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:- NOTICE :-

HAPPY

VAISAKHI

The INDIAN PANORAMA

Will bring out a profusely illustrated special edition to mark Vaisakhi- the Harvest Festival of Punjab and the Birth of the Khalsa (the Sikhs) on April 11, 2025.

Articles and advertisements may please be emailed to salujaindra@gmail.com by April 2, 2025.

For any questions, please call +1 646-247-9458, or email to editor@theindianpanorama.news

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Pro-Palestinian Foreign Student at Cornell Ordered to Surrender Himself to ICE



Cornell graduate student Momodou Taal in a still from a file video. CNN/Screenshot

MARCH 22, 2025

NEW YORK (TIP): A pro-Palestinian activist and foreign graduate student at Cornell University who sued the Trump administration to stop the deportation of those accused of anti-Semitism has been ordered to surrender to immigration authorities. The Department of Justice on Friday, March 21, forwarded a message from Immigration and Customs

CONTD ON PAGE 38

Temporary status revoked for 532K Cubans, Haitians, Nicaraguans and Venezuelans

THE ADMINISTRATION DECISION HAS ALREADY BEEN CHALLENGED IN FEDERAL COURTS.

MARCH 21, 2025

MIAMI, FL (TIP): The Department of Homeland Security said Friday, March 21, that it will revoke legal protections for hundreds of thousands of Cubans, Haitians, Nicaraguans and Venezuelans, setting them up for potential deportation in about a month, says an AP report.

The order applies to about 532,000 people from the four countries who came to the United States since October 2022. They arrived with financial sponsors and were given two-year permits to live and work in the U.S.

Homeland Security Secretary Kristi Noem said they will lose their legal status on April 24, or 30 days after the publication of the notice in the Federal



Homeland Security Secretary Kristi Noem said they will lose their legal status on April 24, or 30 days after the publication of the notice in the Federal Register.

Register.

The new policy impacts people who are already in the U.S. and who came under the humanitarian parole program. It follows an earlier Trump administration decision to end what it called the "broad abuse" of the humanitarian parole, a long-standing legal tool presidents have used to allow people from countries where there's war or political instability to enter and temporarily live in the U.S.

During his campaign President Donald Trump promised to deport millions of people who are in the U.S. illegally, and as president he has been also ending legal pathways for immigrants to come to and stay in the U.S.

CONTD ON PAGE 38

CBI files closure report in Sushant Singh Rajput death case: Officials



Bollywood actor Sushant Singh Rajput was found hanging from the ceiling of his apartment in suburban Bandra in Mumbai on June 14, 2020. File photo

MARCH 22, 2025

MUMBAI (TIP): The CBI has filed a closure report in the alleged death case of Bollywood actor Sushant Singh Rajput, officials said Saturday, March 22, 2025.

"The CBI has submitted its findings before a special court in Mumbai which will now decide whether to accept the report or order further probe by the agency," the officials said.

Rajput was found hanging from the ceiling of his apartment in suburban Bandra in Mumbai on June 14, 2020. He was 34.

The central agency had taken over the probe from Bihar Police which had registered an abetment of suicide case on a complaint filed in Patna by his father K.K. Singh. In its conclusive medico-legal opinion to the CBI,

CONTD ON PAGE 38

Supreme Court of India makes public inquiry report of Delhi HC Chief Justice in Justice Varma's case



The 25-page inquiry report contained the videos and photographs of the fire fighting operation at Justice Varma's residence on Holi night during which the cash was discovered. |

Photo Credit: X/@ANI

MARCH 22, 2025

NEW DELHI (TIP): Chief Justice of India Sanjiv Khanna on Saturday, March 22, 2025, constituted a three-member committee consisting of Punjab and Haryana High Court Chief Justice Sheel Nagu, Himachal Pradesh Chief Justice G.S. Sandhawalia and Karnataka High Court Judge, Justice Anu Sivaraman to conduct an inquiry into allegations of "huge" amount of cash found in the official residence premises of Delhi High Court Judge,

CONTD ON PAGE 38

Trump pulls security clearances for Biden, Harris and Hillary Clinton



U.S. President Donald Trump on Friday, March 21, 2025, took away security clearances for former U.S. President Joe Biden, former Vice President Kamala Harris, former Secretary of State Hillary Clinton. File photo

MARCH 21, 2025

WASHINGTON, D.C. (TIP): U.S. President Donald Trump on Friday, March 21, 2025, took away security clearances for former U.S. President Joe Biden, former Vice President Kamala Harris, former Secretary of State Hillary Clinton and others in his latest move against his Democratic opponents. While the revocations may not have immediate impacts, it is another sign of the growing political rift in Washington

CONTD ON PAGE 38

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GUEST COMMENT

Past as a prelude: On the Nagpur riots and Aurangzeb

NAGPUR RIOTS SAW THE USE OF A MEDIEVAL TROPE TO POLARIZE PEOPLE

There is ample empirical evidence that riots in India are often orchestrated by vested interests and are not spontaneous eruptions of social tensions. It would therefore be inaccurate to attribute the violence in Nagpur, which left dozens injured, solely to rumor-mongering or impulsive reactions. For days since the Budget session began on March 3 in Maharashtra, the ruling right-wing parties have persistently invoked the legacy of Mughal emperor Aurangzeb as a political talking point. That a medieval ruler remains a recurring subject in contemporary political discourse not only highlights the misplaced priorities of governance but also raises suspicions that these controversies are being deliberately manufactured to distract from pressing livelihood issues. The evidence supports this view - Maharashtra, its rural regions in particular, is grappling with inflation, farmer suicides, and economic distress.

Yet, instead of addressing these urgent concerns, the political machinery appears focused on stoking public discord through inflammatory rhetoric, manipulating communal loyalties for electoral gains. These tactics were evident during the recent Assembly election campaign, where prominent leaders of the Bharatiya Janata Party (BJP) and its allies repeatedly invoked Aurangzeb as a campaign issue. The intent behind this rhetoric was clear: a dog whistle designed to mobilize the majority community by casting Muslims as inheritors of a long-dead ruler's legacy. Research indicates that riots are less likely to occur in societies where interfaith civic engagement is strong. The fact that riots erupted in Nagpur - a city with significant political and historical importance - stands as an indictment of the ruling establishment, which claims to represent all communities.

Also, the recent box office success of

Chhaava, a film depicting the historical conflict between the Marathas under Chhatrapati Sambhaji and the Mughals under Aurangzeb, has fueled the communal discourse. However, Chief Minister Devendra Fadnavis's assertion that the film's popularity triggered the unrest is a convenient deflection - one that absolves the government of responsibility for fostering an atmosphere of hostility through its recurring rhetoric. For Maharashtra to regain its stature as a leader in comprehensive development, its government must shift focus from divisive narratives to real socio-economic challenges. Civil society, too, must push back against communal forces attempting to exploit historical figures for cynical political ends. Only by resisting these polarizing tactics can the State move towards genuine progress.

(The Hindu)

OPEN LETTER

Bruce Blakeman's Distractions Are Costing Nassau Families



By Legislator Seth I. Koslow

Nassau County families are paying the price for Nassau County Executive Bruce Blakeman's broken promises and failed leadership. As a legislator and former prosecutor, I know what it means to hold people accountable - and it's time someone held Blakeman accountable for his disastrous record.

When Bruce Blakeman ran for office, he promised to cut taxes and make Nassau more affordable. Ask anyone in Nassau if that's what happened. Taxes are higher than ever, and life here has only gotten more expensive. Blakeman promised relief - but instead, families in the Town of Hempstead got hit with a 12 percent tax hike. That's not relief; that's robbery.

Instead of focusing on what matters - lowering costs, fixing our broken property assessment system, and helping working families - Blakeman has spent his time spinning stories, pointing fingers, and playing political games. It's all a desperate attempt to distract us from his failures. But no amount of spin can hide the truth: Blakeman hasn't done his job.

While Nassau families struggle to keep

up with rising costs, Bruce Blakeman has been busy funneling taxpayer dollars into the pockets of his political cronies. Last year alone, he handed out \$20 million in contracts to outside attorneys - many of them Blakeman campaign donors - for work that Nassau's own legal staff could and should handle. It's a blatant abuse of power - a corrupt cash grab at the expense of Nassau residents. Meanwhile, hardworking county employees, the backbone of our workforce, were promised affordable healthcare in exchange for their service. Blakeman turned his back on them, gutting their benefits and jacking up their rates, leaving these dedicated workers and their families to suffer. It's heartless, it's dishonest, and it's disgraceful.

Even Nassau's bravest - our firefighters, police officers, and EMS workers - aren't safe from Blakeman's political games. Right now, Blakeman is withholding over \$1 million in crucial funding for life-saving equipment - including turnout gear, CPR devices, and communication upgrades - simply because those first responders serve in districts represented by Democrats. That's not just petty - it's dangerous. Nassau County's first responders risk their lives for us every day. They deserve better than Blakeman's political payback.

Meanwhile, Blakeman continues to sit on nearly \$100 million in opioid crisis

funding - most of it accrued during a previous administration. This money was meant to save lives - to fund education, prevention, and treatment programs. Instead, Blakeman lets it collect dust while families lose loved ones to addiction.

And perhaps most reckless of all, Blakeman has introduced a dangerous militia program that gives police powers to armed civilians with barely any training. Nassau doesn't want this. Nassau doesn't need this. We already have the best-trained police force in the nation - and they don't need untrained civilians with guns making their jobs harder and more dangerous.

Bruce Blakeman has had over 1,100 days to deliver on his promises. Instead, he's spent that time playing politics, rewarding cronies, and putting Nassau families at risk.

The truth is simple: Blakeman's lies, distractions, and failures are costing Nassau families - and Nassau deserves better.

It's time for leadership that puts families first - not political allies. It's time for leadership that delivers real solutions - not spin and distractions. It's time for leadership that's focused on what matters most: making Nassau County affordable, safe, and strong.

We've waited long enough for Bruce Blakeman to do his job. It's time for a change.

We deserve better.

(Seth I. Koslow, of Merrick, was elected in 2023 to represent the Fifth District of the Nassau County Legislature)

Indian American Community Gives Dr. Varun Jeph A Warm Farewell



Dr. Varun Jeph is warmly received on arrival at the venue with drumbeats

MARCH 20, 2025

GARDEN CITY, NY (TIP): RANA, Jaipur Foot USA, BRUHUD (New York Seniors), APS, AAPI New York, Gujarati Samaj, RAJMAI, AIA NY Chapter, Team Aid, REDIO, International Ahimsa Foundation, and Rivera's Valentine Coffee joined hands to organize a grand farewell on March 16 for the outgoing Deputy Consul General of India in New York, Dr. Varun Jeph, who hails from Rajasthan.

This historic farewell was the first time so many U.S. national and international organizations came together to honor a Deputy Consul General at the Indian Consulate in New York.

On behalf of the welcoming committee, Harish Thakkar and Ajay Patel warmly welcomed the guests.

Prem Bhandari, President of RANA and keynote speaker at the event, praised Dr. Varun Jeph's dedication and working style, highlighting his 24/7 availability for the Indian diaspora across the 10 U.S. states under the jurisdiction of the Indian Consulate in New York.

Bhandari emphasized that Dr. Jeph was always accessible to the community, approachable, and solution-driven, whether for passport or visa issues or assisting in the repatriation of mortal remains to India.

Reflecting on his four decades in the U.S., Bhandari noted a remarkable transformation in Indian embassies and consulates worldwide over the past 11 years. He credited this positive change to Prime Minister Narendra Modi's leadership.

Bhandari specifically mentioned that three former Consul Generals of India in New York—Dr. Gyaneshwar Mulay, Sandeep Chakravorty, and Randhir Jaiswal—transformed the Indian Consulate into a "second home" for the Indian diaspora.

He also expressed deep appreciation for Harsh Vardhan Shringla, former Foreign Secretary of India and Indian Ambassador to the U.S., calling him a "People's Foreign Secretary" and "People's Ambassador". Bhandari recalled his experience working with Shringla, especially during the COVID-19 crisis, when his leadership was instrumental in assisting the Indian community.



Dr. Varun Jeph addressing the gathering



On arrival in the room, Dr. Jeph is greeted with a bouquet



Ms. Angel Shah gave a mesmerizing performance of Rajasthan folk dance Jhoomer



RANA President and the keynote speaker at the event described Dr. Jeph as people's diplomat who was always accessible and helpful

Bhandari expressed his delight at the unity among so many significant organizations, quoting the famous phrase:

"United we stand, divided we fall."

He also referenced the ancient Indian wisdom from the Maha Upanishad (Chapter 6, Verse 71):

"Vasudhaiva Kutumbakam" (The world is one family).

In his closing remarks, Bhandari announced that after consulting with Padma Bhushan Dr. D.R. Mehta, Founder of BMVSS (Jaipur Foot), a free Jaipur Foot artificial limb fitment camp will be organized this year at the Golden Temple, Punjab.

A visibly touched Dr. Jeph in his farewell address reminisced his pleasant relationship with the Indian American community during his tenure of more than 3 years. "I stand here with very mixed feelings. Like Bhandari ji said last time I was here in this hall, we were bidding farewell to my dear boss, Mr. Randhir Jaiswal. Our ambassador from Washington, DC, had joined us for that, and today, it's my turn, my time to be here in front of you. From the bottom of my heart, I thank each one of you for taking out time. I really feel very humbled, very honored. It is my privilege, my pleasure, to have known each one of you, most of you personally, but having met almost all of you on some occasion or the other. It is a mixed feeling of gratitude, of satisfaction, a feeling of warmth, of course, lot of strong emotions, the warmth that you have shared with me, that you have bestowed on my family, my wife, my kids here and it's never easy to say goodbye, especially to friends. It's not easy to say goodbye, not because one



Harish Thakkar extends a word of welcome. Seated, from L to R: Dr. K.K. Mehta, Ajay Patel, Prem Bhandari, Dr. Varun Jeph



Forget us not. Presentation of a memento to Dr. Jeph



A section of the gathering

is leaving a city, but because one is leaving an incredible community, a community that had become my family for the last three or four years. It was my home away from home."

Dr. Jeph recounted the progress India has made during the last more than a decade and attributed the nation's growth to the contribution of the Indian Diaspora. He also spoke about the constant effort of the Consulate General to provide the best services and look after the interests of the Indian American community.

"You've all been a part of my life, my tenure here, and for sharing your warmth, sharing your emotions, making me a part of your family. I say farewell with a deep sense of gratitude, of course, but also with a deep sense of optimism. The only way forward for this relationship is upwards. We hold very bright future, and the future of this partnership, to a great extent, lies in your hands. And I go back with great confidence that it will continue to strengthen with every day as in the past, and I really hope that our paths cross again. I'll be based in Delhi for next two, two and a half years. So whenever you come there, please do meet me. I would keep coming back. My family is going to be here till June. I'll most likely come back to see them. So I wouldn't say goodbye just yet. I'll meet several of you then. And I would like to finish by thanking you all once again, for your warmth, for your friendship, for your kindness, for your support. And I look forward to keeping in touch with all of you. May God bless America! May God bless India! May God bless the Indo American partnership! Thank you."

283 INDIANS RESCUED FROM MYANMAR JOB SCAM, REPATRIATED TO INDIA

The MEA reiterated its caution to Indian nationals to verify the credentials of foreign employers before accepting job offers



Photo for representational purpose only.

File photo

MARCH 11, 2025

NEW DELHI (TIP): The Ministry of External Affairs (MEA) confirmed on Tuesday, March 11, that 283 Indian nationals who fell victim to fake job rackets in Myanmar have been successfully rescued and repatriated.

The MEA reiterated its caution to Indian nationals to verify the credentials of foreign employers before accepting job offers.

The rescue mission was carried out through close coordination between Indian embassies in Myanmar and Thailand, working in tandem with local authorities.

The rescued people were flown back to India aboard an Indian Air Force (IAF) aircraft from Mae Sot in Thailand.

"The Government of India has been making sustained efforts to secure the release and repatriation of Indian nationals lured to various southeast Asian countries, including Myanmar, with fake job offers. These persons were subsequently made to indulge in cybercrime and engage in other fraudulent activities in scam centers operating in regions along the Myanmar-Thailand border," the MEA said in a statement.

The Indian embassies in Myanmar and Thailand have coordinated with local authorities to secure the repatriation of 283 Indian nationals today by an IAF aircraft from Mae Sot in Thailand, it added.

The government wishes to reiterate its caution, circulated earlier from time to time through advisories and social media posts, about such rackets.

Indian nationals are once again advised to verify the credentials of foreign employers through Missions abroad and check the antecedents of recruiting agents and companies before taking up a job offer, it said.

(Source: TNS)

Indian origin Chandra Arya's nomination for federal election in Canada's Nepean revoked

ARYA HAS BEEN VOCAL AGAINST THE ALLEGED DEFAACEMENT OF TEMPLES AND OTHER VIOLENT ACTS BY KHALISTANIS IN CANADA

MAR 21, 2025

OTTAWA (TIP): Chandra Arya, who served as a Hindu-Canadian MP, on Saturday announced that his nomination as the candidate for the upcoming federal election in Nepean has been revoked.

Arya has been vocal against the alleged defacement of temples and other violent acts by Khalistanis in Canada.

In the past, Arya has been a vocal critic of the former Canadian Prime Minister Justin Trudeau's government for giving refuge to pro-Khalistani elements in the country. He has also slammed the petition initiated by Liberal Party MP Sukh Dhaliwal relating to the Air India Kanishka bombings of June 23, 1985, that left 329 people dead and was the worst tragedy in the history of aviation terror before the 9/11 attacks.



Chandra Arya

Photo: X/@AryaCanada

In an announcement on social media, Arya said, "I have been informed by the Liberal Party that my nomination as the candidate for the upcoming federal election in Nepean has been revoked."

"While this news is deeply disappointing, it does not diminish the

profound honor and privilege it has been to serve the people of Nepean - and all Canadians - as their Member of Parliament since 2015," he said.

He added, "Over the years, I have poured my heart and soul into this role. I am immensely proud of the work I have done as a parliamentarian, the unwavering service I have provided to the residents of Nepean, the principled stands I have taken on issues that matter deeply to Canadians, and the causes I have stood up for - even when it was difficult, even when it came at a personal or political cost."

"Serving my community and country has been the greatest responsibility of my life, and I remain grateful for every moment of it," he added.

(Source: TNS)

Indo-Canadian Lilly Singh launches media network for South Asian YouTube creators



Canadian YouTuber, comedian, and actress Lilly Singh has announced the launch of HYPHEN8, a pioneering media network dedicated to empowering South Asian YouTube creators

MARCH 19, 2025

LOS ANGELES (TIP): Canadian YouTuber, comedian, and actress Lilly Singh has announced the launch of HYPHEN8, a pioneering media network dedicated to empowering South Asian YouTube creators. This new venture, co-founded by Skara Ventures, aims to provide creators with vital resources to help them thrive in the digital content landscape.

HYPHEN8 will offer support by managing direct advertising sales, optimizing monetization strategies, and facilitating brand partnerships for creators. Singh, who began her YouTube journey in 2010, reflected on the limited guidance available to South Asian creators when she started. Through HYPHEN8, she seeks to provide mentorship and resources that were once scarce, ensuring that up-and-coming creators have a smoother path to success. Singh highlighted the growing influence of South Asian content creators and the value they bring to brands looking to engage with this diverse demographic. (Read full story at www.theindianpanorama.news)

Indian-origin Singaporean radio jockey charged for sex-related offences



Gunalan Morgan, 43, was handed seven charges at the state courts, four of which are related to sex offences, according to a media report.

MARCH 21, 2025

SINGAPORE (TIP): A Singaporean Indian-origin Radio DJ and Tamil-language actor was on Friday charged with sex-related offences, including having sexual communication with a minor.

Gunalan Morgan, 43, was handed seven charges at the state courts, four of which are related to sex offences, according to a media report.

A gag order was issued on the identities of the three alleged victims as well as the locations where the alleged offences occurred.

Gunalan, a Singaporean, is a producer-presenter with Mediacorp's Tamil radio station Oli968 and a popular Tamil-language actor, according to media reports.

Mediacorp said Gunalan was immediately suspended from work after the company became aware of his arrest, and that a termination notice has been served on him. It declined to comment further, according to the Channel report.

Gunalan, who was unrepresented in court, did not indicate a plea. He told the court that he would be engaging a lawyer. (Read full story at www.theindianpanorama.news)

Three Indian-origin face death penalty for smuggling drugs into Indonesia



Raju Muthukumar, 38; Selvadurai Dinakaran, 34; and Govindhasamy Vimalkandhan, 45, all from the Indian State of Tamil Nadu, were arrested for allegedly smuggling 106 kg of crystal meth aboard the Legend Aquarius cargo vessel. Photo for representation only

MARCH 21, 2025

SINGAPORE (TIP): Three Indian nationals accused of drug trafficking aboard a Singapore-flagged vessel who have been detained in Indonesia since July 2024, face the death penalty, a media report said on Friday.

Raju Muthukumar, 38; Selvadurai Dinakaran, 34; and Govindhasamy Vimalkandhan, 45; who have been working in the shipping industry in Singapore, were arrested for allegedly smuggling 106 kg of crystal meth aboard the Legend Aquarius cargo vessel.

All of them hail from Tamil Nadu.

Acting on a tip-off, Indonesian authorities intercepted the vessel in the Pongkar waters of Karimun district, about an hour from Singapore by ferry.

The trio faced a major setback on March 14 when the vessel captain, who was ordered to testify in person, failed to appear in court, reported Singapore's Friday weekly Tabla! In response to the testimony, the court summoned the captain to testify in person on March 14. However, he only appeared briefly via Zoom, preventing cross-examination by the defense. (Read full story at www.theindianpanorama.news)

Indian American Rep. Ami Bera leads formation of Congressional Doctors Caucus



The members of the caucus include Rep. Ami Bera (D-CA 06), Rep. Raul Ruiz (D-MD), Rep. Kim Schrier, MD (D-Wash.), Rep. Herb Conaway, MD (D-N.J.), Rep. Maxine Dexter, MD (D-Ore.), and Rep. Kelly Morrison, MD (D-Minn.).

MARCH 18, 2025

WASHINGTON, D.C. (TIP): Six Democratic physician members of Congress are forming the Congressional Doctors Caucus, a group aimed at addressing a variety of healthcare concerns from potential Medicaid cuts to the reduction in the Medicare Physician Fee Schedule.

"As physicians, we bring firsthand experience with the challenges facing patients and providers every day," said Indian American Rep. Ami Bera (CA-06). "This caucus will harness our collective expertise to advance practical, evidence-based solutions that lower costs, expand access and strengthen care delivery. I

look forward to working with my colleagues to ensure every American has access to quality, affordable care."

"For a long time, there were only two Democratic doctors in Congress: me and [Rep.] Raul Ruiz, [MD]," he told MedPage Today in an interview. Republican physicians in Congress - of which there are many more - "have their own GOP Doctors Caucus. They certainly would invite us to participate in some of their events, but often on policy issues."

In addition to Bera and Ruiz, the other members of the caucus include Rep. Kim Schrier, MD (D-Wash.), Rep. Herb Conaway, MD (D-N.J.), Rep. Maxine Dexter, MD (D-Ore.), and Rep. Kelly

Morrison, MD (D-Minn.).

Bera noted that the group calls itself the "Congressional" Doctors Caucus and not the "Democratic" Doctors Caucus because "we think it's important to take partisanship out of the name.... Obviously, there are times when all the doctors in Congress can come together; the Medicare Physician Fee Schedule is probably one of those areas. Surprise billing is another area where we're able to come together, and we're hopeful that we can all come together to protect Medicaid, because that is such a vital way that so many Americans get their healthcare."

The Medicaid issue is top of mind right now "since we know the budget reconciliation bill is out there, and it does look like [House] Speaker Mike Johnson [R-La.] is proposing dramatic cuts to Medicaid," Bera said.

"Doctors in our caucus are really focusing in on amplifying why Medicaid is so important, why it's so important to Republican districts, to red states, to rural hospitals, and to community health centers. So, I do think what's imminent in front of us is, how do we make the case to the American public about how vital Medicaid is? [Medicaid cuts] really would impact not just Democratic districts, [they] would impact a lot of Republican districts, maybe even more so."

(Source: PTI)

ANOTHER INDIAN-ORIGIN SCHOLAR FACES DEPORTATION AMID ICE DETENTION



Badar Khan Suri, a postdoctoral fellow at Georgetown University's Alwaleed Bin Talal Center for Muslim-Christian Understanding, has been detained by U.S. immigration authorities.

MARCH 20, 2025

ARLINGTON VA (TIP) : Badar Khan Suri, a postdoctoral fellow at Georgetown University's Alwaleed Bin Talal Center for Muslim-Christian Understanding, has been detained by U.S. immigration authorities.

Suri, an Indian national, was arrested outside his Arlington, Virginia, residence on March 17. Federal agents informed him that his visa had been revoked. The Department of Homeland Security (DHS) has accused Suri of "spreading Hamas propaganda and promoting antisemitism on social media." DHS officials further claimed that Suri has "close connections to a known or suspected terrorist," reportedly referencing his father-in-law, Ahamed Yousef, a former deputy foreign minister in the Hamas government.

Suri's attorney, Hassan Ahmad, asserts that his client is being unfairly targeted due to his marriage to a U.S. citizen of Palestinian heritage and their advocacy for Palestinian rights. Ahmad has emphasized that Suri has no criminal record and has not been charged with any crime.

Georgetown University has publicly expressed support for Suri, stating that he had been "duly granted a visa to enter the United States to continue his doctoral research on peacebuilding in Iraq and Afghanistan." The university added, "We are not aware of him engaging in any illegal activity, and we have not received a reason for his detention."

Suri is currently being held at an Immigration and Customs Enforcement (ICE) facility in Alexandria, Louisiana, while awaiting immigration court proceedings.

This incident is part of a broader trend under the Trump administration, which has faced criticism for intensifying crackdowns on student activists, particularly those perceived as critical of U.S. foreign policy.

Earlier this month, Ranjani Srinivasan, an Indian national and doctoral student in Urban Planning at Columbia University, recently had her U.S. student visa revoked over allegations of "advocating for violence and terrorism". Srinivasan, who was on an F-1 student visa, faced the revocation on March 5, 2025, following an investigation by the U.S. Department of State.

On March 11, Srinivasan reportedly self-deported for Canada using the CBP Home App, a digital platform that allows individuals to confirm their departure from the United States.

Suri completed his PhD in Peace and Conflict Studies from Nelson Mandela Center for Peace and Conflict Resolution, Jamia Millia Islamia, New Delhi, in 2020.

Indian American physician Sion Roy runs for California state Senate in District 24



PARMINDER AUJLA

MARCH 20, 2025

SACRAMENTO (TIP): Indian American physician Sion Roy is running for California state Senate in District 24 representing West Los Angeles and Santa Monica. Roy, a cardiologist and vice chair of the Santa Monica College Board, hopes to replace Sen. Ben Allen who terms out in 2026.

Announcing his run Thursday, Roy, 44, who lost his family home in the Palisades fire, promised to fight for "better access to healthcare, increased educational opportunities, and recovery and rebuilding from the devastating Palisades fire."

He said he will "cut the red tape" in Sacramento, and "bring resources back home to help our community rebuild because I'm living this challenge alongside you." He described himself as "a champion who will bring real solutions to these challenges."

"As a physician, professor, and education advocate, my career has been about service to my patients, our students, and our community. I've worked to expand opportunities for everyone," he wrote.

Roy, a cardiologist at Harbor UCLA public hospital in Torrance, Roy said as the youngest ever President of the Los Angeles County Medical Association (LACMA), he helped guide the region through the Covid-19 pandemic, working with legislators to better inform policy decisions and keep the public safe. He was elected to the Santa Monica College (SMC) Board of Trustees in 2018 and now serves as the board Vice Chair. As a Trustee, Roy said he had championed healthcare workforce programs like Certified Nursing Assistant & Home Health Aide Certificate programs, as well as leading the opening of SMC's new 25,000-square-foot Malibu campus.

(Read full story at www.theindianpanorama.news)

Missing Indian American student's family urges their daughter be declared dead



The parents of Sudiksha have asked the authorities to declare her legally dead to allow the family to begin the grieving process

Subbarayudu and Sreedevi Konanki state that after an extensive search, local authorities believe that Sudiksha, a 20-year-old student at the University of Pittsburgh, drowned.

"Initiating this process will allow our family to begin the grieving process and address matters related to her absence," they wrote. "While no declaration can truly ease our grief, we trust that this step will bring some closure and enable us to honor her memory."

A police official not authorized to speak about the case confirmed on Tuesday that the authorities received the letter.

Michael Chapman, sheriff of Loudoun County in Virginia, where the Konankis live, said in a statement on Tuesday that officials have been working with Dominican authorities and continue to review evidence in the case.

"The disappearance of Sudiksha Konanki is tragic, and we cannot imagine the grief her family has been feeling," he said. "Sudiksha's family has expressed their belief that she drowned. While a final decision to make such a declaration rests with authorities in the Dominican Republic, we will support the Konanki family in every way possible."

(Read full story at www.theindianpanorama.news)

MARCH 19, 2025

S A N T O

DOMINGO (TIP):

The parents of a US college student who vanished almost two weeks ago in the resort town of Punta Cana have asked the authorities to declare her legally dead.

In a letter to Dominican police dated Monday,

Holi celebrated at the Parker Jewish Institute

MARCH 14, 2025

QUEENS (TIP): The Parker Jewish Institute celebrated Holi - the vibrant festival of colors, love, and spring's arrival on Wednesday, March 12.

Holi, also known as the Festival of Colors or Festival of Love, is a Hindu celebration honoring the divine love between God Krishna and Goddess Radha. It represents a time to embrace joy, unity, and new beginnings.

