossible to know the exact time or day of the origination of Creation by any means.

Learning about the time of Creation using science, we come to know that there have been several different ideas in vogue about the time of Creation among people. Until the 18th century, scientists were convinced that our earth was only a few thousand years old. Using geological data and analyzing the fossils, Kelvin, a famous scientist, suggested by the second half of the 19th century that the earth is about 20 million years old. During the 20th century, using the 'Radioactive Dating Technique,' it became known that our planet was created about a few billion years ago. Astronomer Georges Lemaitre has reported that the universe's origination occurred about 13.8 billion years ago. The Steady State Theory suggests that the universe is eternal and has always existed. The Pulsating Universe Theory reports that the universe's birth happened about 13.8 billion years ago. But none of the theories say any precise date of Creation. Even with the help of currently available very advanced scientific techniques, scientists still need to pinpoint the exact time or date of the universe's origination. It conforms to Guru Nanak's assertion.

VASTNESS

Elaborating on the vastness of Creation, Guru Nanak, in his 'Jap(u)' composition, proclaims that Creation is limitless. He declares: *"The limits of the Creation cannot be perceived. The limits of its near (micro) and far (macro) extremes cannot be discerned. Many struggles to know these limits, but these cannot be determined. None is able to know these limits. The more you say about these, the more there remains to be said. (SGGS, p. 5)."* Modern scientific research

proclaims that our universe, with over 200 billion galaxies, each containing approximately 100 billion stars, is quite extensive. The observable universe is a few tens of billions of light years across. A light year is the distance travelled by light in one year at the speed of 0.3 million km/s. It is equal to 9460 billion kilometers. Astronomers have pointed to the existence of heavenly bodies as far as 30 billion light years from the earth. Despite the latest space technology, scientists have yet to find the edge of the universe to date. This fact is in accordance with Guru Nanak's claim about Creation's immensity.

Furthermore, Guru Nanak articulates the existence of countless universes as; *"There are planets, solar systems and universes. If one has to describe these, then one can only say that these are unlimited. Therefore, there are countless worlds in the Creation. As is ordained, so these exist. (SGGS, p. 8)."* Contemporary science has also pointed out the possibility of the existence of multi-universes. Guru Nanak's these ideas, propounded about 550 years ago, appear to be the precursor of modern science.

ORIGIN OF LIFE

Guru Nanak, in his hymn of 'Siri Raag,' describes the origin of life. He proclaimed, *"From the True Lord (ultimate reality) came the air; and water came from the air. The three worlds (living beings in air; water and space) were created from water. In every heart, his essence is infused. (SGGS, p. 19)."* These ideas of Guru Nanak have been affirmed by prevalent scientific views about the origin of life, as explained hereunder.

Until the middle of the nineteenth century, life was generally thought to be created by some supernatural power, the Creator or God, out of nothing. According to modern science, about 13.8 billion years ago, the 'Big Bang' occurred. About 5 billion years ago, swirling clouds of cosmic dust began to condense to form our solar system. Our earth was scorching when it came into existence. There was great volcanic activity on land. The release of gases from the earth's womb led to the formation of the gaseous envelope (containing water vapors) around it. With time clouds took their shape. Then it rained on the earth for several hundred years. The rainwater flooded the earth and cooled it. In the shallower parts of the earth, the water took the form of seas. Life, in the form of unicellular animals (e.g. Amoeba & Protozoa), is thought to have originated in seawater. From seawater, many organisms later invaded fresh waters and land. The present complex animals and plants have been produced by gradual change in the earlier simpler life forms. Darwin's theory of natural selection is today recognized as the main factor in the evolution of animal and plant life. **(Read full story at www.theindianpanorama.news)**

Hussain Baqueri, President, Nargis Dutt Memorial Foundation

Mr. Hussain Baqueri is the President of the Nargis Dutt Memorial Cancer Foundation. He has been President of the organization since 2019. However, the once extremely active organization has had some internal dissensions preventing the Foundation from being active for a couple of years. To top it came the harrowing period of Covid during which all activity of almost all organizations had to take a back seat.

The Nargis Dutt Memorial Cancer Foundation is now back in action and are holding a gala and fundraiser on November 6 at Marriott in Uniondale, Long Island.

The Indian Panorama Editor Prof. Indrajit Saluja, on November 3, 2022, spoke with Mr. Baqueri about the future plans of the Nargis Dutt Memorial Foundation. Here are excerpts from the interview.

TIP: YOU HAVE BEEN ASSOCIATED WITH THE NARGIS DUTT MEMORIAL CANCER FOUNDATION FOR A LONG TIME.?

A. For about 15 years.

TIP: WHAT IS YOUR ASSESSMENT OF THE ORGANIZATION?

A. I think the heart of all the board members is out there. They are trying very hard to do something for cancer patients in India. We are at a point where we need to update our bylaws and get into more. We've been in existence for 40 years. Our bylaws are 40 years old. So, as time has changed, we need to update. We are in the process of doing that at this time.

TIP: THIS ORGANIZATION WAS FOUNDED BY LATE SUNIL DUTT AFTER HE LOST HIS WIFE NARGIS DUTT WHO WAS A CASUALTY TO CANCER?

A. Yes. In 1981. It was founded by Sunil Dutt and a few other friends. The only one that we have still involved with our organization is Mr. Inder Bindra who is one of the founding members of the foundation. And he's been the only one who has been with us for 40 years now.

TIP: AND HOW ABOUT PRIYA DUTT, DAUGHTER OF SUNIL AND NARGIS? HOW MUCH IS SHE ASSOCIATED WITH YOUR ORGANIZATION?

A. Well since Sunil Dutt passed away, Priya has taken over the mantle of the organization of the nonprofit foundation in India and outside and she's been very kind and spends her time to come and attend our functions and anytime we have any need, she is there. For example, when we do a project, we are here and she's there, she goes out and makes sure the project is getting done properly, and it's being implemented the way it was supposed to be.

TIP: COULD YOU KINDLY GIVE OUR READERS AN IDEA OF THE AMOUNT OF MONEY THAT YOU HAVE COLLECTED AND INVESTED FOR THE WELFARE OF THE CANCER PATIENT AND FOR FIGHTING THE DISEASE DURING THE LAST 40 YEARS?

A. We have collected over \$6 million. We have spent over \$6 million for the last 40 years buying equipment, mainly equipment, like mammography machines and you know analyzers, radiation equipment, dialysis equipment.

TIP: THAT'S A GREAT HUMANITARIAN SERVICE THAT YOU'RE DOING. AND YOU MUST HAVE SOME SUCH PROJECTS IN HAND NOW. OF COURSE, WE KNOW VERY WELL THAT FOR SOME REASON THE FOUNDATION WAS LYING DORMANT FOR A FEW YEARS.

A. You know, COVID made us dormant for a while but even during COVID time, we carried out our humanitarian work. We participated in getting masks out to people, oxygen concentrators here and in India. We would feed the police officers, the nurses and



"Every single penny that we get goes to a project, goes to a good cause"- Hussain Baqueri

doctors and we were involved with doing those things for the last three years.

TIP: AND ALL THIS WAS BEING DONE UNDER YOUR PRESIDENCY?

A. Yes. Thank you. Well, I have been the president since 2019. And then earlier I was President from 2014 to 2017.

TIP: WHAT ARE THE PROJECTS THAT YOU HAVE NOW IN HAND?

A. The immediate project that we're working on is an ocular oncology project. This is a project we are doing in conjunction with Goutami Eye Clinic. They have started a separate unit for that and that's what is our project. And this is in Rajahmundry, India, which is not a major metropolitan city, but it's a small town. And I think that's where we need more of help in India because major cities have very good hospitals, but the rural India is still missing the health care that is needed.

TIP: WHAT IS THE INITIAL COST OF THE PROJECT?

A. It is approximately \$100,000

TIP: AND HOW DO YOU PLAN TO RAISE THAT?

A. We are trying to raise the money at the fundraising event and then reaching out to our donors to tell them what the project is. And we are working with Dr. VK Raju from Morgantown, West Virginia, who heads the Goutami Eye Institute and he's also helping us fund the project.

TIP: I UNDERSTAND, EVERY YEAR WHEN YOU HAVE THE GALA, YOU HONOR CERTAIN EMINENT PERSONS. ARE YOU HONORING SOME AT THIS GALA?

A. Yes, we are. We have six people we are honoring this time. We have Dr. Raju, an ophthalmologist from West Virginia. We have Nilesh Mehta who is a gastroenterologist and a hematologist in Long Island, New York. And then we have Dr. Sadiq. He's a dentist from New Jersey. We have a gentleman by

the name Sonny Singh. He's from Seattle. He is an entrepreneur and his company makes stuff for healthcare facilities. And then we have Andy Mansukhani, who is our Immediate Past President. We always honor our immediate past president for his services. So, we are honoring him this time. And Mr. Peter Bheddah who has been with us for over 30 years. He is no longer with us. He passed away a couple of years ago. So, we are honoring him posthumously.

TIP: AND HOW MANY PEOPLE ARE YOU INVITING TO THE GALA?

A. We are expecting about 300 people to the gala. The only problem is this year we have a very big wedding in the local area. It's a destination wedding. And a lot of our prospective guests are in Cancun instead of in Long Island. It's Okay. Naturally they cannot afford to miss the wedding What do I do? I don't have to stop that. Okay, I stopped anyway.

TIP: OKAY. WE GET BACK TO OUR JOB. SO, WHAT IS THE PROGRAM BY THE WAY?

A. Since it's a Sunday program, we're going to start early at 5.30. 5.30 to 7 o'clock is a cocktail hour. Then 7.30 Everybody comes in. We have the national anthems of both America and India. And then I will give a State of the Foundation speech just to let them know what's going on; what we have done since the last time. Thank people and then introduce Priya. She's our guest of honor this time, and she will have the podium for a few minutes. After that, we'll go right into honoring. We have this time, other than the six honorees that I spoke about, the kids who volunteered in a 5k run and a walk in September which we had organized in Eisenhower Park in conjunction with other people organizations. I'm just acknowledging the kids out there.

TIP: HOW MANY ARE THERE?

A. There were 10 kids. They all are teenagers and they did an amazing job. We had about 250 people who came. So, we're just honoring those kids and they also volunteer in our function.

TIP: WHAT ELSE IS THERE?

A. And then we go right into the presentation of the project with Dr. Raju. And in fact, Dr. Prem Goel, who's our chairman of the Medical Review Board, will then introduce Dr. Raju and the project and Dr. Raju will come in and talk about his project and how it impacts the people and what it's all about. After that, we are going to do a fundraising for a few minutes and then once the fundraising is over, we are going to head straight into the fashion show. That's our entertainment program for the evening.

TIP: COULD YOU TELL US SOMETHING BRIEFLY ABOUT THE FASHION SHOW?

A. The Fashion Show is being organized by Panache Entertainment. The lady's name is Nishi Behl. We have more local models. The clothes are from designers from India and Pakistan. And also, we will have a trunk show afterward. If people would like to buy some stuff, they can. It will be available outside. And, after the fashion show, there would be a dinner and socializing.

TIP: YOU SAID THERE WILL BE SALE OF THE DESIGNER APPAREL. WOULD THE FOUNDATION GET A SHARE?

A. They give us a percentage of whatever they sell. So, this way that there is a donation to the foundation.

(Read full interview at
www.theindianpanorama.news)

Guru Nanak- the builder of a Cohesive Society



BY
MIKE GHOUSE

"GURU NANAK'S MESSAGE CAN BE BRIEFLY SUMMARIZED AS A DOCTRINE OF SALVATION THROUGH DISCIPLINED MEDITATION ON THE DIVINE NAME. THE DIVINE NAME SIGNIFIES THE TOTAL MANIFESTATION OF GOD, A SINGLE BEING, IMMANENT BOTH IN THE CREATED WORLD AND WITHIN THE HUMAN SPIRIT. SALVATION IS UNDERSTOOD IN TERMS OF ESCAPE FROM THE TRANSMIGRATORY ROUND OF DEATH AND REBIRTH TO A MYSTICAL UNION WITH GOD. MEDITATION MUST BE STRICTLY INWARD, AND ALL EXTERNAL AIDS SUCH AS IDOLS, TEMPLES, MOSQUES, SCRIPTURES, AND SET PRAYERS ARE EXPLICITLY REJECTED." - ENCYCLOPEDIA BRITANNICA.

Gurpurab is the 554th birth celebration of the first Sikh guru, Guru Nanak. It is one of the most sacred festivals of the Sikhs and Sikhism.

Five hundred fifty-four years ago, God sent Guru Nanak to restore peace and harmony in society. The conflicts and tensions in India at that time needed a peacemaker, and he brought the Hindu and Muslim communities together through devotional hymns composed by Hindu and Muslim saints.

The Quran says God sends a peacemaker to every society. He loves his creation and wants it to live cohesively with peace and harmony. Shri Krishna said whenever a society deteriorates and people live in fear of each other, he would emerge among them to restore righteousness. Similarly, Jesus, Buddha, Moses, Zoroaster, and other great souls have appeared to restore harmony among their people. Every one of them was an auto-corrector for society.

Guru Nanak fulfilled what God wanted him to do to build cohesive societies where individuals feel secure about their uniqueness, be it the filters of faith, race, ethnicity, language, or culture.

Guru Nanak's birthday has a special significance to me. He primarily brought people from different faiths together and taught common sense goodness, serving humanity and caring for the neighbors. Indeed, the religion we call Sikhism started as an interfaith movement.

One message that resonates with me is his guidance to "accept all humans as your equals and let them be your only sect (one humanity)."

Throughout his life, Guru Nanak emphasized that no person can be "above" any other person; all are a part of creation and are equally close to God. Indeed, no one is more privileged than the other. Given the misogynistic



Guru Nanak had two companions throughout his life. One was Mardana, a Muslim, and the other, Bala, a Hindu

GURU NANAK PRIMARILY BROUGHT PEOPLE FROM DIFFERENT FAITHS TOGETHER AND TAUGHT COMMON SENSE GOODNESS, SERVING HUMANITY AND CARING FOR THE NEIGHBORS. INDEED, THE RELIGION WE CALL SIKHISM STARTED AS AN INTERFAITH MOVEMENT.

society 500 years ago, his teachings were ahead of his time to treat women as equals, and gender discrimination in the Sikh community has no religious basis.

He laid the foundation for a community to serve humankind, and the Sikh community has repeatedly demonstrated to the world that they care for fellow humans wholeheartedly.

Sikhs, along with the Red Cross and other institutions, are among the first communities to rescue whenever a disaster strikes worldwide.

When the Wisconsin shooting in a Gurdwara killed several people, the Sikhs in America showed the world how to deal with the conflict. They held prayer vigils throughout America instead of blaming or cursing the

THROUGHOUT HIS LIFE, GURU NANAK EMPHASIZED THAT NO PERSON CAN BE "ABOVE" ANY OTHER PERSON; ALL ARE A PART OF CREATION AND ARE EQUALLY CLOSE TO GOD. INDEED, NO ONE IS MORE PRIVILEGED THAN THE OTHER. GIVEN THE MISOGYNISTIC SOCIETY 500 YEARS AGO, HIS TEACHINGS WERE AHEAD OF HIS TIME TO TREAT WOMEN AS EQUALS, AND GENDER DISCRIMINATION IN THE SIKH COMMUNITY HAS NO RELIGIOUS BASIS.

criminals. The Center for Pluralism recognized this model of conflict mitigation in their annual Unity Day and presented the recognition trophies to all five Sikh Gurdwaras in Dallas, Texas.

The Langars (the food kitchens) he established serve millions of hungry people worldwide. Service to humanity is the number one form of worship. When you serve God's creation, you are serving God.

When the Government of India removed article 370 without the people's consent, a few radical ministers in India rejoiced that Kashmir was open now and that they could take the Kashmiri women as they pleased. Thanks to the Sikh community for holding a press conference and challenging that no one "no mai ka lal" would harm any woman anywhere in India and that they would protect the women. It brought tremendous relief to women knowing that the Sikh community would stand by them.

"Guru Nanak's message can be briefly summarized as a doctrine of salvation through disciplined meditation on the divine name. The divine name signifies the total manifestation of God, a single Being, immanent both in the created world and within the human spirit. Salvation is understood in terms of escape from the transmigratory round of death and rebirth to a mystical union with God. Meditation must be strictly inward, and all external aids such as idols, temples, mosques, scriptures, and set prayers are explicitly rejected." Britannica.

Let's pray that the spirit of Guru Nanak reemerges in each of us to restore peace and harmony in the world.

May the Noor (divine light) of Guru Nanak brighten the world.

Happy Gurpurab!

(Mike Ghouse is the CEO and founder of the Center for Pluralism and an interfaith wedding Officiant. He offers pluralistic solutions on issues of the day to the media, policymakers, and others. More about him at www.TheGhouseDiary.com)

*We wish all a Happy 553rd Birth
Anniversary of Shri Guru Nanak Dev Ji*



“There are worlds and more worlds below them, and there are a hundred thousand skies over them. No one has been able to find the limits and boundaries of God. If there be any account of God, then alone the mortal can write the same; but God's account does not finish, and the mortal himself dies while still writing.” **Guru Nanak**

Pritam Singh Gilzian
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Former President
Gurdwara Baba Makhan Shah
Lobana Sikh Center, NY
President, Punjabi Merchants'
Association, Richmond Hill, NY
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**“Nanak, the whole world is
in distress. He, who believes in
the Name, becomes victorious.”
Guru Nanak, Sri Guru Granth Sahib**

Happy Gurmourab



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MIRACLE AT PANJA SAHIB (HASAN ABDAL), PAKISTAN

BY I.S. SALUJA

Sometime between the year 1510 and 1520, just before the Mughal rule began in India, Guru Nanak is said to have traveled to the Arab lands visiting, among other places, Mecca and Baghdad. He was in his 40s then. Some say he even performed the hajj, but there is no conclusive evidence to support that claim. On the way back from his sojourn in the Arab lands, Guru Nanak passed through Kabul and Peshawar and halted at a small hamlet, the present-day Hasan Abdal, at the foot of a steep hill.

Attracted by his simple lifestyle and engaging conversation, many people from the village, both Hindus and Muslims, started flocking to Guru Nanak. As the word about him spread, the number of devotees increased.

It so happened that there also lived a Muslim saint, Baba Wali Kandhari, at the summit of the hill above the hamlet. His last name suggests his origins in Kandhar, Afghanistan. Other than having a vantage point from where he could see all that was happening in the village below, Baba Kandhari also had the benefit of having a freshwater spring at the summit, which also flowed down the hill to the village.

