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INDIAN



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1 Indian American Weekly : Since 2006

19th YEAR

VOL 19 ISSUE 23 • NEW YORK / DALLAS • JUNE 20 - 26, 2025

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INTERNATIONAL DAY OF YOGA SPECIAL EDITION



**YOGA FOR
ONE EARTH, ONE HEALTH**

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Trump opens two-week diplomatic window with Iran, hopes Tehran will 'drop its uranium enrichment'

**JUNE 19, 2025
WASHINGTON, D.C.**

(TIP): US President Donald Trump has opened a two-week window for diplomacy with Iran before deciding on military action, aiming to restart stalled negotiations amid Israel's bombing campaign, CNN reported.

Trump and advisers hope that Iran -- under pressure from Israeli strikes and missile losses -- might agree to drop its uranium enrichment, a demand previously rejected, CNN reported. The pause also allows Trump more time to assess the risks of entering a foreign conflict he aimed to avoid.

White House efforts included proposed deployments of Middle East envoy Steve Witkoff and Vice President JD Vance to the region, though both remained in Washington as no talks were scheduled, as reported by CNN.

Meanwhile, European foreign ministers from Britain, Germany, and France will meet Iranian representatives in Geneva on Friday to revisit Witkoff's earlier offer.

Iran, however, has maintained it will not negotiate with the



US President Donald Trump

US until Israel's bombing of its territory ends--emphasizing that US officials have not pressured Israel to halt the strikes, CNN noted.

White House Press Secretary Karoline Leavitt affirmed Trump's stand, stating diplomacy remains viable while emphasizing the strength of the US military: "Iran and the entire world should know that the United States military is the strongest and most lethal fighting force in the world,"

she said. In a series of Situation Room meetings this week, Trump reviewed options involving bunker-buster bombs targeting Iran's underground nuclear facility at Fordow, but expressed concern over the risk of a multi-year war. The prospect of a drawn-out engagement troubles many of his advisers, as well as his onetime strategist Steve Bannon.

US Secretary of State Rubio has also actively engaged with allies, holding conversations with European counterparts on ensuring Iran never develops nuclear weapons.

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India stands 'isolated' over abstention on Gaza ceasefire in the UNGA, says Congress



Congress leader Anand Sharma said, "India should work with partners to bring an immediate halt to hostilities, as any escalation can destabilize the entire region."

File Photo: Credit PTI

JUNE 17, 2025

NEW DELHI (TIP): Expressing concern over the flare-up in West Asia after the escalation of the Israel-Iran conflict, the Congress on Tuesday, June 17, 2025, urged the Union Government to work with partner countries to ensure an immediate ceasefire in the region.

"India should work with partners to bring an immediate halt to hostilities as any escalation can destabilize the entire

region," Congress Working Committee member Anand Sharma, who heads the party's foreign affairs department, told The Hindu.

Mr. Sharma, who was part of the Narendra Modi government's diplomatic outreach in Operation Sindoor and the Pahalgam terror attack, mounted a scathing criticism of India's abstention from a UN vote on a motion for the protection of civilians and upholding legal and humanitarian obligations in Gaza. "It is a humanitarian catastrophe that has unfolded in Gaza, where people are facing collective retribution for their identity. It is indefensible that the land of Mahatma Gandhi doesn't stand for peace," Mr. Sharma said.

As Israel ends ceasefire, India expresses concern over Gaza, humanitarian situation, release of hostages In fact, the abstention at the UN was cited as yet another example of "weak diplomacy" by India.

CONTD ON PAGE 50

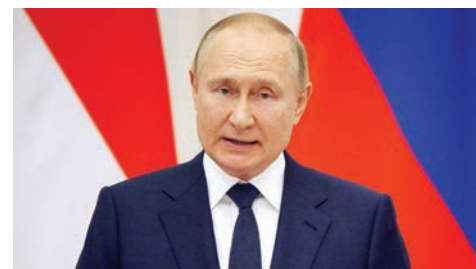
Kremlin warns US against Iran strike, cautions of major escalation

JUNE 20, 2025

MOSCOW (TIP): Washington would be making a serious mistake by launching an attack on Iran, Kremlin spokesperson Dmitry Peskov said, warning that direct US involvement in the ongoing Israel-Iran conflict would further destabilize the region, as reported by RT.

Tensions have escalated since last week after Israel launched a large-scale bombing campaign against Iran, alleging that Tehran was on the verge of producing a nuclear bomb. Iran denied the allegations and responded with multiple drone and missile strikes. The exchange of hostilities between the two nations has continued, stoking fears of a wider regional war.

Commenting on the possible US strike, Peskov said, "Moscow believes it is a wrong move. This is a step that is bound to lead to further escalation, a major escalation, and would only complicate the situation in the region," RT reported.



Russian President Putin says he is in touch with both Iran and Israel, and also the US, and has suggested that a possible settlement could include mutual security guarantees that preserve Iran's right to peaceful nuclear technology and Israel's right to security.

File photo / CNN

He further cautioned, "Such conflicts are capable of setting the entire region on fire." Peskov reiterated Russia's willingness to help mediate and resolve the crisis, while calling any notion of regime change in Iran by the US or Israel "unacceptable." When asked about this possibility, Peskov echoed President Vladimir Putin's long-held

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Dinesh K Patnaik, a 1990-batch Indian Foreign Service officer, currently serving as India's ambassador to Spain, is likely to be India's next High Commissioner to Canada

Photo: X/ @IndiainSpain

Dinesh K Patnaik likely to be India's next high commissioner to Canada

JUNE 19, 2025

NEW YORK (TIP): Seasoned diplomat Dinesh K Patnaik is likely to be appointed as India's new high commissioner to Canada with both sides looking at rebuilding bilateral ties that came under severe strain following the killing of a Sikh separatist in 2023, people familiar with the matter said on Thursday, June 19.

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COMMENT

On the Brink: Israel-Iran Conflict and the Shadows of a Global Conflagration

By Indrajit Saluja



By any measure, the world today stands alarmingly close to the precipice of a global war-arguably the closest it has been since the end of World War II. The escalating Israel-Iran conflict, marked by missile exchanges, covert operations, and diplomatic confrontations, is not merely a regional matter anymore. With major powers now visibly drawn into the conflict zone, what once seemed like a distant standoff in the Middle East now bears the hallmarks of a global crisis in the making.

The recent tit-for-tat attacks between Israel and Iran-culminating in the unprecedented direct missile attack launched by Iran in April 2025 on Israeli territory, followed by Israel's retaliatory airstrikes deep into Iranian infrastructure-have plunged the region into uncertainty. Israel claims it intercepted 99% of the over 300 drones and missiles launched by Iran, yet the very scale of this attack marks a dangerous escalation. It was the first open Iranian military strike on Israeli soil in history-a sharp departure from the longstanding shadow war the two have fought through proxies.

The principle of "might is right" is again being used with dangerous abandon. In this contest of egos and ideologies, human suffering is tragically incidental. As both sides harden their positions, the death toll rises. Iran's retaliatory attacks have so far left at least 15 Israeli civilians and soldiers dead. Israeli air raids have reportedly killed over 70 people in Iran and Syria, many of them civilians, including women and children.

The humanitarian costs are devastating. According to the UN Office for the Coordination of Humanitarian

Affairs, the conflict has displaced over 120,000 people in the region within weeks. Infrastructure-schools, hospitals, water supplies-has been reduced to rubble. Cultural heritage sites in cities like Isfahan and Aleppo are at risk. The ruins of ancient civilizations may be pulverized under the weight of modern militarism.

Equally troubling is the muted response of the international community. The very countries that once championed the rules-based international order now seem helpless-or indifferent. The U.S. continues its unwavering support for Israel. President Trump's recent statements warning Iran of "unimaginable consequences" if it harms U.S. assets or allies have only poured fuel on the fire. Iran, already under crushing sanctions, has found a new ally in Russia, which has openly declared its intent to "respond proportionally" if Iran is attacked. China has joined the fray with a sharp condemnation of Israel's "aggressive actions."

This geopolitical polarization echoes the pre-World War II alignment of powers. In 1939, a series of alliances, ultimatums, and retaliatory moves pulled much of the globe into war. Today, a similarly combustible lineup is emerging: on one side, the U.S. and Israel; on the other, Iran, Russia, and China. All it would take is one misfired missile, one misinterpreted radar signal, one reckless provocation-and the world could spiral into chaos.

India, with its centuries-old philosophy of Vasudhaiva Kutumbakam-the world is one family-finds itself watching from the sidelines, along with much of the Global South. These words,

which once inspired global visions of unity and peace, now feel hollow against the background of bombs and bloodshed. Where is the moral leadership of the world? Where are the voices that once rose in defense of peace, of diplomacy, of the sanctity of human life?

This is not a time for neutrality. It is a time for moral courage. Israel and Iran must be held to account-not for the sake of political point-scoring, but to save what remains of our collective humanity. World leaders must stop enabling belligerent posturing and start enforcing dialogue. The United Nations, long paralyzed by vetoes and political gamesmanship, must assert its relevance or risk becoming a relic of diplomacy.

At the core of this conflict lie wounded histories, unresolved grievances, and power-hungry leaderships more interested in legacy than life. But even amidst such entrenched hostility, diplomacy is not a dead cause. History has shown that enemies can talk. The U.S. and Vietnam did. South and North Korea came to the table. Even the Cold War ended not with bombs, but with handshakes.

There is still time-just enough-to prevent this fire from engulfing the world. The global community must speak with one voice: enough is enough. Let Israel and Iran know that the world is watching-not with indifference, but with the desperate hope that reason might prevail over rage.

For the sake of the children in Tel Aviv and Tehran, for the future of Jerusalem and Isfahan, for the dignity of human life everywhere-let this not be the beginning of World War III. Let it be the end of a dangerous flirtation with annihilation.

The Indo American Cultural Association of Edison Celebrates International Yoga Day 2025



Mr. Vishal Jayeshbhai Harsh, Deputy Consul General at the Consulate General of India in New York and Mr. Nitin Vyas with others at the lighting of the lamp ceremony.

JUNE 14, 2025

EDISON, NJ (TIP): The Indo American Cultural Association of Edison, expertly coordinated by Nitin Vyas and in collaboration with the Consulate of India in New York, hosted a memorable International Yoga Day event on June 14th at the Sheraton Hotel in Edison. Supported by numerous leading Indo American organizations, the event attracted over 300 yoga enthusiasts, who participated in inspiring sessions led by distinguished yoga instructors, despite heavy rain.

HIGHLIGHTS OF THE EVENT

The celebration began with a moment of silence to remember the victims of the Air India plane tragedy that occurred on June 12th in Ahmedabad, India.



The Yoga Guru leading the Yoga session

The event commenced with a warm welcome and opening remarks by Nitin Vyas. Deputy Consul General Vishal Harsh officially inaugurated the event with a ceremonial lamp lighting, emphasizing yoga's vital role in fostering holistic health and well-being.

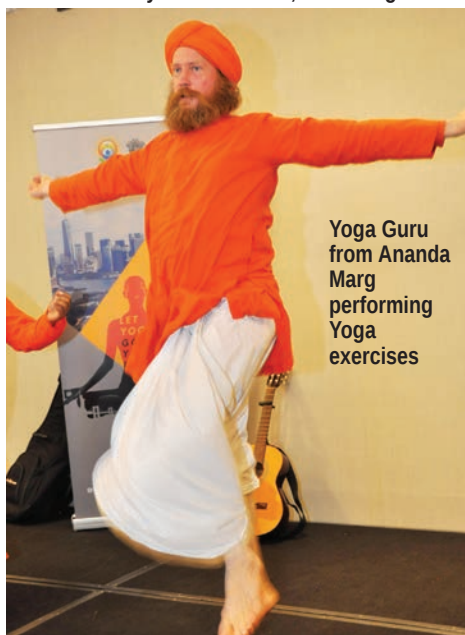
Participants engaged in enlightening sessions led by certified yoga experts, including:

1. Guru Dileepji - Inspirational Talk
2. Mark Becker - Insightful Talk
3. Poonam Gupta - Laughter Yoga
4. Radhika Acharya - Dance Yoga (Ananda Marg)
5. Priti Ji - Functional Yoga (The Yoga Lotus)
6. Geeta Ji - Physical Yoga (RadiantRays Yoga)
7. Radhikaji - Physical Yoga (DevisYogaFlow)
8. Vijay Trivedi - Siddha Samadhi Yoga (Meditation)
9. Nidhi Pandya - Pranayama (IFM Group)
10. Raj Kumar Gupta Ji - Dharna (Vihangam Yog)
11. Suniti Ramanujam - Meditation (Isha Foundation)

Distinguished guests in attendance included Krishnakant Sangani, H.K. Shah, Mukund Thakkar, Uma Swaminathan,



Mr. Vishal Jayeshbhai Harsh, Deputy Consul General at the Consulate General of India in New York and Mr. Nitin Vyas with others, at the Yoga session



Yoga Guru from Ananda Marg performing Yoga exercises

Hemant Patel, Suchitra Kamath, Jassi Singh, Bipin Parekh, Subhash Shah, Ajay Gandhi, Dr. Gunjan Shukla, Dr. Mukesh Solanki, Mahesh Wani, Nalin Shah, and Mehul Shah from the Indo American organization, along with Pravin Patel, Mukund Parikh, and Navin Amin9 from Edison Senior.

CULINARY DELIGHTS

Attendees enjoyed a nutritious vegan lunch, while VIP guests were treated to a special breakfast, underscoring the event's focus on health and wellness.

EVENT COORDINATION

The event was seamlessly hosted by Rajshree Kotekar from the Isha Foundation and Vijay Ji from Vihangam Yoga. Activities commenced promptly at 10 AM and concluded by 12:30 PM.

Dedicated volunteers-including Naresh Shah, Manish Parikh, Nina Vyas, Raju, and Haresh Bhai-along with teams from the Isha Foundation and Vihangam Yoga, played a crucial role in ensuring the success of the day's program.

The entire International Yoga Day event at the Sheraton Hotel on June 14 was thoughtfully planned and executed by Nitin Vyas.

For further information, please contact Nitin Vyas of the Indo American Cultural Association of Edison. This celebration once again showcased yoga's ability to transcend cultural differences, fostering peace and unity. *(Based on a Press Release issued by Nitin Vyas)*

Gandhian Society, Rotary Club of Parsippany, and Zakir Husain Study Circle Honor Indian Member of Parliament, Vivek Tankha for his Philanthropic Leadership in Parsippany, NJ

JUNE 19, 2025

PARSIPPANY, NJ (TIP): The Gandhian Society, in collaboration with the Rotary Club of Parsippany and the Zakir Husain Study Circle, recently hosted a special "Meet and Greet" event in Parsippany to honor Mr. Vivek Tankha, a distinguished Rotarian and Member of Parliament in India. The event celebrated Mr. Tankha's exceptional philanthropic and humanitarian contributions, particularly his impactful work in rural India.

Mr. Tankha was recognized for his lifelong dedication to service through Rotary, spearheading initiatives focused on healthcare, education, and development in underserved regions. His efforts have positioned him as a symbol of service and justice in public life.

Rajender Dichpally of the Gandhian Society, lead organizer of the event, joined Santosh Peddi, President of the Rotary Club of Parsippany, in presenting Mr. Tankha with formal citations acknowledging his service. Bhadra Butala,



Vivek Tankha, Member of Parliament, with community leaders, who celebrated his exceptional philanthropic and humanitarian contributions, particularly his impactful work in rural India. They included, among others, Rajender Dichpally, Santosh Peddi, Bhadra Butala, Mahesh Wani, Niren Choudhary, Santosh Peddi, and Mahender Reddy.

Founder of the Gandhian Society, presented a commemorative plaque along with Mahesh Wani, Niren Choudhary and Rajender Dichpally. Rotary Club members, including Santosh Peddi and Mahender

Reddy, also honored Mr. Tankha with a Rotary pin and additional accolades.

A major highlight of the evening was a vibrant cultural show featuring traditional Indian dances presented by

local youth, which delighted and entertained the guests. This was followed by the announcement of the upcoming screening of "Renaissance Man," a biopic detailing Mr. Tankha's life and work. The film will be showcased at the New York Film Festival on June 21, chronicling his inspiring journey and tireless efforts in transforming lives across India's rural heartlands.

Mr. Vivek Tankha is a Senior Advocate in the Supreme Court of India and a sitting Member of the Rajya Sabha, having previously served as the Additional Solicitor General of India. Attendees lauded his multifaceted contributions to law, governance, and humanitarian service.

The event underscored a shared commitment to leadership rooted in compassion, justice, and public service, ideals central to the missions of the Gandhian Society and Rotary International.

Indian American Chennai-born Prof Chandrakasan named as new Provost for Massachusetts Institute of Technology



Prof Anantha Chandrakasan has been named Massachusetts Institute of Technology's new provost. He is the first Indian American to serve in this leadership role.

JUNE 17, 2025

CAMBRIDGE, MA (TIP): Prof Anantha Chandrakasan has been named Massachusetts Institute of Technology's new provost, the first Indian American to serve in this leadership role.

Chennai-born Chandrakasan, who is MIT's chief innovation and strategy officer and Dean of Engineering, will begin his new role on July 1.

MIT president Sally Kornbluth, in making the announcement, said that Chandrakasan was chosen from a group of outstanding internal candidates and brings to this post an exceptional record of shaping and leading important innovations for the Institute.

The MIT provost is the institute's chief academic and budget officer, with a wide-ranging portfolio that encompasses everything related to faculty, oversight of

the educational enterprise and prime responsibility for MIT's strategic planning.

In a statement from MIT, Chandrakasan said he is "deeply honored" to take on the role of provost.

"Looking ahead, I see myself as a key facilitator, enabling faculty, students, postdocs, and staff to continue making extraordinary contributions to the nation and the world," he said.

Kornbluth noted that Chandrakasan steps into the provost's role at a "perilous" time for MIT when some of its most basic operating assumptions - including MIT's ability to count on extensive federal support for its mission of research, education and innovation, and to attract and retain superb talent from around the world - are now uncertain.

"In a time of such intense pressure and potentially historic change, I am particularly grateful that we will be able to draw on Anantha's depth and breadth of experience; his nimbleness, entrepreneurial spirit and boundless energy; his remarkable record in raising funds from outside sources for important ideas; and his profound commitment to MIT's mission," she said.

The Consulate General of India in New York congratulated Chandrakasan on his appointment as Provost of MIT, noting that he is the first Indian-American to have achieved this feat.

"A distinguished academic leader, Prof Chandrakasan has remained a strong advocate of India-USA technological & R&D collaboration; has been working with various Indian government and private sector stakeholders towards this

objective. We wish him all success in this important responsibility," the Consulate said.

"In short, the job truly could not be more central to MIT's present and future vitality," Kornbluth said.

The provost also oversees several affiliated institutes and units and leads a team of vice provosts responsible for the arts; campus space management and planning; faculty; international activities; and Open Learning.

Chandrakasan has served as the dean of the School of Engineering since 2017 and as MIT's inaugural chief innovation and strategy officer since 2024.

Prior to becoming dean, he headed the Department of Electrical Engineering and Computer Science (EECS), MIT's largest academic department, for six years. Kornbluth said she had chosen him as MIT's inaugural chief innovation and strategy officer (CISO) because of his "can-do attitude, creativity, enthusiasm, strategic insight, fluency across a wide range of subject areas, and gift for engaging industry allies and donors." Chandrakasan succeeds Cynthia Barnhart, who announced her decision to step down from the role in February.

As MIT's chief academic officer, Chandrakasan will focus on three overarching priorities: understanding institutional needs and strategic financial planning, attracting and retaining top talent, and supporting cross-cutting research, education, and entrepreneurship programming, the MIT statement said.

"Recognizing that each school and other academic units operate within a

unique context, I plan to engage deeply with their leaders to understand their challenges and aspirations. This will help me refine and set the priorities for the Office of the Provost," Chandrakasan said.

Chandrakasan also plans to establish a provost faculty advisory group to hear on an ongoing basis from faculty across the five schools and the college, as well as student/postdoc advisory groups and an external provost advisory council, he said adding that his goal is to continue to facilitate excellence at MIT at all levels, it said.

"There is a tremendous opportunity for MIT to be at the center of the innovations in areas where the United States wants to lead. It's about AI. It's about semiconductors. It's about quantum, biosecurity and biomanufacturing space - but not only that," Chandrakasan said in the MIT statement.

"We need students who can do more than just code or design or build. We really need students who understand the human perspective and human insights. This is why collaborations between STEM fields and the humanities, arts and social sciences, such as through the new MIT Human Insights Collaborative, are so important," Chandrakasan said.

Chandrakasan earned his BS, MS, and PhD in electrical engineering and computer sciences from the University of California at Berkeley. After joining the MIT faculty, he was director of the Microsystems Technology Laboratories (MTL) from 2006 until he became the head of EECS in 2011.

Indian-origin physician, Bobby Mukkamala, sworn in as American Medical Association president



Bobby Mukkamala takes over as the American Medical Association president

JUNE 12, 2025

MICHIGAN (TIP): Indian-origin physician Bobby Mukkamala has been sworn in as the 180th president of the American Medical Association, becoming the first physician of Indian heritage to lead the organization.

Mukkamala, an otolaryngologist-ear, nose, and throat specialist-took the oath on Tuesday, June 10, according to a statement by the association.

Mukkamala has been active in the AMA since residency and is chair of the organization's Substance Use and Pain Care Task Force.

He was diagnosed with an 8-cm brain tumor last November.

"A few months ago, I didn't know if

this night would even be possible," the release quoted him as saying.

He played a central role in the response to the water crisis in his hometown of Flint, Michigan-where his parents settled after moving from India in the early 1970s.

"The son of two immigrant physicians, Dr. Mukkamala was inspired to go into medicine and return to his hometown of Flint to serve the community that welcomed his family decades before," said the statement.

Mukkamala also served as chair of the Community Foundation of Greater Flint with a focus on funding projects to mitigate the effects of lead on children.

He is a past recipient of the AMA Foundation's "Excellence in Medicine" Leadership Award and was elected to the AMA Council on Science and Public Health in 2009. He also served as its chair from 2016 to 2017 before being elected to the AMA Board of Trustees in 2017 and 2021.

Mukkamala graduated from the University of Michigan Medical School and completed his residency at Loyola University Medical Center in Chicago.

Two Indian-origin students sentenced in multi-million-dollar fraud schemes targeting elderly Americans

JUNE 19, 2025

HOUSTON (TIP): Two Indian -origin studying in the United States have been sentenced to federal prison in separate but similar fraud cases involving elaborate scams that targeted elderly Americans and resulted in millions of dollars in losses.

Kishan Rajeshkumar Patel, 20, who entered the US on a student visa, was sentenced this week to 63 months (over five years) in prison after pleading guilty to conspiracy to commit money laundering. According to the US Department of Justice (DOJ), Patel participated in an online phishing conspiracy that impersonated US government officials and used fear tactics to extract money and gold from senior citizens.

"The conspiracy used various online phishing methods and impersonated US government officials, while Patel fraudulently received the cash and gold from victims, conveying a portion to co-conspirators and keeping a percentage for his own benefit," the DOJ said.

An investigation determined the scheme defrauded at least 25 elderly victims, with an intended loss of \$2,694,156. Patel was arrested on August 24, 2024, in Granite Shoals, Texas, while



Kishan Rajeshkumar Patel and Rajeshbhai Mangukiya have been sentenced in multi-million-dollar fraud schemes targeting elderly Americans

attempting to collect what he believed was \$130,000. He has remained in federal custody since August 29.

"This defendant took advantage of his visa status in our country and participated in an international fraud scheme," said US Attorney Justin Simmons, adding, "Patel defrauded vulnerable American citizens out of millions of dollars by impersonating government officials and preying on his victims' fears of adverse government action." His co-defendant, Dhruv Rajeshbhai Mangukiya, also an Indian national, pleaded guilty on June 16, 2025, and is awaiting sentencing.

(Read full story at www.theindianpanorama.news)

Senator Ghazala Hashmi Makes History as First Indian American Nominee for Virginia Lt. Governor

JUNE 18, 2025

RICHMOND, VA (TIP): Virginia State Senator Ghazala Hashmi has won the Democratic nomination for lieutenant governor, marking a historic moment in the state's political landscape. Hashmi, who currently represents the 15th District in the Virginia Senate, is the first Indian American and the first Muslim to be nominated for statewide office in Virginia.

Hashmi emerged victorious in a crowded six-way primary held on Tuesday, narrowly defeating former Richmond Mayor Levar Stoney by less than one percent of the vote—a margin of about 3,500 votes. Her nomination adds to a diverse Democratic ticket that includes U.S. Representative Abigail Spanberger for governor and former Delegate Jay Jones for attorney general.

"I am deeply honored by the trust Virginia voters have placed in me," Hashmi said in a statement following the



Virginia State Senator Ghazala Hashmi becomes the first Indian American Nominee for Virginia Lt. Governor

win. "This is a win for inclusion, equity, and the belief that everyone deserves a seat at the table."

Born in Hyderabad, India, Hashmi immigrated to the United States with her family at the age of five. She was raised in Georgia and earned a Ph.D. in English from Emory University before settling in Richmond. Prior to entering politics, she had a long academic career, serving as a professor and as the founding director of the Center for Excellence in Teaching

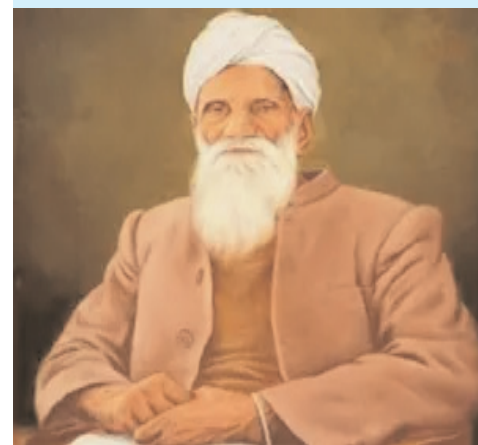
and Learning at J. Sargeant Reynolds Community College.

Hashmi first made political history in 2019 when she unseated a Republican incumbent to become the first Muslim woman elected to the Virginia Senate. Since then, she has been a prominent voice on education, healthcare, and civil rights. In the General Assembly, she has championed legislation to protect access to contraception, expand Medicaid, and invest in public education.

In the general election on November 4, 2025, Hashmi will face Republican nominee John Reid, a conservative radio host who would become Virginia's first openly gay statewide officeholder if elected.

With the potential to become the first Muslim and South Asian to hold statewide office in Virginia, Hashmi's candidacy is being closely watched as a barometer of the state's shifting political dynamics and growing diversity.

PUNJABI DIASPORA IN THE US TO MAKE DOCUMENTARY ON GHADAR MOVEMENT AND ITS FOUNDER SOHAN SINGH BHAKNA



Ghadar movement founder Sohan Singh Bhakna

JUNE 16, 2025

NORTH PORTLAND (TIP): A section of the Punjabi diaspora in the US's North Portland has announced to film a documentary on the Ghadar movement and its founder Sohan Singh Bhakna, whose image will also appear in the community-painted mural.

After Amritsar Tribune highlighted the condition of memorial, library set up by Sohan Singh at his native village Bhakna, a release, mailed from the US by the Peninsula Odd Fellows Lodge, stated that it is undertaking the initiative to depict the epoch-making event in the 35'x83' community-painted mural to honor the diverse and influential figures who have shaped North Portland's history.

Founded in 1895, the Peninsula Odd Fellows Lodge, which also houses a museum depicting local history, has been a cornerstone of the North Portland community, providing support through charitable initiatives and preserving local history.

The release stated that the artwork will feature prominent individuals whose contributions have left an indelible mark on the community. Among other notable leaders, honorees include Dr Merriman, Oregon's first Black physician, William Killingsworth, a key figure in the building of numerous North Portland landmarks, Hattie Redmond, a Black suffragist whose leadership was instrumental in securing voting rights for women in Oregon, Thomas Monahan, a trolley car conductor turned civil servant, and Sohan Singh Bhakna who helped found the Ghadar movement after an anti-immigrant mob tried to forcibly expel Punjabi workers from St. Johns.

Community volunteers will begin painting the mural on July 26 to honor the diverse and influential figures who have shaped North Portland's history.

(Read full story at www.theindianpanorama.news)

Indian origin man dies days after Australian cop allegedly knelt on his neck



Gaurav Kundi (42) from Modbury North in Adelaide died days after an Australian police officer allegedly knelt on his neck during an attempted arrest

JUNE 16, 2025

ADELAIDE (TIP): A 42-year-old Indian-origin man died days after an Australian police officer allegedly knelt on his neck during an attempted arrest, a media report said on Sunday.

Gaurav Kundi (42) from Modbury North in Adelaide, died on Thursday, June 12, after he was hospitalized for an "unrecoverable" brain injury, 7News Australia reported.

Police attempted to arrest Kundi, alleging that it witnessed an "altercation" between him and a woman. The video footage of the incident showed Kundi being forced by police while he and his wife, Amritpal Kaur, protested.

"I've done nothing wrong," Kundi shouted while Kaur filmed and cried out that the police were acting unfairly.

Kundi was rushed to the hospital after his condition declined and he "became unresponsive" during the attempted arrest. Police said he violently resisted the arrest and was intoxicated, adding that the couple was allegedly arguing, and a passing patrol reportedly mistook the incident for domestic violence.

However, Kaur said his husband was simply drunk and loud, not violent.

Meanwhile, South Australian (SA) Police Commissioner Grant Stevens told ABC Radio Adelaide it would investigate the incident in addition to a probe by the internal investigation section detectives.

The inquiry will review SA Police's policies, practices, procedures, including training in relation to responding to incidents. SA Police said no one was shot, and no police taser was deployed at the scene.

The media have compared the arrest to the George Floyd case in the US in 2020. Floyd was murdered by a Minneapolis police officer, Derek Chauvin, who pressed his knee and the weight of his body against the 46-year-old Black American man's neck.

Indian American entrepreneur Sharran Srivatsaa appointed Acquisition.com president

JUNE 18, 2025

LAS VEGAS (TIP): Indian American entrepreneur Sharran Srivatsaa, with an extensive track record of founding and growing successful businesses across a range of sectors, has been appointed as President of Acquisition.com, a private investment and advisory firm.

In this role, Srivatsaa will be responsible for helping oversee all aspects of the Acquisition.com business, including the firm's investment strategy, Las Vegas-based company announced.

"Sharran is a superstar in the entrepreneur community. He brings a wealth of knowledge, a proven track record of leading and scaling innovative businesses and a genuine passion for helping founders and the companies they build reach their full potential," said Leila Hormozi, Chief Executive Officer and Managing Partner of Acquisition.com.

"Having significantly expanded our physical headquarters and doubled the size of our team in the last 12 months, we are better positioned than ever to build on our momentum and bring our tested playbook for driving long-term growth to new partners and founders all over the world. This is an exciting time for Acquisition.com, and Sharran is the perfect fit to step into this role."