Sujata Seth, Senior Manager of Community Engagement for the Parker Cultural Unit welcomed all patients, residents, and families of all backgrounds in prayer and celebration in the auditorium. The event featured poetic readings by Anju Sharma and musical performances by Parker's resident Sur Sagar team, led by their talented teacher and cultural liaison Mukta Kohli. Community artist Jyoti Gupta contributed beautiful songs, with Ghanshyam Joshi providing keyboard accompaniment for all performers. Liaison Rajnish Sharma recited a self-written Holi poem and liaison Kashmira Dave welcomed the guests in Gujarati.

Residents were delighted by a Garba dance performed by eight India Home members elegantly dressed in festive saris, and an energetic Dhol-Bhangra performance by Navdeep Kundi and team.



Pics of celebration

These dances stood out as particularly enchanting moments for the patients as they clapped along the dancers' vibrant movements.

Under the expert guidance of Chef Walter Drozario, the talented Parker food service team prepared Indian culinary delights, including carrot halwa and samosas in their kitchen. Also, in a heartwarming display of community spirit, Lata Mody Ji, owner of Raj Bhog, donated trays of delicious Dhokla and Gulab Jamun to Parker for the residents on Holi!

Heartfelt gratitude to Parker CEO & President Mr. Michael Rosenblut, AVP Business Development Rachel Dalton and the Parker administration for their unwavering support of cultural celebrations like these. Their commitment to cultural inclusivity creates a warm, welcoming environment where traditions from around the world are honored and shared. This dedication to diversity enriches the lives of everyone in our community.

The Parker community's generous contributions continue to support Parker's mission of providing compassionate, superior healthcare and rehabilitation for their patients and residents.

(Based on a press release)

Suozzi to Welcome Supercentenarian to the United States on Pakistan Day

MARCH 21, 2025

GLEN COVE, NY (TIP): Congressman Tom Suozzi (D - Long Island, Queens) will celebrate Pakistan Day by welcoming 113-year-old Sadar Khatoon to the United States at a ceremony at Shaheen Restaurant in Hicksville. On Sunday, March 23.



Congressman Tom Suozzi

Suozzi, who serves as the Co-Chair of the bipartisan Pakistan Caucus, advocated for Ms. Khatoon and her family, who struggled with the visa process for over five years. In December 2024, after facing medical issues, Ms. Khatoon's family reached out to Suozzi's office for assistance in expediting the process. Thanks to the dedicated efforts of Suozzi and his staff, Ms. Khatoon's visa was issued on March 6, 2025. She arrived at New York's JFK Airport on March 12, happy, healthy, and greeted by her loving family.

Born on January 1, 1912, in Larkana Sindh, Pakistan, Ms. Khatoon will reside with her family in Jericho, New York.

During Sunday's ceremony, Congressman Suozzi will be joined by members of the Pakistani community in celebration of Pakistan Day, a national holiday commemorating the Lahore Resolution, passed on March 23, 1940, and the adoption of Pakistan's first constitution. At the ceremony outside Shaheen Restaurant, Suozzi will present Ms. Khatoon with a U.S. flag that was flown over the Capitol, along with a citation.

Mayor Adams announces NYC Health + Hospitals Connected more than 1000 medically vulnerable New Yorkers leaving Rikers Island

MARCH 21, 2025

NEW YORK (TIP): New York City Mayor Eric Adams and NYC Health + Hospitals President and CEO Dr. Mitchell Katz, on Friday, March 21, continued "Mental Health Week" by announcing that the city has connected more than 1,000 medically-vulnerable New Yorkers leaving Rikers Island with smartphones as part of its smartphone access program, enabling them to remain engaged in health care, mental health treatment, connect with job and housing resources, and stay connected to loved ones upon returning to their communities. This week, the Adams administration is celebrating "Mental Health Week," highlighting the city's multi-agency efforts to support New Yorkers in addressing mental health, ranging from serious mental illness to expanding resources to underserved communities, and advancing Mayor Adams' 2025 State of the City commitment to make New York City the best place to raise a family.

"Helping justice-involved New Yorkers move forward in their lives and stay out of the criminal justice system is a top priority for our administration, and staying on top of medical and mental health care is a crucial part of this process," said Mayor Adams. "By putting smartphones in the hands of these New Yorkers as they leave correctional facilities - already set up with numbers and applications to connect them with services they will need - we are making it easier for them to stay on top of their medication and treatment plans so they can focus on successfully rebuilding their lives."

"As the safety-net provider for New York City, we at Health and Hospitals recognize how important it is to help our patients remain connected to services after they leave our care. This may be especially true for our Correctional Health Services patients, which is why the smartphone program is so essential," said NYC Health + Hospitals President and CEO Mitchell Katz, MD.

"We're thankful to T-Mobile and Premier Wireless for their partnership, and to the CHS reentry team for



helping our patients stay on top of their medication and treatment plans and reconnect with social supports in the community," said Patsy Yang, DrPH, Senior Vice President for NYC Health + Hospitals/Correctional Health Services.

The smartphone access program through NYC Health + Hospitals/Correctional Health Services (CHS) provides free smartphones and wireless plans to vulnerable New Yorkers immediately upon their release from Rikers Island at the CHS reentry service center. The Point of Reentry and Transition (PORT) clinic is designed for CHS patients recently released from a correctional facility. Smartphones and service plans have helped former CHS patients connect with health care providers, pick up their prescriptions, and access jobs, housing, and substance use disorder resources. Smartphones have been an especially valuable tool for the 74 percent of recipients who have had serious mental illness or were receiving medication-assisted treatment for opioid use disorder at the time of their release, and the phones help give easier access to continued medical care.

(Read full story at www.theindianpanorama.news)

Indian American Community Hosts Grand Farewell for Deputy Consul General Dr. Varun Jeph



DCG Dr. Jeph and Mrs. Pallavi Jeph with distinguished leaders of the Indian American community



Community leaders presenting Dr. Jeph and Mrs. Pallavi Jeph with a commemorative Konark Chakra

MARCH 20, 2025

EDISON, NJ (TIP): The Indian American community of the tri-state area came together Thursday evening to bid a heartfelt farewell to Dr. Varun Jeph, Deputy Consul General of India in New York, who is concluding his diplomatic tenure. The grand reception, organized at the Moghul Ballroom in Edison, New Jersey, drew more than 200 members of the Indian American community.

The evening's program began with a viewing of Indian Prime Minister Narendra Modi's podcast interview with Lex Fridman, which continued after Dr. Jeph's arrival. The formal farewell ceremony featured presentations highlighting the achievements and milestones of Dr. Jeph's tenure, particularly noting his adept handling of complex situations and challenges during his service.

Mr. Ankur Vaidya, Chairman of the Federation of Indian Associations (FIA), delivered an emotional address praising Dr. Jeph's contributions. "He is our man who knows the community like the back of his hands. His experience in navigating complex situations has been invaluable," said Vaidya. He further expressed gratitude for Dr. Jeph's role in maintaining strong connections between India and its diaspora.

FIA President Saurin Parikh commended Dr. Jeph's exceptional management skills, attention to detail, and efforts to unify various Indian community organizations. He highlighted Dr. Jeph's success in bringing diverse community groups together, creating a more cohesive diaspora.

Several prominent community leaders took the stage to extend their best wishes, including Anil Dosa, Kenny Desai, Mr. Sreekanth Akkapalli, Dr. Sudhir Parikh, and Mohammad Farooqi, among others. The event also featured a special tribute video honoring Dr. Jeph's service.

In his farewell speech, Dr. Jeph reminisced about his arrival in New York amid Cyclone Ida, which had flooded the city streets. He described his tenure as "remarkable," noting the privilege of serving the largest Indian American diaspora community. Dr. Jeph recalled meaningful experiences, from witnessing community members gathering at 2-3 AM to listen to PM Modi's "Mann Ki Baat" addresses to cultural events like "Dance Pe Chance."

Dr. Jeph expressed gratitude to FIA and other organizations for demonstrating unity far from their homeland and making his diplomatic work more effective. He shared fond memories of the India Day



Dr. Jeph addressing the gathering. Over 200 community members assembled to honor DCG Dr. Jeph's diplomatic journey



Community leaders presenting Dr. Jeph and Mrs. Pallavi with a memento chronicling his impactful tenure



Deputy Consul General Dr. Jeph sharing a moment with FIA Chairman Ankur Vaidya and FIA President Saurin Parikh



BJANA leaders conveying their appreciation and well wishes to DCG Dr. Jeph



TAK Group's Kenny Desai and his wife exchanging farewell wishes with Hon. DCG Dr. Jeph

Parade and the Unity March organized by Kenny Desai.

Before concluding, Dr. Jeph made a heartfelt appeal to support the approximately 300,000 Indian students in America, emphasizing the consulate's commitment to assist every Indian. He assured the community of his continued availability for anyone visiting Delhi from the diaspora and thanked all organizations and his wife for supporting his journey.

The farewell was attended by representatives from numerous community organizations, including TAK Group, Bansal Foundation, TV9, Parikh Worldwide Media, TV Asia, Print Early, BJANA, Siddhivinayak Temple, MOCCAPI, Brahman Samaj of USA, Namaste Global, Maheshwari Mahasabha of North America, SKN Foundation, and the Rajasthani Organization of American Residences (ROAR).

Also present were Ms. Pallavi Jeph, and Mr. Vishal J. Harsh. Priti Ray-Patel delivered a vote of thanks, bringing the memorable evening to a close.

The event highlighted the strong bonds between the Indian diplomatic mission and the community, and the significant impact of Dr. Jeph's service in strengthening India-US relations through diaspora engagement.

(Based on a press release)



Team Siddhivinayak sharing warm sentiments with DCG Dr. Jeph as he embarks on his next chapter

What the recent GDP data revisions reveal



<- By C.
Rangarajan
&
D.K.
Srivastava ->

REAL AND NOMINAL GROWTH RATES HAVE BEEN REVISED UPWARDS, WHICH SHOULD SHAPE MEDIUM-TERM POTENTIAL GROWTH AND LONG-TERM STRATEGY

National accounts data released on February 28, 2025 by the National Statistical Office (NSO) provide two sets of information pertaining to, first, revised annual Gross Domestic Product (GDP)/Gross Value Added (GVA) estimates for 2022-23, 2023-24 and 2024-25 and, second, Q3 2024-25 GDP/GVA estimates accompanied by the second advance estimates for 2024-25.

THIRD QUARTER GROWTH, SECTORAL PERFORMANCE

The third quarter growth of 6.2% is a clear improvement over the second quarter growth of 5.6%. In terms of sectoral performance, agriculture has shown a robust growth of 5.6% in this quarter. Manufacturing, however, continues to languish with a growth of 3.5%, although there is a marginal improvement from the previous quarter when its growth was only 2.1%. In the services sector, the trade sector, hospitality/hotels, et al. have also shown an improved growth of 6.7% as compared to 6.1% in Q2.

Looking at the four quarterly real GDP growth rates of 2024-25 at 6.5%, 5.6%, 6.2%, and 7.6%, respectively, two questions are of interest. First, what led to a sharp fall in the second quarter growth to 5.6%? Second, is the implied fourth quarter growth of 7.6% feasible? To examine this, we look at the contribution to growth of different expenditure segments as measured by the share of the segment concerned multiplied by its growth in the relevant quarter.

The contribution of private final consumption expenditure (PFCE) to overall GDP growth in the four quarters of 2024-25 is estimated at 4.3, 3.3, 4.1 and 5.3 percentage points, respectively. The fall in real GDP growth in the second quarter, from 6.5% to 5.6%, is explained by the fall in the contribution of PFCE growth from 4.3 to 3.3 percentage points. Further, the required growth in PFCE is estimated at 9.9% for the implied fourth quarter GDP growth of 7.6%. This seems difficult as such a high growth in PFCE has not been experienced in the recent past. The contribution of investment to growth can also be similarly measured. This is estimated at 2.3, 2.0, 1.8 and 2.1 percentage points for the four quarters of 2024-25, respectively. Thus, the relatively lower GDP growth of 6.2% in the third quarter is partly attributable to the fall in contribution of investment to GDP growth at 1.8 percentage points.

However, the required contribution of 2.1 percentage points in the fourth quarter would depend largely on government investment growth. As per the Controller General of Accounts

(CGA) data, the Government of India has incurred ₹7.57 lakh crore of capital expenditure up to January 2025. To reach the revised estimate level of ₹10.18 lakh crore, an additional ₹2.61 lakh crore needs to be spent in the remaining two months of the financial year. Average expenditure in February and March in the period 2021-22 to 2023-24 has only been ₹1.81 lakh crore. If the Government of India's investment expenditure falls short of the revised estimates - which were themselves

points. This fall is largely explained by the lower growth in gross capital formation, which fell from 10.5% in 2023-24 to 5.8% in 2024-25.

The revision in real GDP growth also implies a revision in the Incremental Capital-Output Ratio (ICOR). In fact, for the three years for which data have been revised, the ICOR is estimated at 4.8, 4.0 and 5.5 in 2022-23, 2023-24 and 2024-25, respectively. It may be observed that the ICOR had fallen considerably in 2023-24. However, this number may

pick up. As of now, the medium-term potential growth appears to be 6.5%. It is argued sometimes that the PFCE to GDP ratio should rise so that growth will increase because of increased consumption demand. But this overlooks the fact that, correspondingly, the investment demand will fall.

In 2023-24, the overall nominal saving rate is estimated at 30.7%, which is below the pre-COVID-19 period average of 31.2% during 2015-16 to 2019-20. The



As of now, investment-led growth as a long-term strategy holds good'

significantly lower than the Budget estimates of ₹11.1 lakh crore - then the implied fourth quarter GDP growth of 7.6% may not be realized. Accordingly, the full year growth of 6.5% as per the second advance estimates may have to be revised downwards.

ANNUAL DATA REVISIONS

According to the revised annual numbers, the real as well as nominal growth rates have been revised upwards. Real GDP growth rates for 2022-23 to 2024-25, are now estimated at 7.6, 9.2 and 6.5%, respectively. In 2023-24, the revision in GDP growth was from 8.2% to 9.2%, and correspondingly in GVA growth from 7.2% to 8.6%.

Sectorally, the maximum upward revision in growth happened in manufacturing and in financial, real estate, et al. services by margins of 2.4 and 1.9 percentage points, respectively. Further, comparing 2024-25 growth with that of 2023-24, real GDP growth shows a sharp fall of 2.7 percentage

be revised again, as in this year, the contribution of discrepancies has remained very large. The average ICOR for 2022-23 and 2024-25 is 5.1. It must be noted that such sharp revisions make policy advice and policy making difficult.

PROSPECTS FOR 2025-26, MEDIUM-TERM GROWTH

The nominal growth rates have also been revised upwards, showing higher growth rates of 14%, 12% and 9.9% in 2022-23, 2023-24 and 2024-25, respectively. Given these trends, even the nominal GDP growth in 2025-26 may be higher than the Budget 2025-26 assumption of 10.1%. With respect to real GDP growth, the Economic Survey has given a range of 6.3%-6.8% with a mid-point of 6.55%. A 6.5% growth appears feasible for 2025-26 provided government investment shows healthy growth in the context of continued global uncertainty and some more time is required for private investment to

medium-term growth strategy should focus on increasing saving and investment rates. As noted by observers earlier, the real investment rate tends to be higher than the nominal investment rate because of differential price deflators of investment goods vis-à-vis consumption goods. In 2024-25, the real investment rate measured by gross fixed capital formation (GFCF) to GDP ratio, is estimated at 33.4%. With an ICOR of 5.1, this yields a potential growth rate of 6.5%. As of now, investment-led growth as a long-term strategy holds good.

(C. Rangarajan is former Chairman, Prime Minister's Economic Advisory Council and Former Governor, Reserve Bank of India. D.K. Srivastava is Honorary Professor, Madras School of Economics and Member, Advisory Council to the Sixteenth Finance Commission. The views expressed are personal)

Trump and the silencing of America's universities

THE IMPLICATIONS OF DONALD TRUMP'S ORDERS EXTEND TO THE WORLD - SUPREMACY, MISOGYNY, AND VIRULENT NATIONALISM THREATEN ACADEMIC FREEDOM, INTELLECTUAL DISSENT AND THE EMERGING WORLD ORDER



By Shelley Walia

"Mr. Trump's anti-immigrant discourse is not just about creating a scapegoat. It is part of a broader narrative that aims to re-establish nationalist patriotic values and targets globalization. His opposition to uncontrolled immigration is linked to his critique of globalization processes, which he sees as leading to job losses for American workers. This ideology has become a sort of new populist movement that is being embraced by right-wing movements in Europe and elsewhere."

The 1960s and 1970s saw a significant shift in the academic landscape, particularly in the humanities and social sciences. This period marked the emergence of a counter-western narrative, where third-world literatures gained prominence, and the master narratives of the West were challenged. As a result, the idea of independence, rewriting histories, and promoting democracy and freedom became increasingly important, as is evident in the student uprisings in the volatile 1960s. Students sought freedom in the classroom and university, leading to massive demonstrations against the establishment as well as against the Vietnam War. Aimé Césaire's *Discourse on Colonialism*, Frantz Fanon's *The Wretched of the Earth*, and Edward Said's *Orientalism* became the seminal works introduced in the humanities curriculum.

These counter-narratives questioned the West's idea of white supremacy, describing the strife between the colonizer and the colonized, and paving the way for a more inclusive and diverse academic environment. However, the Trump regime is attempting to undermine this progress by suppressing such discourses of marginalized communities with its impact on universities in mainly two key areas of concern: the defunding of certain critical courses that oppose right-wing ideology, and the clampdown on Palestinian students and supporters of the Palestinian cause. Both issues are closely tied to the university setting.

THE RISE OF THE FAR RIGHT

Mr. Trump's administration has targeted university programs and courses that focus on diversity, equity, and inclusion (DEI) for defunding. Specifically, the subjects that may be impacted include: diversity and inclusion studies that promote multiplicity, equity, and inclusion on campus, and critical race theory that explores the intersection of race and power in society. Gender Studies, African American Studies, Latinx Studies, Asian American Studies and Native American studies may also face funding cuts, not only undermining academic freedom but also perpetuating a culture of ignorance and intolerance.

The rise of the far-right ideology,

targeting predominantly Muslim countries and the construction of a border wall along the U.S.-Mexico border.

And, more recently, he has gone after the Palestinian sympathizers. Understandably, Mr. Trump's immigration policies are deeply rooted in his nationalist and populist ideology, which emphasizes the need to protect American jobs and culture from perceived external threats. This ideology has been criticized for being discriminatory and xenophobic, with many arguing that it is a form of ultra-nationalism that borders on Nazism.

Mr. Trump's presidency has been marked by several contentious executive orders, two of which sparked widespread debate and criticism. The first order, signed in 2017, banned immigration from

particularly concerning, as educational institutions should be promoting diversity, inclusivity, and free speech, rather than punishing those who speak out against genocide. The irony is that America has greatly benefited from immigrant contributions to its economic, intellectual, social, and cultural progress.

But Mr. Trump's ideology has led to a surge in anti-Palestinian sentiment, with some politicians calling for the deportation of foreign students involved in pro-Palestinian protests.

This has created a culture of fear and intimidation on campuses. Many students and faculty members are hesitant to speak out against injustice, fearing that they will be targeted, harassed, or even deported. This is particularly concerning for international students, who may face visa restrictions, deportation, or other forms of retaliation for speaking out against Mr. Trump's policies. The silencing of dissenting voices on campuses has far-reaching implications for democracy, free speech, and human rights.

PART OF A NARRATIVE

Mr. Trump's anti-immigrant discourse is not just about creating a scapegoat. It is part of a broader narrative that aims to re-establish nationalist patriotic values and targets globalization. His opposition to uncontrolled immigration is linked to his critique of globalization processes, which he sees as leading to job losses for American workers. This ideology has become a sort of new populist movement that is being embraced by right-wing movements in Europe and elsewhere.

In this context, the role of intellectuals becomes crucial in countering Mr. Trump's brand of leadership that rejects integration with other communities and promotes a selfish, self-centered agenda. It is essential for scholars, experts, and thinkers to mobilize public opinion, challenge discriminatory policies, and advocate progressive values, thereby recognizing and taking a stand against the apartheid state engineered by Mr. Trump. As W.E.B. Du Bois asked, "If indeed what we confront is an apartheid state, then what is our responsibility as scholars and educators?" For him, universities are sanctuaries for marginalized communities, providing a forum for the public intellectual ready to speak truth to power and foster a culture of resistance and critical thinking, challenging dominant narratives, and developing pedagogies that promote social justice. Mr. Trump's agenda to suppress radical research or mentally stress students is a form of despotism with implications that extend beyond the United States, with many regarding them as a threat to global social order and human rights.

(Shelley Walia has taught Cultural Theory at Panjab University, Chandigarh)



Students and faculty rally at the University of California Berkley Campus on March 19.

Photo credit: AP

consequently, poses a significant threat to academic freedom and intellectual dissent, a danger to the emerging world order. Trumpism, with its emphasis on white supremacy, misogyny, and virulent nationalism, symbolizes this significant threat. Its agenda to suppress research in "left-wing" areas is a blatant attempt to silence centers of higher learning and stifle critical thinking. This silencing is not new, as universities have historically been sites of struggle for marginalized communities. But it is important to draw parallels between the current state of affairs and the post-independence era in universities worldwide, where there was a surge in studying African and Latin American literatures, gender studies and ecofeminism, Third World cultural studies and anti-war literature. These academic movements challenged dominant narratives and sought to dismantle the binary systems that perpetuated inequality and totalitarianism.

Revisiting Mr. Trump's last presidency, we see a strong leaning towards unilateralism, particularly in his immigration policies. His "America First" approach led to the implementation of several controversial measures, including the travel ban

several Muslim-majority countries, prompting a strong reaction from university presidents across the U.S. In a joint letter, presidents of over 50 universities urged Mr. Trump to rescind the order, arguing that it contradicted America's long-standing tradition of embracing diversity and welcoming people from various nations and faiths. They emphasized that immigrant students have significantly contributed to the country's growth in various fields, including technology, research, and labor.

CHILL IN THE CAMPUS

However, a similar outcry was noticeably absent when in his second presidency, Mr. Trump signed another order that effectively targeted individuals guilty of being Palestinian sympathizers. Clearly, Mr. Trump's policies have had a profound impact on universities and international students, particularly those who speak out against injustice and promote diversity. The crackdown on Palestinian students and voices that counter Mr. Trump's views on Israel has created a chilling effect on campuses, with many students and faculty members fearing repercussions for speaking out. This silence is

The desire for a pliable media cuts across the political spectrum

WHEN THIS DEMAND IS NOT MET, JOURNALISTS IMMEDIATELY COME IN THE FIRING LINE



By S. Anandan

In politics, the official version most often comes apart at the seams quickly. And when it unravels, often the first response of political parties is to blame the media for 'misreporting', accuse it of bias and in some cases, unleash cyber warriors on the reporters who covered the story.

This is not to let the media off the hook for its flaws, but something as hydra-headed as the media often gets collectively branded as one entity and flogged, whether or not someone was at fault. Every bit of moral indignation on Malayalam social media these days is a pretext for political leaders and their cyber warriors to target journalists. "Imagine if one of our leaders had said this? These journo - described using a pejorative term - would have pounced on him" has become a familiar refrain.

Politicians, political parties, and their acolytes have a love-hate relationship with the news media. But some of those who chastise the news media for its 'value erosion' and 'waning influence' also want it to be pliable. This desire cuts across the political spectrum. When it is not met, journalists are in the firing line.

A recent discussion in Kerala about who the Chief Minister would be if the Congress-led UDF came to power following the Assembly elections in 2026 was triggered and fostered by some senior Congress leaders whose



"Every bit of moral indignation on Malayalam social media these days is a pretext for political leaders and their cyber warriors to target journalists"

statements added grist to the rumor mills. But when this imagined scenario led to a full-blown controversy within the alliance, with some minor alliance partners expressing their discontent, all the blame was put on the media. Leaders were barred from unofficial briefings to the media, a move that was impractical and self-defeating.

Union Minister of State and BJP leader Suresh Gopi seems to have realized that even bad press is beneficial so long as there is a polarized social media. An actor first and foremost, he was irked last August when he was asked about the K. Hema Committee Report on the working condition of women in the Malayalam film industry. He lodged police complaints against mediapersons for

blocking his way.

Last November, the BJP's loss in the Palakkad byelection led to rumors about a leadership change in the party in the State. Naturally, there was a slew of news stories. When the rift within the party was out in the open, the party's State chief vented his anger on the media and warned journalists of consequences. While asking critical questions with civility is the media's fundamental job, often, responses to legitimate queries have varied from mild intimidation to in-your-face intimidation to open threats on social media. This is what makes political reporting a tough terrain to navigate.

The CPI(M), the lead party in the governing LDF in Kerala, has never tried to conceal its uneasy relationship with

"EVERY POLITICAL FORMATION IN INDIA SEEMS CONCERNED ABOUT THE STATE OF THE MEDIA, BUT HARDLY ANYONE TAKES CONCRETE STEPS TO FACILITATE JOURNALISM. THIS COULD BE WHY THE TRIBE OF PROBING POLITICAL JOURNALISTS IS DWINDLING. NEVERTHELESS, JOURNALISTS MUST REALIZE THAT TOUGH TIMES OFTEN SPAWN QUALITY JOURNALISM."

the media. The party is combative even during routine interactions. The CPI(M)'s State conference in Kollam recently epitomized the party's distrust of the media. As always, it featured a media center in a separate enclosure outside the venue. But journalists with passes to cover the event were unwelcome at the media center except during press meets and special interactions with leaders. If reporters wanted to key in their story or catch a breath, they had to go out and take refuge under a few trees lining the parking ground nearby for the remainder of the scorching day. While this was not a major inconvenience, it still pointed to the larger issue of 'tokenism', championed by most political parties.

Every political formation in India seems concerned about the state of the media, but hardly anyone takes concrete steps to facilitate journalism. This could be why the tribe of probing political journalists is dwindling. Nevertheless, journalists must realize that tough times often spawn quality journalism.

(S. Anandan is Resident Editor of The Hindu in Kerala. He can be reached at anandan.s@thehindu.co.in)

Govt vs farmers: Escalation in hostilities bodes ill for Punjab

Punjab is on tenterhooks after the eviction of protesting farmers from Shambhu and Khanauri. This new flashpoint has hardened the battle lines and widened the trust deficit between the state government and the farming community. The former has justified its crackdown on the grounds that industries and businesses were hit hard by the prolonged closure of two key highways, while farmer leaders have termed it a repressive move to deprive them of their democratic right to protest. In any case, the confrontation has taken a worrying turn for the worse.

It is unfortunate that the two sides have failed to find common ground. In the best interests of Punjab, they should have joined hands to intensify pressure on the Central Government over the farmers' demands, particularly a legal guarantee of MSP for all crops. Instead, they are fiercely at loggerheads. Waning public support for farm unions has also emboldened the state government to go for the jugular, with the Centre watching it all from the sidelines.



The key stakeholders can no longer afford to go round in circles. It's a no-brainer that they must hold talks with the firm commitment of resolving the crisis in a time-bound manner. For that, a flexible approach can be mutually beneficial. The Centre needs to learn lessons from its poor handling of the kisan agitation at Delhi's borders in 2020-

21. The three contentious farm laws were eventually repealed - after over 700 protesting farmers lost their lives - but the MSP imbroglio was allowed to fester. And the state government owes an explanation for the way it has changed tack after having consistently projected itself as a mediator and a custodian of farmers' interests. There is no doubt that

Punjab badly needs a trade booster, but it also can't do without agriculture, which remains the backbone of its economy. Earnest efforts should be made to take everyone along and bring about reconciliation, failing which the perpetual state of unrest will only push Punjab deeper into the mire.

(Tribune, India Opinion)



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HEALTH IS WEALTH

The 1st Festival of Indian Cinema in Seattle commences at the iconic Museum of Pop Culture (MOPOP)



Audience viewing excerpts of PM's podcast with Lex Fridman on 21 March 2025



Viewing of documentary on recently concluded Mahakumbh



Consul General felicitating the artists at Inaugural Ceremony



Inaugural Ceremony



Seattle Port Commissioner Sam Cho addressing the gathering

MARCH 21, 2025

SEATTLE (TIP): The Inaugural Ceremony of the 1st Festival of Indian Cinema in Seattle was hosted today,

jointly by the Consulate General of India, along with MOPOP (Museum of Pop Culture). It featured a short documentary on the recently concluded Mahakumbh at



Audience viewing the Inaugural Ceremony of the 1st Festival of Indian Cinema at MOPOP



US Congresswoman Pramila Jayapal addressing the Inaugural Ceremony



Consul General addressing participants at the 1st Festival of Indian Cinema at MOPOP



Photo exhibit on "History of Indian Cinema" at MOPOP

Prayagraj, along with excerpts of Prime Minister's podcast with Lex Fridman, focusing on the foundational idea of India and its central message of Unity in Diversity.

The Inaugural Ceremony was attended by leading members of the film and media fraternity in Seattle, along with US Congresswoman Pramila Jayapal, King County Council Vice Chair Sarah Perry, Port of Seattle Commissioner Sam Cho and CEO of MOPOP Michele Y. Smith. It was followed by screenings of three popular Indian films - "English Vinglish" on 21st March and "Zindagi Na Milegi Dobara" on 22nd March and "Raksha Bandhan" - on 23 March, respectively.

In a special gesture to honor the legacy of Indian Cinema, 21-23 March were proclaimed as "Indian Cinema Festival Days" across all the 39 cities of King County, including in the Greater Seattle area. The three-day long Festival of Indian cinema also showcased a special photo exhibit on the "History of Indian Cinema", which chronicles the journey of Indian films over the years along with some of its leading titles, and will be on display at MOPOP Seattle till 23rd March 2025.