From the hilltop, Baba Kandhari could see the people flocking to Guru Nanak. He felt a pang of jealousy, which soon turned into outright resentment against

the new saint on the block. If he couldn't stem the flow of Guru Nanak's devotees, Baba Kandhari thought, he could perhaps drive the Guru away from the area by stopping the flow of water to the village down below. And stop the water he did.

Guru Nanak took this development calmly, but the villagers were greatly upset over the cutting off of their water supply. They sent a delegation to Baba Kandhari beseeching him to let the water flow, but the Baba was not moved. He sent the delegation back taunting them to ask their guru to divine water for them. The villagers turned to Guru Nanak, who asked his lifelong disciple and companion, Bhai Mardana, a Muslim, to go to Baba Kandhari and plead with him the case of the villagers. But the Baba did not relent. Guru Nanak sent Bhai Mardana again, and yet again, to beg the Baba for water, but to no effect.

Not knowing what to do, the desperate villagers approached Guru Nanak once again for advice. As the story goes, Guru Nanak told them not to despair. Pointing to a rock embedded in the ground, he asked them to dislodge it. When they pushed the rock aside, freshwater gushed forth from the ground, enough for the needs of the little village, and some more.

Baba Kandhari was dismayed at this development. But his dismay turned into

red hot anger when he discovered that his own spring had meanwhile dried, the water having been sucked by the spring below. Enough was enough, he told himself and decided to get rid of the Guru.

One day, when Guru Nanak was sitting, as usual, surrounded by his devotees, Baba Kandhari pushed a huge boulder down the hill in the direction of the Guru. The boulder rolled down, gaining speed and kicking up dust. When the devotees sitting around the Guru heard the rumble and saw the boulder hurtling down in their direction, they fled in panic. But Guru Nanak continued sitting calmly where he was. When the boulder came close, and it seemed it would surely crush him, Guru Nanak raised his right hand as if ordering the rock to stop. The boulder pushed against Guru Nanak's hand - and stopped! The Guru's palm sank into the boulder as if into soft wax, leaving a deep imprint on it.

Upon seeing the miracle, not only the faith of the villagers was reinforced in their saint, but it also convinced Baba Kandhari of the spiritual reach of Guru Nanak. According to one version of the story, Baba Kandhari came down from the hilltop, touched Guru Nanak's feet, and also joined the Guru's devotees. Another version says both saints became friends and lived happily thereafter,

tending independently to their respective flocks.

Today, the rock with a clearly visible hand imprint is embedded in the concrete structure of the building complex of Panja Sahib. Clear fresh water gushing out from somewhere in the ground cascades down the face of the rock, washing the hand imprint, into a very large pool. Next to the pool, on an elevated platform, stands a beautiful gurdwara, built in the Mughal style by Maharaja Ranjeet Singh (1780-1839). The gurdwara houses the Granth Sahib - the holy book of Sikhs.

(Excerpts from an article by Aziz Ahmad. Source: Internet)

PANJA SAHIB IN PICTURES

Ace photographer Jay Mandalhas visited Panja Sahib a couple of times and took plenty of lovely photographs. He has selected some for the readers of The Indian Panorama which we are glad to reproduce here in this special edition commemorating Guru Nanak Dev Ji's 552nd Birth Anniversary.

The shrine is considered to be particularly important as the handprint of the founder of Sikhism, Guru Nanak, is believed to be imprinted on a boulder at the Gurdwara.

Text and Photos / Jay Mandal-On Assignment



The hand imprint of Guru Nanak on the rock
Picture taken from the Internet



Gurdwara Panja Sahib complex



Sandeep Chakraborty, former Consul General of India at New York at the Gurdwara

CONTD ON PAGE 37

CONTD FROM PAGE 36



The old entrance of Gurdwara Panja Sahib



Outer periphery (Parikrama)



Health Center at the Gurdwara



The Diwan Hall



Children at the Gurdwara Sahib



Children enjoying a jump in the pool



Langar (free food for all) is a unique feature of Sikhism. Volunteers making rotis (prasada) in the kitchen



Prayers are being offered before the food is served



Visitors eat food. All have to sit together on the ground regardless of caste, color, creed, status - a brilliant principle of equality.



A view of the beautiful building of the Gurdwara



Happy devotees at the Gurdwara



The locals help in serving food in the langar



Volunteers clean the utensils



Sajjad Azhar, based in Islamabad, is a senior journalist with Urdy Independent. He has done a lot of work on the Sikh temples in Pakistan, particularly Gurdwara Panja Sahib and Gurdwara Nanakana Sahib. Here he is seen at the Gurdwara Panja Sahib. A personal friend of The Indian Panorama editor Prof. Indrajit S Saluja, Azhar has agreed to send his articles on the Sikh Gurdwaras in Pakistan for publication in The Indian Panorama. Thank you, Azhar.

Photo / Courtesy Sajjad Azhar



Dr. Lal's interests lie in promoting many humanitarian and academic causes.

Dr. Harbans Lal - A Researcher and Scholar of Sikhism

and Neuroscience at the University of North Texas Health Science Center. He retired from this position in 2000 and now serves the University as Professor Emeritus.

Professionally Dr. Lal is known for his research in behavioral medicine, experimental psychology, substance abuse, and the prolongation of a healthy lifespan by nutritional optimization and genetic engineering.

During his professional life, Dr. Lal served on many national and international advisory boards, including the National Institute of Health Sciences Advisory Committees, the US Food and Drug Administration, and, for 14 years, as the Editor of a monthly journal, Drug Development Research.

He has published over 400 research papers, 28 research books, several research reviews, and 56 chapters in medical textbooks during his academic career.

At his retirement, he was recognized with the Distinguished Neuroscientist Award at the Annual Meeting of the Society for Neuroscience.

The American College of Neuropsychopharmacology elected him as a member and included him among the top scientists recognized for making discoveries in medicines in the past 50 years.

The Scientists of Indian Origin in America elected Dr. Harbans Lal as its President.

Dr. Lal is Sikh as his religious preference. He was elected unanimously as the President of the All India Sikh Students' Federation in 1954. At the 1999 Celebration, The Anandpur Foundation India recognized him with the Order of the Khalsa Award for his distinguished service in promoting causes of the Sikh community.

The Guru Nanak Dev University awarded Dr. Lal the honorary Doctor of Literature degree in 1995 and appointed him as Professor Emeritus at the Guru Nanak Dev University at Amritsar. He currently serves as the Executive Director of the Academy of Guru Granth Studies in USA.

Dr. Lal's interests lie in promoting many humanitarian and academic causes. He continuously writes for many journals, including Dallas Morning News. He serves on many humanitarian and interfaith or religious organizations. He is a member of the Interfaith Council of the Center for World Thanksgiving, The Interfaith Center at Fort Worth, and advisor to the American Project on Religion and the News Media, to THE SIKH TIMES and the Sikh Foundation.

In 2017, Dr. Harbans Lal was among the Faith leaders receiving the "International Medal of Honor" award for his lifelong commitment to promoting interfaith engagement among the adherents of all world religions. The Grace International Seminary presented

the award medal founded and led by President Dr. Karen Hollie-Thibodeaux, also the Senior Minister of The Lifeway Church of Dallas, which is the only seminary for women in the USA with chapters spread in other cities. Dr. Lal also received the USA Unity Day and International Ummah awards. Most recently (2022), Dr. Lal was honored with the Stan Golden Men of Action award by the Southwest Jewish Congress.

Dr. Lal was a Board Member of the UNA- Dallas. Dr. Lal participated in many UNO/NGOs and attended their conferences and symposia at the UNO campus in New York. He participated in the "Millennium Development Goals: Civil Society Takes Action" at the UN in New York in 2004. It focused on the worldwide efforts of non-governmental organizations to support the United Nations' campaigns to reduce indices of extreme poverty by 2015 dramatically. He participated in a similar conference in New York in the year 2000 when the meeting of NGOs formulated and supported those goals for Civil Society.

Dr. Lal became a Dallas Chapter of UNA member several years ago. Presently he is a member of the board and active in the Dallas Chapter Public Relations projects.

He is the Ambassador of the Parliament of World's Religions and serves on the editorial boards of the Sikh Review, Nishan Nigara, and J. of Sikhism and Comparative Religions.

Amarjit Singh Anand: Dedicated to spreading Guru Nanak's Message of Oneness of Humanity



As President of 'Aspirations & Expressions', Amarjit Singh Anand is the Initiator of 1GOD1humanity Accolades, and Guru Nanak Benediction Awards.

Born and raised in New Delhi, India, he attended premier Jesuit educational institutions. His 'alma-mater' Saint Michael's & Saint Xavier's, both provided the best nurturing and conducive environment, where some of his great teachers and visiting faculty included Principal Eric Mendonza and Rev. John Beez (from U.S.A.) and Rev. Robert Meyer (from U.K.).

Residing in New York since 1996, he is a freelance writer, translator, poet and orator, in Punjabi Hindi and English. Volunteerism for social causes is his passion, while writing is his profession.

Amarjit Singh Anand feels humbled and honored as a recipient of the 'Ambassador for Peace' Award (2003) from The Interreligious International Federation for World Peace, New York, Affiliated to the United Nations Organization.

A staunch believer in the dictum : a 'Sikh means a lifelong-learner' and while being an ardent student of the 'School-of-Life', his work of written-word, in the form of 'A critique on humanism, spirituality, religion, world history and societal behavior', is in progress. He is a voracious reader, having a keen interest in heritage, culture, performing & fine arts, history and politics.

Anand was honored by the Global Interfaith Foundation, New York, in 2019. He is a recipient of the 'National Volunteer' Award (1999) from South Asian Marrow Association of Recruiters (SAMAR) New York, serving leukemia patients.

He has worked as a Project Coordinator, with United Sikhs, an advocacy,

empowerment and humanitarian-service NGO, recognized by the United Nations.

He has made presentations at Interfaith meetings, educational institutions and Houses-of-Worship.

He addressed the Commemorative Ceremonies at Ground Zero and at Buddhist Ceremonies of 'Floating-Lanterns', on the somber occasion of paying homage to 9/11 victims. He has participated in events organized by The Interfaith Center of New York at Stony Point, New York.

Anand was invited to participate in Interfaith processions, organized by the 'Children of Abraham' (Jews Christians, Muslims) walking through the streets of Manhattan, NY, where participants addressed the public, over the microphone.

He has organized youth-camps and Symposia, to disseminate the foundational tenets of Sikhism, Sikh heritage & history and Punjabi culture, at Gurdwara Glen Cove, New York.

He is an avid researcher, with a natural inclination towards the Concept of Oneness, Global Consciousness, Giving-Back to society, spirituality, world-religions, meditation, amity, goodwill and

harmonious co-existence.

As President of 'Aspirations & Expressions', Amarjit Singh Anand is the Initiator of *1GOD1humanity Accolades* & *Guru Nanak Benediction Awards*, presented to HUMANISTS, transcending ALL races, religions, ethnicities, cultures, traditions; ALL those engaged in enhancing the *Spirit of ONENESS* and *Divinity-in-Humanity*, with a Vision & Mission to create a *Global-Village*, in consonance with an age-old traditional Indian philosophy of *Vasudhaiva Kutumbakam : The Earth is a Global Family*.

Amarjit Singh Anand expresses his utmost gratitude to 'Waheguru' (The Almighty Omniscient One) and to his Spiritual-Mentor Guru Nanak Sahib Jee, for infinite blessings, bestowed upon him, to shape him into all that he is. He is equally grateful to his revered Parents, Late Ujagar Singh Anand & Late Mrs. Pritam Kaur Anand, for endowing him with the gift of the best education and to all of his respected, knowledgeable teachers, for their wisdom.

E-mail : GuruNANAK1oneness@gmail.com
www.1GOD1humanity.org/events



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Baldev Singh Gilzian
516-805-3870
Former President, Gurdwara Baba
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718-496-7545



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DIWALI FESTIVAL



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 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 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.

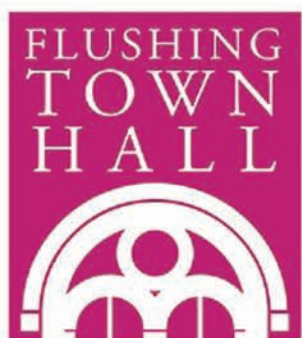
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Hundreds of Indian Americans celebrate Chhath at over dozen places in US

Glimpses of Chhath celebration at Donaldson Park, Highland Park New Jersey



NOVEMBER 01, 2022

WASHINGTON, D.C. (TIP):

Hundreds of Indian Americans worshipped the Sun God on Sunday, October 30 evening and Monday, October 31 night at several places in the country, ranging from the Potomac River in a suburb of this city and Query Lake front in Fremont, to a makeshift pond in Connecticut and Donaldson Park in New Jersey.

In New Jersey, India's Consul General in New York Randhir Jaiswal and his spouse Dr Abha Jaiswal joined the Morning Arag or the worship of the rising sun at Donaldson Park, Highland, along with nearly a thousand Indian Americans from the New York and New Jersey area.

Organized by the Bihar and Jharkhand Association of North America and Bihar Foundation, one of the largest Chhath celebrations in the US saw the participation of families of top corporate leaders.

In his brief remarks, Jaiswal highlighted the significance of the diaspora community in celebrating Indian festivals thousands of miles away from the country of their origin.

Pushpa Mishra from New Jersey celebrated Chhath with friends and family. A first time Vrati or faster, she celebrated the festival with her spouse, Nirmal Mishra, a Director at Centroid Systems.

Among those who joined the celebrations in New Jersey were Manish Varma, Global VP at GlaxoSmithKline, Amit Choudhry, COO of Wipro, Vikas Varma, Dr Director at Johnson & Johnson. All families came together to prepare Chhath Prasad and celebrate the puja at the ghaat, extremely well organized by BAJANA and their never tiring executive committee and their volunteers, said Alok Kumar, chairman Bihar Foundation.

Braving the biting cold, a large number of Indian American gathered on the banks of the Potomac River, in a Virginia suburb of Washington DC,

to participate in what is now considered as one of the oldest Chhath celebrations in the country.

It was a community effort led by software engineer Kripa Shankar Singh, who along with his wife Manisha started the celebrations in a small way in 2006. On the same bank, the annual celebrations now attract several hundred people not only from those who trace their origin to Bihar and Uttar Pradesh, where Chhath is

celebrated, but also from neighboring Nepal as well.

To keep the participants warm in the wee hours of Monday, community leaders lit a bonfire and served hot Samosa and tea. It's matter of pride that the manner in which the community has come together to celebrate the sacred Chhath festival, said Sunil Singh, an eminent Indian American from Virginia.

In Connecticut, Chhath was performed in a makeshift pool, as celebrants enthralled the audience with the traditional Chhath songs at the indoor auditorium there. Devotees were seen carrying the offerings in baskets wrapped in yellow cloth over their heads.

More than a 1,000 Indian Americans joined the Chhath celebrations in Quarry Lake, Fremont California. Participants came dressed in colorful Indian dresses, including saree, even as organizers played traditional Chhath songs. Just felt like being in India, said Reena Gupta. (Source: PTI)





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NJS WITH XIAN ZHANG INVITES YOU TO A MEMORABLE NIGHT



Xian Zhang.

Photo / njsymphony.org



Yo-Yo Ma

Photo / Jason Bell.

BY MABEL PAIS

New Jersey Symphony (NJS) and Music Director Xian Zhang invite you to a night to remember!

The orchestra celebrates its 100th birthday with a Centennial Gala & Concert at the New Jersey Performing Arts Center in Newark on November 12 at 7:30 pm.

Cellist Yo-Yo Ma and the New Jersey Ballet will perform with the orchestra at this landmark event, which marks a century of musical excellence, innovation and inclusion. Commencing the festivities will be a work co-commissioned by the New Jersey Symphony: Herald, Holler and Hallelujah: Fanfare for Brass and Percussion by composer and trumpet virtuoso Wynton Marsalis featuring jazz melodies inspired by New Orleans funeral processions.

The legendary Yo-Yo Ma will take center stage to perform with the orchestra in Dvorák's cello concerto, once described by cellist Pablo Casals as "Dvorák's Tenth Symphony" and considered by many to be the greatest concerto written for cello. To complete the celebratory evening, dancers from New Jersey Ballet will join the orchestra for a tale of unrequited love in selections from Ginastera's Four Dances from Estancia.

On November 27, 1922, the ensemble that would later



Zhang with the NJ Symphony.

Photo / njsymphony.org

be known as the New Jersey Symphony gave its first concert at the Montclair Art Museum, a fittingly local venue for the beginning of an organization that has defined itself through its community connections. Philip James led this group of only 19 string players in a program that included music by Henry Purcell, Camille Saint-Saëns and Victor Herbert, as well as the world premiere of *The Dark Road* for viola and strings by Cecil Forsyth.

Internationally renowned Chinese-American conductor Xian Zhang began her tenure as the New Jersey Symphony's current Music Director in 2016. Since her arrival at the New Jersey Symphony, Zhang has revitalized programming with an industry-leading commitment to diversity, equity and inclusion in mainstage concerts.

The centennial season opened in October with concerts featuring Rachmaninoff's Third Piano Concerto with soloist Yefim Bronfman; Jessie Montgomery's *Banner*; Nimbus Dance performing original choreography in Copland's *Appalachian Spring Suite*; Strauss' *Burleske for Piano and Orchestra* with soloist Michelle Cann; Brahms' Fourth Symphony; and Dorothy Chang's *Northern Star*. The centennial season will conclude in June 2023 with Zhang leading the orchestra and violinist Joshua Bell in Bruch's Violin Concerto No. 1, Stravinsky's *Rite of Spring* and a commissioned world premiere by Daniel Bernard Roumain.

The New Jersey Symphony is redefining what it means to be a nationally leading, relevant orchestra in the 21st century. As it celebrates its centennial, NJS is renewing its deeply rooted commitment to diversity, equity and inclusion by championing new, and often local, artists; engaging audiences for whom the inspiring depth and breadth of classical music will be new; and incorporating the broadest possible representation in all aspects of the organization—all to better reflect and serve its vibrant communities.

Since 2021, Music Director Xian Zhang has worked together with composer, violinist, educator and social-justice advocate Daniel Bernard Roumain, the

orchestra's resident artistic catalyst, to offer programming that connects with diverse communities in Newark and throughout New Jersey.