Srivatsaa is an experienced executive who brings nearly two decades of financial and entrepreneurship experience to Acquisition.com. Most recently, he served as President of The Real Brokerage, a publicly traded real estate brokerage, where he led all aspects of the company's growth strategy, including agent acquisition and training.

He previously served as President of Teles Properties, which he built into California's fastest-growing real estate brokerage prior to its acquisition by Douglas Elliman.

Earlier in his career, he held roles at Goldman Sachs and Credit Suisse, advising management teams of fast-growing businesses on investment advisory and corporate strategy.

Throughout the course of his career, Srivatsaa has been recognized four times as an Inc. 500 Entrepreneur. He also currently hosts the "Business School" podcast and is the creator of the popular 5am Club call for entrepreneurs.

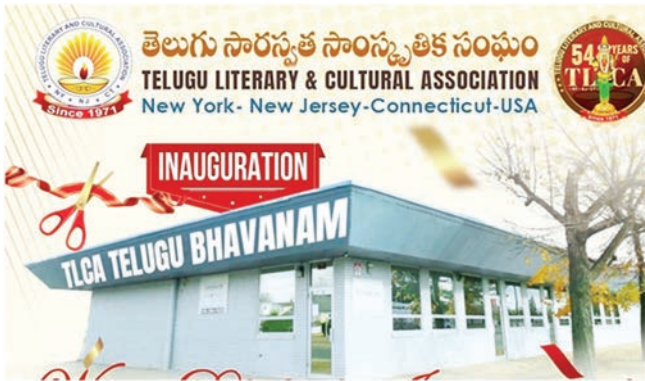
"We are thrilled to add an executive and investor of Sharran's caliber to the Acquisition.com platform as we continue to grow our investment and advisory capabilities," said Alex Hormozi, Founder and Managing Partner of Acquisition.com.

(Read full story at www.theindianpanorama.news)



Sharran Srivatsaa has been appointed as President of Acquisition.com, a private investment and advisory firm.

TLCA Inaugurates Telugu Bhavanam-A Landmark Cultural Center and a First of Its Kind in the U.S.



LEVITTOWN, NY(TIP): In a momentous celebration of culture, community, and legacy, the Telugu Literary and Cultural Association (TLCA) proudly inaugurated Telugu Bhavanam, the first-ever Telugu community-owned cultural center in the United States, on May 4th, 2025, at 1 North Village Green, Levittown, NY. This historic milestone marks a new era for the 54-year-old nonprofit, which has served as a steadfast guardian of Telugu heritage for over five decades.

The inaugural event was a grand affair, attended by a diverse gathering of community members, dignitaries, and elected officials who came together to honor this long-awaited dream come true.

Chairwoman of the TLCA Board of Trustees, Raji Kuncham, opened the ceremony with heartfelt remarks, warmly welcoming attendees and reflecting on the journey that led to this historic day. "Telugu Bhavanam is more than a building-it's a symbol of our unity, our perseverance, and our deep commitment to passing on our rich cultural legacy to future generations," she said. She paid tribute to past Chairmen and Presidents for their foundational leadership and vision, and expressed deep gratitude to all donors and supporters who helped make the dream a reality.

A highlight of the event was the special recognition of Dr. Mohan Badhey, Senior Life Trustee and visionary philanthropist, whose extraordinary donation of over \$500,000 was instrumental in the creation of Telugu Bhavanam. In a deeply meaningful gesture, the new center will bear the name "Narayanswamy and Kamalamma Badhey TLCA Telugu Bhavanam," honoring Dr. Badhey's beloved parents and their enduring legacy.

Congressman Tom Suozzi and Chairwoman Raji Kuncham came together to formally honor Dr. Badhey for his unparalleled contributions to the Telugu



Grand donors Dr. and Mrs. Badhey, TLCA Chairwoman Raji Kuncham cutting the ribbon at the ceremony



Chairwoman Raji Kuncham, making welcoming and inaugural remarks, along with the Board of Trustees and Executive Committee members

community. In a moving tribute, they presented him with a commemorative plaque and acknowledged his decades of service, leadership, and generosity. Congressman Suozzi praised Dr. Badhey as "a shining example of community spirit and cultural stewardship," and lauded the TLCA for "preserving and promoting Telugu culture with unwavering passion, ensuring that this vibrant tradition continues to flourish for generations to come."



Congressman Souzzi, Chairwoman Raji Kuncham along with Board of Trustees and dignitaries honor Dr. Badhey and Mrs. Ratnamala Badhey and family.

Dr. Badhey expressed his joy and pride, stating, "This is a dream come true. I'm incredibly proud that our community now has a permanent home-a place where our culture can thrive, and our future generations can stay connected to their roots."

The impressive 12,000-square-foot facility spans two stories and includes ample parking. TLCA has ambitious plans for future development, including a mini auditorium, a library, children's and youth activity areas, women's and senior centers, and a full kitchen and dining hall. Chairwoman Kuncham called on the community and public officials for continued



Gracing the inaugural occasion - Congressman Souzzi, Senator Rhoads, Assemblyman John Mikulin, Legislator Debra Mulé, Legislator Koslow, North Hempstead Town Clerk Ragini Srivastava, and representatives from County Executive Bruce Blakeman's office and the Consul General of India.

support to help realize these exciting next steps.

The event was further elevated by the presence of esteemed elected officials, including State Senator Steve Rhoads, Assemblyman John Mikulin, Nassau County Legislators Debra Mulé and Seth Koslow, North Hempstead Town Clerk Ragini Srivastava, and representatives from County Executive Bruce Blakeman's office and the Consul General of India. They echoed the significance of this achievement and commended TLCA for its unwavering commitment to cultural preservation.



Community leaders gather getting ready for the inaugural of the TLCA Bhavanam

Sumanth Ramsetti, TLCA's current Executive Committee President, shared his excitement, noting that his team will be the first to utilize Telugu Bhavanam as a dynamic hub for community programs, cultural celebrations, and educational events.

Also in attendance were leaders from prominent Indian American organizations including IALI, AIA, IAF, Kannada Koota, Tamil Sangam and BAPS underscoring the spirit of unity and shared celebration



Grand donor Dr. Mohan Badhey expressing joy as the TLCA Bhavanam becomes a reality

among South Asian communities.

TLCA Chairwoman Raji Kuncham reiterated that the Telugu Bhavanam is not just a building-it is a beacon of identity, culture, and collective achievement for the Telugu diaspora in America. TLCA invites all community members to join in shaping the future of this cultural cornerstone.

Improvised multicultural Ram Leela staged in NJ town

Neighbors of diverse backgrounds came together in the backyard of organizer Lakshmi Kant Garg for an evening of rich storytelling, vibrant performances, and shared heritage



Organizer Lakshmi Garg with Plainsboro Mayor Ed Yates, who has admired Garg's work to bring the community together

PLAINSBORO, NJ (TIP): In a celebration that blended ancient Indian epics with modern multiculturalism, a quiet backyard in Plainsboro transformed into a stage of myth, meaning, and magic for the 2025 DIY Multicultural Ram Leela. Attended by over 200 people from across the tri-state area and streamed live to hundreds more, the free event on June 7 served as a powerful testament to the spirit of community, inclusivity, and cultural continuity.

Neighbors of all backgrounds - Hindu, Muslim, Sikh, Christian, and beyond - came together for an evening of rich storytelling, vibrant performances, and shared heritage. The event, now in its fifth year, is staged by a family committed to continuing a tradition that began in the 1960s in India, when the organizer's grandfather staged similar plays.

"This is not just a play. It's a prayer, a purpose, and a promise to the next generation," said Lakshmi Kant Garg, the organizer, who revived his grandfather Master Jyoti Swaroop's legacy in New Jersey in 2021. "We want to bring world cultures under one roof, and what better way than through timeless stories that teach values we all share." Mr Garg is the Founder of Master Ji's Heritage Ram Leela Studio and Managing Director at a Big Four accounting firm in New York City. His community-driven efforts have been recognized at both the national and state levels in the US and India.

A COMMUNITY UNITED

Support came not just from the audience but from the neighborhood itself. Residents opened their backyards for food catering, driveways became parking lots, and speakers echoed across fences with the cooperation of local families. From doctors and engineers to young students and local leaders, the event brought together an extraordinary cross-section of the community.

"We applaud the work you do to bring our community together through such rich cultural experiences," said



Sita Haran

Plainsboro Mayor Ed Yates in an email.

The event kicked off with a moving multifaith prayer-featuring Gurbani from Sikh tradition, couplets of the Muslim poet Rahim, and a sonnet by Shakespeare, setting the tone for an evening that was as diverse as it was unified.

A MODERN RAM LEELA WITH ANCIENT SOUL

Key scenes from the Ramayana were creatively interpreted with rich costumes, dramatic effects, and multilingual dialogues. The production also incorporated a story of Sai Baba and even a scene from the Bhagavad Gita, where Krishna imparts wisdom to a conflicted Arjuna aboard a home-made wooden chariot.

But what made the show extraordinary was its home-grown flair. All costumes and props, ranging from the flower-filled Pushpak Vimaan used in the "Sita Haran" scene to the chariot used in the Mahabharata sequence, were painstakingly handcrafted by the family. One jaw-dropping moment involved Ravana leaping from the stage to kidnap Sita, while the scene depicting Soorpanakha's transformation had the audience gasping in awe. A live yagna (sacred fire ritual) was conducted on site, symbolizing purification and the continuity of age-old traditions.

YOUTH AT THE FOREFRONT

This year marked a significant shift, with more high school and college students involved than ever before, serving as actors, backstage crew, and volunteers. "We've seen a real generational handoff this year," said Ajay Rathi, an audience member. "You could feel the passion and sincerity in the youth performers. It gave us hope."

Among the core team was organizer Lakshmi Kant's daughter, Darisi Garg, a recent graduate from Emory University, who led the music direction. His older daughter, Dr. Noemi Garg, currently an internal medicine resident at MedStar Georgetown, and her fiancé, Yatin Tuteja, helped conceptualize the stage, logistics, and more. His wife, Rajni, a homemaker with an eye for detail, made multiple trips to India to source fabrics, jewelry, and ancient script materials, often working late into the night to bring authenticity to the costumes. The efforts of the volunteer team, led by Vedika Maheshwari, helped run the event smoothly.



Shoorpanakha



Krishna and Arjun

NATIONAL RECOGNITION

The event is no stranger to praise. In 2022, iconic Indian television actor Arun Govil, who portrayed Ram in the classic Ramayana series, joined virtually from Mumbai to express admiration. That same year, his daughter Sonika Govil attended in person in Plainsboro, further amplifying the event's credibility and charm.

(Based on a press release issued by Parveen Chopra.

Photos: courtesy
www.ramleelastudionj.com)

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Resetting the India-U.S. partnership in uncertain times



By Amitabh Mattoo

WHILE THE STRUCTURAL LOGIC OF THE PARTNERSHIP REMAINS ROBUST, WHAT IS NEEDED IS A RESET THAT IS MARKED BY CLARITY AND MUTUAL COMMITMENT

Just a few months ago, India and the United States appeared poised to deepen what had been described as the defining partnership of the 21st century. Prime Minister Modi had met President Donald Trump early in his second term. External Affairs Minister S. Jaishankar was present at the inauguration. There was bipartisan goodwill in Washington and strategic optimism in New Delhi. The relationship seemed to rest not on convenience, but on a grander wager: shared democratic values, converging geopolitical interests, and a mutual ambition to shape the emerging world order.

A DRIFT THAT IS SERIOUS

Today, however, there is growing unease in New Delhi. Not a rupture, but a perceptible drift; subtle yet serious. A series of tactical and rhetorical signals from Washington suggest a partnership at risk of being undermined by volatility, policy incoherence, and a disconcerting return to older habits of mind. The sense of strategic convergence is dimming. In this context, Mr. Trump's decision to host a lunch on June 18 for Field Marshal Asim Munir, the chief architect of Pakistan's praetorian politics and sectarian rhetoric, has sent a disquieting signal to India, not least because it blurs the line between counter-terrorism partnership and political expediency.

This drift, however, is not irreversible. The structural logic of the partnership remains robust. What is required now is a reset, not of fundamentals, but of tone, clarity, and mutual commitment.

FROM WARP SPEED TO RESET, THE STATE OF INDIA-U.S. TIES

Several recent developments have triggered India's discomfort. Perhaps most jarring has been the return of outdated "hyphenation": treating India and Pakistan as equivalent strategic concerns. In the aftermath of Operation Sindoor, Mr. Trump spoke of India and Pakistan in the same breath, offered mediation on Kashmir, and warned of nuclear escalation. For Indian policymakers who have invested years in decoupling India's rise from the India-Pakistan binary, such language was diplomatically regressive.

On the economic front, signals have been equally disconcerting. Even as Mr. Trump announced that "our deal with China is done", he reportedly discouraged Apple's CEO from expanding manufacturing in India; warning that companies that "go to India" may face difficulties in accessing the U.S. market. For Indian officials advancing a "China-plus-one" strategy and projecting India as a manufacturing hub, the message was undermining.

Immigration policy, too, has become a point of friction. The H-1B visa regime, long a cornerstone of India-U.S. technological cooperation, now appears



President Trump and Prime Minister Modi need to reset the US-India partnership to prevent a further drift. File photo

vulnerable to political posturing and protectionist rhetoric. The consequences risk fraying the connective tissue that binds Silicon Valley to Indian innovation ecosystems.

Most concerning is the apparent warming in Washington's approach toward Pakistan. When the United States Central Command (CENTCOM) Commander, General Michael Kurilla, described Pakistan as a "phenomenal partner" in counterterrorism, it represented an extraordinary long associated with nurturing cross-border terrorism.

Why is this drift occurring? First, the Trump administration's transactional approach places short-term gain over long-term alignment. India's strategic culture - patient, layered, and civilizational - sits uncomfortably with Washington's preference for the quick deal. The American impulse to monetize diplomacy can often jar with India's more strategic-based lens on geopolitics. In addition, Mr. Trump's diplomatic style remains as intriguing as ever: part showman, part salesman, and unpredictable. He may dazzle one moment and denounce the next, making it difficult for partners, even the closest, to navigate the terrain of trust and expectation.

Second, a segment of the U.S. national security establishment continues to view Pakistan as a familiar, if flawed, partner, especially in the context of Afghanistan and counterterrorism. Despite a history of duplicity, there remains a deep-seated nostalgia for the "known devil", whose strategic utility, however diminished, is still overstated. Meanwhile, India's strategic autonomy is often misconstrued as fence-sitting rather than a principled assertion of sovereignty.

Third, structural asymmetries in influence and communication persist. India's rise is real, but its institutional footprint in Washington lags behind its ambitions.

This is reflected in a troubling misunderstanding of India's strategic intentions. Critics such as Ashley Tellis argue that India suffers from "great-power delusions" and that the relationship falters because India's ambitions outstrip its capabilities. This diagnosis is flawed. India does not suffer from delusions of grandeur; it suffers from the patient weight of becoming. Its desire to chart an independent course reflects not confusion but strategic clarity shaped by history and sovereignty. The real risk lies not in India's aspirations but in Washington's impatience with partners who do not mirror American methods or priorities.

INDIA MUST TAKE THE LEAD

WHAT THEN MUST BE DONE? BOTH COUNTRIES MUST ACT DECISIVELY TO PREVENT FURTHER DRIFT.

India should not overreact. Tactical irritants must not obscure deeper strategic alignment. Defense cooperation, Quad initiatives, intelligence sharing, and convergent interests from the Indian Ocean to the Pacific remain strong foundations. But dramatic responses will only exacerbate misunderstanding. Quiet, persistent, and calibrated diplomacy must remain the preferred method. India should broaden and deepen its engagement in Washington beyond traditional diplomacy, leveraging Congress, policy think tanks, and Indian American diaspora as vectors of strategic advocacy.

Domestically, India must accelerate internal economic reforms, not to satisfy any foreign expectations but to reinforce the logic of investment, manufacturing, and long-term confidence. Regulatory clarity and infrastructure modernization remain the best arguments for India as a global production hub. On the trade front, officials on both sides are cautiously exploring a modest but meaningful bilateral arrangement before the July 9 deadline.

MORE 'MIND SPACE' FOR INDIA IN THE AMERICAN IMAGINATION

Immigration concerns must be reframed as shared opportunities. The H-1B regime is not a concession to India, but an instrument of mutual innovation. The movement of skilled talent, the collaborative ecosystems of tech entrepreneurship, and the potential for co-creating the next generation of frontier technologies should be at the center of the India-U.S. conversation.

THE NEED TO REDISCOVER THE BASIS OF TIES

For the U.S., the burden is equally significant. Washington must abandon Cold War framings and recognize that treating Indian manufacturing and talent mobility as threats is self-defeating. If the Indo-Pacific strategy is to endure, it must be matched by concrete investments in India's regional capacity-building initiatives.

More fundamentally, both countries must rediscover the moral purpose of their partnership. This is not merely about balancing China or accessing markets. At its best, the India-U.S. relationship is about shaping a democratic, pluralist, and rules-based world order. The arc of India-U.S. relations has never been linear. In 1998, after the Pokhran tests, who could have imagined the level of alignment achieved just a decade later? By 2005, the two countries had stunned the world with the landmark civil nuclear agreement: an audacious act of strategic trust that rewrote the rules of global diplomacy.

That moment reminds us of what is possible when political courage meets mutual respect. As U.S. President Bush once said, "The world will see what two great democracies can do when they trust each other." It is precisely that spirit we must summon again today. As this writer wrote in the introduction to *Engaged Democracies* (co-edited, more than two decades ago), the "real test of the partnership is not how it behaves in moments of celebration, but how it endures in times of stress".

The question then is not, as Walter Russell Mead provocatively asked recently, will Trump lose India? The better question is: will both countries squander a generational opportunity to build a democratic concert in Asia? The answer must be no. This turbulence should serve not as an epitaph, but as a summons to renewal. If clarity, commitment, and candor return to the conversation, the arc of the India-U.S. relationship can still bend - not just toward engagement, but toward enduring partnership and, perhaps once again, toward history-making trust.

(Amitabh Mattoo is Professor and Dean, School of International Studies, Jawaharlal Nehru University. He has served on India's National Security Council Advisory Board)

Blame not the messenger in India's diplomacy

India's tough message on terrorism and Pakistan will find more takers if it plays to its advantage
it being a secular, stable and rule-abiding democracy



By Suhasini Haidar

History and literature are replete with references to not 'shooting the messenger' for bringing bad news. In Shakespeare's Antony and Cleopatra, the Egyptian queen assaults a messenger and threatens to have him "whipped with wire and stewed in brine, smarting in ling'ring pickle", for bringing her the news that the Roman General Mark Antony has married another. "I that do bring the news made not the match," the messenger replies, before making a hasty exit. Over the past two months, India's 'diplomatic messengers' too have faced an ire that is unprecedented - criticized not for the message they bring, but for failing to convey effectively enough, the message New Delhi has sent out after Operation Sindoor (May 7-10, 2025).

CRITICISM OF INDIAN DIPLOMACY

Public commentary that is critical of the Ministry of External Affairs and its missions has focused broadly on three counts. First, that India received condolences and statements condemning the Pahalgam terror attack from all quarters, but not the kind of unequivocal support, especially from the neighborhood, for retaliatory strikes on Pakistan, of the kind seen in 2016 (post-Uri) and 2019 (post-Pulwama). In 2016, Bangladesh, Bhutan, Afghanistan, Sri Lanka and the Maldives backed India's decision to stay away from the South Asian Association for Regional Cooperation summit in Pakistan after the Uri attack. In 2019, global solidarity with India forced even China to back a United Nations Security Council (UNSC) terror designation for Jaish-e-Mohammad chief Masood Azhar. Earlier, in 2008, there was international consensus in India's favor after the Mumbai attacks, when Hafiz Saeed and a number of Lashkar-e-Taiba terrorists were designated by the UNSC, and Pakistan was put on the Financial Action Task Force (FATF) grey list for the first time. Instead, this time, unfavorable comparisons have been made to Pakistan for the lines of support it received from China, Turkiye, Azerbaijan, Malaysia and the Organisation of Islamic Cooperation (OIC).

Second, the perception is that Pakistan has scored some diplomatic wins, despite widespread global understanding that Pakistan uses terrorists as state proxies. In April, Pakistan, a non-permanent member of the UNSC, managed to amend the resolution on Pahalgam to delete any reference to The Resistance Front (TRF), that claimed responsibility for the heinous attack.

Earlier this month, Pakistan was chosen as chair of the Taliban Sanctions Committee and vice-Chair of the Counter-Terrorism Committee at the UNSC, and secured loans from the International Monetary Fund and Asian Development Bank despite New Delhi's opposition. Next was the White House's lunch invitation to Pakistan Army chief (now Field Marshal) General Asim Munir, despite the belief in India that his "jugular vein" speech was a virtual green signal for the Pahalgam attack. In July, as Security Council President for the month, Pakistan will try to schedule meetings on the India-Pakistan conflict and Kashmir, even as India accelerates efforts to designate the TRF at the UNSC, and place Pakistan on the FATF greylist. India's diplomats will be tested again.

The third aspect pertains to United States President Donald Trump, who, despite official denials from India, has chosen to muddy the narrative of how the May 10 ceasefire was achieved, hyphenating India and Pakistan in more than a dozen public statements, and offering to mediate on Kashmir. His latest iteration of the comments this week, just hours after a telephone conversation with Prime Minister Narendra Modi, and just before his meeting with Gen. Munir, was possibly the most blatant. Thus far, Mr. Trump's statements, post-ceasefire, have not had a single word on the scourge of terrorism itself, showing just far apart the understanding between Delhi and Washington is at this time.



The Indian delegation, led by MP Shashi Tharoor, in Washington DC

Photo Credit: PTI

A flurry of diplomacy does not seem to have moved the needle on these criticisms. After Operation Sindoor, special delegations of Members of Parliament and former diplomats travelled to 32 countries. The most time (six days) was spent in the United States. After the G-7 meet, Mr. Modi has meetings ahead with BRICS leaders. External Affairs Minister S. Jaishankar is visiting the U.S. for the Quad Foreign Ministers Meeting soon, after several visits to European capitals recently. The government had not essayed such a campaign after the 2016 or 2019 actions against Pakistan, indicating that it too feels that diplomatic efforts by the Ministry of External Affairs and missions abroad have been found wanting and need bolstering.

But much as the messenger in Shakespeare says, India's diplomats do not decide the message that India wishes to send after Operation Sindoor, and cannot be held responsible for its resonance. It is necessary for the government to study the contents of that message, the shift in geopolitical narratives and in how India is perceived, in order to build a more realistic assessment of how far international diplomacy can ensure the outcomes New Delhi desires vis-à-vis Pakistan.

THE 'NEW NORMAL'

With reference to the content of the message, Mr. Modi's three-pronged "New Normal" has raised eyebrows in some capitals. The first prong - 'Any act of terror is an act of war' - lowers the threshold for future conflicts, passing the trigger for Indian strikes into the hands of any terrorist, acting on orders on their own. The second - 'India will not bow to nuclear blackmail' - is not necessarily new, but has been left unarticulated thus far because it gives the appearance of a heightened nuclear risk for the region. The third - India will not distinguish between state and non-state actors henceforth - sends out an escalatory message, indicating that the next terror attack could well invoke 'Armageddon', rather than the controlled four day conflict in Operation Sindoor. While India's partners have not asked for evidence of Pakistan's links to Pahalgam, they look askance at other aspects - like why India has been unable to trace the terrorists responsible yet.

Next, it is necessary to note that global shocks in the past few years have changed how the world views India's tough messaging. Take for example, a growing number of statements by Indian Ministers about "taking back Pakistan occupied Kashmir" by force if

necessary. These make many of India's interlocutors uncomfortable, given the current number of conflicts over territorial aggression underway, from West Asia to Ukraine to the South China Sea. In the light of Israel's retaliation for the October 7, 2023 terror attacks, few wish to give any state a free hand for "retribution". New Delhi's refusal to criticize Russia for its invasion of Ukraine in 2022 and to raise its oil imports from Russia in the face of sanctions, lost it some support in the western world, especially Europe. The Modi government's silence on Israel's devastation of Gaza has also been met with disappointment in the Global South.

India, as Mr. Modi told Mr. Trump this week, views terrorism emanating from Pakistan, "not as a proxy war, but as a war itself". India's diplomats have been left explaining why their stock responses that "this is not an era of war" and that "dialogue and diplomacy" are the only way forward do not apply to India and Pakistan. Thus, it may be necessary for New Delhi to rethink how it frames its message in view of these changes, notwithstanding the global double standards inherent in the expectations from India.

DEMOCRACY IN DECLINE

Finally, there is need for introspection over how the Modi government's image itself has altered in the world since 2019, leading to diplomatic challenges on a number of fronts. These range from concerns abroad over laws such as the Citizenship (Amendment) Act, the amendment of Article 370, Internet bans and summary arrests in different parts of the country, and accusations against Indian government agents of involvement in transnational killings in the U.S. and Canada. Questions over the broader decline in democracy and the status of minorities within India have also increased in the past few years. India's delegations abroad (Operation Sindoor) had to field some of those questions during their travels.

India's right to defend itself from decades of Pakistan-backed, trained and funded terrorists is unassailable. But carrying a tough message on terror is easier for the diplomats tasked with the role, if in a strife-roiled world, the government plays to India's advantages, and what differentiates it from Pakistan - as a secular, stable, pluralistic, rule-abiding democratic and economic power.

(The author is an editor with The Hindu. She can be reached at suhasini.h@thehindu.co.in)

Hope floats for a thaw in India-Canada relations

The G7 invite to India is an attempt to mend fences and set in motion a quiet reset of relations at the highest level



By Vikas Swarup

"A CONCRETE STARTING POINT FOR RESTORING ECONOMIC MOMENTUM IS THE REVIVAL OF NEGOTIATIONS ON THE STALLED INDIA-CANADA COMPREHENSIVE ECONOMIC PARTNERSHIP AGREEMENT (CEPA) AND THE BILATERAL INVESTMENT PROMOTION AND PROTECTION AGREEMENT (BIPPA). INDIA'S GROWING INTEREST IN BILATERAL TRADE AGREEMENTS - EVIDENT IN RECENT DEALS WITH UAE, AUSTRALIA AND UK - SIGNALS A READINESS TO ENGAGE CONSTRUCTIVELY.

FOR CANADA, RE-ENGAGEMENT ON THESE FRONTS WOULD NOT ONLY SIGNAL GOODWILL BUT ALSO UNLOCK TANGIBLE OPPORTUNITIES ACROSS KEY SECTORS SUCH AS ENERGY, EDUCATION, AGRICULTURE, CRITICAL MINERALS, CLEAN TECHNOLOGY AND ARTIFICIAL INTELLIGENCE."

Prime Minister Narendra Modi set foot on Canadian soil on Monday, June 16, to attend the G7 Summit in Alberta, just over a decade since his last visit to Canada in April 2015, then at the invitation of PM Stephen Harper.

Much has changed in the intervening years - beginning with Harper's electoral defeat in October 2015 and the ascent of Justin Trudeau, the rising political traction of Khalistani narratives in Canada, Trudeau's disastrous visit to India in 2018 and the subsequent attempts to portray India as a malign actor, culminating with the public accusation that "agents of the Indian government" were behind the June 2023 murder of Khalistani activist Hardeep Singh Nijjar. The allegation led to the expulsion of High Commissioners, the suspension of visa services and a deep freeze in diplomatic engagement between the two countries.

The G7 invite is thus an attempt to mend fences, and set in motion a quiet reset of relations at the highest level, without the optics or political risks of a standalone bilateral visit. This effort is being driven by what may be called the three Ts - Trudeau, Trump and Trade.

The first T - Trudeau - represents the source of much of the animus. Rarely, if ever, has India's Ministry of External Affairs publicly rebuked the sitting leader of a Western democracy as harshly as it did Trudeau, not only for his allegations over Nijjar but also for his repeated forays into Indian domestic politics - such as his support for the farmers' protests. Trudeau's decision to step down from politics has effectively removed a persistent irritant and the symbolic face of the pro-Khalistan tilt in Canadian governance.

The second T - Trump - refers to the geopolitical earthquake caused by Donald Trump's dramatic return



PM Modi of India and PM Carney of Canada, after having met at the G-7 Summit in Canada, decided on normalizing diplomatic relations, with the High Commissioners being reposted.

to the US presidency and his renewed pressure on America's closest neighbors. Trump's threats of tariffs, renegotiation of trade deals and open musings about absorbing Canada as America's "51st state" upended the Canadian political landscape.

The result: a decisive victory for former Bank of Canada and Bank of England governor Mark Carney, who became Prime Minister with a near-majority in Parliament. His main challenger, Conservative leader Pierre Poilievre, was seen as too ideologically close to Trump. Meanwhile, Jagmeet Singh - leader of the third-largest party, the NDP, and a vocal supporter of Khalistani causes - suffered a major setback, diminishing yet another source of friction in India-Canada relations.

The third T - Trade - represents the compelling strategic rationale for Canada to rebuild bridges with India. Trump's economic nationalism has made it imperative for Canada to diversify its trade relationships, particularly given that 97 per cent of Canadian oil and 75.9 per cent of Canada's domestic exports are effectively hostage to the US market. India, with its massive and growing consumer base, expanding middle class and appetite for energy, technology and infrastructure investment, offers an obvious counterbalance. Canadian Pension Funds have invested more than \$75 billion in India, reflecting confidence in India's long-term economic prospects and serving as a steady ballast for the relationship during the diplomatic chill.

The Khalistani issue remains the elephant in the room. While Canada's Indian diaspora is 2.8 million strong, politically active with 22 MPs in a House of 343, and overwhelmingly law-abiding, a fringe minority of Khalistani sympathizers has managed to hijack the narrative - starting with the tragic bombing of Air India's Kanishka Flight 182 in June 1985, which claimed 329 lives and remains the deadliest terrorist attack on Canadian soil.

India has long believed that Canada fails to give sufficient weight to its legitimate security concerns, particularly when Indian diplomats are targeted or intimidated under the guise of protected speech. For its part, Canada views the killing of a Canadian citizen on Canadian soil as a grave breach of sovereignty. India has strongly denied any involvement, calling the charges "absurd and motivated". With four Indian nationals now on trial for Nijjar's murder, New Delhi is prepared to let the Canadian legal process run its

course. The continuation of the law enforcement and security dialogue offers an institutional forum to address such concerns through established channels.

That is why Prime Minister Mark Carney does not need to hold his nose while engaging with the leader of the world's largest democracy. He has a clear template to emulate: that of the United States. Washington, confronted with allegations about a plot to assassinate Khalistani figure Gurbhag Singh Pannun, did not allow the episode to derail the broader trajectory of its relationship with India. Instead, it pursued the matter through judicial forums while continuing to deepen cooperation on trade, technology and defense. Canada would do well to take a similarly pragmatic approach - firm where needed, but forward-looking where possible.