Trump strips security clearance from political foes, including Tish James, Alvin Bragg

MARCH 22, 2025

WASHINGTON, D.C. (TIP): President Trump has revoked security clearances and access to classified information from a slew of his political opponents, including New York Attorney General Letitia James and Manhattan DA Alvin Bragg.

"I have determined that it is no longer in the national interest for the following individuals to access classified information," Trump announced in a presidential memo issued late Friday night before directly naming 15 of his most vocal critics, as well as the entire Biden family.

The list notably includes all three Democrats who ran against him in the 2016 and 2024 elections: Hillary Clinton, Joe Biden and Kamala Harris. It also names former U.S. representatives Liz Cheney and Adam Kinzinger - two high-profile, anti-Trump Republicans - along with the two top law enforcement officials in New York, both of whom took the president to court and won.

Attorney General James has brought multiple lawsuits against Trump and his businesses. In February 2024, a judge ruled in favor of her office in a civil fraud case against Trump, his sons and the Trump Organization, ordering them to pay more than \$450 million she said they illegally obtained.

When celebrating the "tremendous victory" for New York and the nation, James criticized the then-



Letitia James, left, and Alvin Bragg

former president's "fraudulent" and unjust ways to enrich himself and his family.

"While he may have authored the 'Art of the Deal,' our case revealed that his business was based on the art of the steal," James said at the time.

Three months later, a jury in Manhattan found Trump guilty of falsifying business records in a hush-money scheme to conceal damaging information during the 2016 presidential election.

"Trump went to illegal lengths to lie repeatedly in order to protect himself and his campaign," Bragg said when announcing the all-count trial

conviction, adding his office has a "solemn responsibility to ensure equal justice under the law regardless of the background, wealth or power of the accused."

On Friday, Trump appeared to remind James, Bragg and several of his opponents that he may, indeed, use power against his perceived adversaries - even if symbolically.

In the memo, the president instructed the heads of federal agencies to "take all necessary actions, consistent with existing law," to immediately revoke security clearances and access to classified information from those individuals.

Along with preventing them from receiving classified briefings and obtaining information from members of the intelligence community, the action also revokes their "unescorted access to secure United States Government facilities."

While it's unclear what type of security clearance those individuals had, the revocation is largely being perceived as symbolic.

"It's another petty, performative move designed to punish his perceived enemies, regardless of reality," Kinzinger said Saturday, calling out the president's "latest stunt."

"Reports are circulating that he's decided to revoke my security clearance. The only problem? I don't have one."

IRS nears deal with ICE to share addresses of suspected undocumented immigrants

The move toward information-sharing comes as President Donald Trump pushes his administration to use every resource to conduct what he hopes will be the largest mass deportation of immigrants in U.S. history.

MARCH 22, 2025

WASHINGTON, D.C. (TIP): A Washington Post report says that the Internal Revenue Service is nearing an agreement to allow immigration officials to use tax data to confirm the names and addresses of people suspected of being in the country illegally, according to four people familiar with the matter, culminating weeks of negotiations over using the tax system to support President Donald Trump's mass deportation campaign.

Under the agreement, Immigration and Customs Enforcement could submit names and addresses of suspected undocumented immigrants to the IRS to cross-reference with confidential taxpayer databases, said the people, who spoke on the condition of anonymity out of fear of professional reprisals.

Normally, personal tax information - even an individual's name and address - is considered confidential and closely guarded within the IRS. Unlawfully disclosing tax data carries civil and criminal penalties.

However, tax information may be shared with other federal law enforcement under certain, limited conditions - and typically with approval from a court. It would be unusual, if not unprecedented, for taxpayer privacy law exceptions to be used to justify cooperation with immigration enforcement, the people said.

The proposed agreement has alarmed career officials at the IRS, the people said, who worry that the arrangement risks abusing a narrow and seldom-used section of privacy law that's meant to help investigators build criminal cases, not enforce criminal penalties.

According to portions of a draft of the agreement obtained by The Washington Post, ICE access to tax data would be limited to confirming the addresses of immigrants with final removal orders. Requests could be submitted only by Homeland Security Secretary



Kristi L. Noem or acting ICE director Todd Lyons, the memo says, and must include the name and address of each taxpayer, the date of their order for removal and other identifying information that would allow the IRS to verify the taxpayer's identity. The agreement would authorize data verification for people "subject to criminal investigation" for violating immigration law.

Representatives for the Treasury Department and DHS, the parent agencies of the IRS and ICE, respectively, did not immediately respond to requests for comment.

If approved, the agreement would represent a significant shift in how federal agencies manage both taxpayer information and immigration enforcement. The IRS has for years reassured undocumented workers that their tax information is confidential and that it is safe for them to file income tax returns without fear of being deported. About half - possibly more - of the roughly 11 million undocumented immigrants in the country file income tax returns to document their payments to the U.S. government, according to researchers.

"It is a complete betrayal of 30 years of the government telling immigrants to file their taxes," one former IRS official said, speaking on the condition of anonymity out of fear of retribution.

The move toward information-sharing comes as Trump pushes his administration to use every resource to conduct what he hopes will be the largest mass deportation of immigrants in U.S. history.

For weeks, immigration enforcement officials have tried to dramatically ramp up arrests, aiming for at least 1,200 to 1,500 per day, using a series of aggressive and unconventional tactics. Among them: recruiting the help of agencies not usually involved with immigration enforcement, invoking the centuries-old Alien Enemies Act to send Venezuelan migrants to a prison in El Salvador and expanding the government's power to expel migrants without a court hearing.

While Trump and his top aides vowed to focus on immigrants in the country illegally or convicted of committing a violent crime, recent enforcement actions have ensnared thousands of migrants and immigrants who have authorization to be in the country.

Meanwhile, DHS on Friday eliminated three internal watchdog agencies that advocated for immigrants and investigated complaints about detention conditions, the care of migrant children and delays in processing applications for green cards or citizenship. DHS officials said the offices created bureaucratic hurdles that obstructed the agency's work.

The potential agreement with the IRS would probably to mark the first time immigration officials have turned to the tax system for large-scale enforcement assistance. Undocumented workers' wages are subject to the same tax withholding and reporting requirements that apply to other U.S. residents.

(Read full story at www.theindianpanorama.news)

NAGPUR VIOLENCE: FADNAVIS WARNS RIOTERS, 'PAY FOR DAMAGES OR LOSE PROPERTY, FACE BULLDOZERS'

23 MAR 2025

MUMBAI (TIP): Maharashtra Chief Minister Devendra Fadnavis on Saturday warned bulldozer action against the rioters, said that any damage caused during the violent clashes in Nagpur on March 17 will be recovered from the rioters.

CM Devendra Fadnavis after reviewing the situation said that the state government would recover the cost of damages to properties caused during the recent violence in Nagpur from the rioters.

"If the rioters failed to pay the damage of the property during the riot, the bulldozer action will be initiated against them. We would even seize these people's properties and sell them to recover the damage cost," he said adding the compensation for victims would be distributed soon.

Fadnavis during his visit to Nagpur held a meeting with senior police and administrative officers at the police commissioner's office. He discussed how the violence unfolded and reviewed the police response.

CM Fadnavis further said that anyone who attacked the police would not be spared, and strict action would be taken against them.

"My government will not rest until those responsible for attacking the police are found and dealt with sternly," said Fadnavis.

He also clarified that police constables were not molested as earlier reports by some media outlets suggested that. However, the rioters hurled stones at them.

He said that while the violence could not be termed an "intelligence failure", he acknowledged intelligence gathering could have been better.

"The authorities have identified 104 individuals through CCTV footage and video recordings. Action has been taken against 92 people, including 12 minors. The police identified people who deleted 68 social media posts that aggravated the situation. Those who circulated inflammatory content would be charged as co-accused in the case. Police are also working to retrieve these deleted posts," Fadnavis said.

In violence in Nagpur erupted on March 17

The violence in Nagpur erupted after rumours, that a 'chadar' with Islamic inscriptions had been burnt during protests by the Vishwa Hindu Parishad (VHP), which was demanding the removal of Aurangzeb's tomb in Chhatrapati Sambhajinagar, were spread. In the clashes, the stone-throwing and arson across several parts of the city took place, injuring 33 police personnel, including three Deputy Commissioners of Police.

(PTI)

Supreme Court judges express optimism for peace in Manipur during visit

23 MAR 2025

GUWAHATI (TIP): A delegation of Supreme Court judges visited Manipur on Saturday and met relief camp inmates, expressing optimism that peace would soon return to the ethnic violence-hit state.

Justice B.R. Gavai, who led the delegation, addressed a gathering in Churachandpur, assuring the people that their difficult phase would not last long.

"We know that all of you are going through a difficult phase, but with the assistance of everyone—the executive, the legislature, and the judiciary—this phase will be over within a short period," he said.

Emphasising the role of the Indian Constitution in maintaining unity, he added, "It is our Constitution which has kept us united and strong. Have belief in our Constitution. The Constitution will ensure peace returns fully to Manipur one day."

The delegation also included Justices Vikram Nath, M.M. Sundresh, K.V. Vishwanathan, and N. Kotiswar Singh. However, Justice Singh, who belongs to the Meitei community, did not visit Churachandpur following objections from a lawyers' body in the area.

Highlighting the principles of justice, Justice Gavai stated, "Our Constitution aims at justice—social, economic, and political. The Constitution aims that all the citizens in the country will have



access to justice in a speedier manner and at affordable rates."

He acknowledged that internally displaced persons were among the most vulnerable sections of society, saying, "Due to various circumstances beyond their control, many individuals and families have found themselves uprooted from their houses, struggling to rebuild their lives."

During the visit, Justice Gavai virtually inaugurated free legal aid and medical camps, noting that legal aid clinics set up within displaced communities would provide free assistance to help people seek justice and protect their rights. He urged those

affected to utilise these services, assuring them, "We stand with them in their journey towards rebuilding their lives."

The judges later visited relief camps in Bishnupur district in the Imphal Valley, meeting the inmates.

Speaking to the media, Justice Singh expressed confidence that the visit by Supreme Court judges would offer a healing touch and instil hope for the future.

"We must look forward to a brighter future where we can live together. It may take time, but we must have that hope. We must all be positive," he said. (PTI)

India-Italy military talks explore new avenues for defence cooperation

22 MAR 2025

NEW DELHI (TIP): The military officials of India and Italy held discussions on working on new avenues to expand the scope of "military focused cooperation" as part of the institutionalised Military Cooperation Group meeting.

The Ministry of Defence on Saturday said that this was the 13th edition of the India-Italy Military Cooperation Group (MCG) meeting which was successfully conducted from 20-21 March in Rome, Italy. The discussions were focusing on identifying new avenues to expand the scope of bilateral military-focused cooperation, said MoD.

Key agenda points, as per the MoD, included enhanced exchange programs, capability development efforts and strengthening collaboration between the Indian and Italian armed forces. The meeting also reviewed ongoing defence engagements, assessing their progress and exploring ways to optimize future interactions. The meeting was co-chaired by the Deputy Assistant Chief of Integrated Defence Staff IDC (A) from Headquarters Integrated Defence Staff (HQ IDS), representing India, and the Deputy Head of the Strategic Direction and Military Cooperation Division of the Italian Defence General Staff,



representing Italy.

The MCG serves as a key institutional mechanism to enhance defence cooperation between the armed forces of both nations, fostering stronger military-to-military engagements and strategic collaboration. The ties between the two nations are getting strengthened with steps being taken at wider levels.

It was in November last year that Prime Minister Narendra Modi and Prime Minister of Italy Giorgia Meloni during their meeting at the G20 Summit in Rio de Janeiro, Brazil had decided to give impetus through the focused, time bound initiatives and joint plan of strategic action. Among other things, they agreed

to "Negotiate a Defence Industrial Roadmap, between the two Ministries of Defence and promote a Memorandum of Understanding (MoU) between the Society of Indian Defence Manufacturers (SIDM) and the Italian Industries Federation for Aerospace, Defence and Security (AIAD)."

The Indian Army has a unique historical connection with Italy. The 4th, 8th and 10th Indian Divisions, with more than 50,000 troops, played a significant role in advances of the Allied Forces for the liberation of Italy in the Second World War. Out of the twenty Victoria Crosses awarded in the Italian Campaign, six were awarded to Indians. (NIE)

Ajit Pawar backs Muslims amid tensions; vows action against 'divisive forces'

22 MAR 2025

MUMBAI (TIP): Maharashtra Deputy Chief Minister and NCP leader Ajit Pawar on Saturday reaffirmed his support for the Muslim community, stating that as a brother, he stands with them and will not spare anyone who threatens or targets them.

Speaking at his party-organised Iftar in Mumbai, Pawar assured the Muslim community, amid fears following the Aurangzeb tomb row and Nagpur violence. The opposition has accused the ruling party of unfairly targeting Muslims, making Pawar's statement as a Mahayuti alliance partner particularly significant.

Ajit Pawar said if anyone tries to divide the society on communal lines, then strict action will be taken against them.

"No one should threaten the nationalist Muslim community who are working for the development of the state and country. India is a diverse country where people of different caste, creed and religion stay together in a peaceful way. No one should take the law in hand and threaten the Muslim community people. As a brother, I am standing with them in difficult times. And, no one should fall in



the trap of divisive forces," Pawar said.

Reacting to Ajit Pawar's statement, former Union Minister Narayan Rane took a jibe, saying Pawar has started an "eye-checking business" after he remarked on taking action against those who target Muslims. Meanwhile, BJP MLA and minister Nitesh Rane, Narayan Rane's son, had earlier sparked controversy with provocative statements against the Muslim community.

Chief Minister Devendra Fadnavis

stated that no action would be taken against Muslims who are nationalists and contribute to society's development but warned that those involved in anti-national activities would not be spared.

Earlier, Ajit Pawar had assured his vote base that his party remains secular and progressive, emphasizing that despite being in alliance with the BJP and holding power at the state and center, it would not compromise on its ideology. (TNIE)

OPPOSITION SLAMS CM NITISH KUMAR OVER 'ERRATIC' BEHAVIOUR DURING NATIONAL ANTHEM AT PATNA EVENT

23 MAR 2025

PATNA (TIP): Bihar chief minister Nitish Kumar has come under fire of the Opposition following his 'erratic' behaviour during the national anthem played at a sporting event in the state capital.

On Saturday, CPI-ML (Liberation), an ally of RJD led grand alliance, hit out at Nitish, saying that he should resign as he was unable to run the state. CPI-ML (Liberation) general secretary Dipankar Bhattacharya turned to X saying that the recent public utterances and conduct of the chief minister Nitish Kumar were sufficient to prove that he was no longer in a position to discharge his duties as the chief minister of the state.

The CPI-ML (Liberation) leader also criticised the BJP, a major ally of NDA both at the centre and in the state, for maintaining a silence over the health condition of the chief minister even though the saffron party had made it a big issue in Odisha.

"Even PM Narendra Modi had spoken about the health condition of then chief minister Naveen Patnaik. But PM Modi and Union Home Minister Amit Shah were keeping mum over the health condition of Bihar chief minister and JD(U) supremo Nitish Kumar. Everybody is aware of the health condition of Nitish except PM Modi and Home Minister Amit Shah," Dipankar said, adding that the eccentric behaviour of Nitish during an official function in Patna on Thursday showed that he was not in a position to run the state.

Earlier in the day, RJD pasted posters outside the residence of former Bihar chief minister Rabri Devi criticising Nitish Kumar for disrespecting to the national anthem. The posters, featuring the words 'Nayak nahi khalnayak hoon main' (I am not a hero, I am a villain), aimed at expressing the party's growing discontent with Nitish's actions. RJD workers also burnt the effigies of the chief minister at district headquarters to vent their protest against the CM's erratic behaviour and causing disrespect to the national anthem in full public view.

The controversy erupted after a purported video went viral on social media, showing Nitish speaking and greeting while the national anthem played at an official function in the state capital on Thursday. The video caused a backlash, with many calling out the chief minister for disrespecting the national anthem. A complaint petition was also filed in a Muzaffarpur court, seeking action against the chief minister for disrespecting the national anthem. The petition sought action under relevant sections of the Bharatiya Nayaya Sanhita and the Prevention of Insult to the National Honour Act. (TNIE)

CRPF Sub-Inspector succumbs to IED blast injuries during treatment in Jharkhand

23 MAR 2025

RANCHI (TIP): The CRPF Sub-Inspector, who got injured in the IED blast along with a jawan in the forest of Marangponga under Chotanagra police station in Chaibasa, succumbed to his injuries during treatment in the hospital on Saturday.

The sub-inspector, Sunil Kumar Mandal, of CRPF 193 Battalion was airlifted to Ranchi along with the Head Constable Parth Pratim for better treatment after getting injured in the IED blast on Saturday.

Security forces were conducting a search operation here on Saturday afternoon, during which, two security personnel were hit by an IED.

"CRPF Sub-Inspector Sunil Kumar Mandal was martyred during treatment in the hospital on Saturday," said Chaibasa SP Ashutosh Shekhar.

Notably, several Maoist commanders are active with their squads in the Saranda forests of Chaibasa and have planted thousands of IEDs to check security forces enter into the jungles, due to which regular incidents of blasts are taking place during operations.

These IEDs explode as soon as a foot or slight pressure is applied on them. Security forces are continuously conducting anti-Maoist operations in the region and IEDs are being recovered almost every day.

On Monday also, security forces had recovered an IED weighing 10 KG. Earlier on Tuesday, SI Subodh Kumar of CRPF's 134 battalion was injured in an IED blast in Saranda forests. The injured jawan was given initial treatment at the spot itself and was airlifted to Ranchi by helicopter. (ANI)

Indian Railways launches AI-driven system for preventing elephant, wildlife deaths on railway tracks

23 MAR 2025

NEW DELHI (TIP): Indian Railways has introduced an innovative AI-driven measure to protect elephants and other wildlife animals from being hit by running trains.

This AI-enabled intrusion detection system (IDS) detects the presence of elephants and other wildlife animals on railway tracks using Distributed Acoustic Sensors (DAS) and immediately alerts the loco pilots about the close presence of animals along the rail tracks.

Railway Minister Ashwini Vaishnaw recently informed the Upper House of Parliament about this system, reiterating the railway's commitment for protection of elephants and other wild life animals.

Elucidating several protection measures taken by the railways in this regard, the minister said that the AI-enabled Intrusion Detection System (IDS) has been developed and brought into use for detecting the presence of elephants on railway tracks using the Distributed Acoustic Sensor (DAS).

"The system components include Optical fibre, hardware and pre-installed signatures of elephants' locations. The system alerts loco pilots, station masters and control room about the movement of elephants on track's proximity, for taking preventive action," the minister informed the House.

Currently, as per the official record of the railway, the IDS is working over 141 km of railway routes on critical and highly vulnerable locations identified by forest department in Northeast Frontier Railway.

The minister said that the device being used by the railway has been found to work very effectively in the protection of elephants. "The works of IDS have been sanctioned for identified corridors for a total length of 1,158 km of rail routes with an estimated expenditure of Rs 208 crore incurring. The IDS will cover forest areas falling under the jurisdiction of Northern Railway, North Frontier Railway, ECOR, SR, SER, NER, WR and East Central Railway", the minister said.

He also said that installation of this system is in progress over ECOR covering 349.4 km, Southern Railway (SR)'s 55.58 km and NER's 36 km. (ANI)



India in history this Week

MARCH 21 TO MARCH 27

21 MARCH

1836 First public library started in Kolkata, now its name is National Library.

1858 Rebel soldiers of Lucknow surrender.

1887 Establishment of Prathana Samaj in Bombay.

1916 Shehnai Ustad Bismillah Khan was born.

1791 British army was captured in 1791 by defeating Tipu Sultan of the then Bangalore.

1975 The then President Fakhruddin Ali Ahmed declared Emergency under Section 352 at the request of Prime Minister Indira Gandhi in 1975.

22 MARCH

1890 Ramachandra Chatterjee became the first person to get off parachute in 1890.

1972 Mrs. Indira Gandhi resigned as Prime Minister in 1977.

1964 First rally of old cars held in Kolkata.

1957 A national calendar based on suspicion was adopted.



1969 Inauguration of Indian Petrochemicals Corporation Limited.

23 MARCH

1910 1910 Dr. Ram Manohar Lohia was born in Faizabad district of Uttar Pradesh.



1931 During the 1931 Indian independence movement, revolutionary Bhagat Singh and his associates Rajguru and Sukhdev were hanged on this day.

1986 1986 First company of women was trained in Central Reserve Police Force.

1940 The All India Muslim League demanded a separate country for Muslims in 1940.

24 MARCH

1855 Long-distance telegraph message was sent from Calcutta to Agra for the first time.



1977 Morarji Desai became the fourth Prime Minister of India in 1977 and formed the first non-Congress government at the Center.

1990 The Indian Army left Sri Lanka and returned home in 1990.



1999 PN Bhagwati was elected vice-president of the United Nations Human Rights Committee for a second consecutive term in 1999.

1855 British Cabinet Mission reaches India.

25 MARCH

1788 First advertisement of Indian language Bangla published in the newspaper 'Calcutta Gadget'.

1898 Swami Vivekananda gave initiation of celibacy to Sister Nivedita.



1954 The country's first helicopter "S-55" was launched in 1954 in Delhi.

2007 Team India out of World Cup cricket in 2007.

2017 Tanushree Pareek of Bikaner, Rajasthan, made the country and state proud by becoming the first woman officer of the country's Border Security Force (BSF) in 2017.



26 MARCH

1552 Guru Amardas became the third Guru of the Sikhs.



1907 Mahadevi Varma, the modern 'Meera' of Hindi literature world, was born.



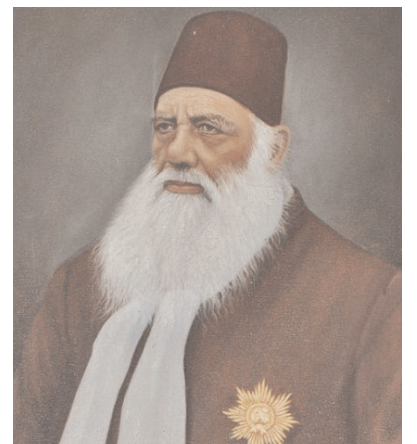
1972 President of India VV Giri inaugurates the first International Sanskrit Conference.

1973 In the state of Uttarakhand, India, in 1973, farmers organized an eco-protection movement called "Chipko Movement" to oppose the cutting of trees.

27 MARCH

1898 Death anniversary of Sir Syed Ahmad Khan, who introduced modern education for the Muslims of India.

2010 India successfully test-fires Dhanush and Prithvi 2 equipped with nuclear technology at Chandipur, Odisha.



Astronaut Sunita Williams Returns from her Nine-Month Space Odyssey



By Vasudevan Mukunth

"You don't look at the big problem all together, because I think it's a little intimidating. You just take it one day at a time, meet the people who are going to meet with you..., and really try to do the best job that you can. That's all teamwork, and that's what space travel is about."

Sunita Williams said this in a 2017 interview. Even in her full spacesuit gear complete with the helmet, there has always been something more between Ms. Williams and the rest of the world. There's, of course, the recognition that she's an icon. She's undoubtedly an axis of soft diplomacy for NASA and the U.S., someone as associated with the pinnacle of human spaceflight as the admirable idea of (more) women in space.

Growing up in Massachusetts, Ms. Williams wanted to be a veterinarian before her older brother Jay suggested joining the Navy. She did, graduating in 1987, becoming a naval aviator in 1989 and commencing her service at a Helicopter Combat Support Squadron in Virginia. Among other activities, she flew support missions for Operations Desert Shield (the first phase of the Gulf War, in 1990-91) and Provide Comfort, and helped with relief operations from aboard the USS Sylvania in the wake of Hurricane Andrew.

Soon she was selected to study at the U.S. Naval Test Pilot School (NTPS) and graduated in 1993, qualifying to put new or modified aircraft through their paces. This role opened the door for her to become a NASA astronaut five years later.

Ms. Williams's first mission to the International Space Station (ISS) was STS-116, when NASA launched her and six other astronauts aboard the Space Shuttle Discovery. While she was a member of the Expedition 15 crew, she participated in Expedition 14 to the ISS until Russia's Fyodor Yurichkin took over from the U.S.'s Michael López-Alegría as crew commander in April 2007. Once her duties concluded, the Space Shuttle Atlantis - which NASA had launched on June 8, 2007 - brought her back on June 22.

Ms. Williams returned to the ISS in July 2012, this time onboard a Russian Soyuz spacecraft, along with Japan's Akihiko Hoshide and Russia's Yuri Malenchenko. She joined the Expedition 32 crew under the command of Gennady Padalka.

TRIATHLON ONBOARD THE ISS

Ms. Williams isn't an icon for nothing. On April 16, 2007, she ran the Boston Marathon in space, completing 42 km on a treadmill onboard the ISS in 4 hours 24 minutes. Her younger sister Dina joined her on the earth. She went more than a step further in September 2012 when she completed a triathlon onboard the ISS

(using specialized equipment onboard to approximate the swimming part of the event) in 1 hour 48.5 minutes. Importantly, on September 17, 2012, she also became only the second woman (after Peggy Whitson) to become the commander of the ISS, as part of Expedition 33.

Her next major assignment came in 2015, when NASA picked her to fly in the country's first commercial spaceflights. She helped Boeing and SpaceX develop their crew capsules. On June 5, 2024, she became the first woman to test-fly an orbital spacecraft when NASA launched Boeing's Starliner crew capsule. She was

Expedition 41 on the ISS, taking over in November that year as the commander of Expedition 42, which lasted until March 2015.

He was also a bit of a trendsetter. For example, in his second stint, Mr. Wilmore required a ratchet wrench for a task but one wasn't available onboard. So, he requested and received instructions from the earth to use an onboard 3D printer to make the wrench; the crew thus became the first to manufacture an item off-world.

Ms. Williams and Mr. Wilmore both have something of an entrepreneurial spirit, guided by the "one step at a time"

SUPPORT FROM INDIA

Ms. Williams has also had to weather almost covetous expressions of support from India's political leaders, including the Prime Minister himself, only because she is of Indian descent. She was born in Ohio in 1965 to Deepak Pandya, who'd left India seven years prior, and Slovene-American Ursuline Bonnie Pandya. But riding on the popular interest in her in the country, leaders cutting across ideological lines, including those in power in Kerala and Tamil Nadu, have singled her out for congratulation.

When Ministers Jitendra Singh,



The NASA astronauts Sunita Williams and Barry Wilmore who returned to earth after nine months in space, have something of an entrepreneurial spirit, guided by the 'one step at a time' ethos and backed up by hard yards in the military and the rigors of being test pilots

joined on this soon-to-be-infamous mission by astronaut Barry Wilmore.

Mr. Wilmore's career trajectory has roughly paralleled Ms. Williams's but with some important distinctions. After training with the Navy and then graduating from the NTPS, he flew missions for Operation Desert Shield as well as Desert Storm (the second phase of the Gulf War), including 21 combat missions, and then Operation Southern Watch. NASA picked him as a pilot in 2000. He launched onboard the Space Shuttle Atlantis to the ISS in November 2009 as part of Expedition 21 in a mission that lasted 11 days. His next major stint, as with Ms. Williams, was when he launched onboard a Soyuz rocket and spacecraft in September 2014 with Russia's Yelena Serova and Aleksandr Samokutiyayev as part of

ethos and backed up by hard yards in the military and the rigors of being test pilots. They have both expressed excitement about working with NASA's commercial partners and helping bring technologies created in the private sector to within the spaceflight fold.

Entrepreneurialism is characterized even more by responding on one's feet to unforeseen, unforeseeable challenges - the kind one might encounter on Starliner's first crewed flight, which was technically a previously unflown mission. The two have also weathered with grace the oft-misguided media coverage of the Starliner flight as well as the clumsy political overtones U.S. President Donald Trump attached to the mission to return them from the ISS earlier this month.

Jyotiraditya Scindia, and Piyush Goyal all called her "India's daughter", it was also a reminder that the same honorific has been withheld from the likes of Vinesh Phogat and Soni Sori, who have fought long and hard much closer home en route to their triumphs. Equally, Ms. Williams's presence highlighted the absence of India's own astronaut-designates - Shubanshu Shukla, Prasanth Balakrishnan Nair, Ajit Krishnan and Angad Pratap - from the limelight at an exceptional time in which so many people were interested in the lives and work of astronauts.

Ultimately, Sunita Williams is an icon because she has constantly reminded us of what matters for us to do and how we can get there: one step at a time.

*(Vasudevan Mukunth is the Deputy Science Editor of The Hindu)
(Source: The Hindu)*

Is Canada heading for a snap poll by end of April?



By Prabhjot Singh

MARCH 20, 2025

TORONTO (TIP): Prime Minister Mark Carney looks set to avoid the embarrassment of facing a no-confidence motion in less than a fortnight of assuming the office. He is expected to call on the Governor-General this Sunday to recommend the dissolution of the House of Commons and the holding of fresh federal elections either on April 28 or May 5.

His 23-member Cabinet has endorsed his proposal of holding a snap poll before the prorogued House resumes its sitting on March 24.

Mark Carney has yet to decide the riding from where he would love to contest the ensuing election.

Two of the three major Opposition parties had been gunning for the Liberal government even after the change of its leadership from Justin Trudeau to Mark Carney.

The Canadian media has been agog with the speculations that Mark Carney will make the final call this weekend, with a snap election slated as early as April 28. The alternate date for the poll could be May 5.

The federal elections are otherwise scheduled for the end of October.

Should that happen, Carney, on return from a trip to Europe, is expected to visit the Governor General and request the dissolution of Parliament. The election campaign lasts for a minimum of 36 days and usually around 40 days.



Mark Carney to announce Canadian election and will run in Ottawa's Nepean riding

This will be Canada's 45th federal election.