SPONSORSHIPS AND GALA TICKETS

Chef David Burke, a New Jersey native and a pioneer in American cooking, will curate a 5 pm cocktail reception and dinner (black tie optional). A dessert afterparty follows the concert, with desserts from David Burke's Dixie Lee Bakery. At age 26, Burke was named executive chef of New York City's River Café. While there, he became the first American ever to win the prestigious 'Meilleurs Ouvriers de France Diplome d'Honneur.' He subsequently won Japan's 'Nippon Award for Excellence,' the 'Robert Mondavi Award of Excellence' and two nominations for 'James Beard Best Chef.' Burke later became a familiar guest on television's *Top Chef*. He is the author of 'Cooking With David Burke' and 'David Burke's New American Classics.'

The gala chair is Charles F. Lowrey, Chairman and CEO of Prudential Financial, Inc. Gala sponsors and supporters receive premier or A-level reserved concert seating; admission to the reception, dinner and dessert afterparty; complimentary parking; and recognition in the event materials. Sponsorships and a limited number of gala tickets at various levels are available. For additional information and tickets, visit njsymphony.org/gala.

There are opportunities to sponsor New Jersey Symphony musicians to attend the dessert after-party.

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

Heartiest Congratulation on the 553rd Birth Anniversary of Shri Guru Nanak Dev Ji



*"There is but One God. His name is Truth; He is the Creator.
He fears none; he is without hate. He never dies;
He is beyond the cycle of births and death. He is self-illuminated.
He is realized by the kindness of the True Guru.
He was True in the beginning; He was True when the ages commenced and has ever
been True. He is also True now."-Guru Nanak*



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DOC NYC 2022 RETURNS @ 13



'While We Watched.'

Photo / docnyc.net



'Holy Cowboys.'

Photo / docnyc.net



'In Search Of Bengali Harlem.'

Photo / docnyc.net

BY MABEL PAIS

FEATURING

VINAY SHUKLA'S 'While We Watched'
Among Special Events
VARUN CHOPRA'S 'Holy Cowboys'
VIVEK BALD'S 'In Search of Bengali Harlem'
Co-Director BHAWIN SUCHAK'S 'Outta the Muck'
AK SANDHU'S : 'For Love and Legacy'
Co-Producer ROBINDER UPPAL'S 'Love In The Time of Fentanyl'
Student MOKSH KRISHNAN'S 'Chants of Freedom'
Among Many Others

DOC NYC, America's largest documentary festival - runs in-person November 9-17 for its 13th edition at IFC Center, SVA Theatre and Cinépolis Chelsea and continues online through November 27.

The 2022 festival presents more than 110 feature-length documentaries (including Short List titles) among over 200 films and dozens of events, with filmmakers expected in person at most screenings. Included are 29 World Premieres and 27 US premieres. Twenty-three films in the US Competition, for new American-produced nonfiction films, and the International Competition, for work from around the globe, make their US or greater premieres. The Kaleidoscope Competition for new essayistic and formally adventurous documentaries continues into its second year, while the festival's long-standing Metropolis Competition, showcasing New York stories and personalities, also returns. The festival also includes thematically organized sections that spotlight new films on music, sports, activism, the arts and more.

Short-form content continues to be represented in the festival's Shorts Competition (67 films), Meet the Press Film Festival (15 films) and DOC NYC U (34 films representing student work from nine NYC schools).

"We are proud to be presenting such an incredible array of outstanding work in this year's Main Slate," said the festival's new artistic director Jaie Laplante. "These films, representing the diverse perspectives of our programming team, showcase significant premieres from major veterans alongside discoveries of emerging voices."

New this year is the Odyssey Impact® award that, with the generous support of Paramount and its initiative Content for Change Academy, will present a \$10,000 cash prize and an Odyssey Impact® led six-month National Impact Campaign to one eligible short film that has a social justice theme and a strong call to action.

Also new at DOC NYC in 2022 is the previously announced Meet the Press Film Festival at DOC NYC, a one-day showcase with screenings and conversations that bring together filmmakers and NBC News correspondents on Tuesday, November 15.

Below is a breakdown of programming by section. For screening details, visit docnyc.net

SPECIAL EVENTS



'For Love & Legacy.'

Photo / docnyc.net

OPENING NIGHT

MAYA AND THE WAVE (US Premiere)

Dir: Stephanie Johnes | Prods: Stephanie Johnes, Jorge Leal

Filmmaker Stephanie Johnes' thrilling documentary follows world-champion Brazilian surfer Maya Gabeira, who battles against monster waves as well as sexism in the male-dominated field of competitive surfing.

CLOSING NIGHT

THE CONSPIRACY (World Premiere)

Dir: Maxim Pozdorovkin | Prods: Allison Stern, Caroline Hirsch, Joe Bender, Dan Cogan

A bold, visually striking animated documentary that traces the origins of the insidious conspiracy theory that Jews have a plot to control the world, and charts how such antisemitic ideas persist today.

Centerpiece Screening

CIRQUE DU SOLEIL: WITHOUT A NET (World Premiere)

Dir: Dawn Porter | Prods: Dawn Porter, Eli Holzman, Aaron Saidman, Mark Burnett, Barry Poznick

The world's most famous circus prepares to remount its flagship show more than a year after an abrupt global shut-down, and performers and crew members face uncertainty as they prepare to return to the stage.

CENTERPIECE SCREENING

GUMBO COALITION (World Premiere)

Dir: Barbara Kopple | Prods: Barbara Kopple, David Cassidy, Williams Cole, Ray Nowosielski

Two-time Academy Award-winning filmmaker Barbara Kopple follows two visionary leaders of the African American and Latinx American communities as they fight for racial justice in the Trump - and COVID - era.

Pre-Festival Tribute Screening (Tuesday, Nov. 8)

THE FIRE WITHIN: REQUIEM FOR KATIA AND MAURICE KRAFFT

Dir: Werner Herzog | Prods: Pete Lown, Alexandre Soullier

Werner Herzog brings his distinct perspective to the lives of the French volcanologists Katia and Maurice Krafft.

IDINA MENZEL: WHICH WAY TO THE STAGE? (World Premiere)

Dir: Anne McCabe | Prods: Jana Edelbaum, Rachel

Cohen

Beloved Tony Award®-winning actress and singer Idina Menzel juggles the challenges of being a working mom with a grueling travel schedule, all while preparing to finally realize her dream: headlining a concert at the world-famous Madison Square Garden in her hometown of New York City. (Disney+)

THEATER OF THOUGHT (NYC PREMIERE)

Dir: Werner Herzog | Prod: Ariel Leon Isocovitch
After traveling the world, Werner Herzog, at age 80, explores the mysteries of the brain through interviews with cutting-edge researchers.

THE VOLCANO: RESCUE FROM WHAKAARI (NYC Premiere)

Dir: Rory Kennedy | Prods: Sara Bernstein, Justin Wilkes, Dallas Brennan Rexer, Mark Bailey, Rory Kennedy

A riveting retelling of the survivors and rescuers from the 2019 New Zealand White Island volcano disaster. (Netflix)

WHILE WE WATCHED (US PREMIERE)

Director: Vinay Shukla | Producers: Vinay Shukla, Khushboo Ranka, Luke Moody

Filmmaker Vinay Shukla gives shape to the melancholy and fear the daily news brings into our screens and lives, in India and all over the world.

U.S. COMPETITION

Eleven films compete in the U.S. Competition.

INTERNATIONAL COMPETITION

Twelve films are in the International Competition.

METROPOLIS COMPETITION - NEW YORK STORIES

Five films are in this category.

KALEIDOSCOPE COMPETITION - NEW DOCUMENTARY VISIONS

This category has seven competitors.

WINNER'S CIRCLE - MAJOR AWARD WINNERS

Ten films compete in this category.

AMERICAN LIVES - STATES OF BEING IN THE UNION

There are nine films in this category.

ARTISTIC EXPRESSIONS - STORIES OF CREATIVITY

Six films compete in this category.

FIGHT THE POWER - STORIES OF ACTIVISM

There are four films competing.

GAME FACE CINEMA - THE DRAMA OF SPORT

Six films compete.

INVESTIGATIONS - EXPOSING THE TRUTH

There are six films competing.

PORTRAITS - PROFILES OF SINGULAR INDIVIDUALS

Six films compete.

SONIC CINEMA - MOVIES ABOUT MUSIC

There are six films.

VOICES OF CANADA

A showcase of the Canadian titles that are represented throughout the festival's sections.

CONTD ON PAGE 72



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Bollywood actress is 'lot more than being just size zero': Huma

In an industry focussed on body image what a female actor ought to look like, Huma Qureshi is one of the few to have bucked the trend. Not only has the actor experimented with roles but often gained weight and looked a certain way for many of her projects. In a recent interview, the actor took a slight dig at the size zero obsession in Bollywood, saying there was much more to being a Bollywood heroine than that.

Huma Qureshi's next film Double XL is a humorous take on body image issues and body shaming, in which Huma and Sonakshi Sinha play two plus-sized women. The film, directed by Satramm Ramani, also stars Zaheer Iqbal and features cricketer Shikhar Dhawan in a cameo in what is his first film appearance. Sonakshi and Huma have been promoting the film in various interviews of late.

SRK unveils 'Pathan' teaser; gifts fans with perfect return gift on 57th birthday

The teaser of Shah Rukh Khan's upcoming film 'Pathan' was unveiled on Wednesday, November 2, on the occasion of the actor's 57th birthday.

The teaser laced with action and adrenaline-boosting chase sequences see SRK in the role of an Indian spy, who refuses to give up and claws his way out of any given situation attributing to his survival instincts.

The teaser begins with a voice-over, presumably of Ashutosh Rana, introducing the titular character. It then spirals into full-blown action saga with SRK beating the baddies.

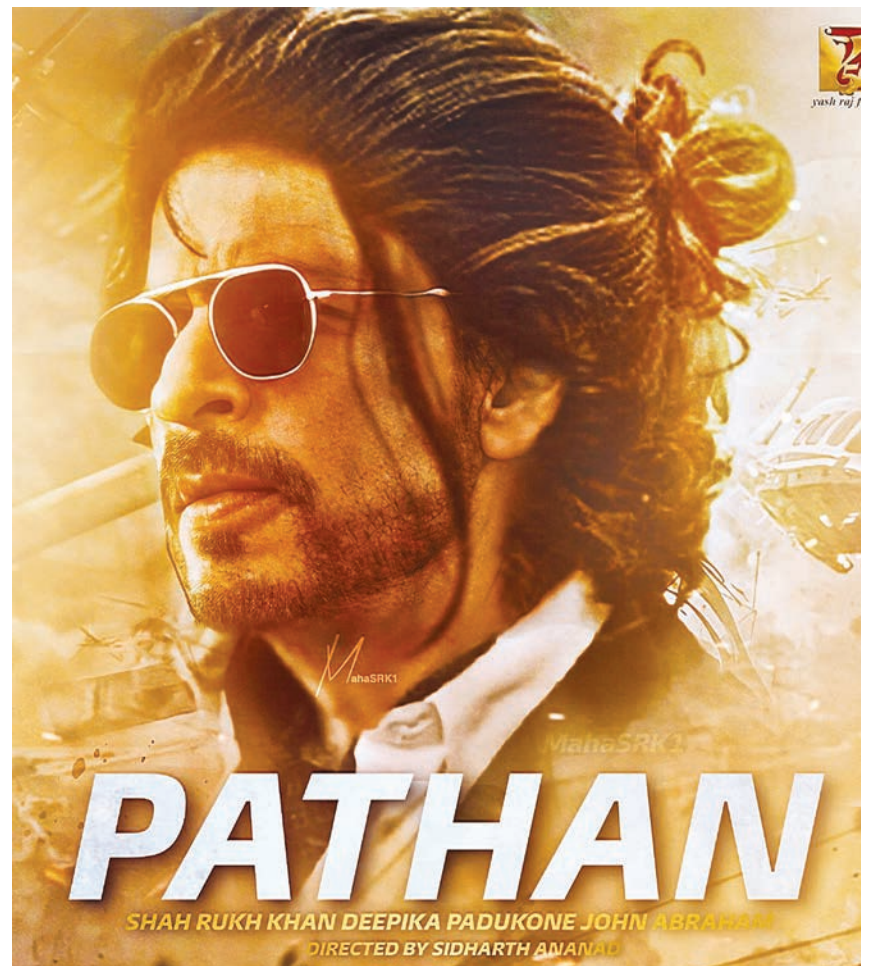
Bollywood actor Deepika Padukone also makes a stunning appearance in the teaser followed by John Abraham, whose character is introduced as he fires a grenade launcher.

The film, directed by Sidharth Anand of 'War' fame, has all the elements of a classic Yash Raj Films action movie. The teaser features evident sequences which remind of the best YRF action films over the years, be it the aquatic chase sequence (Bang Bang), the acrobatics induced fight sequences (War), the bird eye view of cities (War and Fan) or the fight sequence atop a moving vehicle (Dhoom climax).

And it also voices a dialogue from SRK, "Kursi ki peti baandh lijiye, mausam bigadane waala hai".

'Pathaan' is the first of SRK's three films after a hiatus of over four years for the actor. Earlier, he was seen in the 2018 movie 'Zero' which tanked badly at the box-office.

'Pathaan' will drop in theatres on January 25, 2023.
Source: IANS



Hrithik Roshan pens love-filled birthday wish for girlfriend Saba Azad

Bollywood actor Hrithik Roshan, on Tuesday, November 1, dropped an adorable birthday wish for his girlfriend Saba Azad.

Taking to Instagram, Hrithik shared a picture which he captioned, "The rhythm of you, the voice of you, the grace of you, the heart of you..and oh that insanely amazing mind of you.. melody in motion girl, that's what you are. Thank you for existing you quirky crazy nutty anomaly of a human being! Happy Birthday. 1/11/2022."

Hrithik and Saba have been dating for quite a long time and frequently get spotted hand-in-hand at various events.

Soon after the 'Krrish' actor shared the post, fans swamped the comment section and dropped heart and fire emoticons.

'Ishq Vishk Rebound' actor and Hrithik's cousin sister Pashmina Roshan wrote, "Awwww Happy birthday sabzi." "So cuteeee," a fan commented.

Rumours about Hrithik and Saba's relationship started when they were spotted out on a dinner date together in February. Later, Saba also joined Hrithik's family for a get-together. The rumours came to an end after the two walked hand-in-hand at actor Karan Johar's 50th birthday bash.

Meanwhile, on the work front, Hrithik was recently seen in an action thriller film 'Vikram Vedha' alongside Saif Ali Khan and Radhika Apte. Helmed by the director duo Pushkar-Gayatri, the film received positive feedback from the audience.
Source: ANI



Janhvi Kapoor on ex Ishaan Khatter: 'Part of us will always root for each other'

Janhvi Kapoor and Ishaan Khatter made their Bollywood debut together in 2018 with Dhadak and ended up being a part of a box office clash on Friday. Talking about him, Janhvi has said that a part 'of us will always root for each other'. She added that they have wished each other luck for their new film releases.

Janhvi's thriller Milli released in theatres on Friday while Ishaan stars in Phone Bhoot that hit theatres the same day. Phone Bhoot also stars Siddhant Chaturvedi and Katrina Kaif in lead roles. Mili has Sunny Kaushal and Manoj Pahwa among the lead cast.

Talking about Ishaan, Janhvi told News18, "He messaged me recently wishing me luck for Mili and I wished him back saying, 'Right back at you!' I think there was an undercurrent of competitiveness. I'm just kidding! We really wish the best for each other dil se (from the heart). We started out together. A part of us will always root for each other."

She also talked about his new film and said, "I've seen the trailer and I think it looks like a lot of fun. We had spoken briefly when he was about to sign the film. I know a little bit about it, and it sounds like a very exciting premise."
Source: HT





Amber Heard quits Twitter after ex Elon Musk takes over as CEO

After Elon Musk acquired Twitter and took charge as CEO after finalising a \$44 billion takeover, many Hollywood celebrities along with Amber Heard deleted her Twitter account. Recently, she lost her defamation trial against ex-husband Johnny Depp. After which, she was supposed to pay \$10.35 million to Johnny.

Taking to Twitter, an account named, 'That Umbrella Guy' shared a picture of Amber's Twitter account which read, 'This account doesn't exist.' The screenshot was captioned, 'Amber Heard has deleted her Twitter.' Reacting to this information, one person wrote, 'So glad she is taking care of herself.' Second person commented, 'Ex-boyfriend Elon told her to delete it.' Third person wrote, 'She can't afford the monthly fee to keep her checkmark now.' Many people posted their speculations around deleting her Twitter handle. It is still not clear why she left Twitter.

Julia Roberts feels 'cringed' by Friends' 'Chandler' Matthew Perry's romantic confessions

Hollywood diva Julia Roberts needs no special mention. Her acting skills, and her hit movies are enough to tell us who she is. Julia is known for her versatile acting mettle, however, the actress had met with Matthew Perry aka Chandler Bing, on the sets of Friends, and as per reports, they had a fling for a short period of time. Matthew has shared their fiery "3-month relationship" in detail in his memoir and now, Julia has reacted in the same. Scroll below to get the scoop.

In Perry's book, Friends, Lovers, and The Big Terrible Thing, he revealed that Julia and his relationship began after she was cast in one of the episodes of Friends as Susie Moss in 1995.

Now, a close source to Julia Roberts shared how the actress felt after reading about Matthew's confessions in his book Friends, Lovers, and The Big Terrible Thing. The source revealed to Closer magazine, "Julia is embarrassed and disappointed that Matthew has detailed their fling. It smacks of Matthew looking for glam soundbites to fill his book and that's not how Julia rolls."

Julia Roberts is now married to Daniel Moder and is a mother to three children. The insider further claimed, "She's very old school about her privacy - you never see her kiss and tell about her exes. It made her cringe."

The source further explained that Julia Roberts is very happy to know that Matthew is now healthy and sober. The insider added, "She knows how badly he



struggled and applauds that he's shown the courage to get help and encourage others to learn from his own cautionary tale. Julia just wishes he hadn't dragged her into his life story."

On the other hand, Matthew wrote a very detailed version of their short-term relationship. As per his book, when Matthew learned from the producers that Julia had accepted the

role if only Chandler's character gets involved, he had sent her three dozen red flowers. Then following a five-hour long phone call, Julia turned up at his door, and their relationship began, which lasted only for 3 months.

Matthew Perry further recorded that he had dumped Julia Roberts as he was "certain she was going to break up with [him]".