A concrete starting point for restoring economic momentum is the revival of negotiations on the stalled India-Canada Comprehensive Economic Partnership Agreement (CEPA) and the Bilateral Investment Promotion and Protection Agreement (BIPPA). India's growing interest in bilateral trade agreements - evident in recent deals with UAE, Australia and UK - signals a readiness to engage constructively.

For Canada, re-engagement on these fronts would not only signal goodwill but also unlock tangible opportunities across key sectors such as energy, education, agriculture, critical minerals, clean technology and artificial intelligence.

Beyond economics, India and Canada share foundational values: multiculturalism, democracy and a commitment to the rules-based international order. This alignment creates opportunities for cooperation in multilateral forums on global challenges - including climate change, food security and digital governance.

The Modi-Carney meeting at Kananaskis is not a panacea for the tensions that have plagued the relationship in recent years. But it can be the first real step in a much-needed thaw. Strategic convergence, not tactical provocation, must guide the path forward.

And there is one immediate, symbolic gesture that could catalyze this reset. Today, there are only two countries where India does not have High Commissioners by design. One is Pakistan. The other is Canada. After Kananaskis, it is in both nations' interest to ensure that Canada no longer belongs in that unfortunate pairing.

(Vikas Swarup is a former High Commissioner to Canada and a bestselling author)



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Millions across the US protest Trump's policies in 'No Kings' demonstrations

Governors across the US had urged calm and vowed no tolerance for violence, while some mobilized the National Guard ahead of marchers' gathering

JUNE 16, 2025

NEW YORK (TIP): Masses of demonstrators packed into streets, parks and plazas across the US on Saturday to protest President Donald Trump, marching through downtowns and small towns, blaring anti-authoritarian chants mixed with support for protecting democracy and immigrant rights.

Organizers of the "No Kings" demonstrations said millions had marched in hundreds of events. Governors across the US had urged calm and vowed no tolerance for violence, while some mobilized the National Guard ahead of marchers' gathering.

An activist imitates President Trump as a "cowardly lion" during a theatrical performance called "Three Ring Circus", part of the No Kings Day protests in Fargo, North Dakota. REUTERS

Confrontations were isolated. But, police in Los Angeles, where protests over federal immigration enforcement raids erupted a week earlier and sparked demonstrations across the country, used tear gas and crowd-control munitions to clear out protesters after the formal event ended. Officers in Portland also fired tear gas and projectiles to disperse a crowd that protested in front of a US Immigration and Customs Enforcement building well into the evening.

And in Salt Lake City, Utah, police were investigating a shooting during a march downtown that left one person critically injured. Three people were taken into custody, including a man believed to be the shooter, who also suffered a gunshot wound, according to Police Chief Brian Redd.

Redd said it was too early to tell if the shooting was politically motivated and whether those involved knew each other. The shooter appeared to be walking alongside the group of thousands who were marching, he added. Video feeds showed demonstrators running for safety as gunshots rang out.

Huge, boisterous crowds marched, danced, drummed, and chanted shoulder-to-shoulder in New York, Denver, Chicago, Austin and Los Angeles, some behind "no kings" banners. Atlanta's 5,000-capacity event quickly reached its limit, with thousands more gathered outside barriers to hear speakers in front of the state Capitol. Officials in Seattle estimated that more than 70,000 people attended the city's largest rally downtown, the Seattle Times reported.

Trump was in Washington for a military parade marking the Army's 250th anniversary that coincides with the president's birthday. About 200 protesters assembled in northwest Washington's Logan Circle and chanted "Trump must go now" before erupting in cheers. A larger-than-life puppet of



No Kings protest in Pittsburgh

Trump - a caricature of the president wearing a crown and sitting on a golden toilet - was wheeled through the crowd.

In some places, organizers handed out little American flags while others flew their flags upside down, a sign of distress. Mexican flags, which have become a fixture of the Los Angeles protests against immigration raids, also made an appearance at some demonstrations Saturday.

In Culpepper, Virginia, police said one person was struck by an SUV when a 21-year-old driver intentionally accelerated his SUV into the crowd as protesters were leaving a rally. The driver was charged with reckless driving.

The demonstrations come on the heels of the protests over the federal immigration enforcement raids that began last week and Trump ordering the National Guard and Marines to Los Angeles, where protesters blocked a freeway and set cars on fire.

"Today, across red states and blue, rural towns and major cities, Americans stood in peaceful unity and made it clear: we don't do kings," the No Kings Coalition said in a statement Saturday afternoon after many events had ended.

PHILADELPHIA

Thousands gathered downtown, where organizers handed out small American flags and people carried protest signs saying, "fight oligarchy"

and "deport the mini-Mussolinis."

Karen Van Trieste, a 61-year-old nurse who drove up from Maryland, said she grew up in Philadelphia and wanted to be with a large group of people showing her support. "I just feel like we need to defend our democracy," she said. She is concerned about the Trump administration's layoffs of staff at the US Centers for Disease Control and Prevention, the fate of immigrant communities and Trump trying to rule by executive order, she said.

A woman wearing a foam Statue of Liberty crown brought a speaker system and led an anti-Trump sing-along, changing the words "young man" in the song "Y.M.C.A." to "con man." "I am what the successful American dream looks like," said C.C. Téllez, an immigrant from Bolivia who attended the protest. "I've enjoyed great success here in the United States, and I've also contributed heavily to my community. And if there was space for me, I think there's a way for everybody else to belong here as well."

LOS ANGELES

Thousands gathered in front of City Hall, waving signs and listening to a Native American drum circle before marching through the streets.

As protesters passed National Guard troops or US Marines stationed at various buildings, most interactions were friendly, with demonstrators giving fist bumps or posing for selfies. But others chanted "shame" or "go

home" at the troops.

Amid signs reading "They fear us don't back down California" and "We carry dreams not danger," one demonstrator carried a 2-foot-tall (60-centimeter) Trump pinata on a stick, with a crown on his head and sombrero hanging off his back. Another hoisted a huge helium-filled orange baby balloon with blond hair styled like Trump's.

A few blocks from City Hall, protesters gathered in front of the downtown federal detention center being guarded by a line of Marines and other law enforcement. It was the first time that the Marines, in combat gear and holding rifles, have appeared at a demonstration since they were deployed to city on Friday with the stated mission of defending federal property.

Peter Varadi, 54, said he voted for Trump last November for "economic reasons." Now, for the first time in his life, he is protesting, waving a Mexican and US combined flag.

"I voted for Donald Trump, and now I regret that, because he's taken this fascism to a new level," Varadi said. "It's Latinos now. Who's next? It's gays. Blacks after that. They're coming for everybody." Even after the formal event ended, the downtown streets were packed with a jubilant crowd as people danced to salsa music and snacked on hot dogs and ice cream bought from vendors, many of whom are Latino

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Embassy of India celebrates the 11th International Day of Yoga

JUNE 19, 2025

WASHINGTON, D.C. (TIP): The Indian Embassy in Washington, DC, on Thursday, June 19, organized a vibrant Yoga session at the iconic Lincoln Memorial ahead of the International Day of Yoga on June 21. The event saw enthusiastic participation from a large number of people, including members of the Indian diaspora and local residents.

Speaking at the event, India's Ambassador to the US, Vinay Mohan Kwatra, said, "We are all here to celebrate the 11th International Day of Yoga. An enormous, great, fun-filled celebration of India's ancient civilization heritage in the form of Yoga. A large number of extended Indian families and the Indian diaspora are present with us here, along with the other citizens of the US. It's a wonderful day, a wonderful experience for us...I want to thank everybody for being here with us this morning to celebrate this heritage from India..."

Yoga and meditation instructor Acharya Govind Brahmachari, who led the session, highlighted Yoga's deeper purpose beyond physical fitness.

"Yoga is widely popular already. We want to bring yoga to every household worldwide because it has many benefits. The deeper aspects of yoga are perhaps not so much known yet. We are here to spread awareness of the original purpose of yoga to actually attain a sense of freedom or oneness with the universe. So that's a deeper aspect of yoga that's very much related to meditation. Then the



Over 500 people participated in the Yoga session at the Lincoln Memorial in Washington, D.C. on June 19.
Photo / Courtesy Embassy of India

yoga postures, which are known as yoga asanas, are a part of the practice, part of a holistic system to support the mind, to attain freedom from unpleasant feelings and emotions and thoughts," he said.

Dr Smita Patel, a participant at the session, praised the initiative and highlighted the health benefits of yoga. "I would like to congratulate Prime Minister Modi for starting this 11 years ago, and I liked today's theme 'One Earth, One Health'. As a physician, I believe yoga is as essential as breathing and taking medication. Yoga helps reduce anxiety, improves depression, and for children, it helps their attention span, concentration, ability to focus on a task,

and ability to complete a task," she said.

Acharya Madhuvartanand Avdhut from Ananda Marga Yoga and Meditation Centre also shared his thoughts, saying, "The first yogi was Lord Shiva, who came to this earth 7000 years ago. Yoga has three different parts. Yog Asana, Yog Darshan and Yog Sadhana... Yoga is a multi-faceted approach to healthy living. Yoga can bring world peace and it can unite human society..."

The event reflected the growing global embrace of Yoga not just as a physical discipline but as a holistic path to well-being, inner peace, and universal harmony.

This year in India, Prime Minister

Narendra Modi will lead the national celebrations from Visakhapatnam, where he will participate in the Common Yoga Protocol (CYP) session at the city's beachfront. Nearly 5 lakh participants are expected to join him in the mass yoga demonstration.

Simultaneously, Yoga Sangam events will be held at over 3.5 lakh locations across India, making this one of the largest coordinated Yoga celebrations.

In addition, citizen engagement initiatives like 'Yoga with Family' and youth-focused campaigns under 'Yoga Unplugged' have been launched on digital platforms such as MyGov and MyBharat to promote participation and awareness.

According to the release from the Prime Minister's Office (PMO), the 2025 theme -- "Yoga for One Earth, One Health" -- highlights the interconnectedness of human and planetary health and echoes the global vision of collective wellness, rooted in India's philosophy of "Sarve Santu Niramaya" (May all be free from disease).

Since 2015, when the United Nations General Assembly (UNGA) adopted India's proposal to observe 21st June as IDY, the Prime Minister has led the celebrations from various locations, including New Delhi, Chandigarh, Lucknow, Mysuru, New York (UN Headquarters), and Srinagar. IDY has since evolved into a powerful global health movement.

(Source: ANI)

US resumes visas for foreign students; Demands access to social media accounts

JUNE 19, 2025

WASHINGTON, D.C. (TIP): The US State Department said on Wednesday, June 18, it is restarting the suspended process for foreigners applying for student visas but all applicants will now be required to unlock their social media accounts for government review.

The department said consular officers will be on the lookout for posts and messages that could be deemed hostile to the United States, its government, culture, institutions or founding principles.

In a notice made public on Wednesday, the department said it had rescinded its May suspension of student visa processing but said new applicants who refuse to set their social media accounts to "public" and allow them to be reviewed may be rejected.

It said a refusal to do so could be a sign they are trying to evade the requirement or hide their online activity.

The Trump administration last month temporarily halted the scheduling of new visa interviews for foreign students hoping to study in the US while preparing to expand the screening of their activity on social media, officials said.

Students around the world have been waiting anxiously for US consulates to reopen appointments for visa interviews, as the window left to book their travel and make housing arrangements narrows ahead of the start of the school year.

Students from China, India, Mexico and the Philippines have posted on social media sites that they have been monitoring visa booking websites and closely watching press briefings of the State Department to get any indication of when appointment scheduling might resume.

In reopening the visa process, the State Department also told consulates to prioritize students hoping to



The US Department of State says it is restarting the suspended process for foreigners applying for student visas but all applicants will now be required to unlock their social media accounts for government review.
Photo for representation only

enroll at colleges where foreigners make up less than 15 per cent of the student body, a US official familiar with the matter said.

The official spoke on condition of anonymity to detail information that has not been made public.

Foreign students make up more than 15% of the total student body at almost 200 US universities, according to an Associated Press analysis of federal education data from 2023. Most are private universities, including all eight Ivy League schools. But that criteria also includes 26 public universities, including the University of Illinois and Pennsylvania State University. Looking only at undergraduate students, foreign students make up more than 15 per cent of the population at about 100 universities, almost all of them private.

International students in the US have been facing increased scrutiny on several fronts. In the spring, the Trump administration revoked permission to study in the US for thousands of students, including some

involved only in traffic offences, before abruptly reversing course.

The government also expanded the grounds on which foreign students can have their legal status terminated.

As part of a pressure campaign targeting Harvard University, the Trump administration has moved to block foreign students from attending the Ivy League school, which counts on international students for tuition dollars and a quarter of its enrolment. Trump has said Harvard should cap its foreign enrolment at 15 per cent.

This latest move to vet students' social media, the State Department said on Wednesday, "will ensure we are properly screening every single person attempting to visit our country".

In internal guidance sent to consular officers, the department said they should be looking for "any indications of hostility towards the citizens, culture, government, institutions, or founding principles of the United States".

Jameel Jaffer, executive director at the Knight First Amendment Institute at Columbia University, said the new policy evokes the ideological vetting of the Cold War, when prominent artists and intellectuals were excluded from the US.

"This policy makes a censor of every consular officer, and it will inevitably chill legitimate political speech both inside and outside the United States," Jaffer said.

The Trump administration also has called for 36 countries to commit to improving vetting of travelers or face a ban on their citizens visiting the United States. A weekend diplomatic cable sent by the State Department says the countries have 60 days to address US concerns or risk being added to a travel ban that now includes 12 nations.

India, Canada look back with admiration for each other; To appoint new High Commissioners



--->By Prabhjot Singh

G7 summit adopts seven comprehensive resolutions, including transnational crime, countering foreign interference
No comprehensive joint communique as Donald Trump cuts short his G7 summit attendance



G - 7 Family: Canada, USA, UK, France, Germany, Italy, and Japan

JUNE 17, 2025

KANANASKIS (TIP): The US President, Donald Trump, did it again. For the second time, he left the G7 summit mid-way, putting the Israel-Iran conflict an excuse for his action as the political leadership of the elite G7 nations assembled at Kananaskis in Alberta amid growing splits between the United States over foreign policy and trade, with host Canada striving to avoid clashes with President Donald Trump.

The summit concluded on a mixed note. Mark Carney, Prime Minister of Canada, had every reason to feel pleased with the Canadian Presidency. "In Kananaskis, Canada's Presidency showed that we're ready to create new international partnerships, deepen alliances, and lead member nations into a new era of global co-operation. Canada has the resources the world wants and the values to which others aspire. Canada is meeting this moment with purpose and strength," said Mark Carney.

As Mark Carney and Narendra Modi had a one-to-one meeting after the Canadian Prime Minister addressed his G7 Presidency Press Conference, they agreed to appoint new High Commissioners in each other's country, thus paving the way for the restoration of diplomatic relations that had virtually stood snapped since last year.

Mark Carney and Narendra Modi reaffirmed the importance of Canada-India ties, based on mutual respect, the rule of law, and a commitment to the principles of sovereignty and territorial integrity. The leaders agreed to designate new high commissioners, with a view to returning to regular services to citizens and businesses in both countries.

They discussed strong and historic ties between our peoples, partnerships in the Indo-Pacific, and significant commercial links between Canada and India, including partnerships in economic growth, supply chains, and the energy transformation. Prime Minister Carney raised priorities on the G7 agenda, including transnational crime and repression, security, and the rules-based order.

The leaders also discussed opportunities to deepen engagement in areas such as technology, the digital transition, food security, and critical minerals.

The last time Canada played host, in 2018, Trump left the summit before denouncing then Canadian Prime Minister Justin Trudeau as "very dishonest and weak" and instructing the U.S. delegation to withdraw its approval of the final communique. This time, when he left after dinner on the second night of the summit, he even sounded positive, saying in case a need arose, he might come back.

In an increasingly dangerous and divided world, co-operation with reliable partners is more important than ever. With G7 partners, Canada will build a new era of collaboration - one rooted in mutual support and resilient partnerships. Canada is ready to lead.

Under Canada's Presidency, this G7 deepened co-operation with joint statements in the areas of securing critical minerals supply chains; adopting, powering, and sharing artificial intelligence; collaborating on quantum innovation; preventing, fighting, and recovering from wildfires; countering foreign interference, including transnational repression (this issue largely addressed the bone of contention between India and Canada in recent years); and fighting transnational crime, such as migrant smuggling.

Prime Minister Carney also announced various measures in support of Ukraine, including sanction on individuals, entities, and vessels that continue to support Russia's aggression in Ukraine (Incidentally, President Donald Trump suggested during the summit that Russia should be taken back to make it G8); an additional \$2 billion in military assistance this year; disbursement of a \$2.3 billion loan to Ukraine through the G7 Extraordinary Revenue Acceleration Loans mechanism; and allocation of \$57.4 million in security-related assistance.

Canada will also be taking action to build stronger economies and international

systems.

As the Prime Minister Mark Carney started day 2 at the summit by calling on Donald Trump, holding that his priorities were strengthening peace and security, building critical mineral supply chains and creating jobs, issues such as U.S. tariffs and the conflicts in the Middle East and Ukraine, issues related to global security, economy and foreign trade figured prominently during various sessions of the annual gathering of the big seven. Mark Carney also held a one-to-one meeting with the Indian Prime Minister, Narendra Modi, after addressing his G7 Presidency Press Conference at the end of the summit.

The summit, which returned to Kananaskis for the second time since 2002, also had its highs and lows as late invitations to the Crown Prince of Saudi Arabia, Mohammed bin Salman and Indian Prime Minister Narendra Modi, as leaders of outreach nations, generated huge controversies. While Narendra Modi attended, the Crown Prince of Saudi Arabia, however, did not show up at the elite gathering.

INDIAN TOUCH TO THE G7 SUMMIT



India-Canada reset relations.

"Had an excellent meeting with Prime Minister Mark Carney. Complimented him and the Canadian Government for successfully hosting the G7 Summit. India and Canada are connected by a strong belief in democracy, freedom and rule of law. PM Carney and I look forward to working closely to add momentum to the India-Canada friendship. Areas like trade, energy, space, clean energy, critical minerals, fertilisers and more offer immense potential in this regard": PM Modi.

Photo : X

When the invitees started arriving in Calgary, the capital of Alberta, Mayor of Calgary, Jyoti Gondek, a UK-born woman of Indian origin, Premier Danielle Smith and First Nations representatives greeted leaders from the G7 nations and invited non-member countries as they arrived. Danielle Smith, who has been hawking media headlines for her statements, played host to the visiting leaders at an evening reception in Calgary and held bilateral meetings throughout the summit.

Another member of the Indian Diaspora, invited to attend the summit, was Ajay Banga, President of the World Bank.

One of the top officials entrusted with the security of the summit was Superintendent Joe Brar, also of Indian origin.

THE G7 MEMBERS INCLUDE CANADA, USA, UK, FRANCE, GERMANY, ITALY, AND JAPAN

Also attending at Carney's invitation are Indian Prime Minister Narendra Modi and Ukrainian President Volodymyr Zelenskyy, along with Australian PM Anthony Albanese, and the leaders of Brazil, Mexico, South Africa and South Korea.

It also witnessed a series of protests as throngs of people chanted and waved signs at designated protest zones, many directing their anger at U.S. President Donald Trump and the Indian Prime Minister, Narendra Modi, and other dignitaries attending the summit an hour away in Kananaskis. Hundreds of Khalistani supporters also held a procession in support of their demand.

Several organizations held rallies outside Calgary City Hall, including demonstrations for Indigenous water rights, peace in Kashmir and an end to violence in Ethiopia's Amhara region. Hundreds of pro-Palestine supporters also joined a procession that marched through downtown, blocking traffic on Macleod Trail and prompting additional road closures.

For Prime Minister Mark Carney, who was elected leader of the Liberal Party and

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Prime Minister of Canada only in April this year, hosting the US President Donald Trump and other world leaders like President of France, Prime Ministers of the United Kingdom and Australia besides leaders of the world's biggest democracies for three days for talks at the Pomeroy Kananaskis Mountain Lodge, where the 2002 G8 gathering was held, was a huge challenge.

HECTIC SCHEDULE FOR MARK CARNEY

Prime Minister Mark Carney had a hectic and tight schedule throughout the three days of the summit. Starting with the official reception of the Prime Minister of the United Kingdom, Keir Starmer, on his arrival in Ottawa on June 15, he had a meeting with Keir Starmer, and the Chief Executive Officer of Cohere, Aidan Gomez, before leaving for Calgary to attend the summit.

On arriving in Kananaskis, he first met with the Prime Minister of Australia, Anthony Albanese, followed by his meeting with the President of South Africa, Cyril Ramaphosa. Before the end of day 1, Mark Carney also met with representatives of the Treaty 7 First Nations and the Chancellor of Germany, Friedrich Merz.

He started his day 2 by calling on the President of the United States, Donald J. Trump, before he formally welcomed G7 leaders to Kananaskis, Alberta. He participated in the G7 Working Session I on the global economic outlook, before his meetings were held with the President of the European Council, António Costa, and the President of the European Commission, Ursula von der Leyen.

After participating in the G7 working lunch on economic growth, security, and resilience, Mark Carney met the Prime Minister of Japan, Shigeru Ishiba, besides participating in the G7 Working Session III on making communities safe.

In the afternoon on Day 2, he called on the President of France, Emmanuel Macron, and also met the Prime Minister of Italy, Giorgia Meloni.

Then there was the G7 family photo before the working dinner on making the world secure.

Mark Carney started his third and final day of the summit by welcoming and holding a meeting with the Secretary General of the North Atlantic Treaty Organization, Mark Rutte.

He later welcomed and met the President of Ukraine, Volodymyr Zelenskyy, and participated in the G7 working breakfast on a strong and sovereign Ukraine with G7 leaders and guests.

After participating in the G7 closing session, he welcomed outreach countries and international organizations and joined them in a G7 family photo with outreach countries, international organizations, and guests.

Mark Carney met the Secretary-General of the United Nations, António Guterres, President of Brazil, Luiz Inácio Lula da Silva, and attended the G7 working luncheon on energy security with outreach countries and international organizations.

He addressed his G7 Presidency press conference before holding the much-awaited meeting with the Prime Minister of India, Narendra Modi.

Mark Carney's last two meetings of the G7 summit were with the President of the Republic of Korea, Lee Jae Myung, and the President of Mexico, Claudia Sheinbaum.

Incidentally, seven comprehensive communiqués about the deliberations during the three-day sessions were issued at the end of the summit.

Since the German Chancellor, Friedrich Merz, had stated before the start of the summit that Israel-Iran conflict "would be very high on the agenda of the G7 summit" holding that his goals were for Iran to not develop or possess nuclear



Carney closes summit with promises to forge 'a new era of cooperation'.

weapons, ensuring Israel's right to defend itself, avoiding escalation of conflict and creating room for diplomacy,

THE PARTICIPATING G7 LEADERS ISSUED A JOINT STATEMENT, SAYING

"We, the leaders of the G7, reiterate our commitment to peace and stability in the Middle East. In this context, we affirm that Israel has a right to defend itself. We reiterate our support for the security of Israel.

"We also affirm the importance of the protection of civilians. Iran is the principal source of regional instability and terror.

"We have been consistently clear that Iran can never have a nuclear weapon.

"We urge that the resolution of the Iranian crisis leads to a broader de-escalation of hostilities in the Middle East, including a ceasefire in Gaza.

"We will remain vigilant to the implications for international energy markets and stand ready to coordinate, including with like-minded partners, to safeguard market stability.

A new global conflict, a fresh global summit and an expected spike in global oil prices were the issues on which the participating leaders focused during their deliberations.

The leaders of the seven countries also talked about economic growth concerns, including energy security and critical minerals.

Building energy security was one of the key themes Prime Minister Mark Carney, as G7 host, had set on the summit's agenda, although it has been a perennial issue discussed by the group over five decades of annual meetings.

The G7 leaders also talked about the role of critical minerals, which were needed for the energy transition and the development of storage battery technology.

(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.)

Canada to retaliate against U.S. steel, aluminum tariffs if Carney, Trump can't reach deal

When the negotiation period has ended, counter-tariffs will be adjusted 'to levels consistent with progress made in the broader trading agreement with the U.S.,' Carney said



Prime Minister Mark Carney speaks at a news conference on Parliament Hill in Ottawa, Thursday, June 19, 2025.

Photo: Patrick Doyle/The Canadian Press

JUNE 19, 2025

OTTAWA (TIP): The Canadian Steel Producers Association and United Steelworkers Union are panning Prime Minister Mark Carney's response to U.S. President Donald Trump's punishing tariffs.

Their response came hours after

Carney announced a tariff countermeasure plan Thursday that includes retaliation against Trump's steel and aluminum tariffs a month from now - depending on how much progress the two world leaders make in their trade discussions.

The two steel organizations issued a joint statement late Thursday saying Carney's plan "falls short of what the industry needs at this most challenging time."

"We will continue to review the details of the measures and work constructively with the federal government to get a plan that works for Canadian steel producers and the thousands of workers that make up our sector," Catherine Cobden of the steel industry association and Marty Warren, the union's national director, said in the joint statement.

Carney said that while he and Trump are pursuing a deal to end tariffs within the next 30 days, Canadian

counter-tariffs will be adjusted on July 21 to "levels consistent with progress made in the broader trading agreement with the U.S."

"We must reinforce our strength at home and safeguard Canadian workers and businesses from the unjust U.S. tariffs," Carney told a press conference on Parliament Hill following a federal cabinet meeting.

The announcement came just a few hours before Canadian steel industry representatives were set to publicly call on the government to take immediate action in response to the U.S. tariffs. The steel producers instead held off and scrubbed their press conference.

Jean Simard, head of the Aluminium Association of Canada, said in a media statement Thursday that the measures Ottawa announced "strike the right balance."

He said the government needs to carefully balance "sending a strong

signal towards focused and accelerated negotiations and using a measured approach through adaptive counter-tariffs and reciprocal procurement policies."

"In this rapidly evolving situation, with potentially high financial impacts due to uncontrollable market reactions, we will need and seek agility and speed for government interventions should we reach the 30-day deadline without a positive resolve," Simard added.

Trump imposed his 25 per cent tariff on all steel and aluminum imports in March and Canada responded with 25 per cent counter-tariffs on U.S. steel and aluminum products in March.

But Canada has not changed its tariffs yet since Trump increased U.S. tariffs on steel and aluminum to 50 per cent on June 3.

Read full story at
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GUATEMALA HOSTS WORLD'S LARGEST YOGA GATHERING OUTSIDE INDIA WITH 10,000 PARTICIPANTS



A Sea of Serenity - Over 10,000 yoga enthusiasts gather at Juan Ramón Ponce Guay Stadium to celebrate International Day of Yoga 2025, marking the largest such event outside India.

Photo: Courtesy Embassy of India in Guatemala

INDRAJIT SALUJA

JUNE 13, 2025

SAN PEDRO CARCHA (TIP): In a landmark moment for India-Guatemala relations and the global Yoga movement, the Embassy of India in Guatemala, on behalf of the Indian Council of Cultural Relations (ICCR), in collaboration with the Municipality of San Pedro Carchá, the Association of Don Bosco Center, and with the strong support of the Governor of Alta Verapaz, Ms. Dilia Margarita Co Coy, hosted the largest International Day of Yoga celebration in the region, perhaps ever held outside India, on 13 June 2025 in San Pedro Carcha, Coban, Guatemala. This mega event drew an unprecedented gathering of over 10,000 yoga enthusiasts, making it a day of pride for Guatemala and a historic milestone in the global promotion of Yoga. To build momentum ahead of June 13, the Embassy had also organized two separate & well-received Yoga sessions in Izabal (550 participants) and the Municipality of Chalal (1,500 participants) on 11th June, 2025, demonstrating Yoga's growing reach in Guatemala's interior regions.



Harmony in Motion: Ms. Ruth Morales, Embassy Yoga teacher, leads a powerful Yoga session with the theme "Yoga for One Earth, One Health", with 10,000 participants.

Photo: Courtesy Baldev Singh Grewal

The celebration witnessed the full support and partnership of key local institutions, including the Ministry of Education, Ministry of Defense, Municipality of San Pedro Carcha, Associations of Don Bosco Center, Talita Kumu and numerous Indian companies like, HCL Tech, TCS, Grupo Uma, Caplin Point, 24X7 a.i., Lukham Pharma, Krishper Healthcare S.A., Strikar Pharma, Grupo Karims, Lakshmi Capital, Pradilsha, Khushi Enterprizes, Grupo Uma and Sierra Textiles operating in Guatemala. Their involvement was instrumental in ensuring the success of the event, from mobilization to logistics and outreach. Notably, the youth were at the heart of the celebration, with over 10,000 students from educational institutions across the region forming the core of the audience—testament to Yoga's growing appeal among Guatemala's next generation.

This achievement was not a one-off event but the result of sustained efforts

over the past four years by the Embassy of India to promote Yoga across Guatemala. Starting with 2,500 participants in 2022 at Mariscal Zavala, the numbers steadily grew to 3,500 in 2023 and reached 5,000 in 2024. With more than 10,000 participants this year in San Pedro Carcha, Guatemala has now entered the elite global league of countries championing Yoga with unmatched enthusiasm and commitment. These celebrations have helped bring Yoga to the remotest corners of the country, particularly through youth-focused outreach programs, free workshops, and community-based events.

The grand event began with a one-minute silence in memory of the 274 lives lost in the tragic airplane crash in Ahmedabad, India on 12 June 2025. The dignitaries present, including local Guatemalan leaders, expressed their heartfelt condolences and solidarity with the people of India.



Don Bosco Center Music Band Symphony Orchestra- Music School-Art and Culture, Carcha playing the national anthem of India

Photo: Jay Mandal-on assignment

The solemn atmosphere was followed by a moving performance of the national anthems of Guatemala, India, and the Municipality of San Pedro Carchá, performed by Don Bosco Center Music Band Symphony Orchestra- Music School-Art and Culture, Carcha.

The event was officially opened by Mr. Erwin Alfonso Catún Maquin, Mayor of San Pedro Carchá, who warmly welcomed the gathering. Remarks were delivered by Governor of Alta Verapaz, Ms. Dilia Margarita Co Coy, representatives of the Don Bosco Association and Ambassador of India to Guatemala Dr. Manoj Kumar Mohapatra, who emphasized the significance of Yoga as a universal tool for peace and wellbeing. The Ambassador also ceremoniously presented three busts of Mahatma Gandhi to Don Bosco institutions, symbolizing India's enduring message of peace and nonviolence. In recognition of outstanding contributions, commemorative plaques were presented to key sponsors, municipal leaders, and Indian companies who helped make the event a reality.