Immediate factors behind the current thinking in the Mark Carney Government recommending a snap poll are the rapidly changing economic developments following U.S. President Donald Trump's trade policies and rhetoric that have fueled a rise in Canadian nationalism, strengthening the Liberals' prospects.

After change of the command, the Liberal's graph has shown upward movement narrowing the gap with the main Opposition party, the Conservatives. Until the turn of the year, the Conservatives were far ahead of the Liberals.

However, with the change in the leadership of the Liberal Party and the tough stand taken by the minority

government against the US tariff war threats, the recent opinion polls conducted by different organizations have shown that Liberals have surged ahead of the conservatives.

The Liberals want to capitalize on this surge rather than lose the advantage by facing the ignominy of a no-confidence motion, its third in the last five months.

The latest poll shows the federal Liberals have surged to 42 per cent, five points above the Conservatives and leader Pierre Poilievre. Three months ago, the Liberals were polling at a near-all-time low of just 16 per cent.

Carney was sworn in as Canada's new prime minister on March 14. The opposition Conservatives wanted the elections with Justin Trudeau still as Prime Minister. The popularity of Justin Trudeau had been on a downward trend

following rising living and housing costs besides growing unemployment and immigration surge..

Immediately after taking over on March 14, Mark Carney held his first Cabinet meeting where among other decisions was the elimination of consumer carbon tax to undo Trudeau's signature climate policy. He called his government "Canada's new government" to distance himself from Trudeau.

"We will never, in any way shape or form, be part of the United States," Carney said. "America is not Canada. We are very fundamentally a different country."

Mark Carney has already declared that he was ready to meet US President Donald Trump provided he shows respect for Canadian sovereignty. This week, he made his first trip abroad, visiting France and the U.K. before stopping in Iqaluit.

The Canadian and US media have been quoted saying that Donald Trump has expressed his preference for a Liberal victory under Carney over the opposition Conservatives. However, many political pundits have said it's believed to be posturing by the current U.S. President, who regularly referred to Trudeau as "Governor Trudeau."

Trump had announced 25 per cent tariffs on Canada's steel and aluminum besides threatening sweeping tariffs on all Canadian products on April 2. He has threatened economic coercion in his annexation threats and suggested the border is a fictional line.

The U.S. trade war and Trump's talk of making Canada the 51st U.S. state have infuriated Canadians, who are booing the American anthem at NHL and NBA games.

USA halts Canada's progress in the Women's T20 World Cup 2026 Americas Qualifier

MARCH 19, 2025

Buenos Aires (TIP): Buenos Aires and women's cricket! Amazing! Isn't it? Until a few years ago, it would have sounded only like a fantasy.

Argentina is better known for its soccer and field hockey in team sports. Cricket was till the turn of the century an unknown entity in this South American nation.

Last year, the USA and West Indies jointly organized the ICC Men's T20 World Cup.

But things have changed. International Cricket is a reality now. Buenos Aires organized the ICC Women's T20 World Cup 2026 American Qualifier. USA prevailed in a winner-takes-all matchup on the final day. The win against traditional rivals and neighbors Canada sees them claim the top spot and a place in the next stage - the ICC Women's T20 World Cup 2026 Qualifier.

A dramatic final day saw a rampant USA snatch the top spot and a place in the next round, thanks to a commanding 78-run victory over Canada.

Eight days of competitive action preceded the top-of-the-table clash. Both the USA and Canada knew that victory would advance them to the ten-team Qualifier,

which would lead to the final stage on the road to England and Wales in 2026.

Electing to bat first after winning the toss at the St Albans Club Ground, the USA started its innings brightly. Young openers Disha Dhingra (16) and Chetna Pagdya (35) saw off Canada's opening attack to set the foundations, with Ella Claridge (20) and skipper Anika Kolan (34) also chipping in with valuable run-a-ball scores.

A sharp 17 from 12 balls by Isani Vaghela helped the USA add to its competitive total. Despite the efforts of Terisha Lavia (two for 19), USA closed its innings at 131 for six from 20 overs - the second-highest total recorded during the competition.

In response, Canada stuttered in the early overs and never recovered. Falling to 20 for three by the fifth over, a slight reprieve in the form of a partnership between top-scoring Achini Perera (19) and Kainat Qazi helped them stabilize to 36 for three before Qazi's wicket at the hands of Saanvi Immadi heralded a brisk collapse.

More wickets from Player of the Tournament Ritu Singh and the introduction of Chetna Prasad were the catalysts for the finale, with Prasad blitzing through the lower order to record figures of four for five from her two overs, including

the wicket of Mannat Hundal to secure the 78-run victory amid jubilant scenes in the Argentine capital.

USA captain Kolan, said: "I'm incredibly proud of the team for our dominant victory in the ICC Women's T20 World Cup Americas Qualifier. This win reflects the hard work, resilience, and unity we've built as a squad. Every player stepped up, and we showcased the growing strength of women's cricket in the USA."

"Securing America's representative spot in the global qualifiers is a huge step forward, and we're excited for the journey ahead."

The ICC Women's T20 World Cup 2026 in England and Wales will see a greater number of competing teams (12) and matches (33) than ever before.

Eight teams that have already gained automatic qualification to the event are England as hosts, Australia, India, New Zealand, South Africa and the West Indies by their performances at the 2024 edition, plus Pakistan and Sri Lanka, who were the two next highest ranked teams on the ICC Women's T20I rankings table on 21 October 2024.

The four remaining spots will be determined through the ten-team Qualifier,



comprising Scotland, Bangladesh, USA and subsequent teams that advance from regional pathway events held in Africa, Asia, Europe and the East Asia-Pacific in 2025.

SCORES IN BRIEF

USA 131 for six from 20 overs (Chetna Pagdya 35, Anika Kolan 34; Terisha Lavia 2 for 19)

Canada 53 all out in 16 overs (Achini Perera 19; Chetna Prasad 4 for 5, Ritu Singh 2 for 12)

USA won by 78 runs

(Prabhjot Singh is a Toronto-based award-winning independent journalist. He was celebrated by AIPS, the international body of sports journalists, for covering ten Olympics, at its centennial celebrations held at UNESCO Centre in Paris during the 2024 Olympic Games. Besides, he has written extensively about business and the financial markets, the health industry, the public and private sectors, and aviation. He has worked as a political reporter besides covering Sikh and Punjab politics. He is particularly interested in Indian Diaspora and Sikh Diaspora in particular. His work has also appeared in various international and national newspapers, magazines, and journals. He can be reached at prabhjot416@gmail.com)

City Launches Day of Action to Boost Awareness of Earned Income Tax Credit Benefit

MARCH 21, 2025

NEW YORK, NY (TIP): The Department of Consumer and Worker Protection (DCWP), the Mayor's Public Engagement Unit (PEU), and the Department of Social Services (DSS) today launched a citywide Day of Action, with less than one month left in tax season, to urge eligible residents to maximize their refunds by claiming the Earned Income Tax Credit (EITC) and file their taxes for free through NYC Free Tax Prep.

On March 21, 2025, PEU, DCWP, and DSS outreach specialists will be conducting outreach in neighborhoods in all five boroughs with historically low tax-filing rates to ensure New Yorkers are aware of their eligibility for the EITC, a crucial benefit that helps low- to moderate-income workers retain more of their hard-earned money.

Through direct canvassing, community events, and a citywide text messaging campaign, New Yorkers will learn how to file their taxes for free through NYC Free Tax Prep and claim essential tax credits. The EITC, which was expanded in 2023 for the first time in two decades, has already provided millions in relief to working-class New Yorkers. Eligible filers may receive up to \$11,000 in combined federal, state, and city EITC benefits, with the average New Yorker receiving approximately \$2,300.

"Many New Yorkers are unaware of the critical financial resources available to them, and we want to change that," said Adrienne Lever, Executive Director of the Mayor's Public Engagement Unit. "Through our proactive outreach, we're ensuring that eligible individuals and families can access the full tax benefits they deserve, keeping more money in their pockets and strengthening our city's economy."

"For New Yorkers of all walks of life, tax season can evoke a sense of anxiety and uncertainty, but an array of services is available to help working-class residents file accurate tax returns and avail themselves of every benefit to which they are entitled, including the EITC," said HRA Administrator Scott French. "Every dollar counts for New York City families, and we are proud to collaborate with our partners at PEU and DCWP to directly engage New Yorkers and ensure that they are aware of the services and benefits that can help them



Agencies Mobilize to Help New Yorkers Claim Valuable Tax Credits and File Their Taxes for Free

hold onto more of their hard-earned income during tax season."

"NYC Free Tax Prep offers trusted and professional tax preparation services to thousands of New Yorkers each year, helping them get the fullest refund possible at no cost to them," said DCWP Commissioner Vilda Vera Mayuga. "Last year, NYC Free Tax Prep helped file over 100,000 tax returns, saving New Yorkers more than \$33 million in tax preparation fees and keeping their full refund. If you earned \$65,000 or less as an individual or a family that earned less than \$93,000 in 2024, I urge you to file for free through NYC Free Tax Prep."

ABOUT NYC FREE TAX PREP:

NYC residents who earned \$65,000 or less and families with dependents must have earned \$93,000 or less in 2024 to file with NYC Free Tax Prep. NYC Free Tax Prep provides free, professional tax preparation services that help New Yorkers keep their full refund, including valuable tax credits, like the enhanced NYC Earned Income Tax Credit (EITC):

In-Person Tax Prep. At an NYC Free Tax Prep site for in-person tax prep, an IRS certified Volunteer Income Tax Assistance (VITA)/Tax Counseling for the Elderly (TCE) volunteer preparer will sit down with you to complete an accurate tax return. Sessions take a minimum of 30 minutes and there are more than 130

sites across the city.

Drop-off Service. At an NYC Free Tax Prep site for drop-off service, you can drop off your tax documents and pick up the completed return later.

Virtual Tax Prep is a safe and reliable online tax prep service. An IRS certified VITA/TCE volunteer preparer will help you file your tax return during a 60-90 minute virtual call; using a secure digital system to manage your tax documents; and answer your tax questions.

Self-Prep with Help (or Assisted Self-Prep) is a safe and reliable online tax prep service. Do your own taxes with easy-to-use tax filing software but phone or email a volunteer for help when needed.

The deadline to file a tax return for your 2024 taxes is April 15, 2025. Go to www.nyc.gov/TaxPrep to learn more.

ABOUT THE NYC MAYOR'S PUBLIC ENGAGEMENT UNIT:

The NYC Public Engagement Unit (PEU) was created to develop a new model for government outreach, using community organizing principles to re-envision how the city provides services to its most vulnerable communities. Rather than expecting constituents to navigate a complex City bureaucracy to get the help they need, PEU adopts grassroots tactics to meet residents where they are- at their doors and on their phones, in their social media feeds, and in their communities. We marry this proactive outreach with comprehensive case management to provide New Yorkers with personalized, passionate care. GetCoveredNYC is a PEU program that provides free assistance for New Yorkers seeking to enroll in health care, regardless of immigration status or income. Our specialists speak more than 20 languages and conduct outreach to proactively identify uninsured New Yorkers and help them get access to health care and other health-related benefits.

STAY CONNECTED:

www.nyc.gov/PEU

Facebook: Mayor's Public Engagement Unit

X/Twitter: @MayorsPEU

(Press release)

CITY & STATE NEW YORK RECOGNIZES TWO NYC HEALTH + HOSPITALS CEOS ON 2025 "QUEENS POWER 100" LIST

MARCH 21, 2025

NEW YORK, NY (TIP): NYC Health + Hospitals today announced that NYC Health + Hospitals/Elmhurst CEO Helen Arteaga-Landaverde, MPH, PhD, and NYC Health + Hospitals/Queens CEO Neil J. Moore, MBA, MPA, FACHE, were recognized by City & State New York in their "Queens Power 100" list for 2025. The annual recognition list highlights accomplished leaders across a range of industries with significant political influence who have shaped the lives of New Yorkers in Queens and beyond. Arteaga-Landaverde and Moore are celebrated as trailblazers who have led their respective hospitals through multiple crises, all while continuing to deliver quality health care and while acting as trusted messengers for their community members. Taking the helm during the pandemic in 2021, they successfully navigated the COVID-19 crisis and drove significant advancements in patient care. Under Arteaga-Landaverde's leadership, NYC Health + Hospitals/Elmhurst launched a specialized program for advanced-stage liver and gastrointestinal cancers, while Moore's stewardship saw NYC Health + Hospitals/Queens earn the prestigious Lantern Award for emergency care



NYC Health + Hospitals/Elmhurst CEO Helen Arteaga-Landaverde, MPH, PhD, and NYC Health + Hospitals/Queens CEO Neil J. Moore, MBA, MPA, FACHE, are recognized as power players shaping New Yorkers' lives every day

innovation. City & State is a premier media organization dedicated to covering New York's local and state politics and policy.

"Being recognized in the 2025 Queens Power 100 by City & State New York is an incredible honor. This recognition is a testament to the hard work and

dedication of the entire team at NYC Health + Hospitals/Elmhurst, who remain committed to providing high-quality, equitable healthcare for all," said NYC Health + Hospitals/Elmhurst CEO Helen Arteaga-Landaverde, MPH, PhD. "Queens is a borough of resilience, diversity, and strength, and I am proud to serve a community that continues to inspire me every day."

"This honor reflects the collective efforts of our team at NYC Health + Hospitals/Queens, who work tirelessly to improve patient outcomes, expand access to care, and support the health of our communities. Queens is a place of opportunity and innovation, and I look forward to continuing our mission of delivering exceptional health care to those who need it most," said NYC Health + Hospitals/Queens CEO Neil J. Moore, MBA, MPA, FACHE. "I am deeply grateful to be included in the 2025 Queens Power 100 by City & State New York."

Helen Arteaga-Landaverde has been CEO of NYC Health + Hospitals/Elmhurst since February 2021, becoming the first woman of color and the first Latina to lead the hospital's executive team.

(Read full story at www.theindianpanorama.news)

REELABILITIES FILM FEST NY RETURNS FOR 17TH EDITION

BY MABEL PAIS

FEATURE FILMS



The Trouble with Mr. Doodle, Opening Night

Photo credit: reelabilities.org/newyork



La Nouvelle

Photo credit: reelabilities.org/newyork

REELABILITIES FILM FESTIVAL: NEW YORK (RFFNY), an annual event, returns April 3-9, 2025 for its 17th edition, bringing audiences a diverse, thought-provoking lineup of over 30 films from around the globe. As the premier exhibitor of disability-related films worldwide, ReelAbilities continues to set the standard for accessibility, inclusion and community engagement. This year's selection includes numerous World, U.S., and New York premieres along with the fourth ReelAbilities Industry Summit.

"For our 17th anniversary, the ReelAbilities selection committee has curated an exceptional showcase of films that expand imagination and celebrate excellence while reframing disability beyond stereotypes. They also excel as remarkable cinematic achievements in their own right," says Isaac Zablocki, ReelAbilities' co-founder and director. "The 2025 flagship festival spotlights perhaps our most diverse lineup to date, spanning across genres and perspectives while expanding our ongoing commitment to outside-the-box narratives that challenge preconceptions and spark meaningful conversations."

OPENING NIGHT (AT THE SHED) - 'THE TROUBLE WITH MR. DOODLE'

ReelAbilities 2025 launches with an East Coast premiere of 'The Trouble with Mr. Doodle' at The Shed on April 3. Directed by Jaimie D'Cruz ('Exit Through the Gift Shop') and Ed Perkins ('Tell Me Who I Am'), this innovative documentary explores the world of Sam Cox, whose compulsive doodling captivated millions online. The film delves beyond the viral phenomenon to examine the intersections of artistic obsession, mental health, and self-expression.

Additionally, MARISSA BODE, the trailblazing actress who made history as the first wheelchair user to portray Nessarose in the celebrated 'Wicked' film, will receive the festival's Spotlight Award in recognition of her groundbreaking contributions to disability representation on screen.

INCREDIBLE FILMS AND UNMISSABLE PREMIERES

ReelAbilities 2025 features a powerful and diverse slate of narratives, documentaries, and short films highlighting disability culture, community, and creativity. This year's must-see films include:

'Blind AF' (World Premiere) - A Blind Paralympic champion embarks on a historic 3,600-mile solo cycling journey, redefining her limits and independence.

'Rising Phoenix: A New Revolution' (World Premiere) - From the creators of 'Rising Phoenix,' this new documentary explores the next era of Paralympic sports and global disability advocacy.

'Deaf President Now!' (NY Premiere) - Co-directed by Nyle DiMarco, this documentary chronicles the 1988 Gallaudet University student-led protest that reshaped Deaf civil rights.

'Championext' (U.S. Premiere) - The sequel to Spain's celebrated 'Champions,' this heartwarming sports dramedy follows a basketball team of players with intellectual disabilities as they redefine success.

'Color Book' - A father and his 11-year-old son with Down syndrome navigate an unexpected road trip to their first baseball game, discovering new ways to connect along the way.



Life After

Photo credit: reelabilities.org/newyork

'Life After' (NY Premiere) - A groundbreaking look at disability rights and medical ethics, revisiting a historic case that continues to shape conversations about respect, self-determination, and autonomy.

'The Paper Bag Plan' (NY Premiere) - A father, facing terminal illness, teaches his wheelchair-using son the skills to live independently before time runs out.

'Magnetosphere' - A young girl with synesthesia learns to embrace her unique sensory experiences through theater and music.

'Maria Montessori' - A historical drama exploring the pioneering educator's fight for inclusive education in 19th-century Rome.

'An Unquiet Mind' - Powerful documentary dismantling myths about OCD using personal narratives.

'My Own Normal' - A filmmaker with cerebral palsy documents his unexpected journey into parenthood.

'So Damn Easy Going' - A Swedish coming-of-age story about a teenager navigating ADHD, romance, and independence.

'Summer Brother' - A transformative summer redefines the relationship between two brothers, one has a disability and the other doesn't.

SHORT FILMS

'Comedy Against Odds' - A 10-year-old autistic comedian finds his voice through stand-up, challenging perceptions of disability and humor.

'A Stupid Man' (U.S. Premiere) - A wheelchair user reevaluates her relationship with her best friend in this fresh romantic comedy.

'Iron Lung' (U.S. Premiere) - A polio survivor and her sister must engineer a life-saving solution after a storm cuts power to her iron lung.

'Unholy' (NY Premiere) - A college student with a feeding tube navigates family expectations and traditions during a chaotic Passover Seder.

'Lights, Camera, Friendship on the Spectrum' - A new

docuseries following young adults on the autism spectrum as they embark on creative endeavors.

'Millstone' - A psychological drama featuring an all-Deaf cast, exploring grief and unconventional therapy.

'Turn Up The Bass' - A documentary on Troi Lee, the founder of the UK's Deaf rave scene.

'BITE' - A woman with PTSD navigates trauma through experimental storytelling.

'The 17%' - A documentary about an entrepreneur with Down syndrome reshaping workplace inclusion.

'The Art of Weightlessness' - An animated documentary on Bill Shannon's unique fusion of dance and skateboarding using crutches.

'Pyramid of Disunion' - A wheelchair user's quest for peace at an eco-commune leads to unexpected encounters.

EXPANDING PROGRAMMING & INDUSTRY IMPACT

In addition to the film screenings, ReelAbilities continues to expand its impact on the entertainment industry, offering exciting new programs and professional development opportunities:

REELABILITIES INDUSTRY SUMMIT (APRIL 7-8)

Returning for its 4th year, in partnership with the NYC Mayor's Office of Media & Entertainment, ReelAbilities Industry Summit convenes leaders and innovators from AMC Networks, Amazon Studios, Vimeo, ITVS, and more.

Featuring panels, workshops, and networking events focusing on disability inclusion in media, casting, production, and storytelling.

REELABILITIES COMEDY NIGHT (APRIL 4 AT LINCOLN CENTER FOR THE PERFORMING ARTS)

This highly anticipated event moves to Lincoln Center for the first time and showcases top disabled comedians, blending humor with powerful storytelling.

FILMMAKER Q&AS & COMMUNITY CONVERSATIONS

Interactive discussions with directors, actors, and other disabled creatives exploring disability narratives, inclusion, and groundbreaking representation across media.

ACCESSIBILITY & INCLUSION : ReelAbilities remains the gold standard for accessibility in film, ensuring that all screenings, panels, and events include:

- Open captions on all films
- Audio description for all films
- ASL interpretation and CART (live captioning) for all Q&As, panels, and events
- Braille and large-print festival materials
- Sensory-friendly spaces and break rooms
- Wheelchair-accessible venues and service animal accommodations
- Select films available via streaming at reelabilities.org/stream

TICKETS & FESTIVAL INFORMATION

- Tickets for Opening Night at The Shed, early-bird passes, and industry events are on sale.

For the full lineup and complete details about TIFFANY, visit:

reelabilities.org/newyork

For Industry Summit details, visit:

reelabilities.org/summit

Please note: Events are subject to change.

REELABILITIES : ReelAbilities: Founded in 2007, ReelAbilities has grown from a single New York-based film festival into an independent nonprofit with over a dozen affiliate festivals across North America, including our flagship annual event, ReelAbilities Film Festival: New York (RFFNY), the premier exhibitor celebrating and innovating how the lives, stories, and artistic expressions of disability are presented and represented in media worldwide.

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

DURING WOMEN'S HISTORY MONTH LET'S EXAMINE MATERNAL MORTALITY AMONG BLACK WOMEN

BY MABEL PAIS

During Women's History Month in America, let's pause to learn about how Black women are feeling the pain of increased maternal mortality in the United States. The rates of severe pregnancy-related complications and death are highest for these individuals.

In honor of Women's History Month, Standing in Solidarity is spotlighting medical disparities that impact Black women's care. A film followed by a panel's conversation will also offer opportunities for advocacy and suggest cures for a broken system.

WHAT: MATERNAL MORTALITY AMONG BLACK WOMEN

WHEN: MONDAY, MARCH 24, 2025 @ 6PM

WHERE: CHASE ROOM, NJPAC, 1 CENTER STREET, NEWARK, NJ

COST: FREE

This event is produced by Women@NJPAC, a powerhouse community of women committed to supporting the Arts Center's social impact work.

The panel conversation is preceded by a PSEG Social Impact film screening. Birthing Justice is a documentary that shadows several women through pregnancy and delivery, revealing their challenges and celebrating their positive outcomes.

MODERATOR

MARLIE MASSENA



Pregnant woman

Photo credit : njpac.org

Lifestyle brand marketer and Trustee of Women@NJPAC.

PANELISTS

MICHELLENE DAVIS : President and CEO of National Medical Fellowships, an organization advancing health equity by assisting underrepresented medical and health professional students.

MICHELLE GABRIEL-CALDWELL : A doula, childbirth educator and owner of Baby, Please! Birth Services.

DR. NASTASSIA HARRIS : Founder and Executive

Director of Perinatal Health Equity Initiative, a non-profit focused on addressing racial disparities in Black maternal and infant health.

REGISTRATION

Registration is required though the cost is free. To register, visit njpac.org/event/black-maternal-health. Please note: Events are subject to change.

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

ISN'T BEING HEALTHY SO MUCH FUN?

BY MABEL PAIS

Who knew that being healthy could be so much fun?

The NJPAC Wellness Fair is your one-stop-shop for free and creative health resources.

WHAT: ANNUAL WELLNESS FAIR

WHEN: WEDNESDAY, APRIL 2, 2025; 11AM - 2PM

WHERE: NJPAC LOBBY

COST: FREE

The annual NJPAC Wellness Fair offers health information, mental health resources and heaping doses of fun. Hop on a stationary bike attached to a blender and pedal your way to a yummy smoothie treat, schedule your next important health screening, get moving at a soul line dancing class and so much more!

NJPAC's "Passport to Health" bingo card is back! Collect stamps at the Wellness Fair and get entered into a raffle to win fabulous prizes including two round trip tickets on United Airlines and four tickets to an NJPAC performance of the Alvin Ailey American Dance Theater.

SCHEDULE

Find your zen with I'm So Yoga:

11AM: Soundbath

12PM: Restorative Yoga

1PM: Meditation

Get your groove on during three creative movement breaks:

11:30 AM: Body Stretches with Mr. Dario

12:30 PM: Traditional African Dance



Booths at Wellness Fair

Photo credit : njpac.org

with Karen Miles

1:30 PM: Soul Line Dance with Najah Riker

MAMMOGRAM REGISTRATION

Sign up for your annual mammogram with University Hospital's Mobile Mammography Unit.

Sign up @ forms.office.com/pages/responsepage.aspx?id=DtvLwCYxAE-kLlocETexRUvVagNAJ-9OmIG5r305ewZUOUJZMFMwOFNYVjZWRVhLWFNaOE5JTUhYSC4u&route=shorturl

Space is limited. Note: University Hospital's mobile unit accepts insured and uninsured individuals, must be over 40 and advance registration is required.

NOTE: Each table will have educational materials, screenings, activities, giveaways or promotional items!

VENDORS

RWJBarnabas Health
Horizon Blue Cross Blue Shield of New Jersey

A Friend in Knead
Alzheimer's NJ
Covenant House NJ
Inside Ability Books
JAG Physical Therapy
Montclair Art Museum
New Jersey Relay
Partnership for Maternal and Child Health of Northern New Jersey
... and more.....watch for updates!

QUESTIONS

Please direct questions to the NJPAC Wellness Team at wellness@njpac.org
Please note: Events are subject to change.

NJPAC

One Center Street
Newark, New Jersey 07102
njpac.org or 888.GO.NJPAC
(888.466.5722)

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Facebook: facebook.com/NJPAC
YouTube: NJPACtv

FOLLOW NJPAC'S STANDING IN SOLIDARITY SERIES ONLINE:

Website: njpac.org/takeastand
Hashtag: #NJPACTakeAStand
Youtube: Standing in Solidarity playlist

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

10TH-ANNUAL

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Shaheed Diwas: Remembering the Supreme Sacrifice of Bhagat Singh, Rajguru and Sukhdev

On March 23rd, India observes Shaheed Diwas or Martyrs' Day to commemorate the martyrdom of Bhagat Singh, Sukhdev Thapar, and Shivaram Rajguru, who were hanged by the British government for their revolutionary activities against colonial rule.

Shaheed Diwas, also known as Martyrs' Day, is observed on March 23 every year in India to honor the sacrifices of Bhagat Singh, Sukhdev Thapar, and Shivaram Rajguru. These three young revolutionaries were executed by the British government on this day in 1931 for their relentless struggle against colonial rule. Their supreme sacrifice continues to inspire millions across the country and holds a significant place in India's freedom movement.

The day serves as a solemn reminder of the indomitable spirit and bravery of these young freedom fighters. Their unwavering commitment to the nation and fearless resistance against oppression have left an indelible mark on Indian history. Shaheed Diwas is not only a day of remembrance but also a day to reignite patriotism and acknowledge the contributions of numerous other unsung heroes who laid down their lives for India's independence.

Historical Background

The Role of Bhagat Singh, Sukhdev, and Rajguru
Bhagat Singh, Sukhdev Thapar, and Shivaram Rajguru were prominent members of the Hindustan Socialist Republican Association (HSRA), a revolutionary organization that sought to overthrow British rule through direct action and armed resistance. Their ideology was shaped by a deep sense of patriotism and a belief in socialism and equality.

One of the most significant events that led to their execution was the assassination of John Saunders, a British police officer, in 1928. This act was carried out in retaliation for the brutal lathi charge on Lala Lajpat Rai during a protest against the Simon Commission. The trio, along with other revolutionaries, sought justice for Lajpat Rai's death and wanted to send a strong message to the British government.

In 1929, Bhagat Singh and Batukeshwar Dutt threw bombs in the Central Legislative Assembly in Delhi to protest against the oppressive laws of the British. They were arrested immediately, and Bhagat Singh used his trial as a platform to advocate for India's independence, gaining massive public support. However, despite widespread protests and appeals, Bhagat Singh, Sukhdev, and Rajguru were sentenced to death and hanged in Lahore Central Jail on March 23, 1931.

The Impact of Their Execution

The execution of Bhagat Singh and his comrades sparked widespread outrage across India. They became martyrs in the eyes of the public, and their sacrifice fueled the nationalist movement. Their ideas and writings continued to inspire future generations, reinforcing the idea that independence was worth any price.

Significance of Shaheed Diwas

Shaheed Diwas is a day of reflection and inspiration. The sacrifices of Bhagat Singh, Sukhdev, and Rajguru remind the nation of the cost of freedom and the responsibilities that come with it. The day holds multiple dimensions of significance:

Remembering the Sacrifices of Freedom Fighters

The day honors not only Bhagat Singh, Sukhdev, and Rajguru but also countless other freedom



fighters who gave their lives for India's independence. It is an occasion to pay tribute to their courage, commitment, and patriotism.

Inspiring Patriotism in the Youth

Bhagat Singh and his comrades were young when they embraced the path of revolution. Their story serves as an inspiration to the younger generation, instilling in them the values of nationalism, courage, and selflessness.

Highlighting Revolutionary Ideologies

Shaheed Diwas also brings attention to the revolutionary ideologies of Bhagat Singh and his peers. Their belief in socialism, equality, and justice continues to be relevant in modern India, inspiring political and social movements.

Strengthening National Unity

By commemorating the sacrifices of these martyrs, Shaheed Diwas fosters a sense of unity and collective pride among Indians. It serves as a reminder that independence was achieved through the combined efforts of people from different regions and backgrounds.

Key Events and Observances

Tributes and Memorial Ceremonies

On Shaheed Diwas, various events are organized across the country to pay tribute to Bhagat Singh, Sukhdev, and Rajguru. Leaders, activists, and citizens gather at memorials such as the Hussainiwala National Martyrs Memorial in Punjab and the Shaheed Smarak in Delhi.