Source: Koimoi.com

DiCaprio, Gigi Hadid seen together at star-studded Halloween bash

Hollywood star Leonardo DiCaprio and supermodel Gigi Hadid seemingly had fun together at a Halloween party. Leonardo and Gigi were seen together at CircoLoco's massive Halloween party at the Brooklyn Navy Yard. According to eyewitnesses, the Titanic star and the model, along with her sister Bella Hadid, model Irina Shayk and art dealer Helly Nahmad arrived aboard the party bus. "Leo wore a scary mask most of the night unless he was drinking," a source said.

The source added that the Don't Look Up actor's mask was "half monster, half zombie".

Leonardo was seen with Gigi for the first time, since news of their reported romance broke in September. This is the first time the Oscar-winner has ever dated a woman older than 25, and Gigi would also be the first woman Leonardo has dated who is a mother.



In October, Leonardo reportedly joined Gigi for her modelling jobs, at Milan Fashion Week and Paris Fashion Week. The rumoured couple was even spotted at the same hotel, the luxurious Le Royal



Monceau Hotel in Paris. However, Gigi's sister Bella reportedly warned her older sibling against dating playboy Leo, telling that they're 'ill-suited'.

Source: IANS

Priyanka Chopra's It's 'All Coming Back to Me' delayed again

Priyanka Chopra fans will have to wait a little longer for her next Hollywood movie It's All Coming Back to Me. The film which stars Sam Heughan alongside Priyanka was scheduled to hit the theaters in February next year. But now, it has been pushed to May. Sony Pictures India on Thursday announced that the film will now hit the screens on May 12, 2023. The release of the American romantic drama, written and directed by Jim Strouse, has been delayed several times. It was last scheduled to be released on February 10. Sony Pictures India shared the new release date of the movie on its official Twitter handle. "It's a date. @PriyankaChopra, @SamHeughan and @CelineDion star in the romantic comedy #LoveAgainMovie, coming exclusively to movie theaters May 12 and featuring new music from Celine Dion," the studio said in a tweet.

Based on the 2016 German film "SMS fur Dich" by Karoline Herfurth, "It's All Coming Back to Me" was previously titled "Text for You".



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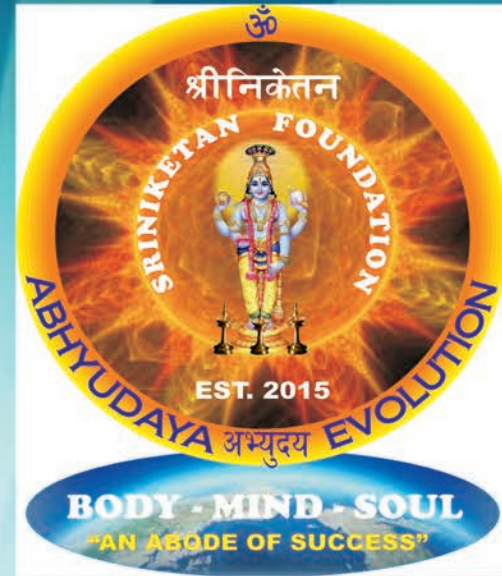
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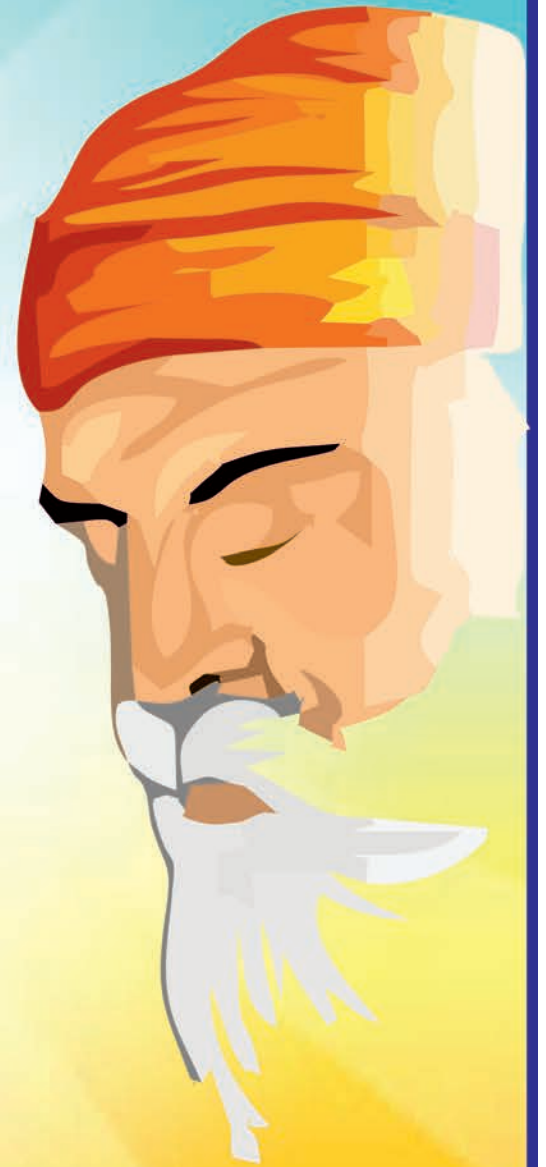
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Extend

*Heartiest Congratulations
On The Happy Occasion Of
553rd Birth Anniversary Of
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"KNOW ALL HUMANITY AS ONE"



Purnima Desai

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CHINA MAN KEEPS RS 250 CRORE LOTTERY WIN A SECRET FROM FAMILY FEARING THEY WILL GET LAZY

BEIJING (TIP): A man in China is keeping his 219 million yuan (around Rs 250 crore) lottery jackpot a secret from his family.

He went to collect the prize money alone at the lottery office in Nanning, in the southern region of Guangxi, last week on October 24, Nanning Evening News reported.

He identified himself by the pseudonym 'Mr Li', dressed in a yellow cartoon character costume.

He wore a bright yellow costume that covered his head in photos showing him accepting the prize.

"I didn't tell my wife and child, for fear that they would be too complacent and wouldn't work or work hard in the future," he said.

After collecting the 171.6 million yuan after tax, he said he donated 5 million yuan to charity and had not yet decided what to do with the rest of the money. (TNS)

15 KILLED IN RUSSIA CAFE BLAZE AFTER FLARE GUN DISCHARGED

NOVEMBER 5

MOSCOW (TIP): A fire in a cafe in the Russian city of Kostroma killed 15 people on November 6, emergency said. The blaze erupted in the early hours after someone apparently used a flare gun during a dispute, authorities said. Rescuers were able to evacuate 250 people. Kostroma is located roughly 340 kilometers (210 miles) north of Moscow. The roof of the cafe collapsed during the fire. A criminal investigation has been launched, and the police are searching for the person who used the flare gun. (AP)

CHINESE PRESIDENT XI JINPING CALLS FOR PEACE TALKS BETWEEN RUSSIA, UKRAINE

NOVEMBER 4

BEIJING (TIP): In a much-scrutinised meeting on November 4 with visiting German Chancellor Olaf Scholz, Chinese President Xi Jinping called for peace talks between Russia and Ukraine and warned against the conflict going nuclear. The German leader is in Beijing for a one-day visit that has drawn criticism over China's tacit support for Russia, lingering controversies over economic ties and human rights issues. It comes after Xi further cemented his authoritarian rule at a major Communist Party congress last month. Scholz's visit reflects the importance of Germany's trade ties with China, the world's second-largest economy, particularly in the auto and manufacturing sectors. (AP)

G7 rallies support for Kyiv, flags China's rise amid global crisis

Concern over rights violations by china

G7 nations said they would continue to raise concerns with China on its reported human rights violations in Xinjiang and Tibet Group also reminded China to abstain from threats, use of force or intimidation

They also expressed concern over the erosion of Hong Kong's freedom G7 expected to harmonise joint policies related to Chinese investment in their countries as caution

NOVEMBER 4

MUENSTER (TIP): Top diplomats from the world's major industrialised democracies on November 5 rallied support for Ukraine in its resistance to Russia's invasion and coalesced around suspicion of China's increasing assertiveness amid a panoply of global crises.

Foreign ministers from the Group of Seven nations, wrapping up two days of talks in the historic western German city of Muenster, were set to release a statement asserting common positions on Ukraine, Russia, China and recent developments in Iran and North Korea, officials said.

A year after warning Russia about the consequences of invading Ukraine, the G7 ministers were expected to endorse



further punishments for the Kremlin and additional backing for Kyiv and countries affected by food and energy shortages that the war has exacerbated, the officials said.

"It is incredibly important that we retain our strategic endurance, the willingness to stick with this until this is done, both to support the people of Ukraine as they defend themselves against aggression but also to lift the pressure off those countries around the world and those people around the world who are already experiencing food insecurity and are even pushed closer to a famine," British Foreign Secretary James Cleverly said.

The ministers will also call out Iran for allegedly supplying weapons to Russia

and a brutal crackdown on anti-government protesters. Their statement will further condemn the recent escalation of tensions in Asia caused by North Korean military activity.

"As a collective G7, our work is to ensure that we maintain peace, bring back peace also to the region, and we are there to protect these international norms," Canadian Foreign Minister Melanie Joly said.

Blinken referred to a 374-year-old document at a Thursday event with German Foreign Minister Annalena Baerbock. He said Russia's actions were an attack on the concepts of national sovereignty and territorial integrity that the centuries-old treaty established. — AP

Drought has killed 205 Kenyan elephants in 10 months, minister says

NOVEMBER 4

NAIROBI (TIP): Drought in Kenya killed 205 elephants and scores of other wildlife between February and October as much of East Africa endures its worst drought in 40 years, tourism minister Peninah Malonza said on November 4.

Although sporadic rainfall has finally started in the region, Kenya's Meteorological Department is forecasting below-average rainfall for much of the country for the coming months, raising fears that the threat to Kenya's wildlife is not over.

"The drought has caused mortality of wildlife ... because of the depletion of food resources as well as water shortages," Malonza, the cabinet secretary for Tourism, Wildlife and Heritage, told a news conference.

Fourteen species have been affected by the drought, she said. In addition to the dead elephants, 512 wildebeest, 381 common zebra, 12 giraffe, and 51 buffalo have also succumbed to the drought over



the same period - some in the national parks that are a major tourist draw for the country.

There have also been 49 deaths of the rare and endangered Grevy's zebra.

In September, conservation group Grevy's Zebra Trust said that 40 Grevy's had died in just a three-month period because of the drought, representing nearly 2% of the species population.

While a first step in accounting for the losses, the figures released on Friday are likely far from comprehensive, the ministry warned in a report, saying

carnivores could have devoured some carcasses. "Thus there is a possibility of higher mortality," the report said.

News of the toll on wildlife in Kenya, where tourism contributes about 10% of economic output and employs over 2 million people, comes just days before the start of the UN climate conference COP27. Host Egypt has made the issue of "loss and damage", compensation for losses from climate-related disasters, a focus of the talks. Debated for years, the issue has never been part of the U.N. talks' formal agenda, as wealthy countries have resisted creating a funding mechanism that could suggest liability for historic climate damages.

Last month, charity Save the Elephants said that one famed calf, well-known for being a twin, a rarity for elephants, died during the drought. The ministry recommended providing vulnerable wildlife groups with water, salt licks, and food and to increase monitoring and data collection. Reuters



*Heartiest congratulations
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SOUTH KOREA SCRAMBLES JETS AFTER DETECTING 180 NORTH KOREAN WARPLANES NORTH OF BORDER AMID TENSIONS

NOVEMBER 4

SEOUL (TIP): South Korea's military said it scrambled fighter jets after detecting about 180 North Korean warplanes flying north of the military border over four hours on November 4.

The North Korean aircraft flew north of the so-called tactical measure line, drawn to up 20 kilometres (12 miles) north of the Military Demarcation Line (MDL), South Korea's military said in a statement.

South Korea scrambled 80 aircraft, including, F-35A stealth fighters, in response. About 240 aircraft participating in the Vigilant Storm air exercises with the United States continued the drills, the military said.

A flight of 10 North Korean warplanes made similar maneuvers last month, prompting South Korea to scramble jets.

The manoeuvres came after North Korea fired more than 80 rounds of artillery into the sea overnight, and the launch of multiple missiles into the sea on Thursday, including a possible failed intercontinental ballistic missile (ICBM).

The launches prompted the United States and South Korea to extend air drills that have angered Pyongyang. (Reuters)

ISRAELI PM LAPID CONCEDES DEFEAT, NETANYAHU-LED BLOC TO FORM GOVT

NOVEMBER 3

JERUSALEM (TIP): Israeli Prime Minister Yair Lapid November 4 conceded defeat in the general elections and congratulated opposition leader Benjamin Netanyahu, whose coalition of right-wing parties secured a comfortable majority in parliament to form the next government and end the political impasse plaguing the country.

With 99 per cent of the ballots counted, Netanyahu-led right-wing bloc has taken a comfortable lead with 64 seats in the 120-member Knesset, paving way for his triumphant return.

Lapid, who has served as interim prime minister for the past four months, said that he called Netanyahu and congratulated him on his victory. He further added that he's instructed all departments of the Prime Minister's Office to prepare for an orderly transfer of power. "The State of Israel is above any political consideration," Lapid said in a tweet. (PTI)

German Chancellor's China visit raises questions at home

NOVEMBER 3

TAIPEI (TIP): The timing of German Chancellor Olaf Scholz's imminent trip to China and what signals he will give to Beijing have raised questions at home, a German member of the European Parliament said on November 3.

Reinhard Butikofer of the Green Party, which is part of the governing coalition, said in Taiwan that Scholz's one-day trip is "probably the most controversially debated visit in the country for the last 50 years." Scholz, who will visit Beijing on Friday, will be the first European leader to visit China since Russia's invasion of Ukraine, which Germany has strongly opposed.

Germany has urged its citizens to leave Iran or risk arbitrary arrest and long prison terms warning dual nationals are at risk

Berlin welcomed EU sanctions on Iran, which has unleashed a crackdown on some of the biggest protests in the nation

Beijing has provided Moscow with diplomatic backing, accused the US and NATO of provoking the attack and scathingly criticised punishing economic sanctions imposed on Russia.

Some in the ranks of Scholz's three-party governing coalition have questioned at least the timing of his visit. His trips to Ukraine and Russia in February also stirred controversy.

Butikofer, part of a group of European lawmakers visiting Taiwan, said, "Just as in other European countries and the EU,



German nationals asked to leave Iran

Germany has urged its citizens to leave Iran or risk arbitrary arrest and long prison terms warning dual nationals are at risk
Berlin welcomed EU sanctions on Iran, which has unleashed a crackdown on some of the biggest protests in the nation

the China policy altogether will be in transition for some time. However, Scholz said: "We cannot return to the China policy of yesterday because the realities have changed." His visit also comes as a Chinese investment in a container terminal at the Hamburg port has raised concerns in Washington and elsewhere that China is gaining a major grip on key infrastructure in an allied nation. Scholz has downplayed the significance of the deal and in a compromise, China's COSCO was cleared to take a stake in the port below 25 per cent. — AP

With no word on visas, Canada's public broadcaster CBC closes China bureau

NOVEMBER 3

BEIJING (TIP): Canada's public broadcaster CBC says it is closing its China bureau after the Chinese government ignored requests to base a reporter in Beijing.

CBC said its applications had been met "by months-long silence from Chinese officials." The broadcaster's last correspondent left Beijing as China closed down amid the COVID-19 pandemic in 2020.

The bureau, located in one of Beijing's high-security diplomatic compounds, had remained open in anticipation of re-staffing.

On November 3, a plaque identifying the bureau remained posted on the outside wall but no one responded to knocks and doorbell rings.

Calls to the bureau's number published by the Chinese Foreign Ministry also went unanswered.

China has taken an increasingly hard line in foreign relations, and ties with Canada nose-dived after China, the US and Canada completed what was effectively a high-stakes prisoner swap last year involving a top executive from Chinese tech giant Huawei who had been charged

with fraud by the US.

China jailed two Canadians shortly after Canada arrested Meng Wanzhou, Huawei Technologies' chief financial officer and the daughter of the company's founder, on a US extradition request.

They were sent back to Canada in September, the same day Meng returned to China after reaching a deal with US authorities in her case.

Many countries labelled China's action "hostage politics," while China has described the charges against Huawei and Meng as a politically motivated attempt to hold back China's economic and technological development.

Canada has also banned wireless carriers from installing Huawei equipment in its high-speed 5G networks, joining allies in shunning the company that has close links with the ruling Communist Party and its military wing, the People's Liberation Army.

China has increasingly restricted the presence of foreign media in the country while boosting its own propaganda presence abroad.

The stance is in keeping with its increasingly confrontational relationship with the US and Western democracies over

trade, human rights and territorial claims.

China blames the US for fuelling tensions after Washington cut 20 visas issued to Chinese state media journalists and required those remaining to register as foreign agents, among other changes.

China responded by expelling journalists working for US outlets and severely restricting conditions for those continuing to work in the country.

After being denied visas, many foreign media outlets have based correspondents in Taiwan and other Asian centres that protect free speech.

"There is no point keeping an empty bureau when we could easily set up elsewhere in a different country that welcomes journalists and respects journalistic scrutiny," CBC News editor-in-chief Brodie Fenlon said Wednesday in a blog post.

"Closing the Beijing bureau is the last thing we want to do, but our hand has been forced," Fenlon said.

CBC said Philippe Leblanc, a journalist with Radio-Canada, the broadcaster's French-language counterpart, would work from Taiwan's capital, Taipei, after China's diplomats ignored his applications. (AP)



"There is but One God. His name is Truth; He is the Creator. He fears none; he is without hate. He never dies; He is beyond the cycle of births and death. He is self-illuminated. He is realized by the kindness of the True Guru. He was True in the beginning; He was True when the ages commenced and has ever been True. He is also True now." - Guru Nanak

Happy 553rd Birth Anniversary of Shri Guru Nanak Dev Ji



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Guide to turn your glossy lipstick matte

If you are a makeup enthusiast you must also have an abundance of lipstick in every shade. As per latest trends, glossy lipsticks are out and matte ones are in. However, this doesn't mean that you should throw out all your glossy lipsticks or let them dry out. You can easily use them by turning them into matte lipsticks.

Apart from preventing wastage, another benefit of turning your glossy lipstick into matte is that it won't dry your lips and you will have more shades to choose from. Using matte lipstick can dry out lips but this won't be the case if you turn your glossy lipstick to matte. Read on to learn how to use your glossy lipstick as a matte one.

Prep Your Lips

The first step is to prep your lips. Start by applying lip balm or any type of lip conditioner on your lips. This will make your lips soft and moisturise them, allowing an easy application for your lipstick.