Ambassador Dr. Manoj Kumar Mohapatra delivers his remarks, thanking all stakeholders, and highlighting Guatemala's emergence as a global beacon of Yoga

Photo: Courtesy Embassy of India in Guatemala

In his heartfelt address at the International Day of Yoga (IDY2025) celebration in San Pedro Carchá on June 13, 2025, Ambassador Dr. Manoj Kumar Mohapatra expressed profound gratitude to all stakeholders, including ICCR, for their

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pivotal role in making the event the largest yoga gathering outside India, with more than 10,000 participants. He extended special thanks to the Municipality of San Pedro Carchá, led by Mayor Lic. Erwin Alfonso Catún Maquín, for their unwavering commitment and logistical support, which ensured the event's monumental success. He also lauded the Association of Don Bosco for their enthusiastic partnership, noting their dedication to youth engagement, which saw a significant turnout of young participants. Ambassador Mohapatra commended the Ministry of Defense for their exceptional efforts in mobilizing such a massive crowd, ensuring safety and coordination, and acknowledged the invaluable contributions of local vendors who provided seamless transport, nutritious food, and essential logistics, including t-shirts for participants, fostering an inclusive and festive atmosphere.

On the occasion, Ambassador Dr. Manoj Kumar Mohapatra honored Governor of Alta Verapaz, Ms. Dilia Margarita Co Coy, San Pedro Carchá Mayor Lic. Erwin Alfonso Catún Maquín, and Father Antonio de Groot, General Director of the Don Bosco Center Association for their unwavering commitment and logistical support, which ensured the event's monumental success. A few others, including sponsors received the Ambassador's appreciation and gratitude.



The Indian Panorama Publisher and Editor presents a replica of the Golden Temple to Ambassador Manoj Kumar Mohapatra. Seen in the picture, from L to R: Ms. Carcha, Baby Carcha, Prof. Indrajit Saluja, Governor of Alta Verapaz, Ms. Dilia Margarita Co Coy, San Pedro Mayor Lic. Erwin Alfonso Catún Maquín, Ambassador Dr. Manoj Kumar Mohapatra, and Baldev Singh Grewal

Photo: Jay Mandal-on assignment

Prof. Indrajit S Saluja, Publisher and Editor of The Indian Panorama, a premier Digital weekly newspaper published from New York who participated in the Yoga session, honored Ambassador Manoj Kumar Mohapatra for successfully organizing the historic Yoga session, with the replica of the Golden Temple, the most venerable shrine of the Sikhs who number around 30 million and are all over the world.



Mr. Erwin Alfonso Catún Maquín, Mayor of San Pedro Carchá expresses his gratitude for being made a part of the historic celebration, and pledges continued support for promoting Yoga in the community.

Photo: Courtesy Embassy of India in Guatemala

Mayor Lic. Erwin Alfonso Catún Maquín expressed his gratitude to the Embassy and ICCR for the opportunity to be part of this historic occasion. He stated that the Municipality was honored to support such a meaningful initiative and pledged to continue promoting Yoga as a part of community life in the future. Sponsors and representatives from Indian companies expressed pride in supporting a movement that fosters wellness, inclusivity, and stronger India-Guatemala bonds. Their contributions-ranging from T-shirts, water bottles, yoga mats, and refreshments-played a key role in making the event accessible to all.

The yoga session, led by Embassy Yoga teacher Ms. Ruth Morales, followed the Common Yoga Protocol, embodying the theme "Yoga for One Earth, One Health." Participants-from students and teachers to military personnel and civilians-enthusiastically joined in, turning the Juan Ramón Ponce Guay Stadium into a sea of synchronized movement and mindfulness. Ms. Morales guided the

participants through a series of asanas, pranayama, and meditation, tailored to promote physical vitality, mental clarity, and ecological awareness, resonating with the theme's call for holistic well-being. The stadium, bathed in the morning light, became a sea of synchronized movement, with participants from all walks of life, particularly youth, embracing yoga's universal appeal.



Mayor Lic. Erwin Alfonso Catún Maquín invited the participants in the Yoga to a dance which he himself led. Prof. Indrajit S Saluja joined the Mayor.

Photo: Jay Mandal-on assignment

The immense enthusiasm of the participants was visible from the way they followed the Yoga instructors' commands. The same vigor was noticeable when Mayor Lic. Erwin Alfonso Catún Maquín invited them to a dance which he himself led. Young boys and girls were seen dancing enthusiastically in celebration of the event.



Folk dancers pictured with Ambassador Manoj Kumar Mohapatra and San Pedro Mayor Lic. Erwin Alfonso Catún Maquín

Photo: Jay Mandal-on assignment

The folk dancers who were, earlier in the morning outside the stadium, came in and gave an electrifying dance performance, much to the joy of everyone present.

All participants were given refreshment bags while they were on way back home.

Mayor Lic. Erwin Alfonso Catún Maquín hosted a lunch for the embassy staff and their guests which included me and my friends -Baldev Singh Grewal, a senior journalist and a novelist from New York, and the ace photographer from New York, Jay Mandal

The Embassy is now scheduled to host IDY 2025 events in San Salvador and Tegucigalpa on 21 June, in partnership with local governments and sponsors. These events are expected to further reinforce India's message of global well-being through Yoga. India has undoubtedly left a remarkable impression in Guatemala, not just through diplomacy, but through the soft power of Yoga-uniting people in health, peace, and purpose.

(With inputs from a Press Release issued by Ramesh Khulbey at the Embassy of India in Guatemala)

Prem Bhandari congratulates Ambassador Mohapatra on organizing the world's largest Yoga gathering, outside India



Over 10,000 persons participated in the Yoga session at San Pedro Carcha, Guatemala on June 13, 2025

JUNE 18, 2025

NEW YORK (TIP): History was made in San Pedro Carchá, Guatemala, with the world's largest International Day of Yoga (IDY 2025) celebration held outside India, attended by over 10,000 participants.

This grand event was organized by the Indian Embassy in Guatemala in collaboration with the Municipality of San Pedro Carchá, the Department of Education, and the Don Bosco Center.

Prem Bhandari, Chairman of Jaipur Foot USA, extended heartfelt congratulations to Ambassador Dr. Manoj Kumar Mohapatra for leading such a magnificent celebration of wellness, unity, and Indian culture on the global stage.

Bhandari, who recently visited Guatemala at the invitation of Ambassador Mahapatra to mark the 53rd anniversary of India-Guatemala diplomatic relations and to coordinate the upcoming Jaipur Foot camp, said:

"I truly regret missing this historic event. Due to preparations for the UN event



Prem Bhandari handed over, on behalf of the Indian Embassy in Guatemala, and Jaipur Foot, an official confirmation of the Jaipur Foot Camp in Guatemala, to Ms Claudine Ogaldes, Executive Secretary, and Mr. William Oswaldo, Inspector General of the Army, Ministry of Defense. Ambassador Mohapatra is seen on the extreme right.



Prem Bhandari, Chairman, Jaipur Foot USA with Ambassador Dr. Manoj Kumar Mohapatra on his recent visit to Guatemala

held on June 10 and several important meetings that followed-since Padma Bhushan Shri D.R. Mehta, founder of Jaipur Foot USA's parent organization BMVSS, was visiting the U.S. and was returning on 15th June to India - I was unable to attend.

However, I witnessed Ambassador Mohapatra working tirelessly during my recent visit, and I wholeheartedly commend him and his entire team for organizing such a spectacular event."

The International Day of Yoga was established by the United Nations in 2015 upon the initiative of Indian Prime Minister Shri Narendra Modi, and it is now celebrated worldwide as a symbol of holistic health, harmony, and peace



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Op Sindhu: India decides to evacuate its nationals from Israel too

BENGALURU (TIP)

India announced on Thursday, June 19, that it will begin evacuating Indian nationals who want to leave Israel in view of the clashes with Iran, with arrangements being made for them to leave via land borders because of airspace restrictions.

The evacuation of Indians from Israel will be done under Operation Sindhu, initially launched by the Indian government on Wednesday for getting Indian citizens in Iran to safety.

"In view of the recent developments between Israel and Iran, the Government of India has decided to evacuate from Israel those Indian nationals who wish to leave," the external affairs ministry said in a statement.

"Their travel from Israel to India will be facilitated through the land borders and thereafter by air to India," the statement added. This is being done in view of airspace restrictions over Israel since the clashes with Iran erupted over the past weekend.

The Indian embassy in Tel Aviv will be responsible for arrangements for evacuating the Indians. All Indian nationals in Israel were requested to register with the embassy in Tel Aviv. The embassy has also set up a 24x7 control room to assist the Indians.

The Indian embassy reiterated its earlier advisories urging Indian citizens in Israel to remain vigilant and strictly follow safety guidelines issued by Israeli authorities and the Home Front Command.

The number of Indians in Israel has swelled to more than 32,000 in recent months as Israeli authorities stepped up the recruitment of blue collar workers,



Indian students returning from Iran via Armenia, under an evacuation operation facilitated by the Government of India, react as they meet their relatives while exiting from the Indira Gandhi International Airport, in New Delhi, Thursday, June 19, 2025. PTI

primarily for the construction sector, to replace Palestinian labour. Indian workers, including care-givers and professionals, are spread across Israel.

The Indian government accords the highest priority to the safety and security of Indian nationals and will continue monitoring the situation closely. "The embassy remains continuously in touch with the community with a view to extending all feasible assistance," the statement said.

There have been no reports so far of casualties among the Indian nationals in Israel. A few Indian students in Tehran were injured earlier this week when an Israeli air strike hit a students dormitory.

Hostilities between Israel and Iran continued for the seventh day, with Iranian

missiles hitting four sites in central and southern Israel, including Soroka hospital, while Israeli forces attacked Iran's Arak heavy water reactor.

Iran launched some 20 ballistic missiles at Israel on Thursday. Israeli defence minister Israel Katz has said that "eliminating" Iranian Supreme Leader Ayatollah Ali Khamenei is one of his country's objectives.

Back from war-torn Iran, J&K students head to home towns

Jammu and Kashmir chief minister Omar Abdullah on Thursday, June 19, confirmed the arrival of 110 Indian students, including 94 from Kashmir, in Delhi and said that the government had made transport arrangement for their

journey back to Kashmir. Out of the 94, 20 students have already reached Kashmir via flights.

As many as 94 students from Jammu and Kashmir were among the 110 people evacuated from war-affected Iran on Wednesday. They were taken to Armenia before being flown to Doha. The students arrived in Delhi from the Qatari capital early Thursday.

"94 of our students evacuated from Iran have safely reached Delhi. The Government is making transport arrangements to ensure their smooth journey home, which will be in place within the next few hours," Omar Abdullah wrote on X.

However, after reaching at Delhi Airport the students claimed that no one from J&K government was there to receive them and also criticised the state government for making poor transport arrangement.

New buses were arranged by the government on the intervention of chief minister Omar. "The chief minister has taken note of the request of the students evacuated from Iran regarding the quality of buses arranged to transport them from Delhi to J&K. The resident commissioner has been tasked with coordinating with the JKRTC to ensure proper deluxe buses are arranged," wrote office of J&K chief minister on X.

Kashmiri students usually opt for Iranian universities because of their affordability and similar cultural milieu. The students are spread in Tehran, Shiraz and Qom. Iran is home to more than 4,000 Indian students, half of them from J&K, who are enrolled in medical and other professional courses.

Crashed Dreamliner well-maintained, next major check was due in Dec: Air India CEO

MUMBAI (TIP)

The crashed Boeing 787-8 Dreamliner was "well-maintained" and had undergone a major check in June 2023 with the next scheduled for December this year, said Air India CEO and Managing Director Campbell Wilson on Thursday, June 19.

In a message to flyers, the Air India chief also said the 15 per cent reduction in Air India's international wide-body fleet operations for the next few weeks is a temporary move, and it may affect its customers' travel plans.

"The plane was well-maintained, with its last major check in June 2023 and the next scheduled for December 2025. Its right engine was overhauled in March 2025, and the left engine was inspected in April 2025. Both the aircraft and engines were regularly monitored, showing no issues before the flight," he said.



The airline chief further said the loss of 241 passengers and crew members, along with 34 people on the ground, has "left us all in deep sorrow".

"Words cannot express the pain we feel for the families and loved ones affected by this devastating event. We are fully committed to doing all we can to support the families impacted and are also working closely with authorities to understand the cause of this tragedy. Our thoughts are with everyone touched by this loss," Wilson said in the message.

He said that the airline as well as the entire aviation industry was awaiting the official investigation report to understand more.

Campbell said that following the June 12 crash and as directed by the Directorate General of Civil Aviation (DGCA), the airline has been conducting thorough safety inspections on its 33 Boeing 787 aircraft.

Cash stash proves Justice Yashwant Varma guilty, must go: SC panel

NEW DELHI (TIP)

The Supreme Court-appointed inquiry committee has recommended the removal of Justice Yashwant Varma of the Allahabad High Court after concluding that "bundles of cash" were indeed recovered from the storeroom of his official residence in Delhi and later removed under suspicious circumstances.

The report, accessed by The Tribune, stated, "This committee is firmly of the view that there is sufficient substance in the allegations raised in the letter of Chief Justice of India dated March 22 and the misconduct found proved is serious enough to call for initiation of proceedings for the removal of Justice Yashwant Varma, judge of the Allahabad High Court." Notably, the SC panel had submitted its findings to the

then CJI on May 4.

The controversy began with a fire at Justice Varma's Tughlaq Road bungalow on March 14, which prompted the dispatch of two fire tenders. Firefighters quickly extinguished the blaze but discovered burnt currency notes amidst stationery and domestic items in a storeroom. The discovery triggered national outrage and judicial scrutiny.

The three-member inquiry panel, comprising Chief Justices Sheel Nagu (Punjab & Haryana High Court), GS Sandhawalia (Himachal Pradesh High Court), and Anu Sivaraman (Karnataka High Court), found that the cash, reportedly stacked up to 1.5 feet high, was kept in the storeroom and removed from the premises during the early hours of March 15, hours after the incident.

President to lead International Yoga Day celebrations from Dehradun

President Droupadi Murmu will visit Uttarakhand's Dehradun from June 19 to 21, and lead the International Yoga Day celebrations from there. During the visit, she will inaugurate and lay foundation stones for various projects at Rashtrapati Niketan.

On June 19, the President will inaugurate an amphitheater and lay foundation stones for staff quarters, stables and barracks at Rashtrapati Niketan. On June 20, she will grace the opening of Rashtrapati Niketan for public visit and inaugurate public amenities including the visitor facilitation centre. Rashtrapati Niketan and Rashtrapati Tapovan will be open for public viewing from June 24. The same day, the President will also visit the National Institute for Empowerment of Persons with Visual Disabilities in Dehradun and release a postage stamp on the Raj Bhavan, Nainital, on the completion of its 125 years later in the evening. On June 21, the President will participate in a mass yoga demonstration at the Uttarakhand State Police Line Maidan, Dehradun, on the International Yoga Day.

Have difference of opinion with some Congress leaders: Tharoor

NEW DELHI (TIP)

Senior Congress leader and MP Shashi Tharoor said on Thursday he did not campaign for the Nilambur bypoll in Kerala because the party leadership never invited him to do so.

At the same time, he downplayed speculation of a rift with the Congress brass while acknowledging "some differences", coming off the back of a five-nation diplomatic outreach during which his remarks left some party leaders peeved.

"I wasn't invited by the party. But that's alright," Tharoor told reporters, responding to a question about his absence from the campaign trail in Nilambur. Voting for the crucial byelection is underway there today.

"First of all, I was gone for much of the time on this official diplomatic mission. When I came back there was no insistence, no missed call from the leadership saying I should come," he said with an enigmatic smile.

So he used the time to honour prior commitments, including chairing a committee meeting of the Parliamentary



Standing Committee on External Affairs in Delhi. "Now I've come to Kerala. Today is voting day and I've been urging everyone to vote for my party's candidate. He is a good candidate," he said.

Tharoor rejected suggestions that his absence signalled a rift with the party leadership or cadre. He stated that Congress workers, including those from his Thiruvananthapuram constituency, had been toiling hard on the campaign.

"My close relations with party workers have seen me through four elections in my own constituencies," he added. "Congress party workers have been by my side everywhere." Tharoor, who has been with the Congress for 16 years and won four consecutive elections from Thiruvananthapuram, said there are

occasional differences with the party brass, but these issues should be resolved internally. He asserted that he remained committed to the party's values.

"Values of the institution of the Congress party are the institutional values that have kept me in the party," he said. "Yes, there may have been differences with the party leadership on some issues. Those can be sorted out in closed-door conversations and I don't see any reason to discuss them now."

Tharoor recently returned from a diplomatic mission, where he led an all-party delegation to the US and four other countries to communicate India's stance following Operation Sindoor, which was in response to the Pahalgam attack carried out by Pakistan-backed terrorists.

His appointment by the government to the delegation and some of his remarks during the tour, including praise of Prime Minister Narendra Modi, drew criticism from sections of the Congress. Tharoor also came under fire from party colleagues for not highlighting the surgical strikes carried out during the UPA era, while praising the Modi government's handling of the situation.

Rahul Gandhi begins moving to new official residence on 55th birthday

NEW DELHI (TIP)

Congress leader Rahul Gandhi started moving into a new spacious Type-8 official bungalow—5, Sunehri Bagh Road, New Delhi—on his 55th birthday on Thursday, June 19. He will fully shift before the Monsoon Session of Parliament begins on July 21st.

A Gandhi aide said he started shifting even as he is likely to continue meeting people at 10 Janpath, his mother Sonia Gandhi's residence, and Indira Bhavan, the Congress headquarters, even after settling in. Gandhi was entitled to the new residence as the Leader of the Opposition in the Lok Sabha. "He has done it up with a lot of passion, and hence it took a year," said the aide.

The aide said Gandhi has sought to recreate "a private space" like 12, Tughlaq Lane, the house where he lived earlier. Gandhi has resided at 10, Janpath since 2023, when he vacated 12, Tughlaq Lane, following his disqualification from the Lok Sabha.

In August 2023, Gandhi's Lok Sabha membership was restored 137 days after he was disqualified as the Supreme Court stayed his conviction in a criminal defamation case filed by a Bharatiya Janata Party (BJP) leader in Gujarat.

Parliament's Estate Directorate offered Gandhi the Sunehri Bagh residence in 2024 following his return to the Lok Sabha and election as Leader of the Opposition. BJP leader and former Union minister A Narayanaswamy



previously occupied the bungalow.

Gandhi's sister and Congress leader, Priyanka Gandhi Vadra, oversaw the decoration and furnishing of the new house. Gandhi will move into the new home with canine companions, Pidi Gandhi and Yassa, a Jack Russell Terrier. He also gifted his mother, former Congress President Sonia Gandhi, a Russell Terrier puppy, Noorie.

The aide said it remains to be seen whether Gandhi's office will be at the new residence or Indira Bhavan, indicating that logistical decisions are pending. "[The shift] might herald a new time for RG [Rahul Gandhi...][The new address] will become the nerve centre as we go towards winning the 2029 election."

Waqf law rules drafted, may be approved in 15-20 days: Officials

NEW DELHI (TIP)

The Union minority affairs ministry has drafted rules to operationalise the controversial Waqf (Amendment) Act, 2025 and sent it to the Union law ministry, officials told HT on Thursday, adding that the rules could be approved within 15-20 days, paving the way for their presentation in the upcoming monsoon session from July 21.

The contentious amendments to the central waqf law, which aims to make sweeping changes in the regulation and management of Islamic charitable endowments, was cleared by Parliament in April. The Supreme Court has reserved its judgment on a raft of petitions asking for a stay on some of the law's controversial provisions. A senior minority affairs ministry official, speaking on the condition of anonymity, said the rules were drafted in "record time" following the law's passage on April 4. "We have recently sent it to the law ministry and solicitor general Tushar Mehta for final approval and finishing touches," the official said. "Once approved there, it goes to the Centre for final sign-off, then notification in the public gazette."

Former secretary general PDT Achary told HT that there is "absolutely no rule and requirement for the government to first notify the parliament about the rules and then notify." "As soon as the rules are approved, they can be uploaded and publicly notified through the gazette and come into effect. The government has to

table it in the Parliament but there is no rule about the rules being notified to the parliament first," he said.

Union Minister for minority affairs Kiren Rijiju separately confirmed that the rules are with the law ministry for finishing touches.

A waqf is a Muslim religious endowment, usually in the form of landed property, made for purposes of charity and community welfare. The draft bill, introduced by the government last year and amended after recommendations by a joint parliamentary committee, proposed major changes in the regulation and governance of India's waqf boards.

The law accords more power to the government and allows for the appointment of non-Muslims and women to waqf boards, but the Opposition alleged it is unconstitutional. The rules are crucial because they will not only operationalise the changes but also clarify key procedures in registration of waqf properties, working of the central portal, and norms guiding the picking of members in the council.

The law scraps the waqf by user provision — where a property is acknowledged as waqf because it has been used for religious activities for some time, despite there being no official declaration or registration as waqf — with prospective effect, permits women, Shia sects and government officials to be members of waqf bodies, and gives overriding power to senior officials to determine if a government property belongs to a waqf.

India in history this Week

JUNE 20 TO JUNE 26

20 JUNE

1858 The capture of Gwalior by the British Army and the Sepoy Mutiny came to an end with it.

1873 YMCA in India establishment.

1887 Mumbai-based Victoria Terminus (Chhatrapati Shivaji Terminus) opened to the public. Today it is one of the busiest railway stations in the country.



1998 Vishwanathan Anand won the fifth Frankfurt Classic chess tournament by defeating Vladimir Kaimnik.

2014 Announcement of Jnanpith Award to eminent poet Kedarnath Singh.

1756 Siraj ud-Daula Nawab of Bengal sought Calcutta from the British.

1869 Laxman Kashinath Kirloskar, the founder of the famous industrialist Kirloskar Industry Group of India, was born.

1923 Proficient journalist and writer Gaur Kishore Ghosh was born.

21 JUNE

1912 Birth of famous Hindi litterateur Vishnu Prabhakar.

2004 China supported the India-Pakistan talks.

2009 India's badminton star player Saina Nehwal won the title of Super Series Badminton Tournament. She is the first Indian woman to do so.

1982 World Music Day was celebrated.

1862 Gyanendra Mohan Tagore became the first Indian to receive an advocacy degree from Lincoln's Inn.

1933 Birth of the famous writer, novelist, playwright, critic and satirist Mudrarakshaas of India.

1948 C. Rajagopalachari became the Governor General of India. He was the last Governor General of the country.



1991 PV Narasimha Rao became the ninth Prime Minister of India.

2015 The first International Day of Yoga was celebrated. At the initiative of India at the United Nations, almost all the countries of the world are involved in this campaign of spreading yoga to stay healthy.

1932 Villain Amrish Puri, the star of Hindi cinema who ruled the hearts of fans for decades, was born on 22

June.

22 JUNE

1932 Villain Amrish Puri, the star of Hindi cinema who ruled the hearts of fans for decades, was born on 22 June.

2009 The longest solar eclipse of the 21st century appeared in India.

1939 Subhash Chandra Bose separated from the Congress and established the Forward Bloc.

1897 In Pune, the then District Magistrate Walter Charles Rand was shot dead by the Chafekar brothers in 1897.

1948 The title of Emperor of India has been removed in 1948 from His Excellency, King of the United Kingdom.

2007 Sunita Williams returned to Earth in 2007 with her team.

2008 Syed Faqir Hussain was appointed Vice-Chairman of the Central Advisory Board of Balashram in 2008.

2016 ISRO created history in 2016, launching 20 satellites.

1900 Indian freedom fighter Ganesh Ghosh was born.

1932 Famous actor and villain of Indian cinema, Amrish Puri was born.

1988 Buddhist monk, Paladin scholar and writer Bhadant Anand Kausalyan died on 22 June 1988.

23 JUNE

1980 Sanjay Gandhi, a member of the Nehru-Gandhi family, died in the plane crash.

1985 An Air India passenger plane crashed into the air near the coast of Ireland. All 329 passengers aboard the plane were killed in this accident.

1761 Death of Maratha ruler Peshwa Balaji Baji Rao.

1810 Construction of Duncan Dock of Bombay completed.

1953 Jana Sangh founder Shyama Prasad Mukherjee died in a hospital in Kashmir.

2008 JK Tire India Limited, the country's leading tire maker, acquired Mexico's tire company Tornal and its subsidiaries for \$ 270 million.

2008 The selection committee recommended in 2008 to confer the Dadasaheb Phalke Award on famous Bengali actor Soumitra Chatterjee.

2014 Gujarat's 'Rani Ki Vav' and Himachal's 'Great Himalayan National Park' were included in the 2014 World Heritage List.

1934 Gandhian thinker and social worker Chandi Prasad Bhatt was born.

24 JUNE

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

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

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

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

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

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

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

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

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

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

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

25 JUNE



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

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

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

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

2004 Russia decided to extend a strategic partnership with India.

1903 Chandrashekhar Pandey - was born a litterateur.

1950 Swami Sahajanand Saraswati social reformer and revolutionary died.

1931 Vishwanath Pratap Singh, the eighth Prime Minister of India was born.

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

26 JUNE

2004 Famous filmmaker Yash Johar died on this day.

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

1873 Birth of Indian singer and dancer Gauhar Jaan.

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

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

1961 Famous litterateur Govind Shastri Dugvekar passed away.

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

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



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Swati Vaishnav, Siddhi Vaishnav

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INDIAN PANORAMA



International Day of Yoga: A global celebration of wellness and ancient wisdom

This year marks the 11th International Day of Yoga (June 21) with the theme 'Yoga for One Earth, One Health', which echoes a vital truth that personal wellness and planetary health are inseparably linked. Yoga strengthens the body, calms the mind and fosters a heightened sense of awareness and responsibility in daily life. This mindfulness allows one to choose healthier and more sustainable lifestyles. In caring for ourselves, we begin to care for the Earth, reflecting the enduring Indian ethos of Vasudhaiva Kutumbakam – the world is one family.

The International Day of Yoga is celebrated every year on 21 June across the globe, recognizing the millennia-old Indian practice of yoga and its immense benefits for physical, mental, emotional, and spiritual well-being. This day was officially adopted by the United Nations General Assembly (UNGA) in December 2014, after a proposal made by Indian Prime Minister Narendra Modi during his address to the UN in September 2014. The resolution garnered unprecedented support, being co-sponsored by 177 countries—the highest number ever for such a proposal in the UN's history.

As a global event, the day aims to raise awareness about yoga's holistic approach to health and life and promote the values of harmony, discipline, peace, and unity. The first celebration was held on 21 June 2015, with millions participating in yoga sessions across continents—from India to Paris, New York, Moscow, Kuala Lumpur, and beyond.

Origins and Proclamation

Modi's Proposal at the UN

Prime Minister Narendra Modi, in his 27 September 2014 address to the United Nations General Assembly, highlighted the universal appeal of yoga and suggested that the world observe a Day of Yoga on 21 June, aligning it with the summer solstice, the longest day in the Northern Hemisphere—a day with profound spiritual and seasonal significance in many traditions, including the Indian Vedic system.

"Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body, thought and action... It is not about exercise but about discovering the sense of oneness with yourself, the world and the nature," Modi stated.

UN Adoption

On 11 December 2014, India's Permanent Representative to the United Nations, Asoke Mukerji, introduced the resolution titled "International Day of Yoga" at the UNGA. The resolution was adopted without a vote and co-sponsored by 177 member states, including the five permanent members of the UN Security Council. This remarkable support reflected the global recognition of yoga's universality and appeal beyond religious or cultural boundaries.

The proposal was supported by numerous international leaders and spiritual organizations, establishing yoga as a shared global heritage. The declaration also marked a significant success in India's cultural diplomacy,



In 2023 the International Day of Yoga celebration at the United Nations Headquarters created a Guinness World Record for the participation of yoga enthusiasts of most nationalities. PHOTO: Permanent Mission of India to the UN



highlighting the country's contribution to global well-being through ancient wisdom.

Significance of 21 June

The selection of 21 June as Yoga Day is rich with symbolic meaning:

- It marks the summer solstice, the longest day in the Northern Hemisphere, and a turning point in nature's cycle.
- In Indian tradition, this day marks the beginning of Dakshinayana, a period considered favorable for spiritual practices.
- According to yogic lore, it was on this day that Lord Shiva, the Adi Yogi (first yogi), began imparting the knowledge of yoga to the Saptarishis (seven sages), initiating the world's first yoga transmission. Thus, it is revered as the day when humanity first received yoga, making it a spiritually auspicious occasion.

Commemorative Releases and Cultural Symbols

To mark the importance of this event:



- In 2015, the Reserve Bank of India issued a ₹10 commemorative coin.
- In 2017, the UN Postal Administration (UNPA) released a special set of 10 stamps, each illustrating different yoga asanas, on a single commemorative sheet celebrating yoga's role in global wellness.

Global Observance and Participation

India's Grand Celebrations

The Ministry of AYUSH (Ayurveda,

Yoga & Naturopathy, Unani, Siddha, and Homeopathy) was entrusted with the responsibility of coordinating national and international celebrations. On 21 June 2015, India hosted one of the largest yoga sessions ever recorded:

- 35,985 people, including PM Modi and dignitaries from 84 nations, performed 21 yoga asanas at Rajpath, New Delhi.
- The event set two Guinness World Records:
- Largest yoga class ever held.
- Most nationalities participating in a single yoga event.

International Participation

Yoga sessions were organized in cities across the world-New York's Times Square, Paris' Eiffel Tower, Moscow's Red Square, Beijing's parks, Bangkok, Kuala Lumpur, Seoul, Cape Town, and Rio de Janeiro-drawing participation from millions of yoga enthusiasts, diplomats, celebrities, and common citizens alike.

These global gatherings reflect how yoga, rooted in Indian philosophy, has evolved into a universal practice embraced for its profound impact on human well-being.

Reception: Celebratory and Critical Views

Positive Reception and Cultural Pride

Yoga Day has been largely celebrated as an unprecedented success in promoting global health, unity, and peace through a practice that transcends linguistic, religious, and geographic boundaries. It also provided India a unique opportunity to showcase its soft power-projecting its ancient cultural legacy through peaceful means on the world stage.

Spiritual leaders such as Sri Sri Ravi Shankar (Art of Living), Baba Ramdev, and Sadhguru Jaggi Vasudev of the Isha Foundation praised the initiative, stating that yoga had finally received the institutional recognition it deserved.

"Yoga has existed so far almost like an orphan. Now, official recognition by the UN would further spread the benefit of yoga," said Ravi Shankar.

Criticism and Religious Sensitivities

Despite widespread enthusiasm, the celebration also drew criticism and stirred debate:

- Surya Namaskar (sun salutation), a common yoga sequence, was removed from official programs due to objections from some Muslim groups, who interpreted it as worship of the sun god Surya, conflicting with Islamic monotheism.
- The sacred chant "Om" was also dropped in some public yoga demonstrations to avoid controversy.
- Christian leaders, including Pope Francis, warned against adopting yoga as a spiritual path, suggesting that it could diverge from Christian theology.
- Some secular commentators and opposition leaders in India questioned the use of public funds for Yoga Day celebrations, arguing that resources would be better spent on urban sanitation or poverty alleviation.