Educational Programs and Awareness Campaigns

Schools, colleges, and universities hold seminars, debates, and exhibitions to educate students about the sacrifices of freedom fighters. Documentaries and films on Bhagat Singh's life are also screened to create awareness.

Processions and Public Gatherings

Several cities witness processions where people march with slogans, banners, and posters to honor the legacy of the martyrs. These gatherings reinforce the values of patriotism and national pride.

Social Media Tributes

In the digital era, Shaheed Diwas is widely observed on social media platforms. Citizens, celebrities, and political leaders share quotes, images, and messages to commemorate the day and spread awareness.

Lesser-Known Facts

- **Bhagat Singh's Love for Literature:** Bhagat Singh was an avid reader and writer. While in jail, he read books on Marxism, Leninism, and revolutionary ideologies, which shaped his thoughts on socialism.
- **No Last Wish:** Unlike most prisoners sentenced to death, Bhagat Singh, Sukhdev, and Rajguru did not express any last wish. They faced their execution with a smile, singing patriotic songs till their last breath.
- **Refused to Appeal for Mercy:** Many political leaders and activists requested clemency for Bhagat Singh, but he refused to seek a pardon, believing that his death would inspire future generations.
- **Faked Identity to Evade Arrest:** Before becoming a prominent revolutionary, Bhagat Singh once shaved his beard and cut his hair to avoid being recognized by the British police after the assassination of John Saunders.

Influence of Bhagat Singh's Ideology in Modern India

Even after more than 90 years, Bhagat Singh's thoughts on freedom, equality, and social justice continue to resonate. His ideas have influenced various political and social movements, advocating for:

- **Education for All:** Bhagat Singh believed that ignorance and illiteracy were barriers to true freedom. His advocacy for education as a means to empowerment remains relevant.
- **Elimination of Caste and Class Discrimination:** He envisioned an India free from casteism and economic disparity, inspiring movements that fight for equality.
- **Empowerment of Youth:** His belief in the potential of young people encourages youth participation in politics, social change, and national development.

Bhagat Singh: The Icon of revolution

Bhagat Singh is one of India's most revered revolutionaries, known for his unwavering commitment to the country's independence and his fearless defiance of British colonial rule. His name is synonymous with courage, sacrifice, and the spirit of revolution. Born in 1907, Bhagat Singh became an influential figure in India's freedom struggle, advocating for radical means to overthrow British rule. His execution in 1931 at the young age of 23 turned him into a martyr, inspiring generations to fight for justice and equality.

Bhagat Singh's legacy extends beyond his revolutionary activities; his ideology, writings, and vision for an independent and egalitarian India continue to shape political and social movements today. This article delves into his life, his role in the freedom struggle, his philosophy, and his enduring influence on India.

Early Life and Background

Bhagat Singh was born on September 28, 1907, in Banga, Punjab (now in Pakistan), into a family of revolutionaries. His father, Kishan Singh, and uncle, Ajit Singh, were active participants in the fight against British rule. From a young age, Bhagat Singh was exposed to patriotic ideals, which ignited in him a deep desire to contribute to India's struggle for independence.

As a child, Bhagat Singh was deeply influenced by the stories of nationalists like Rani Lakshmibai, Shivaji, and Kartar Singh Sarabha. He was an avid reader and showed immense interest in revolutionary literature. His education at the National College in Lahore further strengthened his resolve, where he studied history, politics, and socialist ideologies.

Involvement in the Freedom Struggle

Bhagat Singh's entry into the Indian freedom movement was marked by his association with the Hindustan Republican Association (HRA), which later became the Hindustan Socialist Republican Association (HSRA). He was drawn to the revolutionary approach, believing that armed resistance was necessary to uproot British rule.

Assassination of John Saunders

One of the most defining moments of Bhagat Singh's revolutionary career was the assassination of John Saunders, a British police officer, on December 17, 1928. This act was carried out in retaliation for the brutal lathi charge on Lala Lajpat Rai during a protest against the Simon Commission. Bhagat Singh, along with Shivaram Rajguru, Sukhdev Thapar, and Chandrashekhar Azad, executed the plan, mistaking Saunders for James Scott, the officer responsible for Lajpat Rai's injuries. The assassination made Bhagat Singh a wanted man, forcing him to go into hiding.

Bombing of the Central Legislative Assembly

On April 8, 1929, Bhagat Singh and



FAMOUS QUOTES OF BHAGAT SINGH

- "Inquilab Zindabad!" (Long live the revolution!)
- "Revolution is an inalienable right of mankind. Freedom is an imperishable birthright of all."
- "Merciless criticism and independent thinking are the two necessary traits of revolutionary thinking."
- "The sword of revolution is sharpened on the whetting stone of ideas."
- "They may kill me, but they cannot kill my ideas. They can crush my body, but they will not be able to crush my spirit."
- "Lovers, lunatics, and poets are made of the same stuff." (Implying that revolutionaries, like lovers and poets, are driven by deep passion.)
- "I am full of ambition and hope and charm of life. But I can renounce everything at the time of need."
- "I am an atheist and I have my own ideology. The concept of God in itself is a product of human weakness."
- "If there is an afterlife, I shall gladly accept all punishment for my sins. But till then, I shall live by reason."
- "Any man who stands for progress has to criticize, disbelieve, and challenge every item of the old faith."
- "I deny the very existence of that Almighty Supreme Being." (From his famous essay, Why I Am an Atheist)
- "It is beyond the power of any man to kill ideas. Ideas do not perish."
- "The sanctity of law can be maintained only so long as it is the expression of the will of the people."

Batukeshwar Dutt threw non-lethal bombs in the Central Legislative Assembly in Delhi to protest against oppressive laws introduced by the British government. The bombs were not meant to harm but to create awareness about the revolutionary cause. Instead of fleeing, they courted arrest, using the trial as a platform to spread their ideology. Their slogan, "Inquilab Zindabad" (Long Live the Revolution), became a rallying cry for freedom fighters across India.

Trial, Imprisonment, and Execution

The trial that followed was one of the most significant episodes in India's struggle for independence. Bhagat Singh used the courtroom as a stage to express his views on British imperialism, socialism, and revolution. He defended his actions with remarkable eloquence, arguing that only a complete overthrow of British rule could ensure true freedom.

Despite widespread protests and appeals for clemency, Bhagat Singh, Sukhdev, and Rajguru were sentenced to death. They were hanged on March 23, 1931, in Lahore Central Jail. Bhagat Singh was just 23 years old at the time of his execution, but his legacy as a martyr

for India's independence was firmly cemented.

Ideology and Philosophy

Bhagat Singh was not just a revolutionary fighter; he was also a thinker and intellectual. His beliefs were deeply rooted in socialism, secularism, and the idea of a classless society. Some of his key ideological contributions include:

1. Revolution Beyond Independence

Bhagat Singh believed that mere political independence was not enough. He envisioned an India free from social injustices, economic inequality, and caste discrimination. He argued that true freedom meant empowering the common people and eradicating oppression in all forms.

2. Socialism and Equality

He was a firm believer in socialist principles and drew inspiration from thinkers like Karl Marx, Vladimir Lenin, and Mikhail Bakunin. He advocated for the redistribution of wealth, labor rights, and an end to exploitative capitalism.

3. Atheism and Rationalism

One of Bhagat Singh's most remarkable intellectual stances was his atheism. In his famous essay, "Why I am an Atheist," he rejected religious dogma and superstitions, emphasizing reason, logic, and humanism. He argued that blind faith should not dictate political or social decisions.

4. Youth Empowerment

Bhagat Singh believed that the youth were the driving force behind any revolution. He encouraged young Indians to educate themselves, question authority, and actively participate in the fight for justice.

Legacy and Influence

The impact of Bhagat Singh's life and sacrifice continues to resonate in India's political and social spheres. His revolutionary spirit has inspired generations of activists, leaders, and common citizens to challenge oppression and strive for justice.

1. Impact on the Freedom Movement

After Bhagat Singh's execution, the Indian freedom struggle gained momentum. His martyrdom exposed the brutal nature of British rule and united Indians against colonial oppression.

2. Inspiration for Future Generations

His thoughts on socialism, equality, and secularism have influenced political leaders and movements across the country. Many leftist and socialist organizations in India draw inspiration from his writings and ideology.

3. Memorials and Cultural Impact

Several memorials and museums have been dedicated to Bhagat Singh, including the Shaheed-e-Azam Bhagat Singh Museum in his ancestral village. His life has been depicted in numerous films, books, and plays, ensuring that his story remains alive in popular culture.

4. Continued Relevance

Bhagat Singh's ideas remain relevant in contemporary India. Issues such as economic disparity, social injustice, and political corruption continue to plague the country, and his vision for an egalitarian society serves as a guiding principle for many movements.

Bhagat Singh was more than just a revolutionary; he was a visionary who sought to redefine freedom and justice. His fearlessness, intellect, and unwavering commitment to his cause make him an enduring symbol of resistance. His life teaches us the importance of questioning authority, standing up against injustice, and striving for a society based on equality and fairness.

As India continues its journey as a democratic nation, Bhagat Singh's ideals serve as a reminder of the sacrifices made for independence and the responsibility of every citizen to uphold the values of justice and equality. His legacy continues to inspire, making him an eternal icon of revolution.

Shivaram Rajguru: The Brave Marksman of India's Freedom Struggle

Shivaram Hari Rajguru was a fearless revolutionary who played a crucial role in India's struggle for independence. Born on August 24, 1908, in Khed, Maharashtra, Rajguru was known for his extraordinary marksmanship and unwavering dedication to the cause of liberating India from British rule. As a key member of the Hindustan Socialist Republican Association (HSRA), he worked alongside other prominent revolutionaries such as Bhagat Singh and Sukhdev Thapar, leaving an indelible mark on India's history.

Early Life and Revolutionary Awakening

Rajguru was deeply influenced by the prevailing socio-political environment of colonial India. The oppressive policies of British rule fueled his nationalist sentiments from a young age. Inspired by the bravery of past revolutionaries, he developed a strong resolve to fight for India's freedom. He eventually joined HSRA, a revolutionary organization committed to overthrowing British rule through armed resistance.

Role in the Lahore Conspiracy Case

One of Rajguru's most significant contributions to the freedom movement was his involvement in the assassination of British police officer J.P. Saunders on December 17, 1928. This act was carried out in retaliation for the brutal killing of Lala Lajpat Rai during a protest against the Simon Commission. Rajguru, along with Bhagat Singh and Sukhdev, planned and executed the attack to send a strong message against British oppression. His exceptional shooting skills played a crucial role in ensuring the success of this mission.

Imprisonment and Martyrdom

Following the assassination, Rajguru went into hiding but was eventually arrested. The British authorities subjected him and his comrades to harsh interrogations



and trials. Despite the relentless torture, Rajguru remained steadfast in his beliefs and refused to betray his cause. After a prolonged legal battle, he, along with Bhagat Singh and Sukhdev, was sentenced to death. On March 23, 1931, the three revolutionaries were executed in Lahore Central Jail, an event that sent shockwaves across the nation and further fueled the freedom movement.

Legacy and Inspiration

Shivaram Rajguru's sacrifice is remembered as a symbol of courage and patriotism. His unwavering commitment to India's independence continues to inspire generations of Indians. In honor of his contributions, his birthplace was renamed Rajgurunagar, and his life story is taught in history books to instill a sense of pride and determination in young minds. The bravery and sacrifice of Rajguru, along with his comrades, remain an eternal testament to the spirit of India's freedom struggle. His life is a reminder that true patriotism demands courage, resilience, and an undying commitment to justice and liberty.

Early Life and Background:

Shivaram Hari Rajguru was born on August 24, 1908, in Khed, Maharashtra (now Rajgurunagar). He came from a Brahmin family and received a traditional education, but he was drawn towards the revolutionary movement at a young age.

Rajguru was deeply influenced by the bravery of historical figures like Chhatrapati Shivaji Maharaj and was determined to fight against British rule.

Role in the Freedom Struggle:

- Association with HSRA: Rajguru joined the Hindustan Socialist Republican Association and became a key member. He trained in weaponry and guerrilla warfare, making him an important asset to the revolutionaries.
- Role in Killing J.P. Saunders: Rajguru was an expert marksman. During the assassination of Saunders, it was Rajguru who fired the fatal shot.
- Underground Activities: Rajguru often moved between different cities, evading British authorities while gathering intelligence and assisting in planning revolutionary activities.
- Sacrificing Comfort for the Cause: Despite coming from a relatively comfortable background, Rajguru dedicated his life to the cause of India's independence, choosing a path filled with dangers and hardships.

Sukhdev Thapar: The Fearless Organizer

Sukhdev Thapar was a valiant revolutionary who played a crucial role in India's struggle for independence. Born on May 15, 1907, in Ludhiana, Punjab, Sukhdev was an ardent nationalist who dedicated his life to the fight against British colonial rule. As a core member of the Hindustan Socialist Republican Association (HSRA), he worked tirelessly to mobilize young revolutionaries and orchestrate impactful resistance against British oppression. His fearless spirit, ideological commitment, and exceptional organizational acumen made him an indispensable part of India's revolutionary movement.

Early Life and Path to Revolution

Sukhdev grew up in a politically charged environment that fueled his nationalist aspirations. His uncle, Lala Achinram, was actively involved in the freedom struggle, which had a profound impact on him from a young age. Sukhdev was an avid reader and was deeply influenced by the revolutionary thoughts of Bal Gangadhar Tilak, Bipin Chandra Pal, and Aurobindo Ghosh. While studying at National College in Lahore, he became deeply involved in

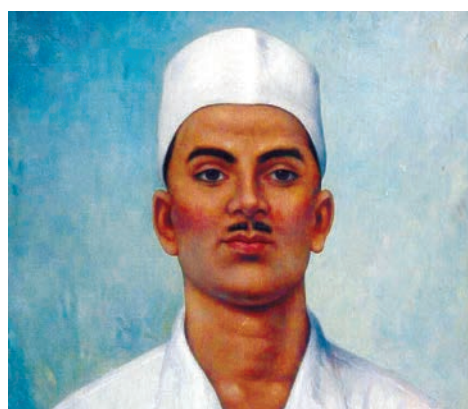
revolutionary activities, eventually joining HSRA. His role within the organization was pivotal in mentoring young revolutionaries and expanding the movement's reach.

Sukhdev played a key role in organizing the Nau Jawan Bharat Sabha, a youth organization aimed at instilling nationalist sentiments among Indian youth. He was also instrumental in promoting socialist ideologies among revolutionaries, believing that true independence could only be achieved through social and economic justice.

Role in the Freedom Struggle

Sukhdev was instrumental in planning and executing several key actions against British rule. He was a close associate of Bhagat Singh and Shivaram Rajguru, with whom he participated in the assassination of British police officer J.P. Saunders on December 17, 1928. This attack was in retaliation for the death of Lala Lajpat Rai, who was brutally assaulted by British police while protesting the Simon Commission.

Apart from his involvement in direct action, Sukhdev played a critical role behind the scenes. He was responsible for training new recruits in



revolutionary ideologies, weapons handling, and strategic planning. He also managed HSRA's secret printing press, which distributed nationalist literature to inspire the masses and propagate anti-colonial sentiments. His efforts helped strengthen the underground movement, ensuring a steady supply of trained revolutionaries dedicated to the cause of independence.

Arrest and Martyrdom

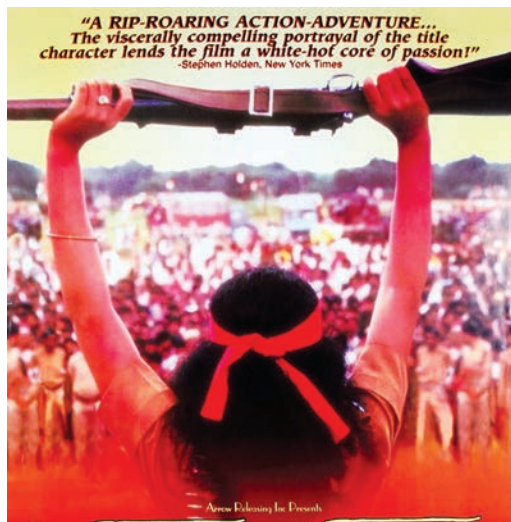
Following his active involvement in the freedom movement, Sukhdev was arrested in 1929 along with several other HSRA members. He was subjected to rigorous interrogation and torture but

refused to betray his comrades or compromise his ideals. During his trial in the Lahore Conspiracy Case, he remained defiant and unrepentant, expressing his unwavering commitment to India's independence.

After a prolonged trial, he, along with Bhagat Singh and Rajguru, was sentenced to death in what became known as the Lahore Conspiracy Case. The execution was initially scheduled for March 24, 1931, but the British authorities, fearing public outrage, carried it out a day earlier on March 23, 1931, in Lahore Central Jail. The hanging of the three young revolutionaries sent shockwaves across the nation and ignited widespread protests against British rule.

Legacy and Inspiration

Sukhdev Thapar's sacrifice remains a powerful symbol of courage, determination, and unwavering patriotism. His fearless commitment to the cause of freedom continues to inspire generations of Indians. His legacy is honored across the country, with numerous educational institutions, roads, and memorials dedicated to his memory.



Shekhar Kapur slams OTT platform for editing Bandit Queen without permission

Filmmaker Shekhar Kapur has voiced his frustration over the editing of his 1994 film *Bandit Queen* in the OTT space, saying someone has cut it beyond recognition. The filmmaker lamented that the OTT version had been cut without his consent.

It all started when Shekhar took to X, formerly known as Twitter, to applaud the Netflix miniseries *Adolescence*. He wrote, "I'm not the first one to say this but #Adolescence from #Netflix redefines what truly great series can achieve. Its defies the regular 3 act structure of cause and effect and plunges you deeply into the minds of the characters and allows you to reflect upon yourself ..It's next level story telling. Watch it."

Reacting to it, filmmaker Sudhir Mishra shared that such bold storytelling would never be permitted in India, writing, "Nobody will let us do something like that . One should do it as an independent film. Something of our own which wanders, then stops, digs and goes where the smell takes us."

Krrish 4: Siddharth Anand exits, Rakesh Roshan to not direct film

Krrish 4 has been in the pipeline for quite some time. However, it looks like the obstacles in the path of this superhero film are far from being over. The Hrithik Roshan-starrer, which was earlier to be produced by Siddharth Anand's Marflix, will reportedly be under a new banner now as Anand has exited the project. Moreover, a new director will be roped in and Rakesh Roshan has confirmed that he is "passing the baton."

Recent reports suggest that the budget of Krrish 4 is Rs 700 crore. Bollywood Hungama reported that the estimated budget makes it challenging for studios to commit. Initially, Hrithik Roshan tasked his friend Siddharth Anand, who was involved as a producer, with finding a suitable studio. Concerns about the film's relevance in the post-Marvel era have led to studios' hesitance, resulting in Siddharth Anand and Marflix stepping away from the project. The report quoted a source, who said, "The studios were not confident about Krrish at this budget in the post-Marvel era as it has been more than a decade since the release of Krrish 4."

However, a source confirmed to India Today Digital the budget is not Rs 700 crore. "The astronomical budget figures doing the rounds are completely untrue," he said.

The source further added, "Hrithik and Rakesh Roshan had a closed-door meeting and have now decided to speak to studios all across India personally and lock a lucrative deal for the film. Krrish 4 will now be produced by FilmKraft with a leading studio, whereas Marflix will focus on other projects outside of Krrish."

The film will also be helmed by a new



director as Karan Malhotra has also exited the film. A new creative team will reassess the budget before proceeding. Moreover, director Rakesh Roshan also confirmed that he will not don the director's hat.

"The day has to come when I have to pass on the baton. So, it's better I do it when I am in my senses, so that I can overlook the process as well and ascertain whether he's doing it correctly or not. Tomorrow, if I am not in my senses and I'll have to pass it on, I will not know what they are making," Rakesh Roshan told Bollywood Hungama.

He also remarked that there is no

guarantee that his direction would ensure a blockbuster, acknowledging the need for change.

In a recent interview, Rakesh Roshan shared an official update on Krrish 4, saying that it is expected to go on floors by the end of the year.

Rakesh Roshan launched the Krrish franchise with the 2003 sci-fi film *Koi Mil Gaya*, featuring Hrithik Roshan and Preity Zinta. The film's success led to Krrish in 2006, starring Hrithik Roshan and Priyanka Chopra. Krrish 3 followed in 2013, with Hrithik, Priyanka, Vivek Oberoi, and Kangana Ranaut in key roles, further cementing the franchise's popularity.

Source: India Today



Aamir steps out with Gauri Spratt for the first time after going public

After making his relationship official with Gauri Spratt, actor Aamir Khan made his first public with his girlfriend in Mumbai on Tuesday. The couple was clicked at the Excel office in Mumbai. The couple was spotted together at the Excel office in Mumbai, where they were clicked by photographers.

On March 18, Aamir and Gauri were spotted by the photographers outside Excel Entertainment's office in Mumbai. As Gauri prepared to leave the office, Aamir waited outside, waving cordially at the paparazzi. Once she stepped out, he ensured she got into the car safely before joining her.

A video captured by the paparazzi shows Gauri stepping into the car. She was filmed from a distance. She refrained from engaging with the media, opting instead to keep a low profile. This

marks her first public outing since Aamir publicly confirmed their relationship.

Aamir was spotted wearing a stylish printed kurta paired with loose-fitting black pants, while Gauri opted for a crisp white shirt teamed with grey trousers. Earlier this month, Aamir confirmed his relationship with Gauri, revealing that they have been together for over a year. The superstar, who turned 60 on March 14, introduced her partner to the media during an informal meet and greet event.

He said, "We are committed now, and we felt we were secure enough in each other to tell you guys. And this is better, I won't have to hide things now. I thought it would be a nice occasion for you all to meet her, besides we won't have to keep hiding. She met Shah Rukh Khan and Salman Khan last night".

Gal Gadot's Hollywood Walk of Fame marred by pro-Palestinian protests

Hollywood actor Gal Gadot, who has been vocal about the ongoing Gaza war, was honoured with a star on Hollywood's Walk of Fame on March 18. However, the ceremony was disrupted by pro-Palestinian and pro-Israeli protesters, who carried signs and clashed during the event. According to Variety, dozens of protesters gathered near the venue just before the ceremony concluded. Pro-Palestinian demonstrators held signs reading, "Heroes Fight Like Palestinians," "No Other Land Won Oscar," and "Viva Viva Palestina."

Although the Hollywood Boulevard area was tented off, restricting visibility, protesters managed to cause significant disruption. The crowd chanted slogans such as "Up up with liberation, down down with occupation" and "Not another nickel, not another dime, no more money for Israel's crime."

A protester, speaking to the publication, expressed disapproval of Gadot being honoured. He stated, "There's no reason we should be celebrating an Israeli," and criticised the actor for not using her platform, accusing her of "keeping her head in the sand."

Police intervened after a pro-Palestinian protester stole an Israeli flag and attempted to flee.

The Walk of Fame ceremony was hosted by Steve Nissen and attended by filmmaker Patty Jenkins, actor Vin Diesel, and Shira Haas. Expressing gratitude, Gadot said, "I'm just a girl from a town in Israel, this star will remind me that with hard work and passion and some faith, anything is possible."



Justin Theroux weds Nicole Brydon Bloom after two years of dating

Justin Theroux and Nicole Brydon Bloom are officially married. The couple reportedly wed over the weekend in Tulum, Mexico, after two years of dating, according to multiple outlets. TMZ shared photos of the couple dressed in wedding attire on a beach. However, representatives for Theroux and Bloom have not responded to the news.

According to The Hollywood Reporter, the couple first sparked romance rumors in February 2023 when they were spotted together at a Netflix event. They later made their red carpet debut at the Vanity Fair Oscars party in March 2024.

As reported by People, Theroux proposed to Bloom in August 2024 during a trip to Italy while promoting the Beetlejuice sequel at the 81st Venice International Film Festival. Reflecting on the moment, Theroux told UK outlet The Times last fall, "Of course I was nervous proposing. It is a question, after all, so the answer isn't guaranteed. But it was wonderful."

Despite their growing public presence, Theroux has expressed his preference for privacy in relationships. Speaking to Esquire last year, he shared, "I want all of my relationships to exist within the four walls of whatever room we're in. Having been in a public relationship, it's much more fun not being in a public relationship. Me saying anything, even if it was something loving, it would just turn into a thing."

Leonardo DiCaprio broke his notorious unwritten 'Leo's Law' with Vittoria Ceretti

Leonardo DiCaprio, long known for dating women under 25, has broken the internet dubbed "Leo's Law", aka the under-25 rule, by continuing his relationship with Italian model Vittoria Ceretti, who is soon to be 27. Over the years, DiCaprio's dating history has followed the 'under-25' trend. He was in a relationship with Bar Refaeli until 2010, the year she turned 25.

Similarly, his romance with Kelly Rohrbach ended in 2015, just as she reached that age.

Nina Agdal, another former flame, dated the actor from 2016 until 2017—the same year she celebrated her 25th birthday.

However, the Catch Me if You Can star's involvement with the 26-year-old model has changed that narrative. Previously married to Italian-American DJ Matteo Milleri, Ceretti reportedly has no urgency to remarry.

"With previous relationships, he felt a certain pressure to make it official with talk of

marriage, but there is no rush to change what (he and Ceretti) have right now," a source close to the couple told Daily Mail.

"She is the realest girlfriend he has ever had, and she makes him feel genuinely loved. You can see that they both appreciate what they have. (She) understands that his schedule can change, and she never shows any jealousy."

Despite being one of the most recognizable actors in Hollywood and frequently surrounded by women on film sets or luxury yachts, "Vittoria loves being Leo's best friend," and their bond remains steady.

"He appreciates that so much, because it is important to him to have his own life alongside his life with Vittoria, who also has the space to concentrate on her own successful career. It just works, and friends believe she will be the one, because she isn't pressuring him into marriage," the insider stressed.



POPE FRANCIS ADVISERS SAY HE'LL RECOVER FROM PNEUMONIA AND A 'NEW STAGE' IS OPENING FOR HIM

22 MAR 2025

ROME (TIP): Pope Francis is recovering well from pneumonia and a "new stage" in his pontificate is opening, two of his closest advisers said Friday, offering notes of optimism as the 88-year-old pontiff hit the five-week mark in his hospitalization.

Archbishop Edgar Peña Parra told The Associated Press that he had found Francis in good humor and serene during the three times he has visited the pope at the Gemelli hospital in Rome.

Peña Parra, who is the Vatican chief of staff, visited Francis on Feb. 24, March 2 and March 9 along with the Vatican secretary of state, Cardinal Pietro Parolin, the lone Vatican officials who have called on him aside from his personal secretaries.

"The pope will recover," Peña Parra said on the sidelines of a book launch. "The pope is recovering well. The doctors say that he needs some time, but it's going well progressively."

"I found him well, serene, in good humor, and — just like him — tough with the desire to go forward," he said.

The Vatican press office reported Friday that Francis' overall condition remained stable, with slight improvements as he continues respiratory and physical physiotherapy. He was continuing to reduce his reliance on high-flow supplemental oxygen he has needed to breathe during the day and no longer needs the mechanical ventilation mask at night.

In other comments Friday, another top friend and ally of the pope, Cardinal Victor Manuel Fernández, said that "a new stage" was opening in Francis' 12-year pontificate and that he expects some surprises from the pontiff when he's released.

Fernández, the Argentine theologian who Francis brought in as the Vatican's doctrine chief, said that he had been in touch with Francis since his Feb. 14 hospitalization and was heartened that he had stabilized. He provided no time frame on when Francis might be released, but ruled out any thought that he might resign.

He said that he understood that Francis was responding well to treatment, but that doctors were keeping him at the hospital "to be 100%." He said that Francis needed rehabilitation therapy to help him regain strength to speak after so many weeks on noninvasive mechanical ventilation and supplemental oxygen.

Fernández revealed that Francis had resisted going to the hospital when his bronchitis worsened, and only agreed to go after people close to him threatened to quit if he didn't.

"I don't know what swear words they used (to tell him) you have to go there, otherwise we go home and end our relationship here," he said. (AP)

As Israeli bombs fell, wounded children overwhelmed this Gaza hospital. Dozens died

22 MAR 2025

CAIRO (TIP): When the first explosions in Gaza this week started around 1:30 a.m., a visiting British doctor went to the balcony of a hospital in Khan Younis and watched the streaks of missiles light up the night before pounding the city. A Palestinian surgeon next to him gasped, "Oh no. Oh no."

After two months of ceasefire, the horror of Israeli bombardment was back. The veteran surgeon told the visiting doctor, Sakib Rokafiya, they'd better head to the emergency ward.

Torn bodies soon streamed in, carried by ambulances, donkey carts or in the arms of terrified relatives. What stunned doctors was the number of children.

"Just child after child, young patient after young patient," Rokafiya said. "The vast, vast majority were women, children, the elderly."

This was the start of a chaotic 24 hours at Nasser Hospital, the largest hospital in southern Gaza. Israel shattered the ceasefire in place since mid-January with a surprise barrage that began early Tuesday and was meant to pressure Hamas into releasing more hostages and accepting changes in the truce's terms. It turned into one of the deadliest days in the 17-month war.

The aerial attacks killed 409 people across Gaza, including 173 children and



88 women, and hundreds more were wounded, according to the territory's Health Ministry, whose count does not differentiate between militants and civilians.

More than 300 casualties flooded into Nasser Hospital. Like other medical facilities around Gaza, it had been damaged by Israeli raids and strikes throughout the war, leaving it without key equipment. It was also running short on antibiotics and other essentials. On March 2, when the first, six-week phase

of the ceasefire technically expired, Israel blocked entry of medicine, food and other supplies to Gaza.