Then, use a lip liner to line your lips. You can choose a shade lighter or darker or similar to your lipstick. Using a lip liner will add more finish to your lips, thus giving you a cleaner look.

Apply Lipstick

Take a lipstick that you want to apply and either use a brush or directly swipe it on your lips.

Blot Your Lips

Once you have applied the lipstick on your lips, take a tissue paper and put it between your lips. Press your



lips lightly on the tissue paper. You can also substitute the tissue paper with blotting paper which will soak up the moisture from the lip colour without fading it.

After blotting your lips with a blotting paper, reapply the lipstick. Then, blot again using clean tissue paper.

Along with blotting out the excess colour, this technique will also mattify your lipstick.

Powder Your Lips

Take a sponge applicator and dip it in loose powder. Pat off the excess powder from the applicator.

Apply the powder evenly and set it with the sponge.

Press your lips against each other lightly.

Now, you have your perfect matte lips.

Source: HerZindagi

FOOD

Cauliflower Fried Rice

Ingredients

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



Method

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

Steps to detoxing your skin

A skin detox doesn't need to be part of your daily skincare ritual, but it's a good idea to perform a week-long skin detox cycle every 3 months or so in the evening. Prioritizing your skin health is self care; enjoy this relaxing ritual while enjoying a brighter, healthier, glowing complexion.

Step 1: Drink Lots of Water

Drinking water helps flush your pores of toxins and promote healthy, clearer skin. According to the Institute of Medicine, you should drink around 91 ounces of water a day (or about 10 glasses of water a day) if you're aiming to flush toxins from your system. During your detox, drink plenty of water and try to steer away from alcohol and sugary juices.

Step 2: Make a Morning Detox

The use of apple cider vinegar for detoxification goes back thousands of years. Apple cider vinegar is known to help your pH balance get back to an alkaline zone, which gets your digestive system back in order, keeps your energy higher from natural resources, and is naturally stimulates the detox of your liver. Swap out your morning cup of coffee for a morning detox elixir; you may miss that cup of joe, but your body will adjust and you will eventually feel healthier and cleaner.

Step 3: Double Cleanse

Double cleansing might be a change from your typical skincare routine, but it's extremely important during a skin detox. To start, cleanse with an oil-based cleanser. Next, cleanse with a high quality cleansing cream. The first part of your double cleansing routine will help remove makeup, dirt, excess oils, and pollution from your skin, while the second part will remove any remaining impurities that are left on the surface of your skin.

Step 4: Exfoliate Gently

Gentle exfoliators help to slough away all the pollution, makeup, oil, bacteria, dead skin cells, and toxins that you are purging from your skin. Just be careful not to use a harsh, abrasive exfoliator that will irritate sensitive skin. Instead, use a gentle exfoliating formula like an enzymatic powder in your daily skin care ritual to remove pore-clogging agents while protecting you from skin damage.

Step 5: Steam Your Pores With Hot Water

After your double cleansing and exfoliating skincare routine, expose your skin to steam to allow skincare products to penetrate and clean out your pores. To steam your pores, bring a pot of water to boil, then transfer the water to a bowl. Hover your face above the bowl and drape a towel over your head to concentrate the steam to your facial pores for about 10 minutes.



Step 6: Add in Your Boosters

Now that your pores are open, clean, and ready to absorb the active ingredients in some targeted skincare products, start layering products proven to nourish and repair your skin. We'd recommend products like a vitamin c booster, natural retinol serum, and tea tree oil face serum. Vitamin C especially is a great detoxing agent.

Rich in antioxidants, vitamin C scavenges free radicals—pesky environmental aggressors that can cause things like fine lines, wrinkles, dull skin, and other premature signs of aging to occur on the skin. So, protecting—and detoxifying—the skin from free radicals can help prevent premature skin aging.

Source: us.comfortzoneskin

Happy Gurunanak birthday to all our community members of Long Island
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Young working professionals now at high stroke risk: Study

A team of researchers has found a sharp increase in the incidence of stroke in young adults, especially among the working professionals.

Among young people who had a stroke, there was a significant increase in the proportion who were in more skilled occupations, particularly for professional or managerial jobs.

This could suggest a role for work-related stress, low physical activity, and long working hours, each of which were more strongly associated with risk of stroke than heart attack.

The findings from the study published in the journal JAMA on the 'World Stroke Day 2022', which analysed the rate of new stroke cases in Oxfordshire in the UK over the last 20 years, reflect emerging evidence that young stroke is a growing problem in high-income countries.

"Establishing the importance of known risk factors in young stroke will help to raise general awareness of the need for better control. We also need better ways of identifying young people at high risk of stroke, as current risk models are based on predictors of stroke in older people," said Medical Research Foundation Fellow, Dr Linxin Li, from the University of Oxford.

Stroke is a major health problem that can have devastating consequences. It happens when the blood supply to the brain is cut off, causing the death of brain cells and dysfunction in one or more parts of



the brain.

The restricted blood supply can be the result of an artery supplying blood to brain becoming blocked, a blood vessel rupturing causing a bleed inside the brain, or a brief reduction in the blood supply to the brain.

The traditional view is that vascular risk factors, such as high blood pressure, diabetes and obesity, play a minor role in young stroke, but recent studies have begun to contradict this view.

Dr Li's research focuses on multiple types of stroke, such as ischaemic strokes, caused by a blockage of arteries, 'mini-strokes' (transient ischaemic attacks) and bleeding in the brain (intracerebral haemorrhage and subarachnoid haemorrhage).

The researchers found that between 2002-2010 and 2010-2018,

there was a 67 per cent increase in stroke incidence among younger adults (under 55 years), and a 15 per cent decrease among older adults (55 years or older).

A similar divergence in incidence was not found for other vascular events, such as heart attacks.

"Historically, we've thought of stroke as only affecting older adults, but studies like this suggest a growing problem in young adults," said Dr Angela Hind, Chief Executive of the Medical Research Foundation.

"Stroke in young adults can have a huge impact, often occurring when they are starting a family or already have young children to look after, and have yet to reach the peak of their careers. The economic, social and personal consequences can be devastating," Hind added.

Source: IANS



Scientists identify ultra-potent antibody that can offset all Omicron variants

An international team of researchers has identified a pan-variant and ultra-potent neutralising antibody that can offset Omicron variants.

Named 'S2X324', its neutralising potency was largely unaffected by any of the Omicron variants tested, said the study published in the journal Science.

The scientists suggested that combining this antibody with others in a cocktail might reduce the chances of the virus becoming antibody-treatment resistant.

The team looked at several aspects of the effects of exposure to earlier forms of the SARS-CoV-2 spike antigen -- or immune-provoking protein -- on the immune system's reaction to the Omicron variants.

Past studies from the same team have noted that the BA.1 Omicron variant emerged as a "major antigenic shift due to the unprecedented magnitude of immune evasion associated with this variant of concern".

They explained that mutations in two of the main antibody targets in the virus explain why there is markedly reduced antibody neutralising ability against these variants, especially in people who have not received booster doses.

"As a result, an increasing number of reinfections are occurring," the researchers wrote, "even though these cases tend to be milder than in infections of immunologically naïve individuals".

The recent scientific studies in this area have been led by the labs of David Veesler, associate professor of biochemistry at the University of Washington in Seattle and Howard Hughes Medical Institute Investigator, and Davide Corti of Humabs BioMed SA of Vir Biotechnology in Switzerland.

The Omicron variants appeared at the end of 2021 and have marked genetic differences from the ancestral SARS-CoV-2. The many, distinct mutations in their infection machinery have enabled them to escape from antibodies elicited from the original series of vaccines, from a history of infection, or from both of those two immune-system training events.

Source: IANS

Reducing carbohydrates in diet can decrease risk of diabetes: Study

According to new research from Tulane University, a low-carb diet can assist people with uncontrolled diabetes and decrease the blood sugar levels of those who are at risk of developing it.

The study, published in the journal JAMA Network Open, compared two groups: one assigned to a low-carb diet and another that continued with their usual diet. After six months, the low-carb diet group had greater drops in hemoglobin A1c, a marker for blood sugar levels, when compared with the group who ate their usual diet. The low-carbohydrate diet group also lost weight and had lower fasting glucose levels.

"The key message is that a low-carbohydrate diet, if maintained, might be a useful approach for preventing and treating Type 2 diabetes, though more research is needed," said lead author Kirsten



Dorans, assistant professor of epidemiology at Tulane University School of Public Health and Tropical Medicine.

Approximately 37 million Americans have diabetes, a condition that occurs when the body doesn't use insulin properly and can't regulate blood sugar levels. Type 2 diabetes comprises more

than 90 per cent of those cases, according to the Centers for Disease Control and Prevention (CDC).

Type 2 diabetes can severely impact quality of life with symptoms such as blurred vision, numb hands and feet, and overall tiredness and can cause other serious health problems like heart disease, vision loss and kidney disease. The study's findings are especially important for those with pre-diabetes whose A1c levels are higher than normal but below levels that would be classified as diabetes.

Approximately 96 million Americans have pre-diabetes and more than 80 per cent of those with pre-diabetes are unaware, according to the CDC. Those with pre-diabetes are at increased risk for Type 2 diabetes, heart attacks or strokes and are usually not taking medications to lower blood sugar levels, making a healthy diet more crucial.

Source: ANI

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Mark Zuckerberg announces 32-person video call on WhatsApp

Meta Founder and CEO, Mark Zuckerberg on Thursday, November 3, announced the global roll out of a 32-person video calling feature called 'Communities' on WhatsApp.

Zuckerberg posted a video on Facebook to announce the new feature, calling it a "major evolution for WhatsApp".

"We're launching Communities on WhatsApp. It makes groups better by enabling sub-groups, multiple threads, announcement channels, and more. All secured by end to end encryption so your messages stay private," he said.

The new feature will allow admins to better organise the conversations "under one umbrella", Zuckerberg added.

Besides Communities, WhatsApp also released more features to "improve the group chat experience", including in-chat polls, larger file sharing, reactions, groups with up to 1,024 users and shareable call links.

Meanwhile, as Meta doubled down on its monetisation drive across its family of apps, Zuckerberg had said that JioMart on WhatsApp in India was going to be a big opportunity for the paid messaging market.

During the company's Q3 earnings call, the CEO said that paid messaging was another opportunity that we were starting to tap into.

"We launched JioMart on WhatsApp in India, and it was our first end-to-end shopping experience that showed the potential for chat-based commerce through messaging," Zuckerberg told analysts.

Source: IANS

Apple to keep Qualcomm chips in 2023 in turnabout

Qualcomm Inc. will continue to provide the modem chips for the "vast majority" of iPhones in 2023, a turnabout for a company that had expected to lose the business to Apple Inc.'s homegrown components.

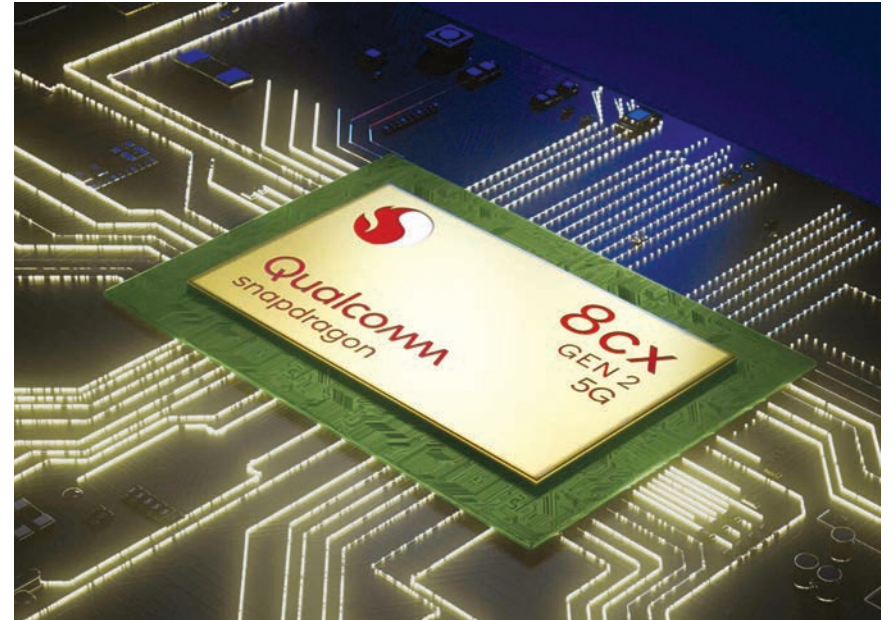
Qualcomm had planned to only provide about 20% of the 5G modem parts for the new iPhones in 2023, but now expects to retain its current foothold, according to comments that accompanied its earnings report Wednesday. The statement confirmed that Apple won't be moving to its own in-house modem design for next year's models.

Since settling a lawsuit with Qualcomm in 2019 and agreeing to use that company's technology inside iPhones for the foreseeable future, Apple went to work on building its own cellular modem, Bloomberg News has reported. Apple's chip development chief told staff in 2020 that development of the part was underway.

But earlier this year, Bloomberg News reported that Apple's efforts have been stymied by prototype versions of the modems overheating and that the company wouldn't begin a switch until 2024 at the earliest. Qualcomm continues to assume it will only receive minimal revenue contributions from Apple in fiscal 2025.

Apple didn't immediately respond to a request for comment.

The reprieve provided little comfort to Qualcomm investors Wednesday. The company is grappling with a broader slump



Qualcomm had planned to only provide about 20% of the 5G modem parts for the new iPhones in 2023, but now expects to retain its current foothold, according to comments that accompanied its earnings report.

in smartphone demand and delivered a far weaker forecast than expected. The shares slid as much as 8.4% in late trading.

Apple's new iPhones struggle even with deep discounts in China

Apple Inc.'s latest iPhone generation is having a tough time in the world's biggest smartphone market, where its most recent weekly sales were down by a third compared with last year, according to Jefferies.

China sales of the four iPhone 14 models over their first 38 days on the market are down by 28% compared to the iPhone 13 family of products, with the most recent data showing that deteriorating to 33%, according to a note

Friday by analysts led by Edison Lee. The pricier Pro variants, which had proven more resilient this year, also lost steam.

The global smartphone market, and China especially, has been among the most heavily hit by this year's decline in consumer spending. Samsung Electronics Co., the world's biggest maker of phones, displays and memory, called out falling handset sales in China as a drag on its components business. The country is also posing potential challenges for Apple on the supply side, where the key iPhone assembly plant in Zhengzhou was this week put under an abrupt Covid-19 lockdown.

Twitter ends ad-free articles for premium Blue subscribers

Twitter has announced to discontinue ad-free articles for its premium Blue subscribers under Elon Musk as the new CEO.

The micro-blogging platform said that it made the decision "to discontinue Ad-free Articles, effective as of close of business, on October 31, 2022".

Twitter included ad-free articles when it rolled out its Blue subscription last year for \$4.99.

A portion of the revenue from Twitter Blue subscription fees went directly to publishers within their network.

The feature was based on the platform Twitter acquired from Scroll, a service that specialised in removing ads from news sites.

"We will stop displaying the 'Twitter Blue Publisher' label on



any tweets containing your articles. We will no longer be sending a Twitter Blue token when people on Twitter access articles from your properties," the micro-blogging platform said in an email sent to

publishers.

"This will prevent the ad-free experience on your site from loading. There is no change required from your end, but feel free to remove any Twitter Blue code from your site," said the company.

The features let Blue users view ad-free articles on participating websites.

"This is just the beginning for Ad-free Articles with much more ad-free content to come as we continue to build more partnerships, with more publishers, in more markets," the company had said in November last year.

"Our goal is to help each publishing partner make 50 per cent more per person than they would have made from serving ads to that person," it added.

Source: IANS

Time to say goodbye to NASA's InSight Mars lander

After nearly four years spent on the Martian surface, NASA's InSight lander is coming to the end of its life as the spacecraft's power generation continues to decline because of dust blown on the lander's solar panels. The InSight team is now taking steps to make sure the lander continues working as long as possible with what power remains.

One of the most important final steps of the InSight mission is to make sure that the treasure of data with the lander is stored properly and made accessible to researchers around the world. The InSight lander has gathered data about the interior layers of Mars, its liquid core, the remnants beneath the surface of its nearly-extinct magnetic field, Martian weather, and on marsquakes. "Finally, we can see Mars as a planet with layers, with different thicknesses, compositions. We're starting to really tease out the details.

Now it's not just this enigma; it's actually a living, breathing planet," said Bruce Banerdt of NASA's Jet Propulsion Laboratory in a press statement. Banerdt is the principal investigator of the mission.

Earlier this year, the lander's power reserves were so low that NASA turned off all the science instruments on board so that they can keep the seismometer running.

Guru Nanak- Prophet of Oneness of Humanity



BY
AMARJIT SINGH
ANAND

**15TH-CENTURY INTER-CONTINENTAL GLOBE-TROTTER SANS CASH, CREDIT/ATM-CARD & MULTI-MILLION AIRPLANE
HUMBLE TRIBUTE ON THE 553RD ANNIVERSARY OF THE BLESSED ADVENT OF SATGURU NANAK RAI SAHIB JI**

The world is up in flames, today, even more than it was during the life and time of the Blessed Advent of the Divine Preceptor, Guru Nanak (1469-1539). In one verse, he laments and exclaims: "I can visualize the entire humanity engulfed in flames of hatred and bloodshed and righteousness has taken wings". Guru Nanak Sahib saw in his deep, meditative trance that the entire earth was ablaze with the fires of hatred, prejudice, intolerance, bigotry, superstition, hollow ritualism, and so he set out on his world tour to remind humanity of the lessons of "Divinity in Humanity".

Guru Nanak was on a Divine Mission. He was a Spiritual Maestro, a Renaissance-Man, a Crusader for Interreligious Amity, an extraordinary social-reformist much ahead his era and yet he utters the absolute TRUTH that "he is, what he is, ONLY because of the Gracious Mercy of The Almighty and he is nothing without GOD". In other words, Divine Guru is teaching humanity to embrace humility, by refraining from self-aggrandizement

Divine Wisdom enabled Guru Nanak ji to say that there is an infinite expanse of galaxies and constellations in the multi-verse, created by The Almighty Creator.