Academic Perspectives and Cultural Ownership

There is also an ongoing academic and philosophical debate over whether yoga is a Hindu spiritual practice or a universal wellness tool.

- Scholars like Ann Gleig argue that modern Western yoga has significantly diverged from its Indian origins, being largely secularized, commercialized, and tailored for fitness and stress relief.



- Conversely, some Hindu thinkers and organizations contend that yoga cannot be decontextualized from its spiritual and philosophical roots in Sanatana Dharma (eternal order or Hinduism).
- The Indian government's intent, as quoted in The Week, was to have yoga recognized as "India's cultural property", but this has been contested by those who view yoga as a shared, evolving global phenomenon.

Yoga: Beyond Asanas

While many equate yoga with physical postures (asanas), its true scope is far broader:

- Yoga is a philosophical system encompassing ethics (yamas and niyamas), breath control (pranayama), sensory withdrawal (pratyahara), concentration (dharana), meditation (dhyana), and liberation (samadhi).
- It offers a holistic path to harmony between body, mind, and soul.
- Yoga is a practical tool for cultivating inner peace, self-awareness, compassion, and universal consciousness-qualities needed in today's divided world.

Yoga Day as a Beacon of Global Oneness

The International Day of Yoga is not just an event-it is a philosophy in action. It reflects a deep yearning for unity in diversity, for collective wellness in an age of fragmentation. It has emerged as a powerful global movement, transforming ancient wisdom into a modern-day solution for health, harmony, and healing.

As nations around the world continue to embrace yoga, they also participate in a timeless legacy of human elevation-where breath becomes prayer, movement becomes meditation, and the self realizes its connection with the cosmos.

"Yoga is the journey of the self, through the self, to the self." - Bhagavad Gita



Yoga is not merely a practice-it is a way of being, a path of inner evolution, and a science of self-realization that spans the breadth of human experience. Rooted in the spiritual and philosophical soil of ancient India, Yoga is a comprehensive system that integrates the physical, mental, ethical, emotional, and spiritual dimensions of life. It is not limited to performing asanas or breathing techniques; instead, it represents a lifelong commitment to living in alignment with truth (satya), non-violence (ahimsa), mindfulness (smriti), and universal harmony (samatva).

The essence of Yoga lies in union-of the self with the Supreme, of the mind with the body, of action with awareness, and of the individual with the cosmic rhythm. It is a timeless path that continues to guide humanity toward health, peace, and enlightenment.

Historical Origins and Philosophical Foundations

Roots in Ancient Indian Scriptures

The word Yoga comes from the Sanskrit root "Yuj", meaning to join, unite, or yoke. It first appears in the Rig Veda-the oldest known Indian text-where it refers to the discipline of the mind and the control of senses.

Subsequently, the philosophical and practical aspects of Yoga were elaborated in:

- Upanishads: Particularly in the Katha Upanishad, Shvetashvatara Upanishad, and Mundaka Upanishad, which describe Yoga as a method of attaining the Supreme Self (Paramatma).
- Bhagavad Gita: Krishna defines Yoga in many ways-Karma Yoga (path of action), Bhakti Yoga (path of devotion), and Jnana Yoga (path of knowledge)-stating, "Yoga is skill in action" (Yogah Karmasu Kaushalam - Gita 2.50).
- Yoga Sutras of Patanjali: The classical foundation of Raja Yoga (Ashtanga Yoga), composed around 2nd century BCE, defines Yoga as "Yogas chitta vritti nirodhah"-Yoga is the cessation of the modifications of the mind.

Yoga as a Way of Life: The Eightfold Path (Ashtanga Yoga)

Sage Patanjali's eight-limbed path of Yoga serves as a roadmap to holistic living:

Yama (Ethical Restraints)

- Ahimsa (Non-violence)
- Satya (Truthfulness)
- Asteya (Non-stealing)
- Brahmacharya (Celibacy/Moderation)
- Aparigraha (Non-possessiveness)

Niyama (Personal Disciplines)

- Shaucha (Purity)
- Santosha (Contentment)
- Tapas (Discipline)
- Svadhyaya (Self-study or study of scriptures)
- Ishvarapranidhana (Surrender to God)

Asana (Posture)

- Stability and comfort in the body to allow meditation.
- Sthira Sukham Asanam-"Posture should be steady and joyful."

Pranayama (Breath Regulation)

Control of the life-force energy (prana) through disciplined breathing techniques.

Pratyahara (Withdrawal of Senses)

Turning the senses inward to cultivate detachment from external distractions.

Dharana (Concentration)

Focusing the mind on a single point or object.

Dhyana (Meditation)

A steady, uninterrupted flow of consciousness.

Samadhi (Absorption or Blissful Union)

Transcendental awareness where the meditator, the object of meditation, and the act of meditation merge into oneness.

Significance of Yoga in Daily Life

- Physical Health and Vitality
 - Improves flexibility, stamina, and muscular strength.
 - Aids in hormonal balance and metabolic function.
 - Yogic detoxification (shatkarma) techniques cleanse internal organs.

Mental Peace and Emotional Balance

- Yogic meditation (dhyana) and breathing (pranayama) help regulate anxiety, reduce cortisol, and improve mood.
- Encourages emotional resilience and equanimity (samatvam).

Yoga: A way of life and its timeless significance



Ethical Living and Character Building

- The observance of Yamas and Niyamas creates a foundation of moral integrity and discipline.
- Builds compassion, gratitude, humility, and inner strength.

Spiritual Awakening and Inner Growth

- Yoga cultivates viveka (discernment), vairagya (detachment), and shraddha (faith).
- It leads the practitioner toward atma jnana (self-realization) and moksha (liberation).

Yoga Beyond Religion: A Universal Path

Though born in the Hindu tradition, Yoga transcends religious identity. It is experiential and inclusive, and its practice is embraced by people of all faiths and backgrounds.

- Buddhism and Jainism have also incorporated yogic disciplines.
- In modern times, Yoga is integrated into psychology, physiotherapy, education, rehabilitation, and sports.

Yoga in the Global Context

UNESCO Recognition

In 2016, Yoga was inscribed on the UNESCO Representative List of the Intangible Cultural Heritage of Humanity, recognizing its ancient roots and universal relevance.

International Day of Yoga

In 2014, the United Nations declared June 21 as the International Day of Yoga, proposed by Indian Prime Minister Narendra Modi. The day promotes global awareness of Yoga's role in holistic health

and well-being.

Worldwide Acceptance

Yoga is now practiced by over 300 million people globally across cultures, with widespread scientific studies supporting its impact on:

- Cardiovascular health
- Pain management
- Emotional regulation
- Neurological conditions
- Quality of life in chronic illnesses

The Deeper Message: Yoga as Conscious Living

Yoga teaches:

- Detachment in action (Nishkama Karma)
- Equanimity in pleasure and pain (Samatvam Yoga Uchyate - Gita 2.48)
- Joy in service (Seva)
- Silence and solitude as strength (Mauna and Tapasya)

To live yoga is to:

- Speak truthfully
- Eat mindfully
- Act compassionately
- Rest consciously
- Meditate deeply
- Love unconditionally

Yoga is not something you do; Yoga is something you become.

It is a state of inner harmony, a science of transformation, and a journey from chaos to clarity. In an age of constant noise, disconnection, and stress, Yoga serves as a beacon of balance, compassion, and oneness.

Whether one is a student, teacher, doctor, artist, or seeker-Yoga offers a universal path to health, peace, purpose, and liberation.

An in-depth exploration of different forms of Yoga: Paths to divine union

Yoga, derived from the Sanskrit root "Yuj", means to unite—specifically, the union of the individual soul (Atman) with the Supreme Consciousness (Brahman). Across millennia, sages and scriptures have described various paths or forms of Yoga, each tailored to the diverse tendencies of human nature—intellect, action, emotion, and contemplation.

These forms are not mutually exclusive but are complementary avenues that ultimately converge into the same spiritual summit: self-realization and liberation (moksha).

Karma Yoga - The Yoga of Selfless Action

Karma Yoga, one of the four classical paths of yoga, is the path of action performed with selflessness and detachment. Rooted in the teachings of the Bhagavad Gita, Karma Yoga urges individuals to perform their duties diligently, not for personal gain, but as an offering to the Divine or for the welfare of the world.

The Sanskrit word "karma" means action, and "yoga" means union. Thus, Karma Yoga is the practice of achieving spiritual union through detached action. It harmonizes external activity with inner spiritual evolution.

Scriptural Foundations

The most authoritative scripture on Karma Yoga is the Bhagavad Gita, particularly Chapters 2 through 5. Lord Krishna teaches Arjuna that spiritual growth does not necessarily require renunciation of action, but rather renunciation of the attachment to the fruits of action.

"Karmanye vadhikaraste ma phaleshu kadachana"

(You have a right to perform your prescribed duties, but you are not entitled to the fruits of your actions.)

- Bhagavad Gita 2.47

Other references:

"Upanishads emphasize action rooted in dharma (cosmic duty).

"Yoga Sutras of Patanjali highlight non-attachment (vairagya) as key to progress.

Core Principles of Karma Yoga

- Selfless Service (Nishkama Karma)
- Perform your actions without any selfish desire for rewards. Actions should not be ego-driven but performed in the spirit of service.
- Detachment from Results (Tyaga)
- The outcome of your actions should not dictate your motivation. Accept success or failure with equanimity (samatva).
- Duty and Righteousness (Swadharma)
- One should faithfully perform their prescribed duties in accordance with their role in society, as defined



by dharma.

- Offering to God (Ishwararpana Buddhi)
- Work becomes worship when actions are offered to the Divine. This transforms mundane tasks into sacred acts.
- Purification of the Heart (Chitta Shuddhi)
- Karma Yoga purifies the ego, curbs selfishness, and fosters compassion, paving the way for spiritual awakening.

Three Types of Karma (from the Gita and Vedanta)

1. Sanchita Karma - Accumulated karma from past lives.
2. Prarabdha Karma - The portion of karma influencing the present life.
3. Agami Karma - Karma being created by current actions.

Karma Yoga burns away Agami Karma by removing attachment, thus reducing the bondage of rebirth.

The Karma Yogi: Characteristics and Attitude

- Acts out of a sense of duty, not for

reward.

- Is equally calm in success and failure.
- Is not lazy or inactive, but energetic and disciplined.
- Remains humble despite achievements.
- Does not claim ownership of work ("I am not the doer" attitude).

"Yogasthah kuru karmani, sangam tyaktva dhananjaya"

(Remain balanced in yoga, O Arjuna, and perform your duties without attachment.)

- Bhagavad Gita 2.48

Bhakti Yoga - The Yoga of Devotion and Divine Love

Introduction: What is Bhakti Yoga?

Bhakti Yoga is one of the four classical paths of Yoga and is considered the most accessible and emotionally fulfilling spiritual path. Rooted in pure love and unwavering devotion to the Divine, Bhakti Yoga transcends ritualism and intellectualism and opens the heart to experience oneness with God through surrender and love.

Derived from the Sanskrit root "bhaj", meaning "to worship" or "to love," Bhakti Yoga centers on the loving union of the devotee (bhakta) with the Supreme Being (Ishvara) through faith, surrender, and emotional intimacy.

Scriptural Foundations of Bhakti Yoga

Bhakti Yoga is richly described in several sacred Hindu texts:

- Bhagavad Gita: Chapter 12 is entirely dedicated to Bhakti Yoga.
- Srimad Bhagavata Purana: Glorifies the path of love, especially through the stories of Radha-Krishna, Prahlada, Dhruva, and the Gopis.
- Narada Bhakti Sutra: A key text outlining the nature, expressions, and glory of devotion.
- Ramayana and Tulsidas' Ramcharitmanas also exemplify Bhakti through characters like Hanuman, Sabari, and Vibhishana.

Essence of Bhakti Yoga

At its heart, Bhakti Yoga is the transformation of human love into divine love, where the devotee seeks no material gain or liberation, but only the presence and grace of God. It is love for love's sake.

Key Qualities of a Bhakta (Devotee):

- Humility (amānitvam)
- Sincerity and purity
- Non-judgment
- Compassion toward all beings
- Constant remembrance of the Divine

Jnana Yoga - The Yoga of Knowledge and Wisdom

Introduction: What is Jnana Yoga
Jnana Yoga (pronounced gyana) is the path of self-inquiry, wisdom, and inner realization.

It is the most intellectually rigorous of the four classical paths of yoga and is aimed at discerning the truth of one's own being — realizing that the true Self (Atman) is identical with the Supreme Reality (Brahman). The Sanskrit word "jnana" means "knowledge" or "wisdom," but in the yogic context, it refers not to bookish knowledge, but to direct, intuitive insight into the eternal truth — the realization of non-duality (Advaita). Scriptural Foundations of Jnana Yoga
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Raja Yoga – The Royal Path of Mind Mastery Introduction: What is Raja Yoga? Raja Yoga, known as the "Royal Path," is the path of meditation and mental discipline that leads the practitioner to direct experience of the Self through control of the mind. The term "Raja" means king, signifying that this is the supreme path that governs all other paths of yoga, bringing mastery over body, breath, senses, and thought. This form of yoga was codified in the Yoga Sutras of Patanjali, an ancient philosophical treatise written around the 2nd century BCE, making it the systematic science of inner transformation. Raja Yoga is also synonymous with the Ashtanga Yoga (Eight-Limbed Path), which outlines the step-by-step approach to attain self-realization and liberation (kaivalya). Scriptural Foundations Yoga Sutras of Patanjali – The primary text of Raja Yoga. Bhagavad Gita – Integrates Raja Yoga as a meditative path alongside Bhakti, Karma, and Jnana Yoga. Hatha Yoga Pradipika, Gheranda Samhita, and other Hatha Yoga texts support Raja Yoga practices by preparing the body and breath. "Yogaschitta vritti nirodhah" – Yoga is the cessation of the fluctuations of the mind. – Patanjali Yoga Sutra 1.2 The Aim of Raja Yoga The ultimate goal of Raja Yoga is to still the mind and experience the pure, unchanging Self beyond thought, time, and identity. When the waves of the mind become still, the Yogi sees their true nature as Purusha (pure consciousness), distinct from Prakriti (nature/matter). This realization ends the cycle of suffering (dukkha) and brings moksha (liberation).

Hatha Yoga is the yogic science of harmonizing the body and energy systems to prepare for higher states of consciousness. The word "Hatha" (Sanskrit: ??) is composed of two syllables: 'Ha' = solar energy (prana) 'Tha' = lunar energy (apana) Thus, Hatha Yoga is the union of the sun and moon within the body, balancing opposing forces.

International Day of Yoga 2025: Global celebrations of unity, health and conscious living

As the world prepares to observe the 11th International Day of Yoga (IDY) on June 21, 2025, the spirit of unity and wellness rises to new heights. What began as a visionary initiative by India at the United Nations in 2014 has now grown into a planet-wide movement, transcending barriers of geography, language, and culture. The 2025 theme, "Yoga for One Earth, One Health", underlines a profound truth: the well-being of individuals is intertwined with the health of the planet.

From the beaches of the Pacific to the temples of Southeast Asia, from European parks to African communities, and from Himalayan villages to bustling metropolises, millions will unite in conscious breathing, mindful movement, and spiritual reflection.

Global Highlights: Yoga Beyond Borders

- United Nations Headquarters, New York
- A special yoga session will be held at the UN North Lawn.
- Diplomats, yoga ambassadors, and cultural envoys from over 100 countries will participate.
- The event will also include dialogue on how yoga supports the UN Sustainable Development Goals (SDGs)-especially climate action, health, and peace.

Thailand: Bangkok's Sunrise Yoga

- Indian Embassy in Bangkok will organize a large open-air yoga session at Chulalongkorn University Grounds from 6:00 to 7:30 AM.
- Hundreds of local citizens, Indian diaspora, and Thai yoga practitioners will participate.

United Arab Emirates: Multicity Events

- Dubai, Abu Dhabi, and Sharjah will witness massive yoga gatherings organized by Indian diplomatic missions in collaboration with yoga organizations such as:
- Art of Living
- Heartfulness Foundation
- ARYIC (Arab Region Yoga Instructors Council)
- Special emphasis on yoga for women's empowerment, children's mindfulness, and yoga for corporate wellness.

Ocean Ring of Yoga

- In a unique initiative, the Indian Navy will conduct yoga sessions onboard warships docked in friendly foreign ports like Seychelles, Mauritius, Sri Lanka, and Oman.
- This initiative demonstrates yoga's integration with diplomacy and international cooperation.

United Kingdom

- Birmingham will host a



multicultural yoga celebration at Victoria Square.

- Sessions tailored for different age groups, including chair yoga for seniors, mindfulness for school children, and music-infused bhakti yoga for families.
- Similar events planned in London, Leicester, and Glasgow.

Australia

- Public parks in Sydney, Melbourne, and Brisbane will hold early morning sessions.
- Yoga will be promoted as a therapy for mental health and environmental balance.
- Youth-focused events titled "Yoga Unplugged" to combat screen fatigue and digital burnout.

South Africa

- Events organized in Durban and Johannesburg by the Indian High Commission and local yoga centers.
- Sessions focus on the therapeutic potential of yoga in post-pandemic rehabilitation.

Latin America

- Brazil, Mexico, and Argentina will hold cross-cultural yoga events blending traditional Indian yoga with local wellness philosophies.
- Emphasis on nature-connected yoga, integrating breathwork in forests and open spaces.

India: The Cradle of Yoga Leads the World

- Visakhapatnam, Andhra Pradesh (National Celebrations)
- Prime Minister Narendra Modi will lead the official national event from RK Beach.
- Over 50,000 participants expected,

including schoolchildren, yoga gurus, armed forces, and environmental groups.

- The state will simultaneously host 1,000+ satellite events as part of the Yogandhra-2025 campaign.

Bengaluru, Karnataka

- Home to the "Yoga Sangam"-India's largest simultaneous yoga demonstration across urban, rural, and tribal zones.
- Aims for 500,000 participants statewide.
- Themed yoga walks, ayurvedic food fests, and spiritual wellness talks.

Kanpur, Uttar Pradesh

- Celebrations at Green Park Stadium, with week-long events:
- Yoga for students and teachers.
- Spiritual discourses on Patanjali Yoga Sutras.
- Eco-yoga workshops promoting sustainable lifestyles.

Nagpur, Maharashtra

- A mass celebration at Yashwant Stadium with participation from state and central ministers, yoga gurus, and volunteers.
- "Yogathon" for 10,000+ people and wellness stalls promoting Ayurveda, naturopathy, and digital detox.

Chandigarh, UT

- 1,800+ participants at Tiranga Park and 1,100+ at Rock Garden.
- City-wide yoga in community centers, schools, and government complexes.

Rajasthan

- Over 1,500 yoga events across 44

districts.

- Emphasis on Yoga in Heritage Sites, like Amer Fort and Jantar Mantar.

India's Signature Events 2025

The Ministry of AYUSH has curated ten flagship programs:

1. Yoga Sangam - Mass yoga events at over 10,000 locations.
2. Yoga Maha Kumbh - Week-long celebration culminating on June 21.
3. Harit Yoga - Planting trees and adopting eco-yogic habits.
4. Yoga Unplugged - Youth-focused digital detox programs.
5. Yoga Prabhava - Monitoring yoga's impact on health through research.
6. Yoga Samavesh - Inclusive yoga for differently-abled, elderly, rural communities.
7. Yoga Bandhan - Sister-city yoga partnerships across the globe.
8. Samyogam - Integration of yoga with healthcare and hospitals.
9. Yoga Parks - Launch of 1,000 green zones dedicated to yoga.
10. Yoga Connect - Digital summit with global yogis and researchers.

Types of Yoga Being Celebrated Globally

- Hatha Yoga: For strength and flexibility.
- Bhakti Yoga: Spiritual singing and collective devotion.
- Kundalini Yoga: Awakening inner energy and breath control.
- Mantra Yoga: Chanting sacred syllables for harmony.
- Raja Yoga: Meditation-focused inner mastery.
- Jnana Yoga: Philosophy, wisdom, and introspection.
- Karma Yoga: Community service and volunteering.

Digital and Hybrid Participation

- Livestreams of flagship events on platforms like YouTube, Doordarshan, and UNTV.
- Yoga Day mobile app with registration, live updates, and digital certificates.
- International organizations like WHO and UNESCO promoting "Desk Yoga" and "Yoga for Humanitarian Workers."

A Planet United Through Conscious Living

The International Day of Yoga 2025 is not just a celebration but a global commitment to mindful living, inner peace, and ecological balance. The theme "Yoga for One Earth, One Health" reminds humanity that the outer and inner worlds are deeply interconnected.

As millions across the world unroll their yoga mats on June 21, they'll form a symbolic ring of harmony around the globe-a ring that transcends borders and languages, and radiates health, peace, and unity.

The eternal flame: Most revered yoga gurus across the world

Yoga, as a spiritual science and holistic lifestyle, has evolved over millennia, bridging the gap between the body, mind, and soul. While its roots lie in the ancient soil of India, its growth across continents has been nurtured by the dedicated efforts of yoga gurus-luminaries who carried the flame of yogic knowledge across centuries and oceans.

In this special edition commemorating International Day of Yoga 2025, we pay tribute to the most revered yoga gurus who have shaped the global landscape of yoga-transforming it from an esoteric Eastern practice into a worldwide movement for conscious living, healing, and inner peace.

Patanjali - The Sage Who Systematized Yoga

Though shrouded in legend, Maharishi Patanjali remains the first definitive voice in yoga philosophy. His seminal work, the Yoga Sutras, composed around the 2nd century BCE, distilled yogic wisdom into 196 concise aphorisms. He introduced the Ashtanga (Eight Limbs) of yoga: a progressive path from ethical living (yama and niyama) to ultimate absorption (samadhi). Today, his teachings form the philosophical backbone of every major yoga tradition.

"When the mind ceases its modifications, the Seer abides in its own nature." - Yoga Sutras, 1.2

Swami Vivekananda - The Torchbearer to the West

When Swami Vivekananda addressed the World's Parliament of Religions in Chicago in 1893, he did more than introduce Hinduism-he ignited the West's interest in Raja Yoga and the Vedantic vision of self-realization. His lectures and writings, including Raja Yoga and Karma Yoga, helped reframe yoga as a practical science of human evolution beyond mere physical postures.

"Each soul is potentially divine. The goal is to manifest this divinity within."

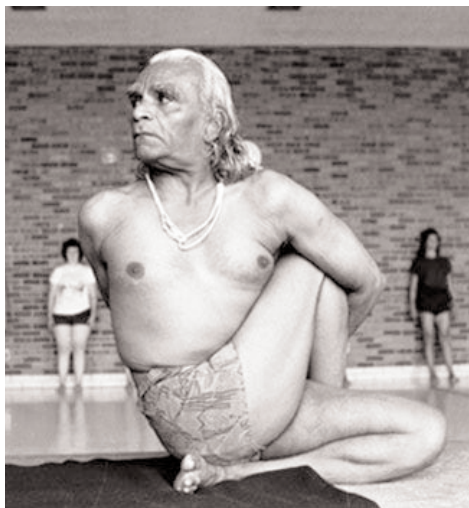
Paramahansa Yogananda - The Apostle of Kriya Yoga

With the publication of his spiritual memoir Autobiography of a Yogi in 1946, Paramahansa Yogananda became a household name in Western spiritual circles. Founder of the Self-Realization Fellowship, Yogananda introduced Kriya Yoga as a technique to harmonize breath, energy, and consciousness. His message of unity among world religions and the power of inner silence resonates today more than ever.

"You are walking on the earth as in a dream. Our task is to awaken."

Krishnamacharya - Architect of Modern Yoga

Tirumalai Krishnamacharya is widely



regarded as the father of modern yoga. A scholar, Ayurvedic physician, and master of asana and pranayama, he pioneered the therapeutic use of yoga and developed what we now know as Vinyasa Flow. His disciples-B.K.S. Iyengar, Pattabhi Jois, Indra Devi, and T.K.V. Desikachar-became legendary teachers in their own right, spreading his legacy globally.

B.K.S. Iyengar - The Precision Master

A student of Krishnamacharya, B.K.S. Iyengar redefined the physical practice of yoga through his systematic approach to alignment and use of props. His magnum opus, Light on Yoga, remains a foundational text. He popularized Iyengar Yoga, emphasizing anatomy, therapeutic benefits, and accessibility to all, including the injured and elderly.

"Yoga teaches us to cure what need not be endured and endure what cannot be cured."

K. Pattabhi Jois - The Dynamic Reformer

Founder of Ashtanga Vinyasa Yoga, Pattabhi Jois emphasized discipline, breath synchronization, and inner purification. His method became the precursor to many modern styles like Power Yoga and Vinyasa Flow, especially embraced by younger, athletic practitioners in the West. His Mysore-style teaching method remains a global standard.

Swami Sivananda - The Integrative Sage

A doctor-turned-saint, Swami Sivananda authored over 200 books and inspired an integrative approach to yoga,



blending Bhakti (devotion), Jnana (knowledge), Karma (action), and Raja (meditation). His ashram, the Divine Life Society in Rishikesh, remains a center of yogic learning. His disciple Swami Vishnudevananda carried his teachings to the West, founding the Sivananda Yoga Vedanta Centres worldwide.

"Serve, Love, Give, Purify, Meditate, Realize."

Swami Vishnudevananda - The Flying Yogi

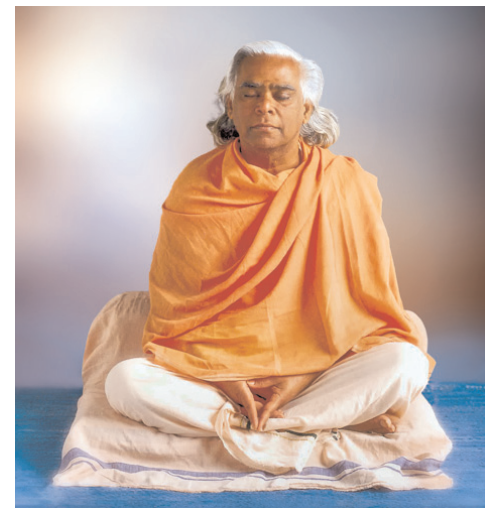
Known for his dramatic peace missions-flying a two-seater plane over war-torn zones-Swami Vishnudevananda also gave the world a five-point system of yoga that made it accessible to modern lives: proper exercise, breathing, relaxation, diet, and meditation. His teachings built bridges between East and West, body and mind.

Sri Sri Ravi Shankar - The Breath of Joy

Founder of the Art of Living Foundation, Sri Sri Ravi Shankar brought Sudarshan Kriya, a powerful rhythmic breathing technique, into homes and schools across 180+ countries. Blending ancient Vedic wisdom with contemporary relevance, he has helped millions combat stress, addiction, and trauma through yoga, meditation, and humanitarian service.

Sadhguru (Jaggi Vasudev) - The Contemporary Mystic

With his charismatic presence and penetrating insights, Sadhguru has brought yoga to tech conferences, UN assemblies, and even Formula One racetracks. His flagship program, Inner



Engineering, blends Kriya Yoga, self-inquiry, and environmental activism. His movement to "Save Soil" and "Rally for Rivers" unites ecology with yogic awareness.

Indra Devi - The First Lady of Yoga

A pioneer in every sense, Indra Devi was the first Western woman to be accepted as a student by Krishnamacharya in the 1930s. She took yoga to Hollywood, Russia, and South America, becoming one of the earliest global ambassadors of yogic living. Her approach blended grace with discipline, spirituality with femininity.

Baba Ramdev - The Mass Yoga Movement Leader

Though often controversial, Baba Ramdev deserves credit for igniting a grassroots yoga revolution in India. Through televised yoga sessions, public demonstrations, and the establishment of Patanjali Yogpeeth, he democratized yoga practice and linked it with Ayurveda and national pride. His influence has reached villages, prisons, schools, and defense forces.

Legacy Beyond Limitation

What unites these revered yoga gurus-across styles, philosophies, and generations-is a profound inner calling: to serve humanity through the light of self-awareness. Whether through scripture or sweat, silence or activism, these masters have shaped a path where yoga is no longer an Indian tradition, but a universal way of life.



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WHY NOT THEATRE'S 'MAHABHARATA' PRESENTS HYBRID OF CULTURES: TRADITIONAL AND CONTEMPORARY

BY MABEL PAIS

"To be gobsmacked by this innovation would be an understatement." - Deepa Mehta, filmmaker.

Discover a once-in-a-generation theatrical experience weaving ancient wisdom with modern spectacle in Why Not Theatre's visually stunning retelling of the Sanskrit epic, 'MAHABHARATA.' 'Mahabharata' will be performed at Lincoln Center, New York, June 24-29, 2025.

A two part adaptation of the classical Hindu text, 'Mahabharata' is performed by an international South Asian cast and created & directed by Ravi Jain and Miriam Fernandes from acclaimed Canadian theater company Why Not Theatre. Premiering in 2023 at the Shaw Festival, 'Mahabharata' toured to the UK's Barbican and recently appeared at Australia's Perth Festival.

This once-in-a-generation theatrical experience weaves ancient wisdom with modern spectacle in a visually stunning retelling of the Sanskrit epic. A contemporary take on a story that is over 4,000 years old and foundational to Indian culture, this tale of a family feud is an exploration of profound philosophical and spiritual ideas that are more relevant than ever. The large-scale narrative is told in two distinct parts — Part One: Karma: The Life We Inherit and Part Two: Dharma: The Life We Choose.

Throughout the experience, the production undergoes an evolution in storytelling, from the most ancient and intimate to a contemporary and technologically integrated spectacle. Led by an international South Asian cast, Mahabharata presents a hybrid of cultures, balancing East and West, traditional and contemporary.

Watch a preview of the performance - youtu.be/gEV_pclbxSs

Learn more at lincolncenter.org/series/summer-for-the-city/mahabharata-148.

THE MAHABHARATA

The Mahabharata is one of the two major Sanskrit epics of ancient India revered as Smriti texts in Hinduism, the other being the Ramayana. It narrates the events and aftermath of the Kurukshetra War, a war of succession between two groups of princely cousins, the Kauravas and the Pandavas.

The Mahabharata, a rich Indian epic, teaches valuable lessons about dharma (righteousness), duty, and the consequences of greed, injustice, and hubris. It emphasizes the importance of ethical leadership, standing for one's rights, and the enduring power of good over evil. The story also highlights the impact of strong, loyal friendships, the dangers of bad company, and the need for adaptability in the face of adversity.

The Mahabharata, while often considered a revered scripture in Hinduism, is not definitively a purely historical account. It's more accurately described as a mythological epic with elements that may be based on historical events. The epic narrates a great war



Mahabharata.

Credit: lincolncenter.org.

between two sets of cousins, the Pandavas and Kauravas, and the Kurukshetra battle is central to the story.