Nasser Hospital's emergency ward filled with wounded, in a scene described to The Associated Press by Rokafiya and Tanya Haj-Hassan, an American pediatrician — both volunteers with the charity Medical Aid for Palestinians. Wounded came from a tent camp sheltering displaced that missiles set ablaze and from homes struck in Khan Younis and Rafah, further south. (AP)

North Korean leader Kim Jong Un backs Russia's war in Ukraine in talks with top official

22 MAR 2025

SEOUL (TIP): North Korean leader Kim Jong Un expressed his unwavering support for Russia's war in Ukraine during a meeting with a top Russian security official in Pyongyang, North Korean state media said Saturday.

Friday's meeting between Kim and Sergei Shoigu, Russia's Security Council secretary, followed a South Korean intelligence assessment in late February that North Korea had likely sent additional troops to Russia after its forces suffered heavy casualties fighting in the Russian-Ukraine war.

Ukraine and Russia agreed in principle Wednesday to a limited ceasefire after US President Donald Trump spoke with the two countries' leaders, though it remains to be seen when it might take effect and what targets would be off-limits.

North Korean and Russian state media said Kim and Shoigu discussed various issues, including Russia's war in Ukraine, Moscow's dialogues with the Trump administration and the security situation on the Korean Peninsula.

They reaffirmed the willingness of the two countries leaders to unconditionally



uphold a major mutual defense treaty reached at a summit last year in Pyongyang, which pledges mutual assistance if either country faces aggression, according to the reports.

North Korea's official Korean Central News Agency said Kim during the meeting said his government will invariably support Russia in the struggle for defending national sovereignty, territorial integrity and security interests. Shoigu conveyed a message from Russian President Vladimir Putin, who extended his greetings to Kim and

vowed to give utmost attention to implementing agreements reached in their recent summits.

He expressed gratitude for North Korea's solidarity with Russia's position on all critical geopolitical issues, particularly on the Ukrainian issue, according to his televised comments.

North Korean and Russia media didn't say whether any new agreements were reached before Shoigu departed Pyongyang later on Friday.

South Korea has been supplying a vast amount of conventional weapons to Russia, and last fall it sent about 10,000 to 12,000 troops to Russia as well, according to US, South Korean and Ukraine intelligence officials.

In its February 27 statement, South Korea's National Intelligence Service said it was trying to determine exactly how many more troops North Korea has deployed to Russia.

South Korean media put the number of newly deployed North Korean soldiers at about 1,000 to 3,000. South Korea, the US and others suspect North Korea is receiving economic and military assistance from Russia in return for providing weapons and troops. (AP)

New Canadian leader says Trump will want trade talks as Americans suffer from trade war

22 MAR 2025

TORONTO (TIP): Canadian Prime Minister Mark Carney said Friday U.S. President Donald Trump will ultimately respect Canada's sovereignty and be ready for comprehensive trade talks because Americans are going to suffer from Trump's trade war.

Carney said talks with Trump will not happen "until we get the respect we deserve as a sovereign nation. By the way, this is not a high bar."

Trump kept up his near-daily attacks on Canada on Friday, repeating that the country should be the 51st state and that the U.S. keeps Canada "afloat."

"When I say they should be a state, I mean that," the American president said.

Carney met with Canada's provincial leaders at the Canadian War Museum in Ottawa, where he announced relief packages for workers and businesses hurt by the trade war and announced moves to expedite resource projects.

Carney, sworn in last Friday, still hasn't had a phone call with Trump. Trump mocked Carney's predecessor, Justin Trudeau, by calling him Governor Trudeau, but he has not yet mentioned Carney's name.

"In the end, Americans are going to lose from American trade action and that's one of the reasons I am confident that there will be that discussion with the appropriate amount of respect and the breadth," Carney said. "I am ready for it anytime they are ready."



Trump put 25% tariffs on Canada's steel and aluminum and is threatening sweeping tariffs on all Canadian products as well as all of America's trading partners on April 2.

Carney became Prime Minister after winning a Liberal Party leadership race triggered by Trudeau's decision to step down earlier this year. He's expected to trigger the process for early parliamentary elections this Sunday, with a vote expected before April 28.

The governing Liberals appeared poised for a historic election defeat this year until Trump declared a trade war and upended Canadian politics.

The almost daily attacks on Canada's sovereignty have infuriated Canadians,

who are canceling trips south of the border and avoiding buying American goods when they can. The surge in Canadian nationalism has bolstered Liberal poll numbers.

Carney said the premiers of Canada's provinces had agreed to work on a plan to develop a national trade and energy corridor in an effort to diversify trade.

He said that could mean a oil pipeline from oil-rich Alberta to Eastern Canada. Quebec has previously opposed a pipeline, but Premier François Legault now says opinions are changing because of Trump's threats. Carney said Quebec uses about 350,000 barrels of oil daily and 70% of that comes from the U.S.

(AP)

FIRST PLANE LANDS AT LONDON'S HEATHROW SINCE A FIRE CUT POWER TO EUROPE'S BUSIEST AIRPORT

22 MAR 2025

LONDON (TIP): The first plane landed at Heathrow Airport late Friday, about 18 hours after an inferno at an electrical substation caused a power outage that shuttered Europe's busiest air travel hub.

The British Airways jet touched down just before sunset after Heathrow lifted its closure order that disrupted global travel for hundreds of thousands of passengers.

At least 1,350 flights to and from Heathrow were affected, flight tracking service FlightRadar 24 said, and the impact was likely to last several days as passengers try to reschedule their travel and airlines work to reposition aircraft and crews.

Authorities do not know what caused the fire but so far found have no evidence it was suspicious.

Residents in west London described hearing a large explosion, followed by a fireball and clouds of smoke, when the blaze ripped through the electrical substation near the airport.

About 120 flights were in the air when the closure was announced, with some turned around and others diverted to Gatwick Airport outside London, Charles de Gaulle Airport near Paris or Ireland's Shannon Airport, tracking services showed.

Lawrence Hayes was most of the way to London from New York when Virgin Atlantic announced the plane was being diverted to Glasgow.

"It was a red-eye flight and I'd already had a full day, so I don't even know how long I've been up for," Hayes told the BBC as he was getting off the plane in Scotland. "Luckily I managed to get hold of my wife and she's kindly booked me a train ticket to get back to Euston, but it's going to be an incredibly long day."

Heathrow is one of the world's busiest airports for international travel. It had its busiest January on record earlier this year, with more than 6.3 million passengers, up more than 5% from the same period last year.

Still, the disruption Friday fell short of the one caused by the 2010 eruption of Iceland's Eyjafjallajökull volcano, which spewed clouds of ash into the atmosphere and created trans-Atlantic air travel chaos for months.

Unclear what caused the fire but foul play isn't suspected

It was too early to determine what sparked the huge blaze about 2 miles (3 kilometers) from the airport, but there's "no suggestion" of foul play, Energy Secretary Ed Miliband said.

The Metropolitan Police force said counterterrorism detectives were leading the investigation because of their ability to find the cause quickly and because of the location of the electrical substation fire and its impact on critical national infrastructure. (AP)

Turkey on edge as protests over Istanbul mayor Ekrem Imamoglu's arrest enter third day

21 MAR 2025

ISTANBUL (TIP): Turkey braced for a third day of protests on Friday, as anger simmered over Istanbul Mayor Ekrem Imamoglu's arrest in a graft and terror probe and ministers fired warnings over the mass rallies.

The popular Imamoglu, President Recep Tayyip Erdogan's main political rival, was arrested at dawn on Wednesday, just days before he was to be formally named the candidate for the main opposition CHP party in the 2028 presidential election. His party has denounced the detention as a "coup" and has vowed to keep up the demonstrations.

Huge crowds have defied a ban on demonstrations and have gathered outside City Hall for two nights running.

So far, police have largely shown restraint in handling the protests but on Thursday night, they fired rubber bullets and teargas as they scuffled with students near City Hall.

In Ankara, riot police used pepper gas, rubber bullets and water canon to disperse large crowds of protesters who rallied in the Turkish capital, an AFP correspondent said. In a post on X,



Interior Minister Ali Yerlikaya said 53 people had so far been arrested in the protests, which began in Istanbul but have since spread to at least 29 of Turkey's 81 provinces, according to an AFP count.

He said 16 police officers had been injured, and another 54 people detained

for online posts deemed as "incitement to hatred". CHP party leader Ozgur Ozel warned Erdogan on Thursday that the opposition planned to keep up its protests, saying: "We will be on the streets from now on. Be afraid of us, the streets are ours, the squares are ours." (AFP)

SRI LANKA GOVT FACES POPULARITY TEST WITH LOCAL POLLS

20 MAR 2025

COLOMBO (TIP): Sri Lanka's long-delayed local council polls will be held in May, the election commission announced Thursday, setting up the first popularity test of the island nation's new leftist government.

The vote was due in 2022 but was postponed by the last administration, which argued that an unprecedented economic crisis that year had left it unable to afford the contest.

Sri Lanka's Supreme Court ruled in August that then-president Ranil Wickremesinghe had acted unlawfully by delaying the polls indefinitely and ordered them held at the earliest opportunity.

Elections for all but three of Sri Lanka's 339 local government bodies will be held on May 6, the commission announced, with the remainder to be scheduled later.

Sri Lanka faced its worst-ever economic crisis in 2022 when it declared its first sovereign default on \$46 billion in external debt.

Months of consumer goods shortages sparked widespread civil unrest culminating in the ousting of then-leader Gotabaya Rajapaksa.

His successor Wickremesinghe secured a \$2.9 billion bailout loan from the International Monetary Fund (IMF) in March 2023 after doubling income taxes, removing energy subsidies and increasing prices.

Wickremesinghe lost last year's presidential polls, which saw the landslide victory of leftist Anura Kumara Dissanayake thanks to simmering discontent over the crisis and its aftermath.

Dissanayake has continued with the austerity measures introduced by Wickremesinghe, while the IMF has said the country's economy is stabilising and emerging from its worst meltdown. (AFP)

PAK CONFIRMS 2ND MPOX CASE IN 2025

KARACHI (TIP) : Pakistan's Sindh Health Department has confirmed a monkeypox (mpox) case in Karachi, marking the first instance of the disease in the city, ARY News reported on Saturday.

The patient, a 28-year-old male resident of Shah Latif Town, contracted the virus after his wife showed symptoms. The patient's wife has a travel history abroad.

The man has been placed in an isolation ward to prevent the spread of harmful infections to others.

Earlier on January 25, Pakistan reported its first case of viral disease Monkeypox, also known as mpox, in 2025, ARY News reported. The patient, who returned from Dubai on January 24, was identified through screening at the Peshawar airport, according to Pakistan Ministry of Health spokesperson.

(ANI)

Pakistan says it repatriated over 8 lakh Afghans residing illegally ahead of March 31 deadline

21 MAR 2025

PESHAWAR (TIP): The process of repatriation of illegally residing Afghan nationals in Pakistan continued unabated as more than 800,000 people were repatriated by March 20, an official said.

With only 10 days remaining until the March 31 deadline for illegally residing individuals and Afghan Citizen Card holders to leave Pakistan, the government by March 20 repatriated 874,282 Afghans due to concerns over terrorism, an official said.

The official said the government assured no mistreatment would be met during the process.

Arrangements for food and healthcare facilities for those returning to Afghanistan have been completed, the official said.

The official said strict legal action



would be taken after the deadline passes. Afghan Foreign Minister Amir Khan Muttaqi on Thursday called for the gradual repatriation of Afghan refugees from not just Pakistan but the rest of the world. (PTI)

Bangladesh interim government says no plans to ban ousted PM's Awami League

21 MAR 2025

DHAKA (TIP): Bangladesh's interim government says it has no plans to ban the political party of ousted premier Sheikh Hasina, putting it at odds with the student revolutionaries who overthrew her in an uprising last year.

Hasina's Awami League was accused of extensive human rights abuses during her 15-year tenure, including a violent crackdown on last year's protest movement that killed more than 800 people.

Student leaders still grieving the deaths of their comrades have demanded the party, which played a pivotal role in Bangladesh's bloody 1971 independence war under Hasina's father, be outlawed.

But Nobel laureate Muhammad Yunus, the de facto leader of the caretaker government that took office after her toppling, said it had no intention of doing so.

"Professor Yunus stated that the interim government has no plans to ban the party," said a government statement issued late Thursday.

"However, individuals within its leadership who are accused of crimes, including murder and crimes against humanity, will be tried in Bangladesh's courts."

A tribunal in Dhaka has already issued arrest warrants for Hasina, who took refuge in neighbouring India after her toppling, and her allies.

A fact-finding mission from the UN rights office said last month that her government was responsible for systematic attacks and killings of protesters in an attempt to hold onto power last year.

It found "reasonable grounds to believe that the crimes against humanity of murder, torture, imprisonment, and the infliction of other inhumane acts have taken place".

Since she was toppled, students have consistently demanded the party be banned ahead of elections for a new government, expected by June next year.

The interim government did ban the Awami League's student wing last October, citing its involvement in violent attacks on last year's protests, while leaving open the fate of its parent organisation.

Hasnat Abdullah, one of the leading figures of a new student-backed political party, planning to contest the next polls, slammed the government's decision.

"The Awami League has to be banned," he wrote on Facebook. (AFP)

Pak: 17 children die of measles in Sindh from Feb-March

23 MAR 2025

KARACHI (TIP) : Seventeen children died of measles infection in Sindh in the last two months, ARY News reported, citing a statement by the health department.

Ten children died in Khairpur district of Sindh by measles in two months.

Sindh Health Department has said that over 1100 cases of the infectious disease reported in Sindh from January 1st to March 8 this year.

In last two months, 550 children reported infected by measles in Karachi, according to the health department.

Khairpur district has maximum death toll by measles, where 10 children died of the infectious disease, ARY News reported.

Meanwhile, five children died of the infection in Karachi's East district, while one each in Sukkur and Jacobabad districts.

The main reason of children's deaths by the infection is avoiding vaccination and lack of awareness about the infection, which has been otherwise vaccine-preventable disease, doctors said.

Four to six measles patients being reported at government hospitals," hospital officials earlier told ARY News.

Hospital officials said that children under five years contract measles and some children with pneumonia caused by measles have been admitted at hospitals.

A measles outbreak in Khairpur district claimed lives of seven children within a span of two days, ARY News reported.

It is a highly contagious, vaccine-preventable infectious disease caused by measles virus.

The disease symptoms usually develop 10-12 days after exposure to an infected person and last 7-10 days. The symptoms include fever, cough, runny nose, and inflamed eyes. Small white spots may form inside the mouth two or three days after the start of symptoms. A red, flat rash which starts on the face and then spreads to the rest of the body begins three to five days after the start of symptoms.

Common complications include diarrhea, middle ear infection, and pneumonia.

On December 31, 2024, Pakistan health department data confirmed the deaths of 132 children in the year with more than 13,000 suspected and 6,670 confirmed cases. Surprisingly, it shows only three deaths in Karachi, Dawn reported. (ANI)



Sikh History This Week

MARCH 21 TO MARCH 27

21st March

1664 Ninth Patshah, Guru Tegh Bahadur visited Delhi.

1758 Sikhs captured Sirhind.

1921 Karam Singh Daulatpur organizes a conference at Mahalpur.

1986 One group of the Akalis called for a protest procession at Chandigarh. This procession was fired upon by the BSF and CRPF indiscriminately, killing several Sikhs.

22nd March

1923 First declaration of the Babbar Akalis to Lt. Governor, Punjab, was issued in "Babbar Akali Doaba" newspaper.

1924 3rd Shahidi Jatha of 500 valiant Akali Satyagrahis, led by Sardar Santa Singh of Chuck No. 133, Sargodha, marched from Amritsar to Gangsar, Jaito.

1946 Akali Dal passed resolution for an independent Sikh State.

23rd March



1931 Bhagat Singh Shaheed was hanged to death in the Lahore central jail along with Shivram Rajguru and Sukhdeo. Shaheed BHAGAT SINGH: was one of the leader Sikh revolutionaries of the early 20th century who earned the fame of causing explosion in the Legislative Assembly in Delhi and of committing daring acts of killing British Police Officers. He and his associates were hanged on March 23rd of 1931. Their bodies were secretly cremated on the bank of the Satluj river near Ferozpur. The associated secrecy was to avoid public outcry and any subsequent outburst of violence.



1985 Sikh Women's Seminar was held in Toronto. The seminar's primary objective was to bring the Sikh women together, whereby they could discuss various issues facing the community. There was a need for such a forum where Sikh women could assemble, deliberate, and contribute toward the development of programs for the Sikh youth. The following papers were presented at

the seminar: A Potrait of South Asian Canadian Women; Role of Women in Sikh Society; What is Leadership; Role of Sikh Women in Canadian Society; Role of Women in Sikh Leadership; and Participation of Sikh Women in Community Life.

24th March

1664 Guru Har Krishan Ji visited Aurangzeb's court. This is the time Guru Sahib visited Aurangzeb's court, when Ram Rai emphatically declared that the decision of his father in selecting his younger brother as his sucessor to the pontificate of Guru Nanak was based on cogent reasons, and that he was now under the command of the new Guru.

1847 The British being aware of the Sikh's emotional and sentimental attachment to Golden Temple and other shrines, issued special instructions to the British subjects to be careful in maintaining the sanctity of the shrines.

1922 Meeting at Rajowal by Kishan Singh Gargaj group to devise ways and means of reforming the toadies

1945 Master Tara Singh denounces the Acharyae Formula.

25th March

1830 Baba Ratta Ji Nirankari was born.

1921 13th Sikh Education Confernce was held in Hoshiarpur that and lasted until Mar. 27. This conference saw the rise of militant Akalis who advocated non-cooperation with the British government and were deeply inspired by Master Mota Singh. They met sperately and created disturbances in the conference as well as worked on a sperate program. They were equally patriotic believing in the militant traditions of the Nihangs.

1921 The militant Akalis hatched a conspiracy to murder the officials respobsinle for the Nanakana carnage. 1972 Mohan Singh Tur became President of Akali Party. 1981 The SGPC unanimously passed the resolution "Sikhs are a Nation." With the passing of such a resolution by the Sikh Parliament and with the ratification of this resolution by the Jathedar of the Akal Takht on April 21, 1981, the issue stood finally decided by the whole of the Sikh nation. On May 11, 1981, the Akali Party also passed a resolution to that effect.



1986 Surjit S. Barnala himself ordered firing at the Sikhs who were observing holy festival at Anandpur Sahib, killing several Sikhs.

26th March



1644 Gur Gadhi Diwas, Guru Har Rai Sahib Ji (1644).

1746 The forces of Yahiha Khan and Lakhapat Rai seized and set fire to the Kahnuwaan forest. 7,000 Singh were martyred here while another 3,000 were taken to Lahore and martyred there.



1746 Matta Sunder kaur Ji sent a mace of Kalgidhar to honor Jassa Singh Ahluwalia.



1748 Raja Amar Singh of Patiala was born. He was a thorough gentleman.

1923 Amar Singh, granthi of Kot Fatuhi, is arrested

27th March

1843 Raja Suchet Singh murdered. Raja Suchet Singh was brother of Raja Dhiyan Singh Dogra and Gulab Singh Jammu. He was a popular proponent of Sikh Raj. Sher-e-Punjab, Maharaja Ranjit Singh, personally bestowed the honor Raja on Suchet Singh.

1923 Hazara Singh Sirbrah of Behbalpur is murdered.

1924 The 4th shahihi jatha of 500 valiant Akali satyagrahis, led by Sardar Puran Singh Bahawal, marched from Anandpur Sahib to Gangsar, Jaito.

Make your makeup last all day

If you spend hours doing your make-up and it hardly stays, then you're probably missing a few important steps. To make your make-up last longer, you must follow moisturise, prime and set. Follow these three simple rules and don't let your make-up fade away easily. Here's how you should do it:

POLISH THOSE PORES

Exfoliation is key to prepping your skin for makeup application – the smoother the surface, the more even it can be applied and therefore the longer it lasts. Twice a week polish away dead surface cells with a good exfoliator. If you've got the money, the Goldfaden MD Doctor's Scrub (£65) is uh-mazing but equally the No7 total Renewal Micro-dermabrasion Face Exfoliator (£11) delivers on its promises.

USE A CLEVER MOISTURISER

Ever noticed that your makeup starts to collect into fine lines and creases come mid-morning? Hydration levels and sebum production fluctuate through the day causing your skin to look more uneven, but there are moisturisers that respond to 'over-day ageing' to aid this. Vichy Liftactiv Supreme (£23.25) smoothes and firms skin while you wear it.

IT'S ABOUT PRIME

Primer 'seals in' your moisturiser and provides a smooth, even surface for makeup. Not only this, it keeps your makeup from being absorbed, giving it greater staying power. If you have oily skin and feel like your makeup 'slips off', try an oil-free formula like Smashbox Photo Finish Foundation Primer Light for an all-day matte finish, however if you feel your makeup fails to wear well because you're battling dry patches try the Smashbox Photo Finish Hydrating Foundation Primer which seals in moisture for hours. Use a different primer for the delicate eyelid skin, we love the YSL Couture Eye Primer which intensifies your makeup, ensuring it doesn't crease, slip or shift.



CARE FOR LONG-WEAR

Long-wear makeup is so-called for a reason; good ones boast budge-free formulas without looking heavy. We love the Bobbi Brown Long-Wear range that covers everything from gel eyeliner to mascara and their Long-Wear Even Finish Foundation is great for dry and dehydrated skin, while the Clinique Stay-Matte Oil-Free Makeup which contains shine absorbers is perfect for oily skin types.

LAYER IT

Building up your makeup products in light layers will make it last way longer than applying one heavy layer, and it always looks more natural too. This rule applies to your base, eye makeup and lipstick.

Keep your relationship healthy

Romantic relationships are important for our happiness and well-being. Yet with more than 40 percent of new marriages ending in divorce, it's clear that relationships aren't always easy. Fortunately, there are steps you can take to keep your romantic partnership in good working order.

Talking openly

Communication is a key piece of healthy relationships. Healthy couples make time to check in with one another on a regular basis. It's important to talk about more than just parenting and maintaining the household, however. Try to spend a few minutes each day discussing deeper or more personal subjects to stay connected to your partner over the long term.

That doesn't mean you should avoid bringing up difficult subjects. Keeping concerns or problems to yourself can breed resentment. When discussing tough topics, though, it pays to be kind. Researchers have found that communication style is more important than commitment levels, personality traits or stressful life events in predicting whether happily married couples will go on to divorce. In particular, negative communication patterns such as anger and contempt are linked to an increased likelihood of splitting up.

Keeping it interesting

Between kids, careers and outside commitments, it can be difficult to stay connected to your partner. Yet there are good reasons to make the effort. In one study, for example, researchers found couples that reported boredom during their seventh year of marriage were



significantly less satisfied with their relationships nine years later.

To keep things interesting, some couples plan regular date nights. Even dates can get old, though, if you're always renting a movie or going to the same restaurant. Experts recommend breaking out of the routine and trying new things — whether that's going dancing, taking a class together or packing an afternoon picnic.

When should couples seek help?

Every relationship has ups and downs, but some factors are more likely than others to create bumps in a relationship. Finances and parenting decisions often create recurring conflicts, for example. One sign of a problem is having repeated versions of the same fight over and over. In such cases, psychologists can help couples improve communication and find healthy ways to move beyond the conflict.

FOOD CORNER



Whole Roasted Cauliflower

INGREDIENTS

- 1 clean and dry small to medium Cauliflower head
- 1 heaped tbsp thick and creamy plain Greek Yogurt
- 1 tsp red chilly powder or paprika (or add to taste)
- 1/2 tsp ground black pepper (or add to taste)
- 1 tsp garlic powder (or paste)
- 1/2 tsp ginger powder (or paste)
- 1 tsp onion powder (or paste)
- 1/4 tsp Garam Masala (mixed Indian spices)
- 1/2 tsp ground coriander (dhanian powder)
- 1/2 tsp ground fennel (saunf powder)
- Salt to taste
- Ghee or clarified butter to brush on the cauliflower

METHOD

- Preheat oven to 375°F.
- Grease a baking dish and keep ready. If you like, use an aluminium foil to line the baking dish for easy
- Clean up – and grease the foil.
- Pull back all extra leaves on the cauliflower head to get rid of them.
- Clean the head under running water and using an absorbing kitchen paper-towel, pat dry completely.
- Place the cauliflower head down on a cutting board.
- With a sharp knife, carefully make a “v-cut” to remove the central stem in the middle, taking care to not cut too deep or separate out the florets.
- Turn the cauliflower head up. It should now be able to stand on the baking dish upright.
- Brush the cauliflower with ghee and sprinkle salt generously all over.
- Rub the ghee and salt on both sides of the cauliflower.
- This coating ensures that the veggie is evenly salted and that the spices stick well on to it.
- In a bowl and using a spoon, mix the ground spices with the yogurt.
- Brush and coat the cauliflower head all over with the spices mixture.
- Place the baking dish with the cauliflower, on the lowest or middle rack inside the pre-heated oven.
- Roast or bake at 375°F for 1.5 hours or until the cauliflower is roasted into a rich brown color head and is done.
- Try pricking into the cauliflower with a knife or food skewer. The tough central core should be tender and soft. The skewer and knife must come out clean and easy.
- Take out the cauliflower head from the oven. Let it stand for 5 minutes to cool down just a bit. Carve and serve with your favorite bread, rice and gravy or side it with anything you love! This one will add a great spicy goodness to your meal.

Want to lose weight loss: Eating nuts, seeds 'may not be great'

Nuts and seeds - like almonds, cashews, chia seeds and more - are a great source of nutrients and often become a part of our daily diet when we are on a transformation journey that includes weight loss or weight maintenance. But, are nuts and seeds good for your weight loss and health?

In a video posted on Instagram, a certified fitness and nutrition coach, Raj Ganpath, talked about the 4 things to keep in mind if you consume nuts and seeds in your daily diet, including if your aim is to lose weight. His answers may surprise you.

The nutritionist shared a video titled 'Are nuts and seeds good for weight loss and health?' with the caption, "If you're having chia or flax seeds mainly for fibre, psyllium husk is a better option. If you're having nuts and seeds mainly for protein, they are not efficient sources because, for each calorie of protein, you also consume 4x calories from fat."

In the clip, Raj talked about the nutritional value of nuts and seeds like chia seeds, flax seeds, almonds, cashews, walnuts, pistachios, and more. He also revealed how much you should consume if your goal is weight loss, weight gain, and weight maintenance. Here are 5 things to keep in mind, per the nutritionist:

1. 'Nuts and seeds are actually quite nutritious'

Per Raj Ganpath, nuts and seeds are quite nutritious. They contain quite a bit of micronutrients and macronutrients, and so they are healthful (beneficial to the health of the body or mind).

2. Macronutrients

"When I say macronutrients, they contain fats, proteins, and carbs. But, they contain a lot more fat than protein and carbs as a result of which they are mostly a source of fat," he explained.

3. Dense in calories

Because nuts and seeds have a lot of fat, they are dense in calories. That means even a small amount of



nuts can add significant calories to your body.

4. Do nuts fit in your diet?

"A lot of foods are healthful, but it's important for us to understand the balance between energy and nutrients to see how they fit," the nutritionist explained.

So, if your goal is weight gain, then nuts and seeds are a great addition to your diet as they are high in calories and nutrients - a double win. "If your goal is weight maintenance - you can certainly include nuts and seeds in your diet, but you need to practise portion control. You want the nutrients, but you don't want too many calories," the nutritionist suggested.

However, if your goal is weight loss, then nuts and seeds may not be a great addition because even though they contain some nutrients, 'they contain too many calories'. Consuming them can make it hard for you to create that calorie deficit which is necessary for weight loss.

Source: HT

New antibody reduces tumor growth in treatment-resistant breast, ovarian cancers

Immunotherapy, or antibody treatment that activates the patient's own immune system against cancer, is increasingly being studied as an alternative to chemotherapy and radiotherapy. This is because it directly targets cancer cells, reducing the negative effects associated with more conventional treatments.

Tumours, such as some breast and ovarian cancers, can express the marker HER2. HER2 is responsible for cancer growth and is the target of existing therapies, such as the most commonly used type of antibodies, IgG. However, this treatment is not always effective in some patients.

Now, scientists have investigated a different antibody type, IgE, which activates the patient's immune system in different ways than IgG. As they act on different immune cells to IgG, IgE antibodies uniquely



stimulate otherwise inactive immune cells in the 'microenvironment' surrounding the tumour to target the cancer cells directly.

In the study, led by Dr Heather Bax at King's College London, the team engineered IgE versions of existing IgG therapies and tested their ability to activate immune cells against HER2-expressing cancer cells.

IgE was shown to direct immune cells against HER2-expressing cancer cells, and slowed tumour

growth in mice. The tumours grown in mice are known to be resistant to conventional treatments, suggesting this new treatment could be an option for patients who don't respond to existing therapy.

Further investigation revealed that IgE antibodies stimulated and reprogrammed the 'immune microenvironment' around the tumours themselves, shifting from an immunosuppressive to an immunostimulatory response. This means the immune system was activated to target the cancer cells and overcome the tumour's actions to suppress attack. The study has shown the potential of IgE as a new therapy for HER2-expressing cancers, including those resistant to other treatments. The researchers believe that, with the right investment and development, this approach could be used in humans in as soon as 3-5 years. Source: ANI



How a consistent bedtime routine is the ultimate hack to good quality sleep

A regular bedtime routine is key to improving sleep quality, with studies showing that people who follow a consistent schedule experience better rest and overall well-being.

Research highlights that erratic sleep patterns can lead to disturbances, making it harder to fall asleep and stay asleep.

A recent survey conducted by YouGov, Internet-based market research and data analytics firm, and Amazon Alexa across 10 Indian cities found that 53% of respondents experienced sleep issues when they did not follow a fixed bedtime routine.