The Sacred Anniversary of the Blessed Advent of Prophets, Seers, Dervishes, Sufis and Saints must certainly be celebrated but not merely on just one day. Their Divine Tenets are to be imbibed by us, every moment, thereby reminding ourselves to elevate the spirit and evolve the soul, by vanquishing the mind and keeping an anvil on the forehead of the wayward mind, which is perpetually drifting and is preoccupied 24/7, with myriad egocentric vices like cruelty, domineering, lust, greed, avarice, malice, hatred, jealousy, hypocrisy, sycophancy and self-aggrandizement, while devoting only a negligible percentage of energy and time towards creative, progressive, constructive, productive projects for self and for humanity.

Guru Nanak Ji represents the zenith of humility when he says that he's a mere beggar, a watchman and a minstrel singing Divine Praise, at the door of The Almighty Majesty and a speck of dust at the feet of holy saints and devotees of God. Guru Nanak is an epitome of an exemplary balance between the life of an average householder and a mystic extraordinaire. He went on world-tours, visiting the Centers of Pilgrimage of various religions, and so he succeeded in reaching millions of folks, to convey his Vision & Mission of peace and harmony, without the usage of our contemporary communication, transportation, public-relations outfits and social-media and without hi-fi-tech gadgets as laptop and cell-phone or sans an ATM-card or credit-card. The Divine Prophet traveled far and wide, in an era which travel was extremely hazardous and consumed months and years, as the only mode of travel was the waterways or horses and camels. Guru Nanak Ji facilitated the release of slaves in Europe and America. King James of Scotland minted a coin with The Guru's image. For more on Holy Travels www.SATGURU.weebly.com

The Divine Preceptor of ONENESS of humanity traversed 27,000 miles, across various continents, in 25 years of his 70 years' sojourn on this planet, during which he reformed several tyrannical rulers, vociferously advocated human rights and women's rights, brought about social revolution, by speaking out against slavish mentality, superstitious belief system, hollow ritualistic practices, religious bigotry and suppression of the downtrodden social and economic classes. Guru Nanak Ji was the pioneer, enunciating the cause of Inter-Religious Peace and Harmony.

Guru Nanak Sahibji reminds us: "We humans are



Sree Guru Nanak Sahib Jee says : "There is One Light of Our Creator pervading in the Cosmos of Multi-verses, the entire Creation and in all Creatures".

GOD, YAHWEH, ALLAH, BHAGWAAN, PRABHU, EESHWAR, WAAHGURU (THE WONDROUS LORD) PAARBRAHM, HARI, AKAALPURAKH (THE TIMELESS ONE) KARTAAR (THE CREATOR) RAHEEM (THE MERCIFUL ONE) KAREEM (THE EMPATHETIC ONE) ARE ONLY SOME OF THE INNUMERABLE HALLOWED NAMES OF THE ONLY SUPREME ONE. GURU NANAK SAID SUCH HOLY NOUMENON ARE MEANT TO UNIFY THE MASSES RATHER AND SHOULD NEVER BE MADE A REASON FOR FLOWING RIVERS OF BLOOD.

unaware of whether we would survive to inhale the next breath. Hence, we must restrain the wild horses of the mind and must refrain from any misdeed, such that would have given us pain, when perpetrated against us".

He said without truly sincere devotion, everything is merely ritualistic and ceremonial worship. He said it's an exercise in futility, terming it as a façade and a sham.

God, Yahweh, Allah, Bhagwaan, Prabhu, Eeshwar, WaahGuru (the Wondrous Lord) Paarbrahm, Hari, AkaalPurakh (The Timeless One) Kartaar (The Creator) Raheem (The Merciful One) Kareem (The Empathetic One) are only some of the innumerable Hallowed Names of The Only Supreme One. Guru Nanak said such Holy Noumenon are meant to unify the masses rather and should never be made a reason for flowing rivers of blood.

The teachings of Sree Krishna Ji, Sree Raam Chandra Ji, Prophets Abraham & Moses, Messiah Jesus of Nazareth, Hazrat Mohammed Sahib Ji, Prophet Bahaullah Ji, Prophet Zoroaster, Gautam Buddha Ji, Tirthaankar Mahavir Ji, Saint Kabir Daas Ji, Sheikh Fareed Ji, Saint Ravi Daas Ji, Devotee Naam Dev Ji, Saint Parmanand Ji and innumerable others, are to uplift the entire humanity and are not restricted to a group or denomination because the Enlightened Ones are above any sectarian confines.

The Vision and Mission of Oneness, as enunciated by Guru Nanak Rai Ji (circa 1469 to 1539) The Prophet of Unification of Humanity, is as relevant now, as it

THE VISION AND MISSION OF ONENESS, AS ENUNCIATED BY GURU NANAK RAI JI (CIRCA 1469 TO 1539) THE PROPHET OF UNIFICATION OF HUMANITY, IS AS RELEVANT NOW, AS IT WAS FIVE CENTURIES AGO. IT IS BASED ON THE ABSOLUTE PREMISE: "THERE IS ONE LIGHT OF OUR CREATOR IN ALL".

was five centuries ago. It is based on the absolute premise: "There is One Light of Our Creator in All".

Guru Nanak Ji emphasized upon the "Religion of Righteousness", thereby implying that an ideal Divine-Life can be lived, only when humans are empathetic towards everyone in the world.

The history of Sikhism starts from the Blessed Advent of Sree Guru Nanak Sahib, in circa 1469, in Talwandi region, then part of a much larger India. His Tenets include Truthful living, humility, liberty, equality, justice, compassion, honest earning, serving the needy selflessly and protecting the weak and the meek. All this, he said would be tantamount to a Divine Life and real, true, actual worship and attainment of God and fulfillment of the purpose of human-birth.

For over a thousand years, this region was invaded by a small bunch of horse-rider marauders, from Mongolia, Persia, Afghanistan, and the like. Taimur, Ghazni, Gori, Nadir Shah, Abdali are only a few of those invaders, who plundered Hindu Temples, looted gold, took women and children as slaves, killed everyone who crossed their path.

And then appeared a man on earth, the likes of whom are seen, only once in a millennium. Guru Nanak Sahib Jee confronted Babur, an invader who established his empire on Indian soil. Guru Nanak Ji's Divine ambrosial words were adequate to transform a ruthless mass-murderer into one who fell at the Guru's feet, pledging to rule with justice. Babur sought a boon of ruling for several generations and Guru Nanak Sahib Jee granted it and it came to fruition for seven generations, exactly during the lifetime of ten Divine Gurus.

During the current global pandemic, the Divine Guru's teachings of compassionate sharing, came to the fore, when millions of people were served with edibles, medicines, clothing, shelter and all essential services. As a collective, during the unprecedented lockdown, several governments officially requested the Sikhs to prepare food in Gurdwaras, to be served to individuals, as well as to be sent to hospitals and other institutions for the old and the infirm, orphans, and economically weaker sections.

Guru Nanak reformed several tyrannical rulers, vociferously advocated human rights and women's rights, brought about social revolution, by speaking out against slavish mentality, superstitious beliefs, hollow ritualistic practices, religious bigotry and suppression of the downtrodden social and economic classes.

Guru Nanak Sahib Jee says : "I do not know how and what to speak. I utter only that, which YOU, O' GOD, command me to churn out". Guru Sahib says GOD is the bestower of all blessings. Guru Nanak claims no credit, whatsoever and says, "the earth is ONE global family and all creatures and creations come from OUR CREATOR, The Only Omniscient One".

(Amarjit Singh Anand is a writer and, promoter of interfaith dialogue, true to his Master, Guru Nanak's philosophy.)



META INDIA HEAD AJIT MOHAN QUILTS

Social media giant Meta on Thursday, November 3, said its India head Ajit Mohan has resigned from the company.

"Ajit has decided to step down from his role at Meta to pursue another opportunity outside of the company."

"Over the past four years, he has played an important role in shaping and scaling our India operations so they can serve many millions of Indian businesses, partners and people," Meta's Global Business Group vice-president Nicola Mendelsohn said.

"We remain deeply committed to India and have a strong leadership team in place to carry on all our work and partnerships. We are grateful for Ajit's leadership and contribution and wish him the very best for the future," Mendelsohn said.

LIONEL MESSI IS GLOBAL BRAND AMBASSADOR OF BYJU'S SOCIAL INITIATIVE

Edtech giant Byju's has roped in soccer superstar Lionel Messi as the first global brand ambassador of its social impact arm Education For All, PTI reported.

Messi plays for Paris Saint-Germain and captains the Argentinian football team, and has signed an agreement with BYJU'S to promote the cause of equitable education.

RELIANCE RETAIL SET TO ENTER SALON BUSINESS

Reliance Retail, a unit of Indian oil-to-chemicals conglomerate Reliance Industries, plans to enter the salon business and is in final stages to buy a roughly 49% stake in Naturals Salon & Spa, the Economic Times newspaper reported on Friday, November 4.

However, Naturals' Chief Executive CK Kumaravel said "the talks are at a nascent stage," according to the report, which cited executives aware of the development.

GOVT CUTS WINDFALL PROFIT TAX ON CRUDE OIL

The Indian government has cut windfall tax on domestically produced crude oil while increasing the rate on export of diesel and jet fuel (ATF) in line with rise in international oil prices. The tax on crude oil produced by firms such as state-owned Oil and Natural Gas Corporation (ONGC), was cut to Rs 9,500 per tonne from Rs 11,000, beginning November 2, a government notification showed.

Jump in US job openings may jolt Fed yet again

A jump in U.S. monthly job openings has thrown the Federal Reserve another confounding bit of data for its policy meeting this week, with more evidence that rapid interest rate increases have yet to bite hard in the real economy.

New data released by the Bureau of Labor Statistics on Tuesday showed firms had 10.7 million job openings at the end of September, a jump of about half a million from August in a number the Fed expects to see move lower as demand in the economy slows.

Yields on U.S. Treasury bonds rose after the release of the data, as did bets that the Fed may raise its target policy rate higher than anticipated.

With the central bank widely expected to lift that rate yet again by three-quarters of a percentage point to a range of 3.75% to 4.00% at the end of a two-day meeting on Wednesday, traders are now leaning to a fifth straight hike of that size at the Fed's final meeting of the year in December, with the target policy rate seen exceeding 5% in March.

Stocks were lower in early afternoon trading.

DIFFICULT TO PIVOT

The job openings data "will make it very difficult for the Fed to pivot" towards a slower pace of rate hikes, as many have expected, Jefferies economists Aneta Markowska and Thomas Simons wrote. "In order to slow the pace of hikes, the Fed needs to be able to make a compelling case that slowing labor demand will take pressure off of labor costs, ultimately slowing inflation. It's difficult to make that case after today's report."



The new data means there were more than 1.85 jobs available for each person estimated to be formally unemployed in September, an increase from August in a data point that Fed Chair Jerome Powell has said he watches closely for evidence U.S. labor markets are becoming better aligned between the number of workers firms want to hire and the number of jobseekers.

In the months before the COVID-19 pandemic, when the unemployment rate was also around the current 3.5%, the figure was roughly 1.2.

The Fed has been hiking interest rates aggressively to slow the worst outbreak of inflation in 40 years. Yet prices, as measured by the central bank's preferred gauge, have continued to rise at about triple its 2% target, while a resilient labor market has strengthened policymakers' faith that they can continue to push borrowing costs higher

if needed without a major hit to jobs.

Another closely watched number from the monthly Job Openings and Labor Turnover Survey showed more than 4 million people quit their jobs in September, roughly half a million more than the levels seen just before the pandemic.

Quits are seen as a sign of labor market strength, evidence that people either have a more attractive option in front of them or are confident of finding one. The number of people laid off declined in September.

Since the start of the year "there has been some cooling," in the labor market, with measures like the quits rate coming off of historic highs, said Nick Bunker, head of economic research at Indeed Hiring Lab. But "how much has it moderated? One degree? A couple? Either way it has not dropped fast enough" for an "impatient" Fed.

Bank of England makes biggest interest rate hike in 30 years

The Bank of England has announced its biggest interest rate increase in three decades as it tries to beat back stubbornly high inflation fuelled by Russia's invasion of Ukraine and the disastrous economic policies of former Prime Minister Liz Truss. The bank boosted its key rate by three-quarters of a percentage point Thursday, to 3%, after consumer price inflation returned to a 40-year high in September.

The aggressive move to prevent inflation from becoming embedded in the economy was in line with market expectations after a more cautious half-point increase six weeks ago.

The interest rate decision is the first since Truss' government announced 45 billion pounds (\$52 billion) of unfunded tax cuts that sparked turmoil on financial markets, pushed up mortgage costs and forced Truss from office after just six weeks. Her successor, Rishi Sunak, has warned of spending cuts and tax increases as he seeks to undo the damage and show that Britain is committed to paying its bills.

The rate increase is the Bank of England's eighth in a row and the biggest since 1992.

It comes after the U.S. Federal Reserve on Wednesday announced a fourth consecutive three-quarter point jump as central banks worldwide combat inflation that is eroding living standards and slowing economic growth.

The Bank of England is expected to announce its biggest interest rate increase in three decades Thursday as it seeks to



beat back stubbornly high inflation fueled by Russia's invasion of Ukraine and the disastrous economic policies of former Prime Minister Liz Truss.

Economists expect the bank to boost its key rate by at least three-quarters of a percentage point, to 3%, after consumer price inflation returned to a 40-year high in September.

Plus, wholesale natural gas prices, while down from their August peak, are likely to rise again this winter, driving up energy bills and further fuelling a cost-of-living crisis.

Source: AP



Indo-American Arts Council *Presents* Literary Festival 2022

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Bharat Wakhlu



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Kamini Dandapani



Elizebeth Varghese



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Monica Bhide



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Shree Ganeshaya Namah

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

WEEKLY HOROSCOPE - NOVEMBER 7 TO NOVEMBER 13



ARIES : Ganesha says, Due to professional demand and behavioral challenges, you could be experiencing low mood this week at the workplace. Nevertheless, you could be able to secure incredible partnerships and agreements at the company, which will support your success. Commercial subcontractors will have access to competitive pricing. Avoid engaging in arguments that might turn physical this week. Be sympathetic if an unpleasant situation develops and try to keep a pleasant attitude toward your companion. This week you could feel a little minimal and uneasy, so give yourself some time for prayer and reflection to assist you in finding peace.



TAURUS : Ganesha says, you could have novel company concepts that might make you wealthy and famous. When interacting with customers, use caution to prevent creating unwanted issues. Avoid buying or selling gold or silver this week. Your sweetheart will make you feel good this week. You may work together on projects that you both find enjoyable, which will strengthen your relationship. Those who are single will have a great time with their partner, which might help them advance. After a busy week, you can feel tired and have a moderate migraine. Exercising in the beginning of the week will improve your performance all week.



GEMINI : Ganesha says, this week will be great for you if you collaborate with others. Nevertheless, you shouldn't make any investments right now considering they could have issues in the next few days. This week, you could be too exhausted to go to office, so you'll attempt to escape it. You will succeed in the coming if you put in a lot of effort this week. You two are destined to have a wonderful week this week. You'll get to know your partner better and become closer to one another. You could be worn out this week as a result of all the difficulties in your life. So, spend few days off and treat yourself to fine dining as you unwind and let your worries go.



CANCER : Ganesha says, if you're planning to make a significant or significant investment, this week could not be the greatest time to accomplish it as it will be a somewhat of a slow week at employment compared to prior weeks. Be frugal with your finances and put away as little as you can for upcoming needs. Keep your cool and be supportive; don't respond to anything that upset you; alternatively, just flow with the flow and carry on. This week, you may accidentally misjudge your partner and generate problems. You might contract the flu as a result of the recent temperature shift.



LEO : Ganesha says, your career in business will be prosperous, and fortune may come your way. This week is the perfect opportunity to begin that masterpiece you've been wanting to write for a very long time. You'll be able to think of fresh viewpoints and employ your imagination to produce novel consequences. Aim for it if you specialize in marketing; you might be successful. You'll have success in your love life and get to spend time with your partner. Even when things won't go according to plan, it'll all turn out well in the end. If you're unmarried, you could run across particular people and possess a unique magnetism that makes others want to be around you.



VIRGO : Ganesha says, you will have good days this week because people will be lured to your energy and you will encounter new people. You could find yourself wealthy and have more individuals with an opportunity to discuss your views. A particular attitude of consciousness will emerge in you. If you are in a romance, you will appreciate your partner's presence and experience liberation. If you're unmarried, this week may be your chance to find happiness; nevertheless, don't rush into a relationship. You'll feel worn out at the end of the week after a hard week. To relieve the strain you are feeling, you should practice meditation. Ensure you work out this week to keep on pace.



LIBRA : Ganesha says, Dear Libra natives, this is going to be a good week overall. You might want to minimize friction at employment in the first half of this week due to staffing issues. Cooperate and consider the demands of your colleagues. Take care of people that need your help. Be a sympathetic ear to those who need your help. Individuals will encounter a new person this week. He or she will show you a lot of sympathy, which will draw you to them. This week, be careful not to let your romantic life get in the way of your business. You'll have great days this week. Maintaining your exercise regimen will reward out financially.



SCORPIO : Ganesha says, in terms of wealth, Venus is clearly in your advantage this week. You'll receive a number of appealing financial proposals this week. Securities investments are a great idea this week even though they might provide large returns. This week, you and your mate will enjoy each other's company and will adore enjoying time altogether. This is a great week to talk to your spouse about your intentions. It won't be too early to bring up matrimony, and they'll be eager to meet your desires. When you walk outside, you can run into a number of difficulties. Remain clear from risky objects and make an effort not to damage oneself. The time to bring up

stomach problems is this week.



SAGITTARIUS : Ganesha says, you will have some excellent opportunities for promotion at employment. Somebody will need your help; therefore, you should cheerfully provide it since it will improve your character. Your beliefs will help you progress in a meaningful way. You and your companion are experiencing communication issues. Try to avoid condemning one another and resolve conflicts in a calm setting. The problems that have been affecting your connection this week will be able to be resolved. Avoid saying anything you didn't mean to. This week, you could be experiencing tongue difficulties. Consume a lot of warm water and stay away from greasy meals.



CAPRICORN : Ganesha says, this week is ideal for building a collection even though you could run into business owners who are eager to invest capital in it. You'll gain a significant sum of income this week. You might be able to get employment abroad. It's likely that you'll begin a new connection if you're unmarried and talking to somebody. Husbands and wives will be happy with their family this week. You'll have unexpected success this week as a result of amorous facets. You'll be healthy this week and able to enjoy the small pleasures of life. You'll be in a good frame of mind this week.