PROGRAM

WHAT: MAHABHARATA
WHERE: Rose Theater, Jazz at Lincoln Center

Broadway at West 60th Street, 5th Floor, New York, NY 10023

WHEN: June 24-29, 2025

PRICE: CHOOSE-WHAT-YOU-PAY
Mahabharata Part One: Karma: The Life We Inherit

June 24 & 26 at 7 pm

June 28 & 29 at 2 pm

Mahabharata Part Two: Dharma: The Life We Choose

June 25, 27, 28, & 29 at 7 pm

Run Time: Part 1 is 2 hours 20 minutes. Part 2 is 1 hour 45 minutes. Each part includes a 20-minute intermission.

Learn more at lincolncenter.org/series/summer-for-the-city/mahabharata-148

This presentation is part of the 'Summer for the City' series at Lincoln Center (lincolncenter.org/series/summer-for-the-city).

TICKETS & MORE INFORMATION

For tickets, call CenterCharge at 212-721-6500, Monday–Saturday 10:00 am–8:00 pm and Sunday noon–6:00 pm.

For general inquiries, call Guest Experience at 212-875-5456 or email guestexperience@lincolncenter.org.

'Mahabharata' by Why Not Theatre
Created and written by Miriam Fernandes & Ravi Jain

Using poetry from Carole Satyamurti's Mahabharata: A Modern Retelling
Original concept developed with Jenny Koons

Directed by Ravi Jain with associate director Miriam Fernandes

A Why Not Theatre Production

In association with Barbican, London
Originally commissioned and presented by the Shaw Festival

CAST & CREATIVE TEAM

CAST

Shawn Ahmed (Yudhishtira)
Neil D'Souza (Krishna)
Jay Emmanuel
(Shiva/Amba/Eklavya/Drupada and Dance Captain)
Miriam Fernandes (Associate Director, Storyteller)
Ravin J. Ganatra (Dhritarashtra)
Darren Kuppan (Duryodhana)
Anaka Maharaj-Sandhu (Arjuna)
Goldy Notay (Draupadi/Gandhari)
Ellora Patnaik (Kunti/Drona)
Sakuntala Ramanee
(Shakuni/Sanjaya)
Ronica Sajnani (Standby - Dhritarashtra, Bhishma, Drona/Kunti)
Ishan Sandhu (Standby - Shakuni/Sanjaya, Krishna, Arjuna)
Navtej Sandhu (Karna/Satyavati)
Munish Sharma (Bhima)
Arun Varma (Standby - Karna, Bhima, Yudhishtira, Duryodhana)
Sukania Venugopal (Bhishma)

CREATIVE TEAM

May Nemat Allah (Assistant Stage Manager)
Dylan Bell (Bass, Keyboard, Music Contributions)
Daniel Bennett (Technical Director)
Rebecca Desmarais (Consulting Producer)
Sharada K Eswar (Creative Associate, Khana & Kahani Storyteller)
Gillian Gallow (Costume Designer)
John Gzowski (Conductor, Co-Composer, Co-Sound Designer, Guitar)
Gurtej Singh Hunjan (Percussion, Music Contributions)
Ravi Jain (Director)
Nika Jalali (Assistant Producer & Company Manager)
Zaheer-Abbas Janmohamed (Tabla, Music Contributions, Music Coordinator)
Mikael Kangas (Associate Lighting Designer)
Hana S. Kim (Projection Designer)
Chanti Laliberte (Head of Wardrobe)
Kevin Lamotte (Lighting Designer)

Brandy Leary (Choreographer)
Crystal Lee (Lead Production Manager)
Hasheel Lodhia (Traditional Music Consultant, Bansuri, Voice, Music Contributions)
Matthew Mellinger (Head of Video & Video Operations)
Neha Ross (Stage Manager)
Suba Sankaran (Band Leader, Co-Composer, Co-Sound Designer, Voice)
Lorenzo Savoini (Set Designer)
Ann Slote (Associate Projections Designer)
Victoria Wang (Assistant Stage Manager)
Brandon Wells (Head of Sound)
Kevin Matthew Wong (Lead Producer)
Karen Tisch (Executive Producer, Why Not Theatre Executive Director)

ROSE THEATER

Located on the fifth floor of Jazz at Lincoln Center's Frederick P. Rose Hall in the Deutsche Bank Center at Columbus Circle, Rose Theater is the venue's largest performing arts space. It features three levels, sleek wood veneer seating boxes, and moveable stage towers that can be configured for a theater-in-the-round or a traditional proscenium look.

The theater accommodates everything from jazz concerts to opera, theater, symphonies, and dance, as well as conferences, product launches, film screenings, and award ceremonies. The stage hosts an international roster of jazz luminaries including regular performances of the Jazz at Lincoln Center Orchestra with Wynton Marsalis, as well as shows from Lincoln Center Festival, Mostly Mozart Festival, and Lincoln Center's White Light Festival. Frederick P. Rose Hall opened in 2004 as the world's first facility entirely devoted to jazz, and especially designed for the warmth and clarity of the sound of jazz.

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

STRENGTHENING FOOD SECURITY IN NJ EVENT CLOSES NJPAC'S 'STANDING IN SOLIDARITY' SEASON

BY MABEL PAIS

The 'Prudential North to Shore Festival,' New Jersey's multi-city celebration of the arts and entertainment produced by the New Jersey Performing Arts Center (NJPAC), for the 3rd year rekindled in Asbury Park on June 14.

As part of the Festival in Newark, NJPAC will host the final 'Standing in Solidarity' event of the season on Monday, June 23, at 6 pm. Doors open at 4:30PM to allow participants to access resource tables and a food preparation demonstration. This is a free event.

PROGRAM

'Nourishing Communities: Confronting Food Insecurity Together' will cover the challenges of affording and obtaining healthy food options.

FILM & PANEL CONVERSATION

The program features a PSEG Social Impact Film Series screening of 'Starved: Our Food Insecurity Crisis' followed by a panel conversation on transformative solutions throughout New Jersey. The documentary, produced by WQED Pittsburgh, examines food insecurity as a societal problem and explores how private and public sectors are working to supply nutritious meals to those who need them most.

For those experiencing food insecurity, the program will also include resources from partner organizations. Rutgers Cooperative Extension of Essex County, Mosaic — from

NJ.com, Newark Water Coalition and Hunger relief groups MEND, Toni's Kitchen and Tree House Cares will offer information about their services.

"It is appropriate that we close the season with a conversation on how to improve access to healthy food," says Dr. Sherri-Ann Butterfield, Senior Vice President of Social Impact at NJPAC. "Our Standing in Solidarity series and PSEG Social Impact films spotlight urgent social issues and having enough to eat is a basic human right that is incumbent on all of us to protect."

PANEL CONVERSATION

Moderator
Jasmyne Beckford, Manager in Inclusive Solutions at Prudential Financial.

Panelists
Dr. Joshua Ardise, Vice President and Chief Medical Officer at Horizon Blue Cross Blue Shield of New Jersey;

Hend El-Buri, Director, Nutrition & Food at Rutgers University-Newark;

Balpreet Grewal-Virk, PhD, Senior Vice President of Community Health for RWJBarnabas Health;

Elizabeth McCarthy, President and CEO of The Community FoodBank of New Jersey; and

Tanya Veltz, Co-Founder of Tree House Cares.

"Food insecurity is one of the most critical social determinants of health, impacting everything from chronic



Food Security.

Courtesy, njpac.org.

disease to overall well-being. At RWJBarnabas Health, we are deeply committed to addressing this challenge head-on — because no one's health should suffer due to lack of access to nutritious food," says panelist Balpreet Grewal-Virk, PhD, SVP, Community Health, RWJBarnabas Health. "Through partnerships like those with NJPAC and Prudential, as well as education and community-based programs, we are consistently creating sustainable pathways to food security and nourishing the communities we serve."

PRE - FILM SCREENING

Prior to the PSEG Social Impact film screening, at 4:30PM, Chef Alexandra Charles will lead a cooking demonstration using healthy and affordable ingredients. Charles specializes in plant-based cooking to improve health and increase energy. Attendees will be able to watch her cook, enjoy samples and bring home recipes.

The program also includes a food drive benefiting MEND, Toni's Kitchen and the mobile meal trailer of Tree House Cares.

REQUEST TO ATTENDEES

Attendees are encouraged to bring donations of the following items: boxes of shelf-stable milk, mayonnaise, boxes of pasta (including macaroni and cheese), canned tuna and chicken, rice, canned or dried beans, oatmeal, dried fruit, breakfast bars and ketchup and mustard (bottled or individually packaged).

In addition, DoorDash is contributing gift cards to the participating food banks and pantries.

"We value giving back to the communities we serve," says Calvin Ledford Jr., President of the PSEG Foundation and Director of Corporate Social Responsibility. "Our aim is to provide support and empowerment and drive toward tangible solutions to the challenges our communities face. Partnering with NJPAC continues to deliver on this objective. Having a food drive along with a film screening and panel conversation on grassroots programs that are thoughtfully alleviating hunger is nourishing for bodies and minds."

This free event is part of the third annual Prudential North to Shore Festival running June 14 – 29 in Newark and Asbury Park, and throughout the year in Atlantic City. A portion of all festival ticket sales will directly benefit Growing Healthy Pantries — a partnership between Horizon Blue Cross

Blue Shield of New Jersey, Community FoodBank of New Jersey, FoodBank of South Jersey, Fulfill, Mercer Street Friends, Norwescap and Feeding America, which addresses food security statewide and supports 1,000 food pantries across the state's 21 counties.

STANDING IN SOLIDARITY

Standing in Solidarity, NJPAC's ongoing series of monthly conversations built around issues of social justice and equity, is supported by the PSEG Foundation. Most of these programs include a screening of a socially-engaged documentary paired with a thought-provoking post-screening talk featuring a panel of activists, academics, journalists and others deeply engaged with the topic.

Originally a virtual series, four Standing in Solidarity programs each season are now held in person at the Arts Center; the others are virtual. A collection of recordings of previous events is available at njpac.org/series/standing-in-solidarity

The new season begins in September 2025.

RSVP

RSVP is required for the June 23 program. and for more information, visit njpac.org/series/standing-in-solidarity.

THE NEW JERSEY PERFORMING ARTS CENTER (NJPAC)

NJPAC, located in downtown Newark, New Jersey, is the most diverse performing arts center in the country, and the anchor cultural institution for both the city of Newark and the state of New Jersey. It is an artistic, cultural, educational and civic center where great performances and events enhance and transform lives every day. NJPAC brings communities together, providing access to all and showcasing the state's and the world's best artists, while acting as a leading catalyst in the revitalization of its home city. Through its extensive Arts Education programs, NJPAC is shaping the next generation of artists and arts enthusiasts. NJPAC Arts & Well-Being develops initiatives and programs that amplify the health benefits of the arts and measure the impact of the Arts Center on community health and well-being. NJPAC has attracted more than 12 million visitors (including more than two million children) since opening its doors in 1997, and nurtures meaningful and lasting relationships with each of its constituents. Visit njpac.org for more information.

PSEG FOUNDATION

The PSEG Foundation, the philanthropic arm of Public Service Enterprise Group (PSEG) (NYSE:PEG), prioritizes investments in promoting environmental sustainability, social justice, and equity and economic empowerment.

PRUDENTIAL NORTH TO SHORE FESTIVAL

The Prudential North to Shore Festival, launched in 2023, features all the talent,

diversity and creativity that New Jersey has to offer, packed into two extraordinary weeks of performances, parties and conversations. Programs and events are held in three of the state's most iconic cities: Each June in Asbury Park and Newark, with extended year-long programming in Atlantic City. The Prudential North to Shore Festival brings hundreds of thousands of arts lovers together every summer, for 650+ events at more than 250 venues, for an over-the-top showcase of Jersey excellence.

Inspired by Governor Phil Murphy and First Lady Tammy Murphy's vision of a celebration worthy of the Garden State's legacy of innovation and excellence in the arts, 'Prudential North to Shore' is "the festival only Jersey can handle." For the latest updates and new concert listings, visit northtoshore.com.

NJPAC

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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 and Wellness, Education, Spirituality, The Arts and Entertainment, Business, and Cuisine.

‘HORIZON SOUNDS OF THE CITY’ RETURNS ON NEWLY RENOVATED CHAMBERS PLAZA AS PART OF ‘PRUDENTIAL NORTH TO SHORE FESTIVAL’



‘Sounds of the City’ in Chambers Plaza

Credit: njpac.org.

BY MABEL PAIS

The New Jersey Performing Arts Center’s (NJPAC) much-loved, free, outdoor concert series, Horizon Sounds of the City, launches early this season!

This summer, the series will begin on Friday, June 27, at 5PM, with DJ Felix Hernandez’s Rhythm Revue Dance Party headlining a weekend of concerts presented as part of the ‘Prudential North to Shore Festival.’

For almost 30 years, ‘Horizon Sounds of the City’ has attracted thousands of fans to NJPAC’s Chambers Plaza for Newark’s largest outdoor dance party. Each performance feels like a festival thanks to the weekly presence of food trucks, sponsor giveaways and resource tables run by healthcare organizations and Newark nonprofits.

This summer’s concert series marks the first large public event held in the newly redesigned Chambers Plaza, which celebrated its grand reopening on May 14, 2025. The Arts Center’s “front yard” now also includes a beautiful grassy lawn edged with permanent seating, Essex County Green, made possible thanks to support from Essex County, led by Essex County Executive Joseph DiVincenzo.

Chambers Plaza now features a larger, level floor composed of gray and merlot-red bricks, complemented by new lighting and audio equipment, and native plantings. The redesign is part of a \$336 million campus-wide redevelopment project that will create a new, arts-infused neighborhood on the NJPAC campus by 2027.

“The return of ‘Horizon Sounds of the City’ is extra special this year because we will welcome our community for a first look at our new campus,” says John Schreiber, President and CEO of NJPAC. “‘Horizon Sounds of the City’ has always been the summer’s best party, but in this reimagined space, with a bigger ‘dance floor,’ new lights, audio equipment and more, these performances will be even more exciting.”

FOOD DRIVE

Horizon Sounds of the City’s opening night on June 27 includes a healthy food drive to support ‘Growing Healthy Pantries,’ in partnership with Horizon Blue Cross Blue Shield of New Jersey. Attendees are encouraged to bring items, such as canned fish or meat, shelf-stable milk, boxed meals, canned and packaged meals, peanut butter (plastic jars only), canned vegetables and fruits or diapers and feminine hygiene products to Horizon’s tent to support neighbors experiencing food insecurity. (No glass, cellophane, bottled water, soda or baby food, please.)

The ‘Growing Healthy Pantries’ Initiative is a collaborative effort among New Jersey’s five food

banks. The goal is to provide access to healthy food choices and resources to improve long-term household stability.

“The ‘Horizon Sounds of the City’ concert series, and the festive atmosphere it creates, is an example of how live performances can boost our mood and lower stress,” says Jonathan R. Pearson, Executive Director Corporate Social Responsibility, Horizon. “Another way to improve well-being is through giving, and we are happy our 2025 concert series launches with a food drive to benefit ‘Growing Healthy Pantries’ and our food insecure neighbors.”

Most ‘Horizon Sounds of the City’ performances will include an opening act, such as students from NJPAC’s Arts Training programs and the city-wide Dodge Poetry initiative.

The June 28 – 29 concerts that are part of the ‘Prudential North to Shore Festival’ will be preceded by appearances by local artists who are recipients of Community Arts Awards (northtoshore.com/community-arts-grants). Known as ‘Official Selections,’ these awardees were chosen by a committee of Newark arts and community leaders to open a show for a headlining artist, and will receive a grant for their performance. Other ‘Official Selections’ received grants to produce free or popularly priced events during the festival’s Newark run, June 14 – 29.

‘SOUNDS OF THE CITY’ PERFORMANCE SCHEDULE

Felix Hernandez Rhythm Revue Dance Party

‘Horizon Sounds of the City’
‘Prudential North to Shore Festival’
Friday, June 27, 2025 @ 5PM
Chambers Plaza
FREE

WBGO DJ Felix Hernandez kicks off a summer of fun with his famous Rhythm Revue Dance Party. He’ll spin classic soul and R&B artists including James Brown, Aretha Franklin, and Marvin Gaye. Bring your friends and fam for this fun and funky good time.

Milo Z
‘Horizon Sounds of the City’
‘Prudential North to Shore Festival’
Saturday, June 28, 2025 @ 5PM
Chambers Plaza
FREE

Milo Z is ready to pump up the crowd. A New York City institution, this high-energy funk band has tight grooves, funky dance steps and a phenomenal horn section. Milo Z’s motto: “Make them dance, make them sweat, leave them longing for more.”

‘Prudential North to Shore Official Selections’ open the show! Come early to see Newark tap legend Maurice Chestnut and hip hop prodigy P.Genz.

Lettuce

‘Horizon Sounds of the City’
‘Prudential North to Shore Festival’
Sunday, June 29, 2025 @ 5PM
Chambers Plaza
FREE

Lettuce shreds. And jams. And cooks all night long. Get down with the GRAMMY®-nominated music collective and their chill mix of funk, hip hop, rock, psychedelia, jazz, soul and go-go. Good times and great vibes! Get the party started with these local favorites and ‘Prudential North to Shore Official Selections’:

Drummer Sed Marsh has hit the sticks with artists including Patti LaBelle and Angie Stone. His NJ-based band gets down with soul, gospel, funk and jazz.

Gail Campbell, a mesmerizing singer from Newark, delivers powerful vocals with her own unique style of soul, jazz, gospel, rock, blues and hip hop.

THE NEW JERSEY PERFORMING ARTS CENTER (NJPAC)

Learn more at NJPAC.org.

‘PRUDENTIAL NORTH TO SHORE FESTIVAL’

The ‘Prudential North to Shore Festival,’ launched in 2023, features all the talent, diversity and creativity that New Jersey has to offer, packed into two extraordinary weeks of performances, parties and conversations. Programs and events are held in three of the state’s most iconic cities: Each June in Asbury Park and Newark, with extended year-long programming in Atlantic City. The ‘Prudential North to Shore Festival’ brings hundreds of thousands of arts lovers together every summer, for 650+ events at more than 250 venues, for an over-the-top showcase of Jersey excellence.

For the latest updates and new concert listings, visit northtoshore.com

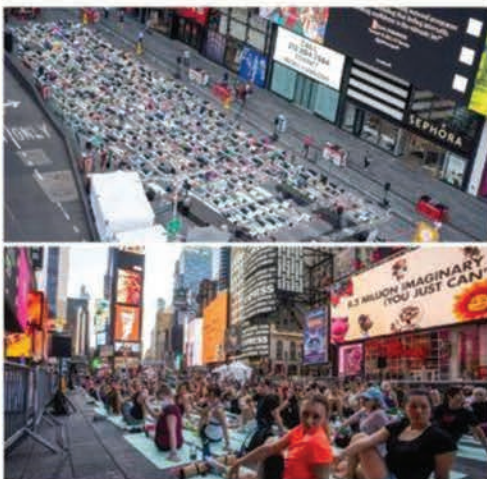
THE HORIZON FOUNDATION FOR NEW JERSEY

Horizon Blue Cross Blue Shield of New Jersey’s philanthropic arm, The Horizon Foundation for New Jersey, is focused on making New Jersey healthier by supporting non-profit organizations that expand access to health care, remove barriers to good health and increase opportunities for everyone to achieve their best health, no matter who they are or where they live. Horizon Blue Cross Blue Shield of New Jersey and The Horizon Foundation for New Jersey are independent licensees of the Blue Cross and Blue Shield Association. For more information, visit horizonblue.com/foundation.

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



Yoga @ Times Square



Join us to celebrate the 11th International Day of Yoga

Yoga Instructor : Ms. Aditi Shah



June 20, 2025
7:30 AM - 8:30 AM

📍 Times Square,
46st & Broadway

Yoga mats will be provided
by Times Square



Nikita Roy trailer: Sonakshi, Arjun Rampal confront evil in supernatural thriller

The trailer of 'Nikita Roy', a supernatural thriller starring Sonakshi Sinha and Arjun Rampal, was unveiled on Wednesday, June 11. Directed by Kussh S Sinha and written by Pavan Kirpalan, the film also features Paresh Rawal and Suhail Nayyar in key roles. The trailer showcases chilling visuals, beginning with Sonakshi Sinha stepping into a mysterious house deep in the woods at night, only to encounter supernatural forces.

Paresh Rawal appears to play a Godman in the film, and he seems to manipulate people psychologically, while Sonakshi's character is determined to expose his truth within a week. Sinha is seen joining forces with Arjun Rampal's character to uncover the truth behind a series of murders. The trailer keeps the plot largely under wraps, adding to the intrigue.

'Nikita Roy' explores the fragile boundary between perception and reality, unravelling themes of paranoia, buried truths, and the human mind's darker recesses.

Housefull 5 X reviews: Fans call it entertaining yet illogical Bollywood masala

Akshay Kumar's much-awaited comedy film 'Housefull 5' finally hit theatres today, June 6, and early audience reactions are already flooding social media. Directed by Tarun Mansukhani and produced by Sajid Nadiadwala, the star-studded film has opened to largely positive reviews, with fans calling it one of the most entertaining entries in the franchise.

Audiences who watched morning shows praised the film's blend of comedy, chaos, and a fresh murder mystery twist. One fan posted on X, "A madcap entertainer that gets you giggling, yelling, whistling and applauding in your seat. Akshay Kumar's comic timing and one-liners are top-notch. He delivers his best in this installment."

The user also called Riteish Deshmukh and Abhishek Bachchan "spectacular." Jacqueline Fernandez and Nargis Fakhri were described as a delight to watch, while Sonam Bajwa was appreciated for her glamorous presence. The user also wrote, "Sanjay Dutt's role has a suspense that will be revealed in the climax."

Reacting to the film's first half (Housefull 5A), fans were thrilled with its murder mystery twist wrapped in comedy. One user wrote, "Interval: Masttt! Entertaining till now! Kya setup



kiya hai murder ka (What a setup for the murder mystery!)— really fun. Can't wait for the second half!"

'Housefull 5B', the second part of the film, also saw early reactions. A viewer shared, "Housefull 5B brings chaos, comedy, and confusion with a murder mystery twist. Performances shine, but the story feels stretched. It's entertaining Bollywood masala – illogical but fun!"

Another fan summed up the vibe perfectly: "Audience is loving every joke! Akshay's comic timing is the

highlight." Meanwhile, another X user encouraged viewers to watch it themselves, writing, "Movie bahut acchi hai, jao dekho, enjoy karo – log kuch bhi bolenge (The movie is really good, go watch it, enjoy - people will say anything)."

With a massive ensemble cast that includes Sanjay Dutt, Fardeen Khan, Nana Patekar, Shreyas Talpade, Jackie Shroff, Dino Morea, and many more, 'Housefull 5' is tipped to be a complete entertainer packed with laughs, glamour, and surprises.

Chitrangda Singh to star opposite Salman in Apoorva Lakhia's next

Salman Khan is gearing up for his next film with director Apoorva Lakhia. As per latest reports, Salman will team up with actress Chitrangda Singh in the upcoming film.

According to sources cited by India Today, Chitrangda has been chosen to play the female lead opposite Salman Khan in the action drama that has not yet been given a title. The film's intense and realistic tone is further enhanced by rumours that it takes inspiration from actual military events.

The project, which was directed by Apoorva Lakhia, is said to be based on actual events. The film has already created buzz for its intriguing premise and stellar cast, even though specifics regarding the plot are still being kept under wraps.

Notably, this marks the first on-screen collaboration between Salman Khan and Chitrangda Singh, adding an element of freshness to the pairing and heightening anticipation around the film.

According to an earlier report by Pinkvilla, Salman Khan is set to collaborate with director Apoorva Lakhia for an upcoming

army thriller inspired by the book India's Most Fearless 3. Based on the actual events of the 2020 Galwan Valley conflict, the movie is anticipated to show the Indian Armed Forces' incredible bravery and sacrifices during that time.

The project is expected to start filming in July 2025, according to sources the publication cited. It was revealed that the filming would begin in July and would span about 70 days, shooting in various locations in Mumbai and Ladakh. The 70-day schedule has been planned to meet the logistical and narrative demands of the film, which is said to centre on a story that develops over two nights. Additionally, according to the source, this would be Salman Khan's first official role in a feature film as an army officer. Three younger actors are rumoured to be joining him, giving the cast a multigenerational dynamic.

Meanwhile, Salman was last seen in Sikandar which released on March 30, 2025. It also starred Rashmika Mandanna, Shreyas Talpade, Pratik Smita Patil, and others. Whereas Chitrangda was recently seen in Housefull 5, currently running in theatres.



How Sandra Bullock turned Dakota Johnson's infamous Razzie win for Madame Web into something positive

Rumors have been swirling that Dakota Johnson and Coldplay's Chris Martin have ended their eight-year relationship. Adding to a challenging few months, Dakota also took home a Razzie Award for her role in *Madame Web* (2024), a film that failed to impress audiences and critics alike. In a recent episode of Amy Poehler's *Good Hang* podcast, Johnson opened up about a surprising message she received from none other than Sandra Bullock. The Hollywood icon reached out after Dakota's Razzie win for Worst Actress, an infamous award that Bullock herself once won.

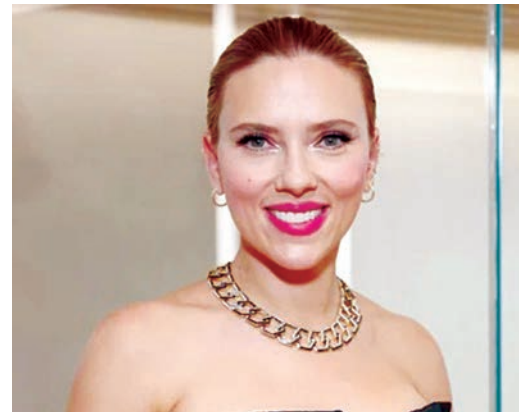
"I recently actually exchanged texts — well, I got a voice note — from Sandra Bullock, because I don't know if you know, but I won the Razzie for Worst Actress," Johnson revealed. "There's a lot of good people who have won that... but Sandra Bullock sent me a voice note, being like 'I heard you are in the Razzie club and we should have brunch, we should have a monthly brunch.' Because I guess she won that the year that she won the Oscar as well. It was in the same year, I think." Johnson shared how special the message felt: "I freaked out getting this message from her because she's so iconic to me, as like a movie star. I was like, 'Oh my God.' I was just crazy."

The Razzie sweep wasn't just a blow to Johnson personally; *Madame Web* itself was a major disappointment, taking home Worst Picture and Worst Screenplay awards. The film, which stars Johnson as Cassandra Webb — a



paramedic who gains precognitive abilities after a near-death experience — fell flat with audiences. Earlier,

Dakota stood firm in an interview with the *Los Angeles Times*, asserting that the film's failure was not her fault.



Scarlett Johansson says she felt cagey working with enormous Marvel cast

Hollywood star Scarlett Johansson opened up about challenges while working with a massive ensemble cast on the sets of Marvel films. Scarlett played Natasha Romanoff in films including *The Avengers*, *Captain America: The Winter Soldier*, *Avengers: Age of Ultron*, *Avengers: Infinity War*, and her solo spin-off, *Black Widow*. The actor said that working with an enormous cast made her feel that she wasn't doing any engaging work as an actor.

The 40-year-old actor in a conversation with *Interview* magazine said, "Some of the films that I did for Marvel engaged my character more than others. Like in *Captain America: The Winter Soldier* with Chris (Evans), we were really dynamic," she said.

"In some of the other films, the cast was so enormous and there was so much plot to serve that you start to feel like you're a device to move it along. And if you're committed to five and a half months of that, it's like, 'Okay. I can't paint my nails, I can't get a haircut.' These sound like silly problems, but your identity is wrapped up in this job for a long time, and if you're not doing engaging work as an actor, you feel a little cagey sometimes," she added.



Tom Cruise to finally get an Oscar, 35 years after his first nomination

Thirty-five years after Tom Cruise received his first Oscar nomination, he's finally getting a trophy. It's not for his death-defying stunts, either. At least, not exclusively.

Cruise, choreographer Debbie Allen and "Do The Right Thing" production designer Wynn Thomas have all been selected to receive honorary Oscar statuettes at the annual Governors Awards, the film academy said Tuesday. Dolly Parton will also be recognized with the Jean Hersholt Humanitarian Award for her decades-long charitable work in literacy and education.

Most recipients of the prize historically have not yet won a competitive Oscar themselves. Cruise, 62, has been nominated four times, twice for best actor in "Born on the Fourth of July" and "Jerry Maguire," once for supporting actor in "Magnolia" and once for best picture with "Top Gun: Maverick." He's also championed theatrical moviegoing and big-scale Hollywood production through the coronavirus pandemic.

Yang spotlighted Cruise's "incredible commitment to

our filmmaking community, to the theatrical experience, and to the stunts community." Allen, 75, has never been nominated for an Oscar. But the multi-hyphenate entertainer — she also acts and produces — has played an integral role in the Oscars show, having choreographed seven ceremonies over the years. Four of those were nominated for prime-time Emmy awards.

A nomination had also eluded Thomas, a leading production designer whose films have often gone on to best picture nominations and even one win, for Ron Howard's "A Beautiful Mind." Thomas is most known for his long-term collaboration with filmmaker Spike Lee, from "She's Gotta Have It" and "Malcolm X" through "Da 5 Bloods."

Parton has been nominated twice for best original song, for "9 to 5" and, in 2006, "Travelin' Thru" from the film "Transamerica." But her honor celebrates her humanitarian efforts over the years, through organizations like the Dollywood Foundation and the literary program "Dolly Parton's Imagination Library."

PARIS MAKES CLEAN WATER BET FOR RIVER SEINE BATHERS

20 JUN 2025

PARIS (FRANCE) (TIP): A year on from athletes competing in the River Seine during the 2024 Paris Summer Olympics, French authorities guarantee the water will be safe for the public to swim in this summer.

Parisians and tourists will be able to dive into the river from July 5, weather permitting, according to authorities.

The public will be able to access three bathing sites at bras Marie in the heart of the historic centre, the Grenelle district in the west of Paris, as well as Bercy in the east.

Last year, water treatment stations, holding tanks and connections to the Parisian boat sanitation system were installed.

"For the Games, we cleaned up three quarters of the Seine. And the water was 100 percent ready for bathing on dry days," said Marc Guillaume, the prefect for the Ile-de-France region that includes Paris.

According to Guillaume, the top state-appointed official for the region, the new bathing zones will be popular.

This year, the weather is predicted to be drier than the record rainfall during the Games, which had led to the cancellation of six of the eleven competitions held the river.

"It was an extraordinary moment (in 2024), but swimming during the Games was not an end in itself," Paris Mayor Anne Hidalgo had told reporters in May.

"Making the Seine swimmable is first and foremost a response to the objective of adapting to climate change, but also of quality of life," she added.