In contrast, 54% of adults reported noticeable improvements in sleep quality when maintaining a regular schedule.

Besides this, 52% of respondents said they actively follow a consistent bedtime routine, highlighting the growing awareness around healthy sleep habits.

The study also revealed that 86% of respondents begin their bedtime routine after 8 pm, with 53% starting after 10:30 pm.

Popular nighttime activities included watching videos (63%), engaging with family and friends (59%), listening to music, podcasts, or audiobooks (58%), and scrolling through social media (57%).

Scientific research has long supported the importance of sleep consistency. A study published in journal Hypertension, stressed that individuals with irregular sleep schedules face a higher risk of metabolic disorders and cardiovascular diseases.

The American Academy of Sleep Medicine also recommends maintaining a fixed bedtime and wake-up time to support cognitive function and mental health.

Source: India Today

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Vikram and Kalpana: Isro develops high-speed microprocessors for space missions

The Indian Space Research Organisation (Isro) and the Semiconductor Laboratory (SCL) in Chandigarh have jointly developed two cutting-edge 32-bit microprocessors, Vikram 3201 and Kalpana 3201, specifically designed for space applications. The first production lots of these microprocessors were handed over to Dr. V. Narayanan, Secretary, Department of Space and Chairman, Isro.

WHAT IS VIKRAM 3201?

Vikram 3201 is India's first fully indigenous 32-bit microprocessor qualified for use in the harsh conditions of launch vehicles.

A 32-bit microprocessor is a type of microprocessor with a data bus, registers, and address bus that are 32 bits wide. This means it can process 32 bits of data at a time, handle memory addresses of up to 4 GB, and execute 32-bit instructions.

It is an advanced version of the 16-bit Vikram 1601 microprocessor, which has been operational in Isro's launch vehicles since 2009.

Vikram 3201 supports floating-point computations and offers high-level language compatibility, particularly with Ada. The processor was fabricated at SCL's 180nm CMOS semiconductor fab, aligning with India's "Make in India" initiative.

WHAT IS KALPANA 3201?

Kalpana 3201 is also a 32-bit SPARC V8 RISC microprocessor based on the IEEE 1754 Instruction Set Architecture. It is designed to be compatible with open-source software toolsets and has been tested with flight software, making it versatile for various applications.

Optimized for efficiency and performance, with a focus on simple and fast instructions.

The initial lot of Vikram 3201 devices was successfully validated in space during the PSLV-C60 mission, demonstrating its reliability for future space missions. This development marks a significant milestone in achieving self-reliance in high-reliability microprocessors for launch vehicles. In addition to the microprocessors, Isro and SCL have also developed other critical devices, including a Reconfigurable Data Acquisition System and a Multi-Channel Low Drop-out Regulator Integrated Circuit, contributing to the miniaturization of avionics systems in launch vehicles.

An MoU was signed for the development of miniaturized unsteady pressure sensors for wind tunnel applications, further enhancing collaboration between Isro and SCL.

Is AI set to take over coding?

Cursor, an emerging AI tool used for generating and editing lines of code, saw one of the most unusual bug reports ever posted by a user on its official forum.

The developer was using Cursor to generate code for a racing game when the AI programming assistant abruptly refused to continue doing its work and, instead, told the developer to "develop the logic yourself". "Generating code for others can lead to dependency and reduced learning opportunities," Cursor's response read, as per the bug report.

While AI assistants are known to have refused to complete their work in the past, Cursor's response oddly ties into a growing debate that has gripped the software engineering community recently.

With the rise of AI coding tools such as GitHub Copilot, Claude 3.7 Sonnet, Windsurf, Replit, Cursor and Devin AI, the tech industry appears to be divided over critical questions such as: Will AI revolutionise coding? If so, how much coding will it actually automate? What does vibe coding mean? And should people still invest time in learning to code?

To understand what AI really means for coding skills, let's take a look at the different dimensions of the unfolding debate.

'AI will take over coding entirely'

While concerns about the impact of AI on software development have been



brewing for some time now, the issue came to a head when Dario Amodei, the CEO of the AI startup Anthropic, made a proclamation that rattled more than a few.

Speaking at a Council of Foreign Relations event last week, Amodei said that AI will be able to generate all the code required for developing software in a year's time. "I think we will be there in three to six months, where AI is writing 90 per cent of the code. And then, in 12 months, we may be in a world where AI is writing essentially all of the code," he said.

Amodei further opined that software

developers will have a role to play in the short term. "But on the other hand, I think that eventually all those little islands will get picked off by AI systems. And then, we will eventually reach the point where the AIs can do everything that humans can. And I think that will happen in every industry," he added.

The bold prediction made by Anthropic's CEO was also echoed by Garry Tan, the president and CEO of startup incubator Y Combinator. "For 25 per cent of the Winter 2025 batch, 95 per cent of lines of code are LLM-generated. That's not a typo," Tan wrote in a post on X.

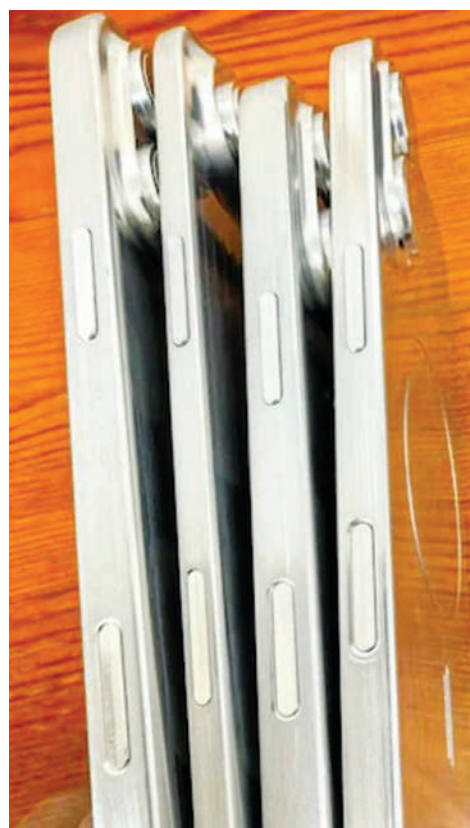
iPhone 17 Air nearly ditched charging port to become the slimmest, dummy images reveal MagSafe

The iPhone 17 Air has been reported to miss out on a few features to cater to its rumoured slim design. These features include no physical SIM tray, no dual camera and more. And now, according to the latest report by Bloomberg's Mark Zuckerberg, the list could have added "no charging port" as well. While Apple has decided against it, the iPhone 17 Air is a step closer to a charging-port-free iPhone.

Gurman reported that the iPhone 17 Air will "foreshadow a move to slimmer models without charging ports."

"The iPhone 17 Air represents the beginning of a sea change for Apple," he stated. "Apple executives say that if this new iPhone is successful, the company intends to again attempt to make port-free iPhones and move more of its models to this slimmer approach," the Bloomberg report reads.

Ming-Chi Kuo, an Apple supply chain analyst, forecasted in 2021 that the first iPhone without a charging port would be introduced, but that prediction has yet to come true. Although Apple has shifted from its exclusive Lightning port to the universal USB-C port in recent years, the



release of an iPhone entirely without a charging port is still pending.

iPhone 17 Air to feature MagSafe charging

On this note, a new leak has revealed the iPhone 17 will sport MagSafe charging. It was previously thought that since Apple removed the feature for the iPhone 16e, the iPhone 17 Air may follow suit. However, tipster Sonny Dickson has leaked dummy images of the iPhone 17 Air, which reveal that the upcoming phone will bring a MagSafe feature.

iPhone 17 Air: Action Button and thickness

Along with MagSafe, the Action Button was also a big question mark on the iPhone 17 Air. While these dummy images do not reveal anything new in design, it clears the air that the phone will bring an Action Button.

The iPhone 17 Air also introduces a slightly revised Dynamic Island, with the front-facing camera now positioned on the left side of the pill. Unlike the iPhone 14 Pro, where the camera was on the right side, this change applies only to the iPhone 17 Air. The iPhone 17 and iPhone 17 Pro/Pro Max will retain the camera placement on the right side of the pill.

Santander UK plans to close 95 branches cutting 750 jobs

Santander UK's announcement on Wednesday that it plans to shut a fifth of its branch network has raised concerns about the bank's future in the UK. The move, which could result in around 750 job losses consist of the closure of 95 out of 444 branches by June.

The bank which has faced speculation over its long-term presence in the UK, will retain 349 branches, including 290 full-service locations and 36 branches with reduced hours. Like many other UK banks, Santander has been scaling back its physical presence as customers increasingly turn to digital banking, reported news agency Reuters.

Since 2019, the bank has reported a 63% rise in digital transactions, while in-branch financial transactions have declined by 61% over the same period. Despite this, the closures have sparked criticism from UK lawmakers, who argue that they harm local businesses and make it more difficult for vulnerable customers in rural areas to access banking services.

In response to these concerns, the Financial Conduct Authority (FCA) introduced new rules in September to make it more difficult for banks to close branches without ensuring that customers have free access to cash alternatives. Santander UK explained that the decision to close branches was part of its strategy to align with



customer behaviour. "As a business, we must move with customers and balance our investment across all the places where we interact with them," said the bank. "Closing a branch is always a very difficult decision, and we spend a great deal of time assessing where and when we do this and how to minimize the impact on our customers."

The bank added that it is consulting with employee unions and will provide support to affected staff, including assistance with finding alternative roles

within the bank.

In its most recent financial report, Santander UK posted a 38% drop in annual pre-tax profit, totalling £1.33 billion (\$1.73 billion) in 2024. The bank employs approximately 18,000 people.

Despite reports in January suggesting that Barclays had explored a potential offer for Santander UK's operations, the parent company reiterated last month that its UK unit remains a key part of its globally diversified business strategy and is not for sale.



Morgan Stanley to cut 2,000 jobs as clients grapple with Trump tariffs

Morgan Stanley is planning to cut around 2,000 jobs later this month, marking the first layoff round under CEO Ted Pick.

This plan was actually made before the recent market tumult and is aimed to reduce costs at the company with about 80,000 employees and a low attrition rate, according to a Bloomberg report.

The cuts will be across the firm, but will not affect its roughly 15,000 financial advisers, according to the report, which added that some of the cuts are tied to performance, some are due to changes in the places where the firm bases some of its workers, and a small portion is due to the impact of artificial intelligence (AI) and automation inside the firm.

The AI impact will be driving an increasing portion of job reductions in the coming years as well, according to the report.

US President Donald Trump's tariffs and policy changes may also have played a role in the clients of these firms lessening their banking activities.

The cuts also comes amid a series of workforce reductions across Wall Street as bosses navigate an uncertain economic outlook.

For instance, rival Goldman Sachs recently brought forward a plan to cut 3% to 5% of staff this spring.

The report quoted Morgan Stanley's Co-President Dan Simkowitz as having said on Tuesday that Merger and Acquisition (M&A) announcements and new equity issuances are "certainly on pause."

Also Read: Tata Motors vehicle prices to rise from April 2025 | Check details

The bank's shares are also down 6% so far this year, making it the worst performing stock among major US banks.

However, Morgan Stanley is still "adding real headcount" at senior levels of investment banking, anticipating a capital-markets recovery, according to the report.

Pick had taken over as CEO at the start of 2024, and then got the chairman title at the beginning of this year, according to the report which added that he has however, mostly stuck to the strategy of his predecessor, James Gorman, who ran the firm for over a decade.

Google buys Wiz: Backer Sequoia Capital to reap 25-fold return from the deal

Wiz backer Sequoia Capital is poised to deliver a return of about 25 times its invested capital from the cybersecurity startup's pending sale to Google parent Alphabet Inc., according to a person with knowledge of the matter.

The multiple on invested capital, known as MOIC, is calculated based on Sequoia's roughly 10% stake in Wiz, which Alphabet agreed to buy for \$32 billion in cash. Sequoia is set to reap about \$3 billion from the sale, said the person, who asked not to be identified discussing private information.

Sequoia is one of several venture capital firms that invested in Wiz that are now on track to reap big gains. Index Ventures has a stake of about 13% of the company, and Insight Partners has a stake of about 8%, according to people familiar with the information. Sequoia, Insight and Index declined to comment on the deal. Meanwhile, Israeli venture capital firm Cyberstarts is set to gather \$1.3 billion after backing Wiz with \$46 million — an MOIC of 28.



And Wiz backer Greenoaks Capital Partners is poised to secure about \$2 billion from the transaction, according to a separate person familiar with the matter. Greenoaks invested roughly \$300 million in Wiz, and based on that amount, the firm's MOIC from its bet is 6.67.

Representatives for Greenoaks and Cyberstarts declined to comment.

Wiz will join the Google Cloud business

after completion of the deal, which would be Alphabet's largest to date. Wiz's platform aims to prevent cybersecurity breaches in the cloud.

"Wiz and Google Cloud share a vision to improve security by making it easier and faster for organizations of all types and sizes to protect themselves, end-to-end, across all major clouds," Sequoia partner Doug Leone wrote in a blog post.



BEJAN DARUWALLA AND CHIRAG DARUWALLA

ARIES

Ganesha says this week has a lot of new opportunities for you. You may see some significant progress in the workplace. Wait for the right time to bring your plans to life, as during this time you will get to see the results of your hard work. There will also be some movement in your social life. This is an ideal time to spend time with friends and family. Keep in mind that your words have a deep impact on a conversation, so speak wisely. However, it is important to be cautious about health. By doing regular exercise and taking care of the right diet, you will feel refreshed. It is also important to maintain mental balance; with the help of meditation or yoga, you will be able to manage your energy properly. Trust your intuition this week. Your inner voice will lead you in the right direction. Focus on your goals and maintain positivity in your life.

TAURUS

This week is the time for Taurus to recognize your inner strength. There are signs of success in the goal you are moving towards. Trust your confidence and do not hesitate to express your ideas. Colleagues at the workplace will be with you and support you during this period. You may get a chance to work on a new project, in which your stability and hard work will be appreciated. However, a little sensitivity may be required in personal relationships. Communicate with your loved ones and try to understand their feelings. Your honesty and truthfulness will strengthen your relationships. Take care to maintain balance in the field of health. Joining yoga or exercise will improve mental and physical health. Maintain your composure and patience this week, as the coming days can bring many positive changes for you. Make sure you move forward keeping your emotions balanced.

GEMINI

Ganesha says this week is a sign of a new beginning. You will be able to use your ideas and communication skills effectively. This week is a good time for you to establish new partnerships and social contacts. Your curiosity is high, and this provides a great opportunity to increase your knowledge. This is a

WEEKLY HOROSCOPE - MARCH 24, 2025 TO MARCH 30, 2025**By Chirag Daruwalla - Son of Astrologer Bejan Daruwalla**

good time to study or try your hand at a new subject. Your thoughtfulness and creativity will brighten everything around you. Try to establish cordial communication in personal relationships. Any long-standing old problem may also get resolved this week. If you are planning a trip, it will be successful. Keep one thing in mind: overthinking may confuse you. Channel your energy in a positive direction and focus on your goals. Be mindful of self-care this week. Maintain mental balance with yoga or meditation. This week summarizes that you accept new challenges and communicate openly. Try to bring sweetness to love and friendship. This week can be inspiring for you.

CANCER

Ganesha says this week's horoscope for Cancer indicates new beginnings and self-commitment for you. You will try to build deep relationships with people around you at this time. Time spent with family and friends will bring you happiness. On the work front, you may get an opportunity to join new projects, which will boost your creativity. But, be careful that your ideas are in harmony with others. There is some positivity in financial matters as well. You may make some good financial decisions. From a health point of view, take care of your mental health. Meditation or yoga will help you maintain balance. Listen to your heart this week and express your feelings openly. This is the time to understand yourself better.

LEO

Ganesha says this week you will have a flow of positive energy, which will help you reach new heights. Friends and relatives will be impressed by your strength and energetic personality. Attend social gatherings, as it will open the door to new opportunities for you. During this time, focus on your career. Try to settle all the projects that are pending. Your leadership ability will come to the fore this week, which will make you respected among your colleagues. There may be some anxiety in my personal life. Share your thoughts with loved ones, this will improve relationships. If you are feeling stressed about something, then behave with restraint. This week is for you to stay balanced in terms of health. Take care of regular exercise and a balanced diet. Meditation and yoga will help in reducing your mental stress. You will enjoy participating in social activities. Try to display your creativity; it will increase your confidence. This week will be full of new possibilities and experiences for you. Go ahead and let the sunshine inside you!

**VIRGO**

Ganesha says this week many positive changes will come in your life. You will get the fruits of your hard work and dedication, which will keep you full of confidence. Your ideas and plans will be appreciated in the workplace, so do not forget to focus on new projects. Sweetness will remain in personal relationships. You will get a good opportunity to spend time with family members so that you can strengthen mutual relations. Express your feelings openly, this will make the relationship even deeper. In terms of health, this week you will need to pay attention to your diet. Take some time for yoga or exercise, so that you can improve mental and physical health. This week there is a need to be organized at every turn. Focus on your goals, and your hard work will soon pay off. Remember, only positive thinking and hard work will take you to the heights of success.

**LIBRA**

Ganesha says this week, the overall situation is going to be positive and harmonious for Libra natives. Your social relationships will be especially strong at this time. Spending time with friends and family will give you mental peace. Your creative energy is at its peak, so this is a great time to bring out your talents. Whether it is in art, writing, or a new project, your ideas can inspire others. At the workplace, colleagues and co-workers will remain devoted to you. Good performance in teamwork will take you even further. Minor obstacles may come, but you will overcome them easily with your cleverness and balance. Taking care of your health is important this week. Yoga and meditation will not only improve your mental health but will also keep you physically active. This week, pleasant changes can also be seen in love life. Communicate openly with your partner, this will strengthen your relationship even more. The essence of this week is that balance and harmony will prevail in all aspects of your life, so move forward by adopting positivity.

**SCORPIO**

Ganesha says this week, Scorpio people have an opportunity for new beginnings. You will be more focused on your goals and handle the challenges coming your way wisely. Your hard work and dedication will be appreciated at the workplace, which can give you new opportunities to move forward. In personal relationships, it is time to bring clarity to communication. Talk to your loved ones and express your feelings. This will further strengthen your

relationships. Travel plans may also prove beneficial for you, which will let you experience new places and provide mental freshness. In terms of health, try doing yoga and meditation. This will help maintain your mental balance. By the end of the week, you will feel full of energy and experience positive changes. Have faith in your abilities and keep moving forward.

SAGITTARIUS

Ganesha says some very positive and encouraging things are likely to happen this week. Your dedication and hard work are going to be rewarded soon. Your efforts will be appreciated at work, and this can prove to be an important step towards progress for you. Increasing communication and clarifying feelings in your personal life will make your relationships stronger. If you have any kind of doubt or confusion in your mind, then this is the right time to resolve it. It is necessary to be cautious in matters of health. Regular exercise and following a balanced diet will keep you energized. You may also get an opportunity to travel this week, which will be very good for your mental health. Experiences of new places can change your perspective and give you new inspiration. Overall, this week indicates excellent prospects for you. Move forward, stay positive, and keep moving firmly towards your goals.

**CAPRICORN**

Ganesha says this week is a time of tremendous opportunities for Capricorn natives. Seniors will start having a positive attitude towards you after seeing your hard work and commitment at work. It may also be time to consider a new project, which will improve your position. In personal relationships, spending time with family is likely. This is the right time to resolve old differences, which will strengthen mutual relations. If you are single, it is possible to meet someone special, who can bring happiness to your life. In terms of health, move towards meditation and yoga. Prioritize mental health and take some time for yourself. Pay attention to small things, such as proper diet and adequate sleep, which will help increase your energy. This weekend, focus on your financial matters. Avoid unexpected expenses and maintain a budget. Overall, this week is going to be satisfying and enjoyable, just maintain patience and positivity.

**AQUARIUS**

Ganesha says this week is the time for Aquarius to focus on overall aspects. You

BIRTHDAY HOROSCOPE : MARCH 24, 2025 TO MARCH 30 BY VEDIC ASTROLOGER NASTUR BEJAN DARUWALLA



**VEDIC ASTROLOGER NASTUR
BEJAN DARUWALLA**

24TH MARCH : Ganesha says you have strong intuition, great ingenuity, and extraordinary imaginative power. You are simple and honest, but you need to control your tendency to be unfair, hypocritical, and ungrateful from time to time. Investments made in real estate may prove to be very profitable this year. However, indulging in speculation may be detrimental and should be avoided. Legal disputes, that were troubling your mind, may get resolved amicably to your satisfaction. Children may be the main source of happiness and a spouse may keep you happy.

25TH MARCH : Ganesha says you are energetic, practical, enthusiastic, authoritative, and dependable. You are intelligent and can do wonders with your ability to put in maximum effort, but you need to control your tendency to be reckless, stubborn, and impatient from time to time. New alliances and partnerships may bring prosperity. Your confidence and determination may be at its peak. Financial gains are received in the form of delayed payments and bad debts. Speculating in real estate and shares may prove to be profitable. Your partner may support your concerns and

shower you with love and affection.

26TH MARCH : Ganesha says you are a great admirer of music and literature. You are research-oriented and determined. You may get many great opportunities, but you have to grab them before others. Old investments may bring financial gains. This is a great period to do things you like and feel good. There is a possibility of a long-distance journey for fun or a pilgrimage towards the end of the year. Your health may be fine, but the health of an elderly family member may be a matter of concern. New friendships and contacts developed during this period may be highly meaningful.

27TH MARCH : Ganesha says your energy may be high and give you great benefits. Speculating in real estate may give good returns. Long-distance travel may be undertaken for business purposes as well as pleasure. Children need to pay more attention to their careers. Despite some initial problems, health may be more or less fine. You need to spend time on meditation and yoga for remarkable gains. Your association with people in high positions may create great opportunities for you. Sudden gains and losses are likely. Gifts and gifts, both in

cash and kind, are expected, but some unexpected expenses may surprise you.

28TH MARCH : Ganesha says that you should plan things to reap benefits. Your efforts made during this period may yield the desired results in the long run. Favorable period for property investment. Romance may be on top of your list. New arrivals are also likely. You may work on new ideas, which may increase your income. Your financial condition may improve by getting a job with high responsibility and position. Any good news from distant relatives may lift the spirits of the entire family. Travel and excursions may be enjoyable.

29TH MARCH : Ganesha says that your work environment may be good, which may give you a lot of job satisfaction. You may interact with important people who may help you in your career as well. Your interactions with the public may be lively and challenging. Your income may increase but it may be necessary for you to save. Your beloved may be in a very romantic mood and both of you may spend a good time together. Property transactions or buying a new vehicle are likely during this period.

30TH MARCH : Ganesha says that you should try to channel your energy into professional endeavors. This may be a time of success and happiness, as you may make huge profits. You may easily beat your competitors due to your superior skills and abilities. Investments made during this time may also give good returns. New offers for joint ventures may be attractive, but partnerships are not in your cards this year. You may make new friends through old friends. Investments may be profitable but do not put all your money in one place.

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may get some new opportunities, which will highlight your creativity and technical skills. This is the time for you to share your ideas and meet new people. Your communication skills can prove to be extremely impressive during this period, so do not hesitate in any important conversation. Your helping nature will help you make new friends. On the health front, some meditation and yoga will prove beneficial. Take time out for mental relaxation and recharge yourself. Some challenging situations may arise in business, but your adaptability and problem-solving ability will help you move ahead. Keep in mind that your hard work and perseverance will lead you to success. This week, stay focused, maintain positivity, and take advantage of the opportunities that come your way.



PISCES

Ganesha says this week, your sensitivity and imagination will be at their peak. You will be able to understand the feelings of

people around you, which will strengthen your relationships. On the work front, this is the right time to start a new project. Your creativity will

bring you success. Be careful in financial matters; some unexpected expenses may arise. On the health front, meditation and yoga will help you get mental peace. Pay attention to your body's needs and don't forget to

rest. New meetings are possible in social life. Connecting with new friends will expand your channels. Overall, this week will be full of self-analysis and creativity for you.

|| SHREE GANESHAY NAMAH ||



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Temporary status revoked for 532K...

DHS said parolees without a lawful basis to stay in the country "must depart" before their parole termination date.

"Parole is inherently temporary, and parole alone is not an underlying basis for obtaining any immigration status," DHS said.

Before the new order, the beneficiaries of the program could stay in the U.S. until their parole expires, although the administration had stopped processing their applications for asylum, visas and other requests that might allow them to remain longer.

The administration decision has already been challenged in federal courts.

A group of American citizens and immigrants sued the Trump administration for ending humanitarian parole and are seeking to reinstate the programs for the four nationalities.

Lawyers and activists raised their voices to denounce the government's decision.

Friday's action is "going to cause needless chaos and heartbreak for families and communities across the country," said Karen Tumlin, founder and director of Justice Action Center, one of the organizations that filed the lawsuit at the end of February. She called it "reckless, cruel and counterproductive."

The Biden administration allowed up to 30,000 people a month from the four countries to come to the United States for two years with eligibility to work. It persuaded Mexico to take back the same number from those countries because the U.S. could deport few, if any, to their homes.

Cuba generally accepted about one deportation flight a month, while Venezuela and Nicaragua refused to take any. All three are U.S. adversaries.

Haiti accepted many deportation flights, especially after a surge of migrants from the Caribbean country in the small border town of Del Rio, Texas, in 2021. But Haiti has been in constant turmoil, hampering U.S. efforts.

Since late 2022, more than half a million people have come to the U.S. under the policy, also known as CHNV. It was a part of the Biden administration's approach to encourage people to come through new legal channels while cracking down on those who crossed the border illegally.

Pro-Palestinian Foreign Student at...

Enforcement (ICE) instructing the student, Momodou Taal, to report to the agency's Syracuse, New York, office to surrender himself into custody, according to court documents.

Taal, a dual citizen of the United Kingdom and Gambia, is one of three Cornell students who sued on March 15 to challenge a pair of presidential orders.

Both orders were signed Jan. 29 by President Donald Trump. One mandates stricter screening and vetting procedures to prevent individuals deemed national security risks from entering the country. The other calls for, among other things, the prosecution, removal, and other legal action against both citizens and non-citizens engaged in anti-Semitic activities.

Taal and his co-plaintiffs argue that the combined effect of these orders is to suppress criticism of the Israeli government and participation in pro-Palestinian advocacy, such as protests against Israel's military operations in Gaza. In their complaint, Taal's attorneys contend that he "lives in constant fear that he may be arrested by immigration officials or police as a result of his speech," and is afraid to travel to London to visit his family.

Taal's activism has drawn controversy in the past. On Oct. 7, 2023-the day thousands of Hamas-led terrorists attacked Israel in a spree of killing and kidnapping-he posted "Glory to the resistance!" along with a Palestinian flag on social media platform X.

Cornell first suspended Taal in April 2024 for his role in organizing a pro-Palestinian encampment on campus. He was suspended again in September 2024 after he and other students disrupted a career fair attended by defense contractors L3Harris and Boeing, both suppliers of military equipment to Israel. The university said the disruption involved shoving police

officers, threatening recruiters, and preventing other students from participating in the fair.

Under F-1 visa regulations, international students who receive two to three suspensions risk having their student visas revoked and being ordered to leave the country. However, Taal was ultimately allowed to continue his studies.

The DOJ email was sent just after Taal's attorneys filed an emergency request for a federal judge in New York to block his arrest or detention, citing concerns over the alleged presence of unidentified law enforcement officers near his residence. The judge has not yet made a decision on whether to grant a temporary restraining order.

"[Taal's detainment by ICE] would substantially impede counsel's ability to directly communicate with Mr. Taal ... and also constitutes an unlawful attempt to remove this Court's jurisdiction over this case," Taal's attorneys told U.S. District Judge Elizabeth Coombe after receiving the DOJ email.

Taal's case is one of several high-profile cases of deportation efforts associated with the pro-Palestinian protests that erupted at colleges and universities.

Last week, judges blocked the deportation of Mahmoud Khalil, a Columbia University graduate and protest leader; and Badar Khan Suri, a Georgetown University postdoctoral fellow. Federal officials have informally accused Khalil of engaging in "activities aligned with Hamas" and Suri of "spreading Hamas propaganda and promoting antisemitism on social media," as well as having "close connections" to an unnamed Hamas advisor.

In each case, immigration authorities have invoked a provision of U.S. immigration law that allows for the deportation of foreign nationals if the secretary of state has good reason to believe their presence or activities in the United States pose "potentially serious adverse foreign policy consequences" to the country.

CBI files closure report in Sushant...

forensic specialists at AIIMS had dismissed the claims of "poisoning and strangling" made in the case.

The CBI had recorded the statements of Rhea Chakraborty, the rumored girlfriend of Rajput, and others in his close circle, and collected the actor's medical records.

In his complaint to Bihar Police, Rajput's father had alleged that Chakraborty, along with her family members, misappropriated his son's money, a charge denied by her in television interviews.

Trump pulls security clearances for...

as Mr. Trump seeks revenge on his perceived enemies.

The Republican president defeated Clinton in the 2016 presidential election and Harris in last year's election.

"I have determined that it is no longer in the national interest for the following individuals to access classified information," Mr. Trump said in a late Friday memorandum that also included former Secretary of State Antony Blinken.

Mr. Trump also targeted Republican former Representative Liz Cheney, a sharp Trump critic, former Biden White House national security adviser Jake Sullivan and Fiona Hill, a Russia expert who served on his National Security Council during his first term. Mark Zaid, a national security lawyer in Washington who represents whistleblowers, and Adam Kinzinger, a former Republican lawmaker who is a sharp Trump critic, were among several others who had their security clearances revoked.

He had already revoked the security clearance for Mr. Biden, denying the former president to the traditional access to U.S. intelligence.

Former U.S. presidents have traditionally received intelligence briefings so they can advise incumbent presidents on national security and foreign policy.