AQUARIUS : Ganesha says, you've had a lot of effort since various projects have been authorized. Be sure to get enough sleep so that you can tackle the remainder of the week with vigor. Never attempt to assign your duty to a coworker. You should use this week to communicate your emotions, as it is. Don't hold your feelings to yourself; express them to the person. Jupiter is a little in your advantage right now, so you may take a gamble. This week, you could be uncomfortable from not getting enough sleep. Take some time to relax before starting your other tasks.



PISCES : Ganesha says, throw in the energy this week and you will be rewarded with success. If you work hard, you may make a bundle of income this week. It's possible to develop feelings for a colleague while you're at employment, which might make it difficult for you to focus on your tasks and lead to unfinished projects. Both you and your friend will enjoy yourself. Avoid meaningless discussions that may disturb your emotional peace. Be mindful of your partner and weigh your alternatives before taking any action. Especially if you're single, be careful of the new person. This week, you'll be concerned about your wellness, so you'll start your week off well with some wholesome workout.

BIRTHDAY HOROSCOPE : NOVEMBER 7 TO NOVEMBER 13

BY ASTRO FRIEND CHIRAG - SON OF ASTROLOGER BEJAN DARUWALLA

NOVEMBER 7 : Ganesha says you should receive fantastic rewards today for your efforts. You would spend more on luxuries and leisure to mark your accomplishment in a unique way. You'd earn more money and make some wise long-term investments. Together, you would develop a deeper understanding that would make every minute you spend together genuinely memorable. You can be worried and concerned about your parents' health. You could soon lose your spiritual advantages.

NOVEMBER 8 : Ganesha says your career graph would be steadily rising right now. Your income would exceed your projections and keep you happy. You might start working on renovations or construction projects later in the year, either for you or for others. Children will be encouraging and will share some positive news. Marriage connections for some near the conclusion of the year. Avoid getting entangled in legal disputes since they could not produce the desired results.

NOVEMBER 9 : Ganesha says you ought to steer clear of contentious topics that can set your family members at odds. Gains through the sale of real estate, the collection of rent, dividends, or interest appear certain. Save as much as you can in order to readily cover unforeseen expenses later on in the year. Throughout the

years, you would establish a lot of useful connections, some of which would result in cash rewards. You are the greatest person to manage finances and investments, both your own and those of others.

NOVEMBER 10 : Ganesha says you frequently invest more time and energy in taking care of others' needs than you do in pursuing your own interests. Although you are honest and creative, you need to learn to regulate your occasionally grumpy and carefree behavior. Your investments will yield profitable returns if you make them now. For some, moving looks to be in the cards, as does buying a car or taking a trip abroad. You would receive both love and money support from your sweetheart. Additionally, this person would give up a lot for your welfare and happiness.

NOVEMBER 11 : Ganesha says you are incredibly independent, have great leadership skills, and enjoy making your own decisions, but you need to manage your tendency to be occasionally envious, overly ambitious, and self-centered. Put more effort into putting the innovative thoughts you have in your head into action. Results could take time, but they will ultimately exceed your expectations. You might not be happy with the resolution of any pending legal or property

problems. Additionally, you should examine your spending.

NOVEMBER 12 : Ganesha says although you like leading a nice, respectable lifestyle and meeting new people in particular, you need to check your predisposition to occasionally act stubbornly, destructively, and vindictively. Having kids would be intriguing and a big source of enjoyment for you. Those who have struggled to locate a life mate up until this point should be happy because marriage appears to be coming later. Gains in money and other benefits would be plentiful but working under high levels of stress would be bad for your health.

NOVEMBER 13 : Ganesha says you put in a lot of effort and are sincere, but sometimes you get a lot of flak for your inclination to be moody, timid, and jealous. Those who are prepared to take financial and business risks will find you to be very advantageous. Though brief, a new romance will be fascinating. Travel or pilgrimage will bring solace and peace. The company you work for might experience some interesting developments. Gains in money are probably the result of multiple factors. Investing in stocks and bonds would also benefit you.

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Tulsi Vivah

Tulsi (the Holy Basil), the sacred plant of the Hindus symbolizes purity and is famous for its medicinal properties and can be found in almost every Hindu house. "Tulsi Vivah" festival is a traditional wedding (vivah) ceremony of the Tulsi plant to Lord Vishnu. It is celebrated on the day of "Dev Uthani Ekadashi, also known as Prabodhini Ekadashi" of Hindu month Kartik. It is believed that Tulsi is an incarnation of Goddess Lakshmi, consort of Lord Vishnu. She is often referred to as "Vishnu Priya" literally meaning "the beloved of Vishnu".

The Legend

The story of the "Tulsi Vivah" is found in the Padma Purana. There was a woman named Brinda. She was a great devotee of Lord Vishnu. She was a very pious woman and was devoted to her husband Jalandhar (the demon king). Jalandhar was very powerful and he wanted to fight and defeat all the gods including the Trinity, Brahma, Vishnu and Mahesh. There was no way to kill Jalandhar as long as his wife Brinda remained faithful to him (Pativrata). At the request of gods, Lord Vishnu decided to take the form of Jalandhar and went to meet Brinda. Brinda was not able to recognize the disguise and spent a night with Lord Vishnu in her husband's disguise.

The devotion and the chastity (Pativrata dharma) of Brinda was thus destroyed by this act of Lord Vishnu. Brinda got extremely upset and angry to know what the Lord had done to her. She cursed him that he would become black stone known as "Shaligram" since he had the heart of stone in destroying her chastity. Even today we find that the "Shaligram" stone found only on the bed of river Gandak near Muktinath, Nepal, is used by devout Hindus (mainly the Vaishnavas) to worship Lord Vishnu, Jalandhar lost the battle with the gods and was eventually killed as his wife could no longer protect him. Brinda jumped into the funeral pyre of her husband.

Transformation to Tulsi Plant and Tulsi Vivah

Lord Vishnu wanted to compensate for what he had done to Brinda. This is why he transformed her soul to the Tulsi plant. Lord Vishnu also said that he would marry Brinda in her next birth to make up for the wrongful act that he did to Brinda. Vishnu in the form of the "Shaligram" stone got married to the Tulsi plant on the day of Prabodhini Ekadashi of Hindu month Kartik. This is the day celebrated in the form of the Tulsi Vivah Festival by the Hindus.

Spiritual significance of the marriage of Tulsi with Vishnu

Holy basil (Tulsi) is the symbol of spiritual purity (sattvika). The marriage (Vivah) of Tulsi with Lord Vishnu means that God likes purity as a quality. The meaning of the word marriage is the merging and oneness of the embodied soul (Jiva) and God.

Tulsi: The Holy Basil

The 'tulsi' plant or Indian basil is an important symbol in the Hindu religious tradition. The name 'tulsi' connotes "the incomparable one". Tulsi is a venerated plant and Hindus worship it in the morning and evening. Tulsi grows wild in the tropics and warm regions. Dark or Shyama tulsi and light or Rama tulsi are the two main varieties of basil, the former possessing greater medicinal value. Of the many varieties, the Krishna or Shyama tulsi is commonly used for worship.

Tulsi As A Deity

The presence of tulsi plant symbolizes the religious bent of a Hindu family. A Hindu household is considered incomplete if it doesn't have a tulsi plant in the courtyard. Many families have the tulsi planted in a specially built structure, which has images of deities installed on all four sides, and an alcove for a small earthen oil lamp. Some households can even have up to a dozen tulsi plants on the verandah or in the garden forming a "tulsi-van" or "tulsivrandavan" - a miniature basil forest.

The Holy Herb

Places that tend to inspire concentration and places ideal for worship, according to the 'Gandharv Tantra,' include "grounds overgrown with tulsi plants". The Tulsi Manas Mandir at Varanasi is one such famous



Important information

Tulsi Vivah 2022

Saturday, 05, November 2022

Dwadashi Tithi starts : 05 November 2022 at 06:08 pm

Dwadashi Tithi ends : 06 November 2022 at 05:06 pm

temple, where tulsi is worshiped along with other Hindu gods and goddesses. Vaishnavites or believers of Lord Vishnu worship the tulsi leaf because it's the one that pleases Lord Vishnu the most. They also wear beaded necklaces made of tulsi stems. The manufacture of these tulsi necklaces is a cottage industry in pilgrimages and temple towns.

Tulsi As An Elixir

Apart from its religious significance it is of great medicinal significance, and is a prime herb in Ayurvedic treatment. Marked by its strong aroma and a stringent taste, tulsi is a kind of "the elixir of life" as it promotes longevity. The plant's extracts can be used to prevent and cure many illnesses and common ailments like common cold, headaches, stomach disorders, inflammation, heart disease, various forms of poisoning and malaria. Essential oil extracted from karpooa tulsi is mostly used for medicinal purposes though of late it is used in the manufacture of herbal toiletry.

A Herbal Remedy

According to Jeevan Kulkarni, author of 'Historical Truths & Untruths Exposed,' when Hindu women worship tulsi, they in effect pray for "less and less carbonic acid and more and more oxygen - a perfect object lesson in sanitation, art and religion". The tulsi plant is even known to purify or de-pollute the atmosphere and also works as a repellent to mosquitoes, flies and other harmful insects. Tulsi used to be a universal remedy in cases of malarial fever.

Tulsi in History

Prof Shrinivas Tilak, who teaches Religion at Concordia University, Montreal, has made this historical citation: In a letter written to 'The Times,' London, dated May 2, 1903 Dr George Birdwood, Professor of Anatomy, Grant Medical College, Mumbai said, "When the Victoria Gardens were established in Bombay, the men employed on those works were pestered by mosquitoes. At the recommendation of the Hindu managers, the whole boundary of the gardens was planted with holy basil, on which the plague of mosquitoes was at once abated, and fever altogether

disappeared from among the resident gardeners."

Tulsi In Legends

Quite a few myths and legends found in the Puranas or ancient scriptures point to the origin of importance of tulsi in religious rituals. Although tulsi is regarded as feminine, in no folklore is she described as the consort the Lord. Yet a garland solely made of tulsi leaves is the first offering to the Lord as part of the daily ritual. The plant is accorded the sixth place among the eight objects of worship in the ritual of the consecration of the Kalasha, the container of holy water.

According to one legend, Tulsi was the incarnation of a princess who fell in love with Lord Krishna, and so had a curse laid on her by his consort Radha. Tulsi is also mentioned in the stories of Meera and of Radha immortalised in Jayadev's Gita Govinda. The story of Lord Krishna has it that when Krishna was weighed in gold, not even all the ornaments of Satyabhama could outweigh him. But a single tulsi leaf placed by Rukmani on the pan tilted the scale.

In the Hindu mythology, tulsi is very dear to Lord Vishnu. Tulsi is ceremonially married to Lord Vishnu annually on the 11th bright day of the month of Karttika in the lunar calendar. This festival continues for five days and concludes on the full moon day, which falls in mid October. This ritual, called the 'Tulsi Vivaha' inaugurates the annual marriage season in India.

Source: Speakingtree

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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."

contd from page 3

NARGIS DUTT MEMORIAL CANCER FOUNDATION TO HONOR 6 EMINENT PERSONALITIES

Nargis Dutt Memorial Foundation, a dream of late Nargis Dutt and her husband Sunil Dutt, has served cancer patients in India for 40 years now. It was founded in 1981 in the city of the world-New York. It has been a long but satisfying journey for the organization that has believed with Albert Schweitzer, a German theologian, philosopher, and physician that "There is no higher religion than human service. To work for the common good is the greatest creed."

During the period between 1982 and 2022, the NDMF has completed around 60 projects valued at more than 6 million dollars, sponsored Indian doctors for specialized training in treatment of cancer in prestigious Medical Institutes in the US and recognized excellence of scores of achievers and contributors.

The introduction to the Foundation, as carried out, in a Foundation brochure reads: "Nargis Dutt Memorial Foundation was established in 1981 in memory of Nargis Dutt, a famous Bollywood movie star of India. She gave numerous memorable performances in movies including Mother India, which was nominated for an Oscar in 1957. She was a very caring human being whose dream was to see that the best available medical care can also be provided to under privileged and needy people in India."

"While undergoing specialized medical treatment in New York for cancer, Mrs. Dutt articulated her dream and repeatedly expressed her regret that the medical care that she was able to receive was unavailable in her Motherland. Her deep concern for the sick and disabled led her to set definite goals towards making improved medical services available to the poorest in India. She already had considerable work to her credit in rehabilitation, and education of handicapped children in India. Unfortunately, she did not live long enough to see the evolution of her dream. After her demise, her husband Sunil Dutt established the Nargis Dutt Memorial Foundation and through various projects worked to keep Nargis Dutt's dream alive."

And, after Sunil Dutt's demise on 25 May 2005, his illustrious daughter Priya Dutt took upon herself the responsibility of guiding the destiny of an organization that has become synonymous with the late Dutt and cancer.

It will be of interest to our readers to know as to how the idea of forming NDMF came up.

In 1981 Nargis Dutt who was suffering from pancreatic cancer was treated at Sloane Kettering Institute in New York. In spite of best efforts of doctors and the loving care of her husband, Sunil Dutt, cancer ultimately snuffed life out of the legendary cine artist.

According to the information given by one of the nine founding members, Mr. Inder Bindra, Sunil Dutt had come to New York in April/May 1981 to settle the bill for Nargis Dutt's treatment at Memorial Sloan-Kettering Cancer Center. They were together in the Bahamas when the idea of forming Nargis Dutt Memorial Cancer Foundation came to their mind. It was later that he, along with 8 other persons with philanthropic disposition (some of whom have since withdrawn or have migrated to the other world) held a meeting with Sunil Dutt and discussed the issue of forming the organization.

Sunil Dutt felt mightily pleased and said he was obliged for the offer to form Nargis Dutt Memorial Cancer Foundation. Thus, the embryonic idea took a shape in 1981. And soon, the first formal meeting took place in the month of May 1981 itself. The NDMF was registered as 501-C 3 Not-for Profit corporation on 25th February 1982. Ranjit Ghura and Russel Rosen in Wall Street who was the attorney helped in the formation

of the corporation.

There were nine incorporating members-Nicole Beattie, Inderjit S. Bindra, Edward Beattie, M. D., Shashi Patel, M. D., Suresh Patel, Jas Ghura, Amar Jit Singh, M. D., Bhupendra R. Patel, M. D., and Manu Savani.

SINGAPORE-BASED RESEARCHER, WRITER, AND DOCUMENTARY FILMMAKER AMARDEEP SINGH TO RECEIVE 2022 GURU NANAK INTERFAITH PRIZE

Hofstra University in honor of the family's matriarch. The family's company, Jeetish Group of Companies, based in New York City, is a major distributor of apparel, and the family has substantial interests in real estate as well. The Bindras are deeply involved in philanthropic activities that benefit both the Sikh and non-Sikh communities. The Guru Nanak Interfaith Prize is an expression of Sardar Ishar Singh Bindra's longstanding dedication to interfaith harmony.

Amardeep Singh after studying at the Doon School in Dehradun, India, went on to receive his degree at the Manipal Institute of Technology. He later obtained his MBA at the University of Chicago. He worked in the financial sector for over 25 years, serving as head of the Asian Pacific Region at American Express for Revenue Management. He authored two books, Lost Heritage, The Sikh Legacy in Pakistan and The Quest Continues. Lost Heritage, The Sikh Legacy in Pakistan describes the culture, history, and legacy of Sikh history. Amardeep has also produced two documentaries on the forgotten Sikh legacy remnants in the five states of Pakistan. He and his wife, Vininder Kaur, have produced and directed a 24-episode documentary series titled Allegory, A Tapestry of Guru Nanak's Travels, which was filmed across nine different countries including Pakistan, Afghanistan, Iran, Iraq, Saudi Arabia, Tibet, India, Bangladesh and Sri Lanka.

The past recipients of the award are:-

His Holiness the 14th Dalai Lama, Tenzin Gyatso in 2008,

Rabbi Arthur Schneider and Religions for Peace in 2010, Dr. Eboo Patel in 2012, Bhai Sahib Mohinder Singh Ahluwalia and The Rev. Dr. Katharine Rhodes Henderson in 2014, The Pluralism Project and Serve2Unite in 2016, Tanenbaum Center for Interreligious Understanding in 2018, and Karen Armstrong and The Interfaith Center of New York (ICNY) in 2020.

TREASURY SECRETARY YELLEN TO VISIT INDIA TO DEEPEN US-INDIA ECONOMIC TIES

Yellen will meet with technology sector leaders and visit the Microsoft India Development Centre, where she will deliver remarks on the United States' economic partnership with India, it said.

She would also hold a bilateral meeting with Union Finance Minister Nirmala Sitharaman.

Following the US-India Economic and Financial Partnership (EFP) dialogue, Yellen will join Sitharaman for a fireside discussion with executives from major Indian companies and American companies operating in India.

To conclude the day, Yellen and Sitharaman will sign a joint statement on the EFP dialogue.

"Yellen will highlight the close ties between American and Indian people and businesses, and note ways we can further our bilateral economic relationship, including through the Indo-Pacific Economic Framework and stronger supply chains through friend-shoring," it said.

"She will reaffirm America's and India's shared democratic values and commitment to upholding a rules-based international order as the world's largest democracies," it said.



Yellen will also welcome India's assumption of the G20 presidency next month and discuss opportunities to make progress on global challenges through global climate action, evolving the multilateral development banks (MDBs), further strengthening global health architecture, and advancing debt relief for low-income countries and emerging markets, the Treasury said.

Yellen will be travelling to Bali from New Delhi to represent the US at the G20 Joint Finance and Health Ministers' Meeting on November 12 and accompany President Joe Biden at the G20 Leaders' Summit on November 15 and 16.

In Indonesia, Yellen will also participate in other events and bilateral meetings, including with Italian Minister of Economy and Finance Giancarlo Giorgetti.

Throughout these events and meetings, she will join Biden in rallying the global coalition to hold Russia accountable for its brutal war in Ukraine and to support the people of Ukraine.

Yellen will also help lead the global response to macroeconomic challenges, including economic disruptions and elevated global inflation from the COVID-19 pandemic and Russia's illegal war against Ukraine, which are particularly harmful to low- and middle-income countries, the Treasury said. (Source: PTI)

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SESSION TWO 3pm-5pm

Scars That Remain After 100 Years of Jallianwala Bagh Massacre

Chaurassi

Jitt De Nishan: The Signs of Victory

The Okra King

Going Home: Travels in the Lost Homeland

Shades of Indigo

FEATURE PRESENTATION 6pm-8pm

Tribute to Dr. Narinder Singh Kapany

Silver Lining

Guru Nanak in Afghanistan & North-West Frontier Provinces
From the series "Allegory: A Tapestry of Guru Nanak's Travels"
PLUS Q&A WITH AMARDEEP SINGH AND VININDER KAUR

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Margao – Goa's Cultural Marvel

Spice it up. That remains Margao's mantra. The town, located on the banks of River Sal in Salcete Taluka serves as the administrative headquarters of South Goa district, celebrates arts, films, festivals, food, music, sports and theater like no other in Goa, thus earning itself the tag of the cultural capital of the state. Just as the colonizers left a mark on local culture, Goa, too, made a dent on their lifestyle. In Portugal today, people buy Margao, a brand of spices and aromatic herbs. For soccer fans, a visit to FC Goa's home stadium in the town is a must.