Last year, Hidalgo dove into the Seine in front of journalists from around the world before the Games began.

The historic swim signalled the end of years of efforts to clean the Seine and the river which flows into it, the Marne.

Work had started in the 1990s, with an initial investment of more than nine billion euros (10.4 billion dollars) from the greater Paris sanitation authorities.

Following initial efforts, the "bathing plan" leading up to the 2024 Paris Games was launched in 2016. The French state and local authorities had invested another 1.4 billion euros (1.6 billion dollars).

The plan was focused on preventing the city's waste waters from flowing into the Seine. The mid-19th century Parisian sewage system often overflows on rainy days, causing rain and waste waters to pour into the river. Flags will inform bathers about pollution levels in the water every day, and if it rains the sites will likely close on the day after, said Paris city official Pierre Rabadan.

"We're not tossing a coin, we're relying on scientific data," he said, adding that no athlete had fallen ill after swimming in the river last summer. (AFP)

Khalistani extremists using Canada as base to promote violence in India: Canadian intelligence agency

19 JUN 2025

TORONTO / NEW DELHI (TIP): In what could be seen as a sobering assessment in New Delhi, the Canadian Security Intelligence Service (CSIS) has officially acknowledged that a "small group" of Canada-based Khalistani extremists (CBKEs) continue to pose an active threat not just to Canada, but to global stability, particularly in India.

In its 2024 annual report submitted to the Canadian Parliament, CSIS identified these individuals as part of a broader category known as politically motivated violent extremism (PMVE). According to the agency, PMVE encompasses actions aimed at creating new political systems or radically altering existing ones through violence.

"Only a small group of individuals are considered Khalistani extremists because they continue to use Canada as a base for the promotion, fundraising or planning of violence primarily in India," it said.

This is a rare but candid admission by Canada's top intelligence body, reflecting mounting concerns that Canadian soil is being exploited to support foreign extremist agendas, especially to target India.

The report notes that since the 1980s, Canada has witnessed sustained efforts by Khalistani actors seeking to carve out an independent Sikh state, Khalistan, from Punjab and that some among them



are willing to use violent means to achieve their aim.

Although CSIS confirmed that no CBKE-linked attacks were recorded on Canadian soil in 2024, it warned that the threat remains very much alive.

"Ongoing involvement in violent activities by CBKEs continues to pose a national security threat to Canada and Canadian interests," the agency stated, calling for the need for vigilance even in the absence of domestic incidents.

Beyond the Khalistani issue, the report also offered a broader snapshot of global extremism and its ripple effects in Canada. CSIS highlighted its role in identifying and supporting the government's listing of terrorist

organisations. Among notable developments, the agency pointed out that Samidoun — the Palestinian Prisoner Solidarity Network — was officially designated a terrorist entity in October 2024. Just two months later, the Yemen-based group Ansarallah, popularly known as the Houthis, was also added to Canada's list of terrorist entities. The report underscored the Houthis' aggressive behavior, especially in the Red Sea, where the group was responsible for numerous attacks on maritime vessels. CSIS noted that the group is closely linked to the IRGC-Qods Force and Hezbollah, both of which are already classified as terrorist entities in Canada. (Agencies)

Thai prime minister's leaked phone call with Cambodia's Hun Sen sparks outrage, political turmoil

19 JUN 2025

BANGKOK (TIP): Thailand's Prime Minister Paetongtarn Shinawatra faced growing calls for her resignation in a deepening political crisis set off by a leaked recording of her negotiating with Cambodia's former leader in the two nations' latest border dispute.

Paetongtarn apologised to the public on Thursday, after a major coalition partner used the leaked phone call to pull out of the fragile government led by her Pheu Thai Party.

Paetongtarn has already been criticized for a perceived soft stance toward Cambodia, especially by right-wing nationalists who are longtime foes of her father, former Prime Minister Thaksin Shinawatra. The latest border dispute involved an armed confrontation May 28 in a relatively small contested territory in which one Cambodian soldier was killed.

Cambodia's Senate President Hun Sen posted the full, 17-minute phone call on his Facebook page after a shorter version was leaked Wednesday. He said he recorded the conversation "to avoid any misunderstanding or misrepresentation in official matters", adding that he shared the recording with at least 80 people.

In the recording, Paetongtarn was heard calling Hun Sen "uncle" as they



discussed through translators whether they should lift border restrictions imposed after the deadly clash.

Backlash revolved around her calling a Thai army commander in charge of the border area where the clash happened as "an opponent." Critics said she was trying to please Hun Sen too much and made Thailand look weak.

Paetongtarn said her comments were a negotiation tactic and that her goal was to bring peace between the countries. However, she said she would no longer engage in a private talk with Hun Sen as she could not trust him.

"It's now clear that all that he cares about is his popularity in the country, without considering impacts on

relations with other countries," she said.

Thailand's Foreign Affairs Ministry said it submitted a protest letter over the leaked recording with the Cambodian ambassador, saying that Cambodia's actions were unacceptable and "a breach of diplomatic etiquette, a serious violation of trust, and undermines conduct between two neighboring countries."

Paetongtarn has described the two families as having close, longtime relationships. Her father Thaksin and Hun Sen reportedly regard each other as "godbrothers." In 2009, Hun Sen appointed Thaksin as a Cambodian government adviser, but Thaksin soon resigned the position. (AP)

Zelenskyy calls for more pressure on Russia after deadly Kyiv missile strike

19 JUN 2025

KYIV (TIP): Ukrainian President Volodymyr Zelenskyy on Thursday said a Russian missile strike on a nine-story Kyiv apartment building was a sign that more pressure must be applied on Moscow to agree to a ceasefire, as Moscow intensifies attacks in the three-year war.

The drone and missile attack on Kyiv early on Tuesday, the deadliest assault on the capital this year, killed 28 people across the city and injured 142 more, Kyiv Military Administration head Tymur Tkachenko said on Thursday.

Zelenskyy, along with the head of the presidential office Andrii Yermak and Interior Minister Ihor Klymenko, visited the site of the apartment building in Kyiv's Solomianskyi district Thursday morning, laying flowers and paying tribute to the 23 people who died there after a direct hit by a missile collapsed the structure.

"This attack is a reminder to the world that Russia rejects a ceasefire and chooses killing," Zelenskyy wrote on Telegram, and thanked Ukraine's partners who he said are ready to pressure Russia to "feel the real cost of the war."

Tuesday's attack on Kyiv was part of a sweeping barrage as Russia once again sought to overwhelm Ukrainian air defenses. Russia fired more than 440 drones and 32 missiles in what Zelenskyy called one of the biggest bombardments of the war, now in its fourth year.

As Russia proceeds with a summer offensive on parts of the roughly 1,000-kilometer (620-mile) front line, US-led peace efforts have failed to gain traction. Russian President Vladimir Putin has effectively rejected an offer from US President Donald Trump for an immediate 30-day ceasefire, making it conditional on a halt on Ukraine's



mobilization effort and a freeze on Western arms supplies.

Meanwhile, Middle East tensions and US trade tariffs have drawn world attention away from Ukraine's pleas for more diplomatic and economic pressure to be placed on Moscow.

Russia in recent weeks has intensified long-range attacks that have struck urban residential areas. Yet on Wednesday, Putin denied that his military had struck such targets, saying that attacks were "against military industries, not residential quarters."

Speaking to senior news leaders of international news agencies in St. Petersburg, Putin said he was open to talks with Zelenskyy, but repeated his claim that the Ukrainian leader had lost his legitimacy after his term expired last year — allegations rejected by Kyiv and its allies.

"We are ready for substantive talks on the principles of a settlement," Putin said, noting that a previous round of talks in Istanbul had led to an exchange of prisoners and the bodies of fallen soldiers.

Putin on Wednesday praised Trump's

push for peace in Ukraine. But Ukraine's Foreign Minister Andrii Sybiha wrote on X on Thursday that it was his country that had "unconditionally accepted" the US proposal for a ceasefire, and said that Russian claims of willingness to end the war were "manipulations."

"It has been exactly 100 days since Ukraine unconditionally accepted the US peace proposal to completely cease fire, put an end to the killing, and move forward with a genuine peace process ... 100 days of Russia escalating terror against Ukraine rather than ending it," Sybiha wrote.

"Ukraine remains committed to peace. Unfortunately, Russia continues to choose war, disregarding US efforts to end the killing," he added.

Overnight on Wednesday, Russia fired a barrage of 104 Shahed and decoy drones across Ukraine, according to the country's air force. Of those, 88 were intercepted, jammed, or lost from radars mid-flight.

There were no immediate reports of casualties or damage caused by the attack. (AP)

ON A FRENCH BEACH, MIGRANTS WITH CHILDREN SPRINT TOWARDS OVERCROWDED BOATS

17 JUN 2025

GRAVELINES (TIP): As the sun rose over a beach in northern France, migrant men, women and children in orange lifejackets sped along the sand towards the sea under the gaze of French police.

Some managed to wade through the water to a dinghy bound for England, but others -- deeply disappointed -- plodded back into the dunes behind the beach.

At least 15 people have died trying to cross the Channel to Britain so far this year, after a record 78 lost their lives attempting the sea crossing last year.

Migrants have in recent days been making the most of fair weather to attempt the trip.

British authorities said that, on Friday, 919 people landed on its shore after crossing the Channel in 14 small boats.

The following day, 134 new migrants arrived, despite a storm warning having been issued for the previous night.

As the sun rose over the Gravelines beach on Monday morning, a first group of migrants waited in the water for a boat that never came.

They gave up and walked back to the dunes as police officers looked on from various spots along the beach, the towers of a nearby nuclear power plant looming in the background.

Cloud of tear gas

At the same moment a large group of men, women and children -- most wearing bright orange life jackets -- leapt out from the dunes and rushed forward towards the sea.

Police officers fired tear gas, but the migrants emerged from the cloud of bitter smoke and jumped back behind more grass-covered dunes further along the beach. A drone buzzed in the sky, while a plane from European border agency Frontex flew overhead.

France and Britain have vowed to crack down on people-smugglers who often charge thousands of euros (dollars) for migrants to cross to England, often on overloaded and unseaworthy boats. To avoid French authorities stopping them on land, smugglers have in recent years increasingly operated so-called "taxi-boats", pulling up into choppy shallow waters and forcing their passengers to wade in to make it on board.

But the waves and overcrowding, combined with the fact many migrants cannot swim, make these boardings particularly dangerous.

Far out on the water on Monday, an inflatable dinghy appeared and slowly motored its way into shallow waters.

From their hiding spot behind the beach-grass, the migrants saw their ride. With some parents carrying children on their shoulders, the group rushed down to the water a second time and waded in. (AFP)

Congo, Rwanda to ink peace deal on June 27 in push to end eastern Congo fighting

19 JUN 2025

DAKAR (TIP): Congo and Rwanda will sign a peace agreement in Washington on June 27, a joint press release from the nations and the US State Department said Wednesday. Both countries have agreed to the terms of the deal aimed at ending fighting in eastern Congo.

Congo has accused Rwanda of backing M23 rebels in the east of the country. UN experts say the rebels are supported by about 4,000 troops from the neighboring nation.

The decades-long conflict escalated in January, when the M23 rebels advanced and seized the strategic Congolese city of Goma, followed by the town of Bukavu in February.

The draft agreement includes "provisions on respect for territorial integrity and a prohibition of hostilities; disengagement, disarmament, and conditional integration of non-state armed groups," a joint statement said.

The agreement that will be signed also includes a commitment to respecting territorial integrity and the conditional integration of non-state armed groups. Both countries have in the past held peace talks that have largely stalled, including talks hosted by Qatar.

Corneille Nangaa, leader of the Congo River Alliance, a



coalition of rebel groups, told The Associated Press in April that international sanctions and Congo's proposed minerals deal with the United States in search of peace would not stop the fighting.

M23 is one of about 100 armed groups that have been vying for a foothold in mineral-rich eastern Congo near the border with Rwanda. The conflict has created one of the world's worst humanitarian crises and has displaced more than 7 million people. (AP)

Homeland insecurity: Expelled Afghans seek swift return to Pakistan

19 JUN 2025

PESHAWAR (TIP): Pakistan says it has expelled more than a million Afghans in the past two years, yet many have quickly attempted to return -- preferring to take their chances dodging the law than struggle for existence in a homeland some had never even seen before.

"Going back there would be sentencing my family to death," said Hayatullah, a 46-year-old Afghan deported via the Torkham border crossing in Khyber Pakhtunkhwa province in early 2024.

Since April and a renewed deportation drive, some 200,000 Afghans have spilled over the two main border crossings from Pakistan, entering on trucks loaded with hastily packed belongings. But they carry little hope of starting over in the impoverished country, where girls are banned from school after primary level.

Hayatullah, a pseudonym, returned to Pakistan a month after being deported, travelling around 800 kilometres south to the Chaman border crossing in Balochistan, because for him, life in Afghanistan "had come to a standstill."

He paid a bribe to cross the Chaman frontier, "like all the day labourers who regularly travel across the border to work on the other side."

His wife and three children -- including daughters, aged 16 and 18, who would be denied education in Afghanistan -- had managed to avoid arrest and deportation.



RELATIVE SECURITY

Hayatullah moved the family to Peshawar, the capital of Khyber Pakhtunkhwa and a region mostly populated by Pashtuns -- the largest ethnic group in Afghanistan. "Compared to Islamabad, the police here don't harass us as much," he said.

The only province governed by the opposition party of former Prime Minister Imran Khan -- who is now in prison and in open conflict with the federal government -- Khyber Pakhtunkhwa is considered a refuge of relative security for Afghans.

Samad Khan, a 38-year-old Afghan who also spoke using a pseudonym, also

chose to relocate his family to Peshawar. Born in eastern Pakistan's Lahore city, he set foot in Afghanistan for the first time on April 22 -- the day he was deported.

"We have no relatives in Afghanistan, and there's no sign of life. There's no work, no income, and the Taliban are extremely strict," he said.

At first, Khan tried to find work in a country where 85 percent of the population lives on less than one dollar a day, but after a few weeks he instead found a way back to Pakistan. "I paid 50,000 rupees (around \$180) to an Afghan truck driver," he said, using one of his Pakistani employees' ID cards to cross

the border.

Khan rushed back to Lahore to bundle his belongings and wife and two children -- who had been left behind -- into a vehicle, and moved to Peshawar. "I started a second-hand shoe business with the support of a friend. The police here don't harass us like they do in Lahore, and the overall environment is much better," he told AFP.

'CHALLENGING' REINTEGRATION

It's hard to say how many Afghans have returned, as data is scarce.

Government sources, eager to blame the country's problems on supporters of Khan, claim that hundreds of thousands of Afghans are already back and settled in Khyber Pakhtunkhwa -- figures that cannot be independently verified.

Migrant rights defenders in Pakistan say they've heard of such returns, but insist the numbers are limited. The International Organization for Migration told AFP that "some Afghans who were returned have subsequently chosen to remigrate to Pakistan."

"When individuals return to areas with limited access to basic services and livelihood opportunities, reintegration can be challenging," said Avand Azeez Agha, communications officer for the UN agency in Kabul. They might move on again, he said, "as people seek sustainable opportunities." (AFP)

Myanmar's Aung San Suu Kyi marks 80th in junta jail

19 JUN 2025

YANGON (TIP): Myanmar's deposed democratic leader Aung San Suu Kyi marked her 80th birthday in junta detention on Thursday, serving a raft of sentences set to last the rest of her life.

Suu Kyi was the figurehead of Myanmar's decade-long democratic thaw, becoming de facto leader as it opened up from military rule.

But as the generals snatched back power in a 2021 coup, she was locked up on charges ranging from corruption to breaching Covid-19 pandemic restrictions and is serving a 27-year sentence.

"It will be hard to be celebrating at the moment," said her 47-year-old son Kim Aris from the UK.

"We've learned to endure when it's been going on so long."

He is running 80 kilometres (50 miles) over the eight days leading up to her birthday, and has collected over 80,000 well-wishing video messages for his mother.

But Suu Kyi will not see them, sequestered in Myanmar's sprawling capital Naypyidaw from where the military directs a civil war against guerilla fighters.

Aris said he has heard from his mother only once via letter two years ago since she was imprisoned.

"We have no idea what condition she's in," he said.



While she remains hugely popular in the majority Buddhist country, her status as a democracy icon abroad collapsed before the military takeover after she defended the generals in their crackdown against the Rohingya Muslim minority.

Hundreds of thousands were sent fleeing to neighbouring Bangladesh under her rule, though some argued she was powerless against the lingering influence of Myanmar's military.

Nonetheless institutions and figures that once showered Suu Kyi with awards rapidly distanced themselves, and her second round of imprisonment has received far less international attention.

Suu Kyi, the daughter of Myanmar independence hero Aung San, became a champion of democracy almost by accident. (afp)

Gas pipeline to Pakistan's Punjab blown up in terror attack in Khyber Pakhtunkhwa

18 JUN 2025

PESHAWAR (TIP):

Unidentified terrorists on Wednesday blew up a key pipeline in Pakistan's Khyber Pakhtunkhwa province which supplied gas to the Punjab province, according to local police.

The terrorists blew up the gas pipeline in the restive Lakki Marwat district, triggering a fire and causing a massive gas leak, the district police officer's spokesperson said.

They targeted the key gas pipeline from the Bettani Gas Field to Punjab, using explosives to destroy a main section of the line.

Soon after the blast, security forces were dispatched to the site and cordoned off the area. Emergency teams were also mobilised to control the fire and assess the extent of the damage.

Investigations are underway to identify and apprehend those involved in the attack.

Officials have condemned the incident as an assault on critical national infrastructure aimed at destabilising the region and disrupting essential energy supplies.

Pakistan has witnessed an uptick in terror activities over the past year, especially in Khyber Pakhtunkhwa and Balochistan provinces, after the proscribed Tehreek-i-Taliban Pakistan (TTP) ended its ceasefire with the government in November 2022.

Lakki Marwat has long been a hotspot for terrorism and violence, with unrest dating back to the early 2000s.

While security operations brought a period of relative calm, militant activity has resurged in recent years, straining local peace efforts and heightening fears of renewed instability.

Earlier this month, three terrorists were killed in the district's Kot Kashmir area during a gun battle with the police and local peace committee, in which a policeman was also killed.

In May, the police and the personnel of the Counter-Terrorism Department (CTD) launched a joint operation against terrorists in rural areas of the district. (PTI)



Sikh History This Week

JUNE 20 TO JUNE 26

20th June



1670 Guru Tegh Bahadur Ji arrested in Delhi.
1923 Babu Santa Singh arrested at Tapa Railway Station.
1972 20 GurSikhs killed in Gurdwara Sadabarat.
1977 Parkash Singh Badal became the Chief Minister of the Punjab.

1984 Major General R.K. Ghoad, announced 4 officer, and 4 JOC, and 92 soliers killed while 287 injured during the bluestar operation. Later Rajiv Gandhi, while addressing a Congress gathering in Nagpur, announced 700 soliers killed and 2400 Sikhs arrested. The actual count as per eye witnesses in thousands.

1984 Sirdar Harinder Singh Khalsa resigned his position at Indian Embassy, Norway, in protest of Indian Army's attack on Sri Darbar Sahib and sought asylum along with his family.

21st June

1661 Guru Tegh Bahadur Ji visited Banaras.
1936 Anup Singh of Manko was murdered.
1984 Panj Payaras successfully pressured the Indian government to open all Gurdwaras (except Sri Harimandir Sahib) for public visits.

22nd June

1713 Sikhs fought a fierce battle with the ruling forces at Sadhaura. After four months of siege, Banda Bahadur escaped into the Himalayas.

1984 Panj Payaras excummunicated Baba Sant Singh Ji for co-operating with the Indian government. He was the main Nihang leader of Budha Dal, who cooperated with government in its forced kar Sewa under curfew. This was against the wishes of Sikh Sangats and Sikh Sahibans at that time. Thus the result decision of the Panth.

23rd June

1982 Sikh shops burned in Patiala.
1984 Indira Gandhi, then Prime Minsiter of India, vists Darbar Sahib after operation Bluestar. All Singh Sahibans were present but boycotted this visit. No saroopa was given as a protest and exhibition of Sikh anger.



24th June



1885 Master Tara Singh was born on 24 June, 1885, in Haryal in Rawalpindi district of North Western Province of undivided India. His mother, Moolan Devi, was a pious lady and his father, Bakshi Gopi Chand, was a patwari of the village and was a well known and respected person. Tara Singh's original name was Nanak Chand. In 1902 Nanak Chand embraced Sikhism and came to be called Tara Singh. Tara Singh had a bright educational career and was a scholarship holder almost at all stages of his education. In 1907 he passed his B. A. examination from Khalsa College, Amritsar. Later Tara Singh joined as headmaster of Khalsa High School, Lyallpur, at an honorarium of Rs. 15 per month. Since then he came to be known as Master Tara Singh. His career as a teacher ended in 1921, following the Nankana tragedy. He also edited two Akali newspapers, Akali (Udru) and Akali te Pardesi (Grumukhi) in which he forcefully put forward the aims and objectives of the Akali Dal. He took an active part in national politics till his death on 22 November 1967.



1962 Punjabi University established.

25th June

1700 Sikhs forces defeated the combined forces of Hill chiefs and imperial troops.

Guru Gobind Singh Ji's' forces routed the 10,000 combined forces of Hill chiefs and the imperial troops. It was from the Baisakhiof 1699 that the hill chiefs became thirsty for Guru Gobind Singh's blood and resolved to destroy the Sikh Panth which they considered inimical to varnashram dharam. They resolved to try all venues suggested to them by Kautilya's statecraft: weakening the movement from within; instigating people of other faiths against it; and involving it straight away in an armed struggle with the



forces of the state to retard its momentum, if not destroy it. This was the first battel of Anandpur Sahib.



1889 Maharaja Dalip Singh sent message from Geneva to initiate uprising against the British government. 1924 9th Shahidi Jatha of 500 Akalis, led by Sardar Kaesar Singh of Vidang (Amritsar), courted arrest upon reaching Jaito.

26th June



1838 Maharaja Ranjit Singh signed a tri-party agreement with the British and Shujah and British. Under this agreement, Maharaja Ranjit Singh was to give 5000 troops, British to give officers and financial assistance to Shah Shujah against Dost Mohd. Maharaja Ranjit Singh was virtually forced into this treaty by British diplomacy.

1839 Maharaja Ranjit Singh suffered another stroke.

1984 Baba Nihal Singh Hariawalae arrested.

1984 Panj Payaras demanded from the President, Prime Minister, and Governor of Punjab to give control of kar Sewa to SGPC.

Nature's lip balm: Coconut and argan oil to the rescue

Besides drinking water it is important to use coconut and argan oil based products like lip balms, scrubs, lipsticks with the natural oils as its base to save your lips from chapping, suggest experts.

Don't lick your lips

This common practice is quite harmful for your lips as when you put saliva on the lips, it dries out and make our lips even more dry.

Use coconut oil

Coconut oil is very good for lips as it acts as a good nourishing moisturiser and will give you cracked free lips. For a deep hydrating result we recommend butterstick lip treatment which has coconut oil and lemon butter and comes with SPF.

Use argan oil

The thin skin of your lips loses moisture rapidly, especially in the winter. So make sure lips are covered with lip balm as often as possible. Argan oil is your lips best friend. Make sure you use lipsticks with argan oil or shea butter so that your lips don't crack in the cold.

Try lip scrub

Our lips are not protected by hair or sebaceous glands (oil glands), so they start to chap, therefore weekly exfoliation is a must. Lip scrub works great to gently exfoliate dry lips. For a homemade lip scrub, mix brown sugar and honey and gently scrub lips until the sugar crystals melt. Wash and pat dry.

Keep a gloss handy

If you're a matte enthusiast, and



your lips begin to feel dry, always keep a gloss handy. Start your make-up routine by moisturising your lips for which you can use the good old Vaseline. Keep it on for a minute, blot the excess and go ahead with the lipstick application.

Use a lip balm

This will lock in the moisture and help to heal cracks and splits in the skin. Look for a healing ointment that contains petrolatum, essential oils or glycerin. Another important ingredient is sunscreen — there still is sun in the winter.

Avoid lip balms containing camphor, eucalyptus and menthol. These substances actually dry out your lips and make the problem worse. In response, you apply more of

this kind of lip balm, and the cycle continues. Avoid brushing or rubbing your lips when they are flaky or peeling. It's better not to scrub your lips or pick the peeling skin off with your teeth or your fingers. That just creates cracks and sores on your lips and can make things worse. Instead, apply a very heavy ointment-based balm that will be soothing and help to heal your lips.

Treat cracks right away

If you let them go, they can become worse and possibly get infected or lead to a cold sore.

At night, apply lip balm before you go to bed. Many people sleep with their mouths open. Eight hours of breathing in and out through your mouth can dry your lips.

Mango Custard

Ingredients

Ripe Mangoes - 3 to 4 (approximately 200 gms), Vanilla Flavoured Custard Powder - 1 tblsp, Milk - 500 ml, Fresh Cream - 500 ml, Sugar - 1/4 cup (adjust as per taste)

Method

- Peel and finely chop the mangoes into small pieces. Reserve a few pieces for garnishing and grind the remaining to a thick pulp. No need to add water.
- Mix the custard powder with 100 ml (1/2 cup) of milk and stir until fully mixed without any lumps. Boil the remaining milk over medium flame. Add the custard mixture and stir gently.
- Ensure no lumps form and keep stirring constantly. Add sugar and switch off the flame.
- Add the mango puree, cream and mix well.
- Stir gently for a minute and keep it in the fridge for 4 to 6 hours.



Paneer samosa

Ingredients

Paneer - 250 gms, finely chopped, Maida - 2 cups
Onion - 1, finely chopped, Green chillies - 2, finely chopped, Red chilli powder - 1 tsp, Cumin seeds - 1/2 tsp, Lemon juice - 1 tsp, Butter - 50 gms, melted, Salt as per taste, Oil as required

Method

- Combine the maida, butter and salt in a bowl, Mix well to a puri dough consistency. Fry the cumin seeds for 30 seconds.
- Add the onions, green chillies and saute for a minute or two, Add red chilli powder, lemon juice, salt and paneer, Mix well and stir-fry
- Remove from flame. Make small balls of the dough and roll them in small/ medium puris. 10.
- Shape the prepared puris into cones and add 1 or 2 tblsp of the paneer mixture.

Grounds for a glow: Revitalize your skin with coffee



Coffee can perk up your skin. The caffeine in coffee has a number of benefits for your skin, from treating redness and inflammation, to reducing the appearance of under-eye circles, to getting rid of cellulite. By incorporating caffeine into your skin care routine, you can reveal evenly toned, smooth skin all over your body.

Reduces Inflammation

Caffeine has potent anti-inflammatory properties that make it ideal for reducing inflammation and redness in your skin. In a 1981 study performed at the Seoul National University, researchers found that caffeine is able to reduce inflammation almost as well as aspirin in rats; in a 1978 performed at the University of Tennessee, researchers found that adding caffeine to anti-inflammatory creams significantly increased their effectiveness. Overall, use of skin care products containing caffeine will reduce and prevent inflammation and redness, leaving you with a

beautiful, even skin tone.

Helps get rid of under-eye circles

Dark under-eye circles can be caused by a number of factors, including dehydration, allergies, lack of sleep or genetics. Although caffeine cannot completely erase hereditary dark circles, applying caffeine under your eyes will reduce the puffiness and inflammation associated with dark circles. Additionally, caffeine reduces the build-up of blood under your eyes which contributes to dark shadows. Several eye creams contain caffeine, or you can apply moist tea bags to your eyes for five minutes to reduce puffiness and give you a more alert appearance.

Gets rid of cellulite

Caffeine can also reduce the appearance of cellulite. In a 2008 study performed at the University of São Paulo, researchers found that an application of skin cream containing caffeine to cellulite reduced the size of cellulite fat cells by 17 percent.

Warning signs of liver damage you should never miss

Liver is one of the most vital organs in the human body, responsible for detoxifying harmful substances, producing bile for digestion, and regulating blood composition. However, liver damage can develop silently and progress to serious conditions such as liver cirrhosis, fatty liver disease, hepatitis, or even liver failure if left unchecked. Early detection is crucial. Here are the key warning signs of liver damage that should never be ignored.

Jaundice (Yellowing of Skin and Eyes)

One of the most classic symptoms of liver trouble, jaundice occurs when the liver fails to properly process bilirubin—a yellow pigment created from the breakdown of red blood cells. The accumulation of bilirubin in the blood leads to yellowing of the skin and eyes. This is a red flag for conditions like hepatitis, cirrhosis, or bile duct obstruction.

Persistent Fatigue and Weakness

Chronic tiredness that doesn't improve with rest could be an early sign of liver damage. As the liver's ability to process toxins declines, the build-up of waste products in the body can lead to fatigue, mental fog, and reduced stamina.

Dark-Colored Urine

While dehydration or medication can cause dark urine, when it becomes persistent—especially if accompanied by jaundice—it may be a sign of excess bilirubin being expelled due to impaired liver function.

Pale, Bloody, or Tar-Colored Stools

The liver plays a role in digesting fats by producing bile. Pale or clay-colored stools can suggest a bile flow obstruction. On the other hand, black or tar-colored stools may indicate internal bleeding due to liver-related complications such as varices.



Abdominal Pain and Swelling

Pain in the upper right abdomen—where the liver is located—can be a sign of inflammation or an enlarged liver. Ascites (fluid accumulation in the abdomen) is another common sign, usually linked to advanced liver disease or cirrhosis.

Easy Bruising and Bleeding

The liver produces proteins responsible for blood clotting. When damaged, it fails to synthesize these proteins efficiently, leading to frequent bruises, nosebleeds, or bleeding gums.

Nausea and Vomiting

Digestive symptoms like nausea, vomiting, and a loss of appetite may be early indicators of liver dysfunction. The liver's inability to filter toxins effectively can impact the digestive process, leading to gastrointestinal distress.



European drugs regulator flags rare eye risk with Ozempic use

The European Medicines Agency's safety committee has concluded that the use of Novo Nordisk's popular weight-loss drug Wegovy and its treatments for type 2 diabetes may cause rare occurrences of a potentially dangerous eye condition.

Called non-arteritic anterior ischemic optic neuropathy (NAION), the condition may affect up to 1 in 10,000 people taking semaglutide, the active ingredient in Wegovy and Novo's diabetes drugs Ozempic and Rybelsus, the regulator said.

The EMA, which started its review in December, said the use of the drugs is linked to about twofold increase in the risk of developing the condition compared to people not taking the medicine.

NAION develops from insufficient blood flow to the optic nerve and causes sudden painless vision loss in one eye. It is the second most common cause of blindness due to optic nerve damage, after glaucoma.

Studies have linked semaglutide to NAION in the past. But this is the first time a regulator has made the link.

Semaglutide belongs to a class of drugs known as GLP-1 receptor agonists, which work by helping control blood sugar levels and triggering a feeling of fullness.