In 2021, Mr. Biden revoked the security clearance for Mr. Trump, who was then a former president.

Supreme Court of India makes public...

Justice Yashwant Varma, during a blaze on the night of March 14.

In a unique move to ensure total transparency, the Delhi Chief Justice's in-house inquiry report, including

the response of Justice Yashwant Varma, photos and videos were uploaded on the Supreme Court website late on Saturday (March 22, 2025).

The move comes within 24 hours of Delhi Chief Justice D.K. Upadhyaya submitting a report prima facie ascertaining the veracity of the allegations and collecting details and evidence.

In his report to Chief Justice of India (CJI) Sanjiv Khanna, the Delhi Chief Justice said "on examining the incident reported the material available and the response of Justice Yashwant Varma, what I find is that the Commissioner of Police, Delhi, in his report on March 15 has reported that as per the guard posted at the residence of Justice Varma, the debris and other partially burnt articles were removed from the room where the fire had broken out in the morning of March 15. The enquiry conducted by me, prima facie, does not reveal the possibility of entry or access to the room by any person other than those residing in the bungalow, the servants, the gardeners and the CPWD personnel, if any. Accordingly, I am of the prima facie opinion that the entire matter warrants a deeper probe".

Justice Varma has noted in his reply that his cash withdrawals were documented, and the allegations were baseless and had already scarred his reputation. He said a conspiracy was afoot to malign him. The incident was a sequence of events to defame him, including unfounded allegations against him which circulated in the social media in December 2024. The outhouse storeroom, where the fire occurred, was not a part of his main residence was utilized generally by all and sundry to store articles. The storeroom was disconnected from the main residence. It was surely not a room in his house as reported in the media.

"I would be grateful if an enquiry is made with respect to my functioning as a judge and what is the perception of the legal fraternity with regard to my integrity and honesty in the discharge of my judicial functioning... What baffles me is the complete absence of any sacks of allegedly burnt currency which were ever recovered or seized. We categorically assert that neither my daughter, private secretary or household staff were shown the so-called sacks of burnt currency... I wonder who could countenance an allegation that currency would be kept in a storeroom in a corner of the house and which is freely accessible from amongst others the back wicker gate also," he said in his reply to the Delhi Chief Justice.

Chief Justice Khanna has meanwhile asked Chief Justice Upadhyaya not to assign any judicial work to Justice Varma. The Delhi High Court Chief Justice has agreed with the proposal of the CJI to repatriate Justice Varma to the Allahabad High Court in the interest of the "better administration of justice".

The CJI's decision to form a three-member committee signals that the allegations against Justice Varma calls for a deeper probe. The Chief Justice of India would now be himself monitoring the progress of the enquiry against the judge.

The response by Justice Varma to the Delhi High Court Chief Justice contains his answers to three questions, which were cardinal points of the prima facie enquiry.

The first question was how he accounted for the "presence of money in the room located in your bungalow". To this, Justice Varma has replied that he "was never aware of any money or cash lying in the outhouse storeroom. He said that neither he nor his family members or staff had anything to do with the cash allegedly found in the gutted room.

More importantly, the judge said "no such cash was shown to my family members or staff who were present on that fateful night".

To the second question of the enquiry to explain the "source of money", Justice Varma said the question does not arise as he had nothing to do with the cash allegedly found and videotaped.

The Police Commissioner's report on the incident said a guard had seen a person removing articles from the gutted room on the morning of March 15.

To the query who had removed the "burnt currency" from the room on the morning of March 15, Justice Varma said he strongly rejected the insinuation that "we" had removed currency from the storeroom.

(Read full story at www.theindianpanorama.news)

Sheetala Saptami is a significant Hindu festival dedicated to Goddess Sheetala, who is worshipped for protection against diseases, especially smallpox, chickenpox, and other infections. The festival is observed mainly in North India, including states like Rajasthan, Uttar Pradesh, Bihar, Gujarat, and Madhya Pradesh. Devotees observe rituals and fast on this day to seek the blessings of Goddess Sheetala for good health and well-being.

This festival falls on the seventh day (Saptami) of the Krishna Paksha (waning phase of the moon) in the Hindu month of Chaitra, which typically corresponds to March or April in the Gregorian calendar. It is closely associated with Sheetala Ashtami, which is observed the next day and is considered more popular among devotees.

Mythological Significance

The worship of Goddess Sheetala is rooted in Hindu mythology. She is regarded as a manifestation of Maa Parvati and is depicted carrying a broom, a pot of water, and neem leaves, which symbolize cleanliness and healing. According to the Skanda Purana, Goddess Sheetala bestows health and protects her devotees from contagious diseases.

The Legend of Goddess Sheetala

One of the most prominent legends related to Sheetala Saptami revolves around King Birat and his kingdom. It is believed that once a severe outbreak of smallpox affected his people. After praying to Goddess Sheetala with devotion and following her prescribed rituals, the epidemic subsided. Since then, the practice of worshipping Goddess Sheetala became prevalent among devotees seeking her divine grace for protection from diseases.

Another legend suggests that Maa Sheetala was created by Lord Shiva upon the request of gods to protect humanity from the wrath of infectious diseases. She was given the power to cure and prevent ailments, and thus devotees seek her blessings to ward off illnesses.

Rituals and Observances

The festival of Sheetala Saptami is observed with great devotion, and devotees follow various rituals, including fasting, temple visits, and special pujas. Below are some common practices followed on this auspicious day:

1. Fasting (Vrat)

Many devotees observe a strict fast on Sheetala Saptami. Some follow a Nirjala Vrat (fasting without water), while others consume simple food like fruits and milk. Fasting is believed to purify the body and help devotees attain divine blessings.

2. Preparation of Basoda Prasad

One of the unique traditions associated with this festival is the preparation of Basoda Prasad. Basoda means "stale food," and it is believed that cooking is prohibited on this day. Devotees prepare food a day before Sheetala Saptami and



IMPORTANT INFORMATION

Sheetala Saptami Vrat

Friday, 21 March 2025

Saptami Tithi Start : 21 March 2025 at
02:45 AM

Saptami Tithi End : 22 March 2025 at
04:23 AM

Sheetala Saptami Puja Muhurat - 06:24
am to 06:33 pm

consume it as prasad after offering it to the Goddess. This practice symbolizes the importance of avoiding fire and ensuring that the body rests to prevent the spread of diseases.

Common Basoda Dishes Include:

- Bajra (millet) roti
- Curd (yogurt)
- Rice
- Pua or sweet fritters
- Cold vegetables like aloo sabzi
- Jaggery and buttermilk

3. Puja Vidhi (Worship Rituals)

- Devotees wake up early, take a holy bath, and wear clean clothes.
- They visit Sheetala Mata temples and offer flowers, turmeric, neem leaves, and rice to the deity.
- The Goddess is bathed with cool water, curd, and turmeric, signifying purification and healing.
- Special bhajans and kirtans are performed in praise of Goddess Sheetala.
- People also donate food, clothes, and essential items to the poor and needy as part of their devotion.
- Women especially pray for the well-being of their children and family members.

4. Use of Neem Leaves and Cooling Agents

Neem leaves are an essential part of this festival, as they possess medicinal properties and are believed to purify the surroundings. Devotees place neem leaves on doors and windows to ward off diseases. They also drink neem-infused water as a preventive measure. Some even bathe in neem-infused water to seek protection from skin ailments and infections.

Regional Celebrations

Sheetala Saptami is widely celebrated in different states, each having its unique customs and traditions.

1. Rajasthan

In Rajasthan, especially in Jaipur and nearby regions, Sheetala Mata temples see a large influx of devotees. Women observe a strict fast and offer bajra rotis (millet bread), curd, and jaggery to the deity. Folk songs dedicated to Goddess Sheetala are sung during the celebrations.

Some prominent temples dedicated to Maa Sheetala include Sheetla Mata Mandir in Amer and Sheetla Mata Temple in Jhunjhunu.

2. Gujarat

In Gujarat, the festival is called Sheetala Satam and is observed with

great enthusiasm. Families prepare food a day before and avoid cooking on the day of the festival. Special fairs and processions are held in honor of Goddess Sheetala. Devotees also offer chickpeas, curd, and sweetmeats to the Goddess.

3. Uttar Pradesh and Bihar

In Uttar Pradesh and Bihar, devotees worship Sheetala Mata at local temples and distribute food among the poor. People also visit water bodies and perform cleansing rituals to seek protection from ailments. Devotees often recite the Sheetala Mata Vrat Katha, narrating the divine stories of the Goddess.

4. West Bengal

In West Bengal, Goddess Sheetala is worshipped mainly in rural areas, where villagers gather to offer prayers and seek protection from contagious diseases. The festival is celebrated with simple rituals, where clay idols of the deity are often worshipped before being immersed in a river or pond.

Health and Scientific Relevance

The observances of Sheetala Saptami align with scientific principles of hygiene and disease prevention. The festival occurs at the transition from winter to summer, a period when infections like chickenpox and smallpox were historically prevalent. The use of neem leaves, turmeric, and pre-cooked food serves as a natural way to prevent bacterial contamination and maintain health.

Additionally, fasting and consuming cold food help regulate body temperature, making this festival not just a religious practice but also a practical approach to health and well-being. The significance of neem as an antiseptic and natural healer further validates the customs associated with this festival.

Temples Dedicated to Sheetala Mata

Many temples across India are dedicated to Goddess Sheetala, where grand celebrations take place on this occasion. Some of the prominent ones include:

- Sheetala Mata Temple, Gurgaon (Haryana) - One of the most famous shrines, visited by thousands of devotees.
- Sheetala Mata Temple, Jhunjhunu (Rajasthan) - Known for its historical and spiritual significance.
- Sheetala Mata Mandir, Varanasi (Uttar Pradesh) - A revered temple known for its healing powers.

Sheetala Saptami is an important festival that underscores the significance of health, hygiene, and devotion. By worshipping Goddess Sheetala, devotees seek protection from ailments and express gratitude for their well-being. The traditions followed during this festival have deep-rooted cultural and scientific importance, emphasizing the importance of cleanliness, natural remedies, and community well-being.

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India, with its rich historical and cultural heritage, boasts some of the most magnificent palaces in the world. These architectural marvels, once the residences of royal families, stand as symbols of grandeur, elegance, and the regal lifestyle of Indian maharajas and nawabs. From Rajasthan's desert landscapes to the lush terrains of Karnataka, here is a curated list of India's most magnificent palaces that redefine royalty.

1. City Palace, Jaipur

A stunning fusion of Rajasthani and Mughal architecture, the City Palace in Jaipur is an iconic landmark. Built by Maharaja Sawai Jai Singh II in the 18th century, this sprawling palace complex features courtyards, gardens, and museums. The most famous structures within the complex include the Chandra Mahal, which is still home to the Jaipur royal family, and the Mubarak Mahal, which houses a museum showcasing royal artifacts, textiles, and manuscripts. The intricately designed Peacock Gate, adorned with colorful motifs, is a prime attraction for visitors.

Highlights:

- Chandra Mahal: Residence of the Jaipur royal family
- Mubarak Mahal: Houses royal textiles and artifacts
- Peacock Gate: Intricate Rajasthani craftsmanship
- Pritam Niwas Chowk: A courtyard with four season-themed gates

2. Mysore Palace, Karnataka

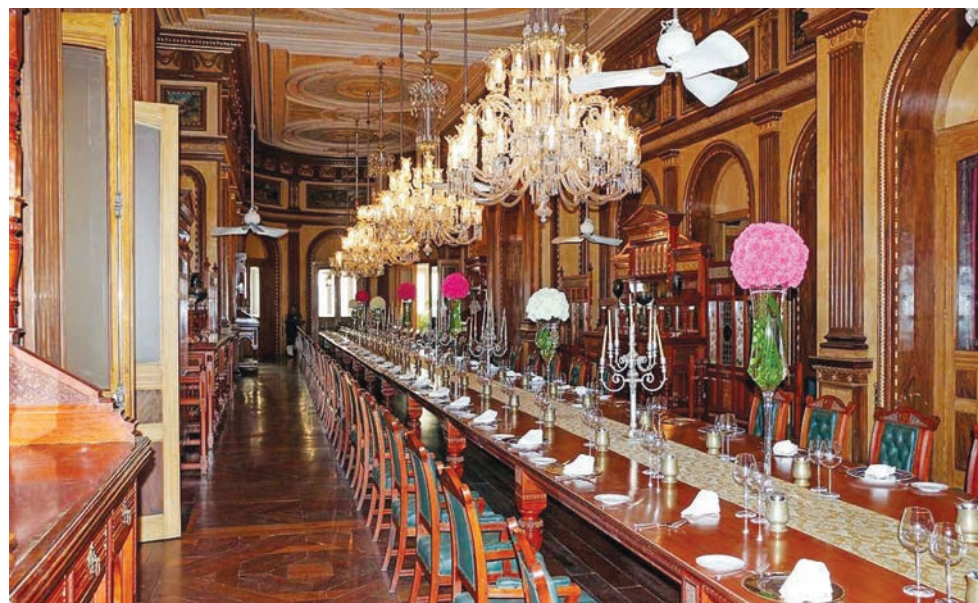
Also known as the Amba Vilas Palace, Mysore Palace is a splendid example of Indo-Saracenic architecture. It was designed by British architect Henry Irwin and is adorned with stained glass, intricate wood carvings, and magnificent chandeliers. The palace houses several halls, including the grand Durbar Hall, which is known for its ornate ceilings and massive pillars. The palace is particularly mesmerizing during the Dussehra festival when it is illuminated with over 100,000 lights, creating a breathtaking spectacle.

Highlights:

- Dussehra Celebrations: A grand annual festival with a royal procession
- Golden Throne: A priceless artifact displayed during special occasions
- Ambavilas Hall: A lavishly decorated hall used for ceremonies

3. Umaid Bhawan Palace, Jodhpur

This grand palace is one of the largest private residences in the world. Built during the reign of Maharaja Umaid Singh in the 20th century, the palace is a blend of Art Deco and Indo-Saracenic styles. It was constructed to provide employment to the people of Jodhpur during a famine. Today, it functions as a heritage hotel managed by the Taj Group, a museum displaying the Jodhpur royal family's history, and the residence of the present Maharaja of Jodhpur, Gaj Singh II. The museum houses vintage cars, clocks, and royal memorabilia.



Highlights:

- Museum: Exhibits vintage cars, clocks, and artifacts
- Taj Hotel: Luxury accommodations with a royal touch
- Royal Gardens: Beautifully landscaped gardens surrounding the palace

4. Lake Palace, Udaipur

Floating like a dream on the serene waters of Lake Pichola, the Lake Palace

in Udaipur is an exquisite white marble structure. Built in the 18th century by Maharana Jagat Singh II as a summer retreat, this palace now functions as a luxury hotel managed by the Taj Group. It features elaborate courtyards, pillared terraces, fountains, and gardens, all offering breathtaking views of the surrounding Aravalli hills and City Palace. The romantic ambiance of this palace makes it one of the most sought-after destinations for travelers and

honeymooners.

Highlights:

- Boat Rides: Scenic views of Lake Pichola and City Palace
- Lotus Pond: A tranquil water feature within the palace
- Luxury Suites: Royal accommodations with historical decor

5. Falaknuma Palace, Hyderabad

The Falaknuma Palace, built by Nawab Vikar-ul-Umra in 1894, is a masterpiece of Italian and Tudor architectural styles. Perched on a hill at an elevation of 2,000 feet, it offers a panoramic view of Hyderabad. The palace features a grand staircase, Venetian chandeliers, a collection of rare manuscripts, and a library modeled after the one at Windsor Castle. It now operates as a luxury hotel under the Taj Group, allowing guests to experience royal hospitality, including a unique horse-drawn carriage welcome.

Highlights:

- Grand Staircase: Italian marble staircase leading to the main halls
- Library: Modeled after Windsor Castle's library
- Dining Hall: One of the world's largest, seating 101 guests

6. Laxmi Vilas Palace, Vadodara

The Laxmi Vilas Palace, built by Maharaja Sayajirao Gaekwad III in 1890, is one of the most opulent palaces in India. Four times the size of Buckingham Palace, this Indo-Saracenic marvel is adorned with stained glass windows, marble, and mosaic decorations. The palace houses an impressive collection of artwork, including paintings by Raja Ravi Varma, a private museum, and a golf course. The sprawling gardens and intricate interiors make it an architectural wonder.

Highlights:

- Raja Ravi Varma Paintings: A collection of exquisite artworks
- Golf Course: A royal 10-hole golf course
- Mosaic Decor: Stunning stained glass and marble interiors

7. Jai Vilas Palace, Gwalior

Built by Maharaja Jayajirao Scindia in the 19th century, the Jai Vilas Palace is a blend of Tuscan, Italian, and Corinthian styles. The grand Durbar Hall is adorned with massive chandeliers, intricate ceiling carvings, and a silver train that once served food to guests. The palace also houses the Jiwaji Rao Scindia Museum, which displays artifacts, weapons, and royal furniture, including a gold-plated dining table.

History This Week

MAR 21 - MAR 27

MARCH 21



March 21, 1918 - During World War I, the Second Battle of the Somme began as German General Erich von Ludendorff launched an all-out drive to win the war. The battle began with a five-hour artillery barrage followed by a rush of German troops. The offensive lasted until April 6th and resulted in the Germans gaining about 35 miles of territory. Allied and German casualty figures for both battles approached 500,000.

March 21, 1943 - A suicide/assassination plot by German Army officers against Hitler failed as the conspirators were unable to locate a short fuse for the bomb which was to be carried in the coat pocket of General von Gersdorff to ceremonies Hitler was attending.



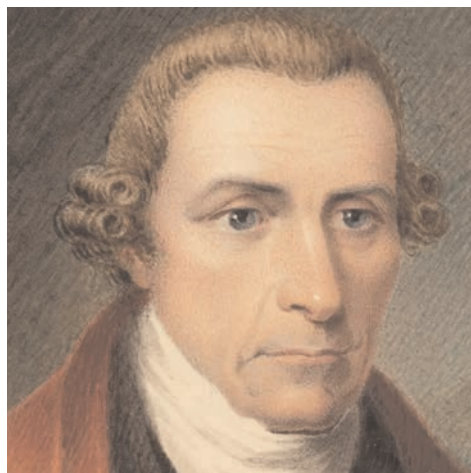
Birthday - Organist and composer Johann Sebastian Bach (1685-1750) was born in Eisenach, Germany. His output included thousands of compositions, many used in churches. Among his best known works; The Brandenburg Concertos for orchestra, The Well-Tempered Clavier for keyboard, the St. John and St. Matthew passions, and the Mass in B Minor.

MARCH 22

March 22, 1972 - The Equal Rights Amendment to the U.S. Constitution was passed by the U.S. Senate and then sent to the states for ratification. The ERA, as it became known, prohibited discrimination on the basis of gender, stating, "Equality of rights under the law shall not be denied or abridged by the United States or by any State on account of sex," and that "the Congress shall have the power to enforce, by appropriate legislation, the provisions of this article." Although 22 of the required 38 states quickly ratified the Amendment, opposition arose over concerns that

women would be subject to the draft and combat duty, along with other legal concerns. The ERA eventually failed (by 3 states) to achieve ratification despite an extension of the deadline to June 1982.

MARCH 23



March 23, 1775 - Patrick Henry ignited the American Revolution with a speech before the Virginia convention in Richmond, stating, "I know not what course others may take; but as for me, give me liberty, or give me death!"

MARCH 24



March 24, 1934 - The Philippine Islands in the South Pacific were granted independence by President Franklin D. Roosevelt after nearly 50 years of American control.

March 24, 1989 - One of the largest oil spills in U.S. history occurred as the oil tanker Exxon Valdez ran aground in Prince William Sound off Alaska, resulting in 11 million gallons of oil leaking into the natural habitat over a stretch of 45 miles.



Birthday - Harry Houdini (1874-1926) was born (as Erik Weisz) in Budapest, Hungary. He came to the U.S. with his family as an infant and lived in New York City. He began as a Coney Island magician, then became a world famous

escape artist, known for escaping from chains, handcuffs, straightjackets, locked boxes and milk cans filled with water. He died on Halloween 1926 from a burst appendix and was buried in Queens, NY.

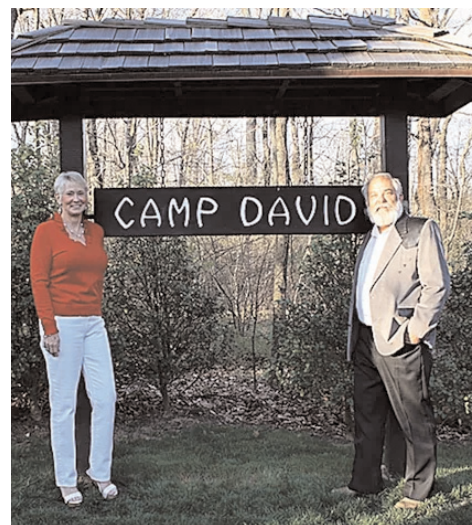
MARCH 25

March 25, 1807 - The British Parliament abolished the slave trade following a long campaign against it by Quakers and others.



March 25, 1911 - A raging fire erupted inside a garment factory in New York City killing 123 young women employed as low-paid seamstresses, along with 23 men. The fast-spreading flames engulfed the 8th and 9th floors of the Triangle Shirtwaist Company in lower Manhattan in just a few minutes. About 50 of the victims had jumped to their deaths rather than perish from the flames. The sensational tragedy spurred national interest concerning the rights of mostly-immigrant women workers of the New York garment industry who labored long hours six or seven days a week in cramped, dangerous conditions for about \$5 weekly pay.

MARCH 26



March 26, 1979 - The Camp David Accord ended 30 years of warfare between Israel and Egypt. Prime Minister Menachem Begin of Israel and Egyptian President Anwar Sadat signed the treaty of mutual recognition and peace, fostered by U.S. President Jimmy Carter.

March 26, 1992 - Soviet Cosmonaut Serge Krikalev returned to a new country (Russia) after spending 313 days on board the Mir Space Station. During his stay in space, the Soviet Union (USSR) collapsed and became the



Commonwealth of Independent States.



Birthday - American playwright Tennessee Williams (1911-1983) was born in Columbus, Mississippi. His works featured Southern settings and include; The Glass Menagerie, Night of the Iguana, and two Pulitzer Prize winning plays, A Streetcar Named Desire and Cat on a Hot Tin Roof.

MARCH 27



March 27, 1977 - The worst accident in the history of civil aviation occurred as two Boeing 747 jets collided on the ground in the Canary Islands, resulting in 570 deaths.

IPL 2025: Kohli, Salt, Patidar on fire as RCB thrash KKR by seven wickets

22 MAR 2025

MUMBAI (TIP) : Virat Kohli, Phil Salt and Rajat Patidar fired on all cylinders as RCB thrashed KKR by seven wickets to kick off IPL 2025 in style.

RCB would have been happy at the innings break after restricting KKR to 174/8 and they were about to rub more salt in KKR's wounds as the opening pair of Phil Salt and Virat Kohli showed the bowlers no mercy.

After a relatively sedate first two overs that went for 17, the onslaught began when pacer Vaibhav Arora, who was the impact sub for Angkrish Raghuvanshi, was hammered for 20.

That prompted skipper Rahane to bring on his strike bowler Varun Chakravarthy, fresh off his exploits in the Champions Trophy. But he was treated with disdain by Salt who blasted 4, 6, 4 and 4 off the last four balls of the over, which went for 21.

Kohli joined the party hitting Spencer Johnson for successive sixes as RCB breezed to 75/0 in five overs.

Salt reached his fifty on his RCB debut off just 25 balls. He fell soon after for 56 off 31 balls but the damage was done. It was Chakravarthy who made the breakthrough as Salt got an outside edge to be snapped up by Spencer Johnson at short third man.

Chakravarthy closed out his spell with



figures of 1/43, a recovery of sorts after that horror first over. RCB lost impact sub Padikkal cheaply to Narine for just 10, which brought Patidar to the crease. The RCB skipper slammed four boundaries off Harshit Rana in the 15th over as RCB cruised to 157/2.

Patidar fell to Arora in the 16th over for 34 off 16 balls by which time it was all over bar the shouting. The next over by Johnson saw Liam Livingstone hitting a six and four off the first two balls as RCB

closed out an emphatic win with 22 balls to spare.

Kohli remained unbeaten on 59 to hold the coveted Orange Cap at the end of the first game.

Earlier, KKR struggled to force the pace in the death overs. The last recognised batsman Angkrish Raghuvanshi fell to Yash Dayal in the penultimate over, which went for just four runs.

Raghuvanshi made a useful 30 off 22 balls -- he was the only batsman to reach

30 apart from Rahane and Narine. The final over by Hazlewood saw only five more runs accrue to KKR, which finished at a disappointing 174/8 in 20 overs.

It was very much an innings of two halves -- KKR clobbered 107/1 off the first 10 overs but could only manage 67/7 in the next 10.

KKR vice captain Venkatesh Iyer, who was bought back by the franchise for a mammoth Rs 23.75 crore at the mega auction, fell cheaply for six to the first ball of the 13th over, dragging a delivery from Krunal Pandya back onto his stumps.

Pandya struck again in his next over, casting dangerman Rinku Singh for 12 off the last ball of his spell to end up with the splendid figures of 4/29.

Patidar then took the bold step of bringing back leggie Suyash Sharma who had taken some punishment, going for 41 in his first three overs.

But it paid off as a googly foxed the swashbuckler Andre Russell who went for a slog and missed completely to see his stumps shattered. After Russell's departure for four, KKR limped to 151/6 in 16 overs.

Suyash Sharma finished his spell with figures of 1/47 and was immediately subbed off, with Devdutt Padikkal coming on as the impact sub. (AP)

McLaren's Piastri takes his first F1 pole at Chinese Grand Prix; Hamilton to start fifth

22 MAR 2025,

SHANGHAI (TIP): McLaren's Oscar Piastri scored his maiden pole position in Formula 1 ahead of Sunday's Chinese Grand Prix by delivering two sizzling laps that were quick enough for the top spot ahead of Mercedes' George Russell.

The 23-year-old Australian, who is maximizing his weekend with second in Saturday morning's Sprint race, said he's "pretty pumped" to go one better Sunday, with the major challenge being tire wear.

Piastri, who will start the 56-lap race two places ahead of McLaren teammate Lando Norris, set it up by putting it all on the line on his final Q3 lap.

"My first lap was honestly better than my second lap, but just at the end of the (back) straight I lost a bit of time and didn't do the best hairpin," Piastri said.

"On the second lap," he continued, "I was about two-tenths down on myself. So, I kind of just went 'why not send it into the hairpin' and I gained those back, and found a little bit more in the last corner. I was tempted to box before that, so I'm pretty happy now that I didn't."

Norris, who won the season opening Australian Grand Prix, will start ahead of his expected title rival, Red Bull's Max Verstappen, who was fourth.

Sprint winner Lewis Hamilton starts fifth for Ferrari ahead of teammate Charles Leclerc.

Russell will be on the front row for the 15th time and first since Qatar last year.



The British driver was thrilled to split the McLarens given the pace deficit he previously highlighted.

"To be on the front row is a really great place to start," Russell said.

Russell had also managed to pull out a searing final lap, describing the qualifying session as one of the hardest of his career, given the difficulty in managing the tires.

"The first lap in Q3, I was full-gas. And it seemed OK, I was thinking I was in P5 ... and then found four-tenths on my last lap," he said.

Norris led the first segments of qualifying (Q1 and Q3) but said he'd done a "terrible job" in the session, having pitted on his final lap following a couple of mistakes.

"Oscar's shown great pace. I definitely haven't," Norris said.

"Whenever we struggle with front (tire) graining, it's something I just struggle with a lot," he added. "It's difficult for me, it's been a therefore difficult weekend, just trying to deal with those things. It's not something I'm strong enough in. (AP)

George Foreman, the fearsome heavyweight who became a beloved champion, dies at 76

22 MAR 2025

LAS VEGAS (TIP): George Foreman, the fearsome heavyweight who lost the "Rumble in the Jungle" to Muhammad Ali before his inspiring second act as a 45-year-old champion and a successful businessman, died Friday night. He was 76.

Foreman's family announced his death on social media, not saying how or where he died.

"A devout preacher, a devoted husband, a loving father, and a proud grand- and great-grandfather, he lived a life marked by unwavering faith, humility and purpose," his family wrote. "A humanitarian, an Olympian and two-time heavyweight champion of the world, he was deeply respected. A force for good, a man of discipline, conviction, and a protector of his legacy, fighting tirelessly to preserve his good name—for his family."

A native Texan, Foreman began his boxing career as an Olympic gold medalist who inspired fear as he climbed to the peak of the heavyweight division by stopping Joe Frazier in 1973. His formidable aura evaporated only a year later when Ali pulled off one of the most audacious victories in boxing history in Zaire, baiting and taunting Foreman into losing his belt in one of the greatest fights ever staged.

Foreman left the sport a few years later, but returned after a 10-year



absence and a self-described religious awakening.

The 45-year-old then pulled off one of the most spectacular knockouts in boxing history in 1994, flooring Michael Moorer — 19 years his junior — with one perfect combination to claim Moorer's two heavyweight belts.

Foreman's transformation into an inspirational figure was complete, and he fought only four more times before moving onto his next career as a genial businessman, pitchman and occasional actor.

He was best known as the face of the George Foreman Grill, which launched in the same year as his victory over Moorer. The simple cooking machine sold more than 100 million units and made him much wealthier than his sport ever did.

"George was a great friend to not only myself, but to my entire family," Top Rank president Bob Arum said. "We've lost a family member and are absolutely devastated." (AP)



An Eye Institute in Rajahmundry, Andhra Pradesh combatting avoidable blindness in children.

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Peter J McDonnell, MD Director Wilmer Eye Institute, Johns Hopkins



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