Like the other parts of Goa, the history of Margao is laced with pogroms and destruction of ancient heritage by the Portuguese raiders. And yet, like elsewhere in Goa, the social harmony amongst its communities sets an incredible benchmark. Mario Miranda, the famous cartoonist and one of the biggest icons that Goa has gifted to the world, lived and died near Margao. Take a moment to soak in Margao's aroma even if you are headed to the nearby popular beaches of Benaulim, Betalbatim, Colva, Cansaulim, Majorda or Utorda.

TOWN CENTER

Margao city centre is crowned with one of the most prominent colonial-era tiled-roof buildings that serves as the municipal council office. Earlier known as Camara Municipal de Salcete, referring to Salcete taluka, the Margao Municipal Council oversees its operations from this imposing central landmark. The exterior walls, once red and white in color, don a bright yellow and white outlook that make it 'fit-in' the overall color scheme of the city. Besides offering regular administrative services such as taxation and registration certificates to life events, the municipal council also runs an extremely popular public library that marked its centenary celebrations in 2014.

Just across the street from this Municipal Council building are the other two central landmarks of the city—Municipal Garden and Aga Khan Children's Park at the northern end. Separated by a narrow walkway frequented by vendors, an aerial view would make these two appear as one big garden. The children park was constructed in 1959 by a local businessman named Abdul Javerbhai Mavany in the honor of visiting HH Aga Khan, the Imam of Nazari Ismaili Muslims and the leader of the Khoja (Khawaja) community in India. Situated next to the market bus terminal, the green patch is often dubbed as 'lungs of Margao'.

NEW MARKET AND DAMODAR MANDIR

Prepare your senses for an onslaught if you plan to visit the New Market. Flowers and garlands, bottled pickles, heaps of spices neatly stacked up, bakeries, juice corners, restaurants, vendors selling local delicacies, jewelry, colourful footwear, lingerie and clothes hung on display in tiny outlets—all this and more awaits you in an incredible maze of narrow lanes of this canopy-topped New Market. While at it, look for the local Goan delicacy of Bebinka or Bibik, a type of pudding, made from flour, clarified butter, eggs and coconut milk. You may also want to buy its famous mango pickles or indulge in



souvenir shopping. This could be a fun place to practice your bargaining skills. Depending on your interest, you can easily spend 30 minutes to half a day, shopping or simply moving around the labyrinth. Though some may dismiss it as a regular market, this is a must-visit if you wish to get a picture of everyday life of residents and traders in the vicinity.

OUR LADY OF GRACE CHURCH

Mary, the mother of Jesus, is known by many titles. A few names are dogmatic while others are derived from popular art and poetry. Our Lady of Grace Church, referred to as Nossa Senhora da Graca in Portuguese, sings the hymn of 'Ave Maria Gratia Plena' or 'Hail Mary Full of Grace', based on Sir William Scott's famous poem 'The Lady of the Lake' from the early 19th century. This church was once a military chapel and was known as Capela de Batalhao. If you have been to St Augustine's Tower in Old Goa, you would remember the ruins of its church that was known by the same title. While those ruins date back a few centuries, this church in Margao is modern (built in 1970) and celebrates its annual feast on the first Sunday of February.

The Our Lady of Grace Church is located opposite the walkway dissecting the Municipal Garden and the Aga Khan Park. Given its unassuming entrance, a gated staircase flanked by retail outlets, it may easily be overlooked; especially if you are walking on the same eastern side of the garden. As you scale the stairs, observe a statue of Mary with folded hands to the right (south) and a large colorful mural on the exterior wall of the church.

GOMANT VIDYA NIKETAN

This is yet another living legacy near the town center on Faria Road. In the year



1910, when Portugal became a republic, it marked the end of religious discrimination in Goa. The residents of Margao used the newfound liberty to establish Gomant Vidya Niketan. It started off as a humble library known as Saraswat Brahman Samaj 1912 and then diversified. The library continues on the ground floor with an amphitheater upstairs. It grew to its peak as an epicenter of all cultural activities (primarily Konkani and Marathi language) for later half of the 20th century, hosting various talks, exhibitions and classical music concerts. Though Ravindra Bhavan, given its size and modern amenities, is now the new address for most of the large scale events in Margao, Gomant Vidya Niketan continues to enthrall its audience with regular performances and events of national significance. Housed in a multi-storeyed this site, right at the northern end of Market bus terminal, it now also hosts

private events such as weddings and receptions. If you are lucky on the dates of your travel in Margao, you may be able to enjoy a Konkani music concert, a Marathi play or simply gate crash to experience a traditional Konkani wedding at Gomant Vidya Niketan and click a few pictures with the bride and groom!

MARUTI MANDIR

Maruti is another name for Lord Hanuman, the legendary God from the Hindu epic Ramayana. Also known as Mahavira or the mighty warrior, this Vayuputra (the son of God of Wind) is believed to be the symbol of strength and energy. Lord Maruti was blessed that his followers will be safe from the wrath of Mangal and Shani, the personification of planetary powers of Mars and Saturn. Hence, Tuesdays and Saturdays are observed as special days for the worship of this deity.

Source: Happytrips



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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
foundation stone on
December 10, 2020**



"On behalf of all my colleagues of the Wilmer Eye Institute in Baltimore, MO, I send my best wishes and congratulations to our friends in Goutami on this extremely important occasion. This beautiful facility will match the wonderful world class work of your doctors, nurses and staff in preserving and restoring the vision of so many patients. We in the United States are inspired by your dedication and admire your tireless efforts to serve so many who need your skills and compassion. Best wishes, Peter"

"There can be no keener revelation of a society's soul than the way in which it treats its children". - Nelson Mandela



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May all be healthy!

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CONTD FROM PAGE 46

DOC NYC 2022 RETURNS @ 13

FEATURE FILMS:

BIG FIGHT IN LITTLE CHINATOWN
BUFFY SAINTE-MARIE: CARRY IT ON
CABIN MUSIC
CATEGORY: WOMAN
HUNTING IN PACKS
LOVE IN THE TIME OF FENTANYL
QUEEN OF THE DEUCE
Short Films:
First Months of Freedom
The Goats of Monesiglio
Violet Gave Willingly

SHORTS PROGRAMS

There are 67 shorts participating in the juried Shorts Competition. One short, Ghosts of Moria (Dir: Florian Elabdi, Michael Graversen/Prod: Michael Graversen) will be paired with the feature film Fati's Choice. The remaining shorts will be part of the following 12 programs:

SHORTS: ARTSCAPES

A glimpse into the artistic process behind brilliant creators across disciplines.

SHORTS: ANIMAL FARM

These docs feature the dynamic relationships between humans and entertaining, sentient, magnificent animals.

SHORTS: COMMUNITY

Whether by nature or necessity, we find solace and support in our communities.

SHORTS: HIDDEN HISTORIES

The backstories of unrecognized cultures.

There are five competing.

SHORTS: NEW YORK, NEW YORK

Our beloved city through the eyes of many.

Eight films compete.

SHORTS: OUR CLIMATE / OUR CRISIS

The inventive solutions and devastating realities of our climate crisis on film.

There are five films competing.

SHORTS: THE PEOPLE VS.

Stories that command attention and fight for a better future for all.

Six films compete.

SHORTS: PHYSICAL PURSUITS

Athletic feats and strong bonds build this program of physical pursuits across the globe.

There are four films competing.

SHORTS: PROCESS

This program is as meta as they come: films about filmmaking.

Five films compete.

SHORTS: PROFILES

Portraits and profiles of unique individuals with filmmaking to match.

There are five films competing.

SHORTS: SHE STORIES

Women share their stories from in front of, and behind, the camera.

Six films compete.

SHORTS: TRANSITIONS

These films explore existential moments and grief, pushing us past pain into life beyond loss.

There are six films competing.

DOC NYC U

DOC NYC U features short documentaries from students across the five boroughs. Refreshed in a new format, these six programs showcase projects from Baruch College, Brooklyn College, Columbia University, CUNY, Hunter College, The New School,

New York Film Academy, New York University, and School of Visual Arts.

DOC NYC U: ALL ABOUT LOVE

From intimate to platonic, love is all around us.

There are five films in this category.

DOC NYC U: THE ARTISTS

Drawing from global injustices or pure love, these artists share what inspires them.

Six films compete in this category.

DOC NYC U: LIFE IN THE BIG APPLE

A program dedicated to New York, from the eyes of the next generation.

Six films compete.

DOC NYC U: PORTRAITS

Profiles of dynamic individuals both local and abroad.

There are seven films in this category.

DOC NYC U: SYSTEMS DOWN

These films share difficult stories where state sanctioned violence goes unsolved and untried across the globe.

Four films compete.

DOC NYC U: WHAT BONDS US

Documentaries about the shared bonds that bring us closer as humans.

There are six films competing.

TICKETS AND PASSES:

Festival Tickets, Passes & Packages may be purchased at docnyc.net/tickets-and-passes.

HEALTH AND SAFETY PROTOCOLS

All festival attendees and staff are required to comply with DOC NYC's Health & Safety protocols while attending DOC NYC events. For the latest information, review DOC NYC policies docnyc.net/health-safety

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

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GLOBAL SPACE COOPERATION IS AN INTEGRAL PART OF INDIAN SPACE PROGRAMME SAYS OFFICIAL

India today has more than 230 agreements with over 55 countries and five multinational bodies. This ranges from building satellites to capacity building, he said.

UNNATI (UNISpace Nanosatellite Assembly & Training) started by ISRO under the aegis of the UN, where India is helping budding countries in capacity building, satellite building and how they can build nanosatellites.

In 2019, India has 60 officials from 32 countries and in 2022, there are 32 officials from 22 nations. So, it's a programme which is doing good for the upcoming countries.

India's Chandrayaan-I, he said, is one of the shining examples of how international collaboration can help to achieve something big. Countries like the United States, United Kingdom, Germany, Sweden and Bulgaria contributed with their payload and more than 50 countries currently are emulating the science out of that. It's a classic example of how big countries can come together in space, he added.

Responding to a question, during one of the panel discussions, Joshi said that India is unlikely to build its international space station of its own but supported the idea of an international collaboration.

"It is very difficult for India on its own to have an entire space station. We don't know. I don't think that that will be a more feasible solution. A more feasible solution would be for countries to come together and replicate what we did in the ISS," Joshi said.

US condemns attack on Imran Khan during protest march

NOVEMBER 4, 2022

WASHINGTON, D.C. (TIP): The United States on Thursday, November 4, condemned the attack on former Pakistan prime minister Imran Khan during his protest march and said violence has no place in politics and America is deeply committed to a democratic and peaceful Pakistan.

"The United States strongly condemns the shooting of former Pakistani Prime Minister Imran Khan and others at a political rally. We wish Imran Khan and all others who were injured a quick and thorough recovery, and we offer our condolences to the family of the individual who was killed," US Secretary of State Antony Blinken said.

"Violence has no place in politics, and we call on all parties to refrain from violence, harassment, and intimidation. The United States is deeply committed to a democratic and peaceful Pakistan, and we stand with the Pakistani people," Blinken said in a statement.

Khan sustained bullet injury on his leg when a gunman opened fire on the container-mounted-truck carrying him during his protest



PTI Party leader Imran Khan was attacked during his protest march Photo / Courtesy Dawn

march in Pakistan's Punjab province, killing one person. The former prime minister was leading the long march to Islamabad demanding early elections.

The White House also condemned the attack.

"The United States strongly condemns the attack on Imran Khan and his supporters and hopes for the swift recovery of all who were injured," White House Press Secretary Karine Jean-Pierre told reporters aboard Air Force One while travelling with President Joe

Biden to New Mexico.

"Violence has no place in politics. We call on all parties to remain peaceful and refrain from violence," she said in response to a question.

"Terrible news today about former Prime Minister Imran Khan. Political violence, whether in #Pakistan or in the US, is never acceptable," I send my best wishes for his recovery and for a peaceful political process in Pakistan," tweeted Congressman Brad Sherman.



Denmark's Holger Rune in action during his quarter final match against Spain's Carlos Alcaraz: REUTERS

RUNE INTO PARIS SEMIS AFTER ALCARAZ RETIRES, DJOKOVIC ADVANCES

World number one Carlos Alcaraz retired injured against Holger Rune at the Paris Masters on Friday, sending his fellow 19-year-old through to the semi-finals, while Novak Djokovic and Felix Auger-Aliassime also sealed their places in the last four.

Rune outclassed Alcaraz to win the opening set 6-3 and held firm in the second when the top seed raised his game before the Spaniard retired at 3-1 down in the tiebreak having received medical treatment for an abdominal strain at 6-5. "I cannot stretch. I couldn't serve well, I couldn't hit the forehand well said Alcaraz. "I preferred to retire and see it and take care of it."

Alcaraz was hopeful of making a full recovery for his debut at the ATP Finals in Turin, which begin on Nov. 13, despite the quick turnaround.

"I have some tests on how it's going to be before Turin," he added. "But right now I'm focused on trying to get better in the abdominal and trying to be at 100% in Turin."

Holder and sixth seed Djokovic made light work of Italian youngster Lorenzo Musetti in a 6-0 6-3 win and will next meet Greek fifth seed Stefanos Tsitsipas, who cruised past American Tommy Paul 6-2 6-4 in about 77 minutes.

A six-times winner in Paris, Djokovic served Musetti a 24-minute bagel and dropped only eight points in the first set before overcoming a brief wobble in the second, when he went a break down, to ease to victory. Danish teenager Rune, bidding to reach four finals in a row, advanced to his first ATP Masters 1000 semi-final and earned his third top 10 win in as many days after seeing off Hubert Hurkacz and Andrey Rublev.

T20 WORLD CUP

Williamson takes NZ into semis; Aussies win and wait

MELBOURNE (TIP)

New Zealand became the first team to reach the T20 World Cup semifinals with a victory over Ireland on November 4 but Australia face a wait to see if they will be staying in the tournament despite a nervy win over Afghanistan.

A Kane Williamson half-century and a spin-bowling assault fired the Black Caps to a 35-run victory at the Adelaide Oval which sealed one of the top two spots in Group 1 and a place in the last-four stage.

Glenn Maxwell scored an unbeaten half-century and spinner Adam Zampa took a crucial 2/22 as defending champions Australia later joined New Zealand on seven points after a win by just four runs over the Afghans at the same venue.

It was not, however, enough to raise their net run-rate above that of England, who now need only to beat Sri Lanka in their final Super 12 match in Sydney tomorrow to take the other semis berth from the group.

At one stage in Afghanistan's response to Australia's 168/8, it looked like the home side might not even get the win they needed to keep their tournament alive.

Three wickets in Zampa's fourth over — the first a run out from a Maxwell direct hit — broke a 59-run stand between Gulbadin Naib (39) and Ibrahim Zadran (26) and took the Afghans from a comfortable 99/2 to 99/5.

Rashid Khan revived the innings with four sixes in a battling 48 to keep his team in the chase but he came up just short in the final over and Afghanistan finished on 164/7 to remain winless in the tournament.

Earlier, New Zealand's batsmen



New Zealand's captain Kane Williamson slammed 61 against Ireland. photos: AP/PTI

posted an imposing 185/6 after Ireland elected to field before the Black Caps' bowlers restricted the Irish to 150/9.

Ireland bow out of the World Cup but head home with pride after a solid tournament capped by a sparkling hat-trick from paceman Josh Little.

Left-arm Little had captain Williamson caught for 61, then trapped both James Neesham and Mitchell Santner lbw for no score in the 19th over to bring up Ireland's second hat-trick in T20 Internationals.

However, the damage had already been done by Williamson and middle-order batsman Daryl Mitchell (31 not out). Paul Stirling and Andy Balbirnie gave Ireland a fighting chance but left-arm spinner Santner broke the 68-run partnership when he had Balbirnie

chopping onto his stumps.

Nabi stirs storm before stepping down

Mohammad Nabi stepped down as Afghanistan captain today after the his team were eliminated from the World Cup without winning a single match. Nabi said he was resigning due to differences with the selectors after Afghanistan lost their final T20 Super 12 match to Australia. They finished as the only team without a win. "In some of the last tours the team management, selection committee and I were not on the same page which had implications on the team balance. Therefore, with due respect, effective immediately I announce to step down as a captain," he wrote on Twitter.

Source: Reuters

Pro Hockey League: India hammer New Zealand 7-4

NEW DELHI (TIP)

Down 1-3 in the first quarter, India brilliantly turned it around by playing fast, attacking hockey for a 7-4 win against New Zealand in their Pro Hockey League encounter in Bhubaneswar on Friday, November 4.

It hardly took a minute for New Zealand to expose the weak Indian defence. After receiving a cross from his right, a calm Simon Child made enough space in a scattered defence to slot home. Jolted by the early goal, India pressed ahead and earned a penalty corner. Harmanpreet's first shot was saved by the New Zealand goalkeeper but the captain converted the third PC, firing a low flick to level the score.

But India's defensive frailties were exploited again as New Zealand scored two quick goals through Lane Smith (8min) and Jake Smith (13th). As the first quarter came to an end, the Kiwis led 3-1.



India's drag-flicker Harmanpreet Singh after scoring a goal.

India came back a rejuvenated side in the second quarter, injecting pace into their play and making individually brilliant moves. The seasoned Manpreet Singh split open the New Zealand defence with a pass and young Karthi Selvam (16th) showed good skills to score. Two minutes later, Harmanpreet (18th) converted another penalty corner to make it 3-3.

India, then, proceeded to dominate the match. The start of the second half saw Pal Raj Kumar (30th) giving the finishing touch to an excellent dribble from Abhishek. The hosts were suddenly dictating the flow of the game with some exquisite play and the New Zealand defence looked to be in shambles. An opportunist strike by Karthi (37th min), who incredibly intercepted a defender's overhead shot with his raised stick before beating the goalkeeper, piled on the agony.

Source: HT



*HAPPY BIRTH ANNIVERSARY
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