A large study of nearly 350,000 diabetics published earlier this year had showed that the risk of developing NAION more than doubled after long-term use of semaglutide, compared to patients taking medicines from other classes.

The EMA said it has reviewed all available data on NAION with semaglutide, including data from non-clinical studies, clinical trials and post-marketing surveillance. It has recommended the drugmaker to update prescribing information for medicines containing semaglutide to include NAION as a side effect with a frequency of "very rare".

Global Virus Network issues guidance on new Covid-19 variant, vaccine protection

The newly identified Covid-19 variant, named NB.1.8.1, is spreading rapidly across parts of Asia including India and other regions such as the United States.

While the variant has sparked concern due to its rising numbers, global health experts are urging caution, not panic.

The Global Virus Network (GVN) - an international coalition of top virologists and research centres - which is closely tracking the situation, says there is no current evidence that NB.1.8.1 causes more severe illness than earlier variants.

However, its growing presence has led the World Health Organisation (WHO) to list it as a 'Variant Under Monitoring.'

The variant, a sub-lineage of the Omicron family, was first detected in January 2025 and has now been found in 22 countries.

As of May 18, 2025, NB.1.8.1 accounted for 10.7% of global Covid-19 virus samples submitted to the international database GISAID, global science initiative and primary source for freely sharing genomic data of viruses, especially influenza viruses.

This is a sharp rise from just 2.5% four weeks earlier. In India, active Covid-19 cases have climbed to 6,491 (as of June 9), with more than 500 new infections reported in the past 24 hours.



States such as Delhi, Kerala, Gujarat, Uttar Pradesh, and West Bengal are reporting steady increases in cases.

Other countries are also seeing a rise. In Taiwan, hospital visits due to Covid-19 symptoms rose by 78% in one week, with nearly 6,000 people seeking care between April 27 and May 3.

In the United States, more than a dozen cases of NB.1.8.1 have been reported, initially detected through airport screenings in California, Washington, Virginia, and New York. The variant has since been found in Ohio, Rhode Island, and Hawaii.

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Apple unveils software redesign while reeling from AI missteps, tech upheaval

After stumbling out of the starting gate in Big Tech's pivotal race to capitalise on Artificial Intelligence, Apple tried to regain its footing during an annual developers conference that focused mostly on incremental advances and cosmetic changes in its technology.

The presummer rite, which attracted thousands of developers from nearly 60 countries to Apple's Silicon Valley headquarters, subdued compared with the feverish anticipation that surrounded the event in the last two years. Apple highlighted plans for more AI tools designed to simplify people's lives and make its products even more intuitive. It also provided an early glimpse at the biggest redesign of its iPhone software in a decade.

In doing so, Apple executives refrained from issuing bold promises of breakthroughs that punctuated recent conferences, prompting CFRA analyst Angelo Zino to deride the event as a 'dud' in a research note.

More AI, but what about Siri?

In 2023, Apple unveiled a mixed-reality headset that has been little more than a niche product and last year WWDC trumpeted its first major foray into the AI craze with an array of new features highlighted by the promise of a smarter and more versatile version of its virtual assistant, Siri — a goal that has yet to be realised.

"This work needed more time to reach our high-quality bar," Craig Federighi, Apple's top software executive, said at the outset of the conference. The company didn't provide a precise timetable for when Siri's AI upgrade will be finished but indicated it won't happen until next year at the earliest.

"The silence surrounding Siri was deafening," said Forrester Research analyst Dipanjan Chatterjee said. "No amount of text corrections or cute emojis can fill the yawning void of an intuitive, interactive AI experience that we know Siri will be capable of when ready. We just don't know when that will happen. The end of the Siri runway is coming up fast, and Apple needs to lift off."



Is Apple, with its 'liquid glass', still a trendsetter?

The showcase unfolded amid nagging questions about whether Apple has lost some of the mystique and innovative drive that has made it a tech trendsetter during its nearly 50-year history. Instead of making a big splash as it did with the Vision Pro headset and its AI suite, Apple took a mostly low-key approach that emphasised its effort to spruce up the look of its software with a new design called 'Liquid Glass' while also unveiling a new hub for its video games and new features like a 'Workout Buddy' to help manage physical fitness. Apple executives promised to make its software more compatible with the increasingly sophisticated computer chips that have been powering its products while also making it easier to toggle between the iPhone, iPad and Mac.

"Our product experience has become even more seamless and enjoyable," Apple CEO Tim Cook told the crowd as the 90-minute showcase wrapped up.

IDC analyst Francisco Jeronimo said Apple seemed to be largely using Monday's conference to demonstrate the company still has a blueprint for success in AI, even if it's going to take longer to realise the vision that was presented a year ago. "This year's event was not about disruptive innovation, but rather careful

calibration, platform refinement and developer enablement — positioning itself for future moves rather than unveiling game-changing technologies," Jeronimo said.

Apple's next operating system will be iOS 26

Besides redesigning its software, Apple will switch to a method that automakers have used to telegraph their latest car models by linking them to the year after they first arrive at dealerships. That means the next version of the iPhone operating system due out this autumn will be known as iOS 26 instead of iOS 19 — as it would be under the previous naming approach that has been used since the device's 2007 debut. The iOS 26 upgrade is expected to be released in September around the same time Apple traditionally rolls out the next iPhone models.

Playing catchup in AI

Apple opened the proceedings with a short video clip featuring Federighi speeding around a track in a Formula 1 race car. Although it was meant to promote the June 27 release of the Apple film, "F1" starring Brad Pitt, the segment could also be viewed as an unintentional analogy to the company's attempt to catch up to the rest of the pack in AI technology. While some of the new AI tricks compatible with the latest iPhones began rolling out late last year as part of free software updates, the delays in a souped-up Siri became so glaring that the chastened company stopped promoting it in its marketing campaigns earlier this year. While Apple has been struggling to make AI that meets its standards, the gap separating it from other tech powerhouses is widening. Google keeps packing more AI into its Pixel smartphone lineup while introducing more of the technology into its search engine to dramatically change the way it works. Samsung, Apple's biggest smartphone rival, is also leaning heavily into AI. Meanwhile, ChatGPT recently struck a deal that will bring former Apple design guru Jony Ive into the fold to work on a new device expected to compete against the iPhone.

Instagram will finally let users rearrange profile grid- All details

Meta-owned social media platform, Instagram, announced that it's bringing grid customisation, allowing users to rearrange their posts. This feature has been highly requested by users over the years to manage the appearance of their profile. Alongside grid customisation, Instagram also announced that it is testing new features like making posts quietly, streaming songs from Spotify on Instagram, and much more. Instagram says that all these new upcoming features are to reduce the creative stress due to judgment, people's reactions, and other fears. Therefore, greater customisation, app integration and creativity tools will help creators and users to express better and build a strong audience. Know more about what Instagram has been working on lately and what features are expected to roll out in the coming weeks.

Google revives Snapseed on iPhone with major update and new editing tools

Google has rolled out a major update to Snapseed, its photo editing app for iOS devices. The new version 3.0 brings a redesigned interface for both iPhone and iPad users. This update introduces a grid view displaying all edited images, making it easier to browse through past work. Navigation now relies on three distinct tabs: Looks, Faves, and Tools. The Faves tab is new and allows users to save frequently used editing tools for quick access.

Snapseed offers over 25 editing tools and filters, including recently added film-style filters. Google also updated the app's icon to a simpler design.

Snapseed has been part of Google since 2012, but it has seen little development over recent years. The last significant update came in 2021, followed by minor changes in 2023 and 2024.



Because the app processes images locally on the device and does not depend on cloud services, Google appeared to have deprioritised its development. The sudden release of version 3.0 signals renewed attention to the app.

The updated interface focuses on ease of use. Users begin editing by tapping a circular plus button at the bottom of the screen. The new tab system separates editing functions clearly: Looks provides preset styles, Faves stores user-selected

tools, and Tools offers the full range of editing features. The export option moved to the top-right corner for easier access.

Editing tools include options to adjust image details, correct tonality and white balance, and apply effects like lens blur and vignette. Retouch features allow selective editing, brushing, healing, cropping, and perspective changes. The Style tab includes film filters along with options such as black and white, HDR, and drama effects. Creative tools cover double exposure, frames, and text additions.

In addition to the interface overhaul, Snapseed now features a simplified app icon and a "More to come, stay tuned" message, which indicates further developments may follow. However, Google has not confirmed whether the 3.0 update will be available on Android.

Indian funds in Swiss banks triple, banking routes see sharpest surge

NEW DELHI (TIP)

Indian money parked in Swiss banks more than tripled in 2024 to 3.5 billion Swiss francs (nearly Rs 37,600 crore) on the back of a huge jump in funds held through local branches and other financial institutions, annual data released by Switzerland's central bank showed on Thursday, June 19.

However, money in customer accounts of Indian clients rose by only 11 per cent in the year to 346 million Swiss franc (nearly Rs 3,675 crore) and accounted for just about one-tenth of overall funds.

The sharp increase in the overall funds follows a 70 per cent decline in funds parked by Indian individuals and firms in Swiss banks, including through local branches and other financial institutions, in 2023 to a four-year low of 1.04 billion Swiss francs.

This is the highest since 2021, when the total Indian money in Swiss banks had hit a 14-year-high of CHF 3.83 billion.

These are official figures reported by banks to the Swiss National Bank (SNB) and do not indicate the quantum of the much-debated alleged black money held by Indians in Switzerland. These figures also do not include the money that Indians, NRIs or others might have in Swiss banks in the names of third-country entities.

The total amount of CHF 3,545.54 million, described by the SNB as 'total liabilities' of Swiss banks or 'amounts due to' their Indian clients at the end of 2023, included CHF 346 million in customer deposits (up from CHF 310



million at 2023-end), CHF 3.02 billion held via other banks (up from CHF 427 million), CHF 41 million (up from CHF 10 million) through fiduciaries or trusts, and CHF 135 million as 'other amounts' due to customers in form of bonds, securities and various other financial instruments (down from CHF 293 million).

The total amount stood at a record high of nearly 6.5 billion Swiss francs in 2006, after which it has been mostly on a downward path, except for a few years including in 2011, 2013, 2017, 2020, 2021, 2022 and 2023, as per SNB data.

According to the SNB, its data for 'total liabilities' of Swiss banks towards Indian clients takes into account all types of funds of Indian customers at Swiss banks, including deposits from individuals, banks and enterprises. This includes data for branches of Swiss banks in India, as

also non-deposit liabilities. On the other hand, the 'locational banking statistics' of the Bank for International Settlement (BIS), which have been described in the past by Indian and Swiss authorities as a more reliable measure for deposits by Indian individuals in Swiss banks, showed an increase of nearly 6 per cent during 2024 in such funds to USD 74.8 million (nearly Rs 650 crore).

It had dropped by 25 per cent in 2023, by 18 per cent in 2022 and by over 8 per cent in 2021, after rising by nearly 39 per cent in 2020.

This figure takes into account deposits as well as loans of Indian non-bank clients of Swiss-domiciled banks and had shown an increase of 7 per cent in 2019, after declining by 11 per cent in 2018 and by 44 per cent in 2017.

It peaked at over USD 2.3 billion (over Rs 9,000 crore) at the end of 2007.



Amazon to infuse over Rs 2K-cr in bid to boost pan-India ops

Amazon will invest over Rs 2,000 crore in 2025 to scale up its all-India operations network, the e-commerce giant said on Thursday.

Investments will support network expansion and upgrades to serve customers faster and more reliably, advance technology and innovation, and improve employee and associate well-being, Amazon said in a release.

The investment announcement comes at a time when India's e-commerce market is booming, fuelled by broadband penetration, affordable smartphones and digital payments.

India's e-biz landscape is poised to grow at a compound annual growth rate (CAGR) of 21 per cent and reach USD 325 billion in 2030.

It is also simplifying delivery workflows by making the app more self-guided and improving navigation for unstructured addresses.

Oil prices jump as Israel-Iran conflict keeps markets on edge

CALGARY (TIP)

Oil prices jumped almost 3% on Thursday as a week-old air war between Israel and Iran escalated and uncertainty about potential U.S. involvement kept investors on edge.

Brent crude futures settled up \$2.15, or 2.8%, to \$78.85 a barrel, its highest close since January 22.

U.S. West Texas Intermediate crude for July was up \$2.06, or 2.7%, to \$77.20 at 1330 EST (1730 GMT).

Trading volumes were light on Thursday, June 19, due to a U.S. federal holiday.

Israel bombed nuclear targets in Iran on Thursday, and Iran fired missiles and drones at Israel after hitting an Israeli hospital overnight.

There was no sign of an exit strategy from either side, as Israeli Prime Minister Benjamin Netanyahu said Tehran's "tyrants" would pay the "full price" and Iran warned against a "third party" joining the attacks.

The White House said on Thursday that President Donald Trump will decide whether the U.S. will get involved in the Israel-Iran conflict in the next two weeks. That prospect has crude prices grinding higher, said Rory Johnston, analyst and founder of the Commodity Context newsletter.

"Consensus (in the market) is increasingly forming that we will see U.S. involvement in some way,"



Johnston said. Iran is the third-largest producer among members of the Organization of the Petroleum Exporting Countries, extracting about 3.3 million barrels per day of crude oil. About 18 million to 21 million bpd of oil and oil products move through the Strait of Hormuz along Iran's southern coast, and there is widespread concern the fighting could disrupt trade flows.

The risk of major energy disruption will rise if Iran feels existentially threatened, and U.S. entry into the conflict could trigger direct attacks on tankers and energy infrastructure, said RBC Capital analyst Helima Croft. On Thursday, JP Morgan said an extreme scenario, in which the conflict widens to the broader region and includes a Strait of Hormuz

closure, could result in oil prices surging to \$120 to \$130 per barrel.

Goldman Sachs said on Wednesday that a geopolitical risk premium of about \$10 a barrel is justified, given lower Iranian supply and risk of wider disruption that could push Brent crude above \$90.

Even if Middle East tensions were to cool off in the coming days, oil prices are probably not headed back to the low \$60 range they were trading at a month ago, said Phil Flynn, senior analyst at the Price Futures Group. "I think this (conflict) knocks oil out of its complacency," said Flynn. "I would argue that the market has been underplaying geopolitical risk."

But DBRS Morningstar said in a note on Thursday that it expects any sudden oil price surge to be temporary. A higher oil price will exacerbate tariff-related headwinds to the global economy and oil demand, so as long as the conflict recedes, the war premium will deflate and prices will cycle lower, DBRS said.

Russia's top oil official said on Thursday OPEC+ oil producers should proceed with plans to increase output, noting rising summer demand. Russian Deputy Prime Minister Alexander Novak said at an economic forum in St. Petersburg that OPEC+ should calmly execute its plans and not scare the market with forecasts.



BEJAN DARUWALLA AND CHIRAG DARUWALLA

WEEKLY HOROSCOPE - JUNE 23, 2025 TO JUNE 29, 2025

By Chirag Daruwalla - Son of Astrologer Bejan Daruwalla



ARIES

Ganesha says this week can open the door to new possibilities for you. Your confidence will increase, which will help you move towards your goals. Be careful in your actions and do not make hasty decisions. There will be positive changes in personal life as well. This is the right time to spend time with family, which will further strengthen your relationships. Your creativity will also improve, so try your hand at art, literature, or any other creative activity. Working with a team at the workplace will give you better results. Be health-conscious and try to organize your routine. Yoga and meditation will also improve your mental health. Remember, recognize your inner strength, and face the challenges firmly. This week can prove to be a turning point for you.



TAURUS

Ganesha says this week will be full of positive energy for you. You will experience that your hard work is paying off in both personal and professional aspects. This is the time to set some new goals for yourself, so that you can make your dreams come true. Spending time with family will keep the atmosphere of the house pleasant. By paying attention to small things, you can strengthen your relationships. It will be important to maintain communication, especially among loved ones; sometimes, even a simple conversation can add sweetness to the relationship. Be cautious in financial matters. It will be important to think wisely before making any big investment. Apart from this, take care of your health as well; do not forget to take breaks and rest. Regular exercise and a balanced diet will give you energy. Your creativity will be at its peak this week, which you can take advantage of in your art or work. Whatever you do, listen to your heart and recognize your passion. This week will bring favorability for you, just maintain patience and positivity. This week is a golden opportunity for you to learn and grow; do not forget to take advantage of it.



GEMINI

Ganesha says this week is an opportunity for Gemini natives to improve communication and relationships. You will be able to express your thoughts with clarity, so that people around you will be able to understand you better. At the workplace, working together with colleagues will be beneficial for you. You can make a significant contribution

to a challenging project with your cleverness and intelligence. There is a possibility of achieving success through teamwork during this time. Love and affection will remain in personal relationships. Time spent with your loved ones will soothe your soul. Try to take some time for yourself as well; it will refresh you mentally. In terms of health, you will experience energy and happiness, but avoid exhaustion from overwork. Including yoga and meditation in your routine will give you mental peace. This week, welcome new possibilities and move forward with positivity. Maintain your spontaneity and creativity in whatever situation comes.



CANCER

Ganesha says this week, doors to new possibilities will open for you. You will get a good opportunity to spend time with your family and close friends, which will strengthen your relationships. You will also be effective in the field of work. Some new projects may come before you, in which you can easily achieve success. However, it is important to keep your emotions under control. Sometimes you can be a little sensitive, so maintain balance in conversation. If any minor issue comes up, do not take it seriously. Your positive attitude will take you forward. In terms of health, some care may be required this week. Give priority to regular exercise and a balanced diet. By paying attention to mental health, resort to meditation or yoga to reduce your stress levels. Participating in social activities will give you new energy. Traveling with friends or attending a cultural event will be enjoyable for you. There is a possibility of getting some good news in property or financial matters. Make your plans carefully and move ahead. Remember, you are a source of inspiration for the people around you, so encourage them with your thoughts and actions.



LEO

Ganesha says this week, you will get a good opportunity to bring out your creativity and leadership potential. This is the right time to make important decisions at your workplace. Your hard work and dedication will also make your colleagues appreciate you. In the middle of the week, you may face some challenges in personal relationships. Keep the dialogue open and express your feelings clearly. This will help in reducing misunderstandings. Finally, at the end of the week, you will find yourself full of new ideas and inspirations. This is the time to take up a new activity or hobby. You will see an increase in your confidence, which will open the doors to new opportunities for you. Keep in mind that it is important to maintain a positive attitude this week. Focus on your goals and try to spread positive energy around you.



VIRGO

Ganesha says this week can be good for you overall. You will spend more time on your social life and get an opportunity to spend time with friends. This week is also favorable for starting new projects. Your hard work and systematic thinking are likely to turn your ideas into reality. At work, your organizational skills and habit of paying attention to detail will prove to be beneficial for you. Your colleagues will appreciate you and pay attention to your advice. This time is also perfect for you to enhance your skills and gain new knowledge. In personal life, you will experience a sense of union with your loved ones. Interacting and spending time with family members will strengthen the mutual relationship. If you are in a relationship, use the time properly and try to increase communication with your partner. For health, it will be beneficial to add a little exercise to your routine. Do yoga or meditation for a little freshness and good health. Overall, this week will allow you to recognize your abilities and improve them. Move forward with positive thinking and focus on your goals.



LIBRA

Ganesha says this week is an important time for Libra natives. This time is favorable for you to maintain balance and harmony in life. Time spent with family and friends will give you mental peace. Your creativity will be at a high level this week, so working on a new project can be a good idea. There will be a new energy in your thoughts and approach, which will be appreciated by your colleagues and partners. Be a little cautious in financial matters; think well before making any major decisions. Try to adopt a healthy routine, as it will be beneficial for both your mental and physical health. Remember that harmony and balance are the keys to your life. Listen to your heart and give priority to what makes you happy. This week, some new avenues of opportunity may open up for you, which will help you move forward.



SCORPIO

Ganesha says today, your day will be full of enthusiasm. You will be able to express your feelings openly, which will strengthen your relationships. New opportunities will knock at your door in the workplace. If you are working on a new project, be optimistic about it, as your hard work will pay off. In terms of health, you should maintain some distance from your expectations. Take the help of yoga or meditation to reduce stress. Spending time with family will give you mental peace and strengthen emotional connections. There is a need to be cautious in financial matters.

Avoid unnecessary expenses and follow the budget. This will help you be in a better position in the future. Show determination and courage in whatever you do today. This is the time for you to have new experiences and learning. Recognize the enthusiasm within you and keep moving towards your goals.



SAGITTARIUS

Ganesha says a lot of new possibilities are going to open up this week. You will feel positive energy around you due to your enthusiastic nature at this time. You will get an opportunity to focus on some important projects at work, which can yield results very soon. Your relationships will also improve this week. You may reunite with an old friend, which will make you happy. You will get a chance to spend time with family, which will help you strengthen your relationships. You should also take care of your health. A little exercise and proper diet will keep your energy level high. Yoga or meditation will help balance your mind and body. Keep your vision clear this week and focus on the things that are most important to you. Be courageous in the face of challenges and keep moving towards your goals. Positivity will be all around you, you just need to embrace it.



CAPRICORN

Ganesha says this week, many possibilities and challenges will come up for Capricorn natives. You are likely to be appreciated for your efforts at the workplace. However, you will have to focus on big projects and maintain good coordination with team members. There may be some disappointment in family matters, but a positive dialogue can improve the situation. Bringing clarity to mutual relations will be important. Try to spend some time with your loved ones, it will keep your morale high. From a financial point of view, you need to pay attention to small expenses. Gather complete information before making any major investment. In terms of health, you may feel a little tired this week, so rest and regular exercise will be important. Make plans keeping your goals in mind and maintain consistency. Finally, positive thinking will make your week better.



AQUARIUS

Ganesha says this week, your ideas and creativity will get a boost. You are ready for change, and this is the time to give a new direction to your goals. Social life may get a new life. Spending time with friends and family will be entertaining for you. You may also get a chance to revive an old relationship. Your hard work will pay off in your work life. Your efforts will be evaluated, but be patient as it will take some time to get the right

BIRTHDAY HOROSCOPE : JUNE 23 TO JUNE 29 BY VEDIC ASTROLOGER NASTUR BEJAN DARUWALLA

JUNE 23

Ganesha says you are quiet, tactile, and sensory. You have a deep appreciation for beauty, and you often express yourself through your clothing, home decor, and other aesthetic choices. You are also known for your patience and your ability to work hard over long periods of time without losing focus or motivation. You value your freedom and are often willing to take risks in order to achieve your goals. You also have a deep appreciation for the arts and may be drawn to creative careers or hobbies.

JUNE 24

Ganesha says you are very determined and tenacious. You are not easily deterred by setbacks or obstacles and are often able to overcome challenges through sheer force of will. You are also known for your strong intuition and your ability to read people and situations with ease. You also have a deep sense of purpose and are driven by a desire to make a positive impact in the world.

JUNE 25

Ganesha says you are often quite

practical and grounded. You have a strong sense of realism and are able to see things as they truly are, without getting caught up in fantasies or illusions. You are also known for your love of nature and your appreciation for the simple pleasures in life. You also have a deep appreciation for the natural world and may enjoy spending time outdoors or pursuing environmentally friendly hobbies.

JUNE 26

Ganesha says you are quite magnetic and charismatic. You have a natural charm and warmth that draws others to you, and you are often very popular in social situations. You are also known for your determination and your ability to persevere in the face of adversity. You also have a deep sense of creativity and may be drawn to artistic or musical pursuits.

JUNE 27

Ganesha says you are very versatile and adaptable, which may help you in the future. You can thrive in a variety of different environments and situations,

and you are often able to learn quickly and apply your knowledge in practical ways. You are also known for your sense of humor and your ability to make others laugh. You also have a strong sense of humor and may use it as a way of coping with stress or difficult situations.

JUNE 28

Ganesha says your analytical and logical skills will give you more opportunities. You have a strong mind for problem-solving and can approach complex issues with clarity and precision. You are also known for your practicality and your ability to make sound decisions based on practical considerations. You will be full of happiness. You need to take care of your health and have to do some activity to keep your mental and physical health good.

JUNE 29

Ganesha says people born on this day have a clear sense of purpose and are willing to work hard to achieve their goals. You are also known for your loyalty and your ability to form deep,



VEDIC ASTROLOGER NASTUR BEJAN DARUWALLA

meaningful relationships with others. You often have a strong appreciation for beauty and aesthetics and may pursue creative hobbies or interests as a way of expressing yourself. Additionally, you may have a strong interest in spirituality or mysticism.

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results. It is important to be conscious of health. Focus on regular exercise and a balanced diet, so that you remain energetic. Pay attention to your inner dialogue this week. Perhaps some new ideas or principles can show you the direction. Maintain your independence and listen to your heart.

PISCES



Ganesha says this week, your imagination is going to work its magic. There will be depth and sensitivity in your thoughts, which will help you establish deep connections with the people around you. If you faced any problem last week, then this week the way to its solution can come in front of you. A conversation with a close friend or family member will give you a chance to speak your heart, which will prove to be very beneficial for you. This is the time to focus on your

dreams, so pay attention to your inner voice and take steps that take you closer to your goals. You may get some new opportunities in business matters, which will help you move forward. Your creativity will boost

your confidence at this time. However, it is important to control expenses, so take care of your budget. Your health condition will remain normal, but resort to meditation or yoga to stay stress-free. Don't forget to focus on

your mental and emotional health this week. Overall, this week will be full of possibilities and positivity for you.

AUTHOR BIO

Chirag Daruwalla is the best astrologer and one of the most famous names in the astrology world. He has more than 18 years of experience. Readers may seek his advice related to career, health, finance, business, money, love and marriage. He has complete knowledge, solutions, and guidance to all the problems related to life. Visit his website chiragdaruwalla.com. He is available for consultations on WhatsApp number +91 8141566266 or by email: info@chiragdaruwalla.com

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Yogini Ekadashi: A sacred observance of devotion, detachment and redemption

Yogini Ekadashi, one of the 24 revered Ekadashis in the Hindu lunar calendar, holds profound spiritual significance. Observed during the Krishna Paksha (waning phase of the moon) in the month of Ashadha (June-July), this Ekadashi is dedicated to Lord Vishnu and is particularly known for its power to absolve sins and diseases, especially those arising from karma related to harming others. The word Yogini signifies a spiritually empowered female adept or a seeker of union (yoga) with the divine, implying that this Ekadashi elevates one's spiritual consciousness and aligns the practitioner with higher states of realization.

Scriptural Reference and Mythological Background

Yogini Ekadashi is glorified in the Brahma Vaivarta Purana, where Lord Krishna narrates its greatness to King Yudhishtira. According to the legend, there once lived a royal physician named Hemamali who served Kubera, the king of wealth and a devotee of Lord Shiva. Hemamali was responsible for bringing fresh flowers for Shiva's worship but failed in his duty one day as he indulged in sensual pleasures with his wife.

As punishment for his negligence, Kubera cursed Hemamali with leprosy and banished him from his kingdom. Stricken with disease and misery, Hemamali wandered through forests until he met sage Markandeya. The compassionate sage advised him to observe Yogini Ekadashi with full devotion and sincerity. Hemamali followed the fast and was not only cured of his leprosy but also relieved of his past sins, eventually returning to a life of dignity and devotion.

Significance of Yogini Ekadashi

- Liberation from Past Sins
Yogini Ekadashi is believed to absolve even the gravest sins, particularly those related to harming others either physically, emotionally, or through negligence. The fast purifies the mind and body and brings spiritual liberation (moksha).
- Healing and Health Benefits
The legend's emphasis on the cure of leprosy metaphorically points to the healing of both physical ailments and the toxicities of the mind-greed, lust, anger, and pride. Thus, Yogini Ekadashi is observed by devotees seeking freedom from chronic illness and spiritual stagnation.
- Karmic Redemption
The observance of this Ekadashi helps release accumulated negative karma and initiates the path of righteous living through sattvic (pure) practices and surrender to God.
- Spiritual Awakening and Yogic



Symbolism

The term "Yogini" resonates with the yogic path where one seeks union with the divine through austerity, devotion, and mindfulness. Yogini Ekadashi is seen as a gateway to inner transformation and awakening of the higher self.

Rituals and Observance

Fasting (Vrata)

Devotees observe a strict fast on Yogini Ekadashi. There are different forms of fasting:

- Nirjala (without water): The most austere and rarely followed.
- Phalahar (fruit and milk): Most common and practical.
- Ekadashi Bhojan: A simple meal avoiding grains, beans, onions, garlic, and certain spices.

Worship of Lord Vishnu

Devotees perform puja with devotion to Lord Vishnu, reciting the Vishnu Sahasranama, Bhagavad Gita, and Ekadashi Vrat Katha. A sacred lamp (deepa) is lit, and offerings of tulsi leaves, fruits, and incense are made.

Night Vigil (Jagran)

Devotees often stay awake through the night chanting bhajans, meditating, and engaging in spiritual discussions.

Charity and Kind Acts

Feeding the poor, helping the needy,

and donating clothes or food is considered highly auspicious on this day, aligning with the Ekadashi's core theme of selflessness and detachment.

Parana (Breaking the Fast)

The fast is broken the next day during the Dwadashi tithi after proper rituals. It is important not to break the fast during the Ekadashi tithi as it negates the benefits.

Symbolism and Deeper Meaning

- Yogini Ekadashi as the Destroyer of Inner Disease: The leprosy of Hemamali is symbolic of the inner disease of ignorance (avidya) and indulgence (moha). Observing this Ekadashi helps cleanse these tendencies.
- Union of Bhakti and Discipline: The Ekadashi marries devotion (bhakti) with restraint (tapas), leading to a balanced spiritual life.
- Feminine Energy and Empowerment: The name "Yogini" subtly connects the energy of this day with the shakti (divine feminine), and the potential for spiritual empowerment through discipline and grace.

Regional Observances

- In North India, especially among Vaishnavas, the day is observed with fasting and night-long kirtans.

- In South India, temples of Vishnu and Krishna conduct special abhishekam and archana.
- In parts of Nepal, devotees consider this Ekadashi sacred for healing and family welfare.
- In ISKCON communities, Yogini Ekadashi is observed with collective prayers, fasting, and discourses.

Scientific and Health Perspective

Modern science has begun to understand the physiological benefits of intermittent fasting. On an Ekadashi day:

- The lunar influence is believed to be strong on body fluids.
- Fasting helps detoxify the body and promotes gut health.
- It instills mental clarity, emotional regulation, and spiritual receptivity.

Yogini Ekadashi stands as a beacon of redemption and renewal. It is not just a ritualistic observance but a call to purify the self-body, mind, and spirit. By fasting with faith, engaging in introspection, and immersing in divine remembrance, devotees unlock the subtle doors to inner peace, healing, and spiritual growth. In the chaos of modern life, such sacred pauses offer not just divine grace but also psychological rejuvenation and karmic cleansing.

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Trump opens two-week diplomatic window with Iran, hopes Tehran will 'drop its uranium enrichment'

Ahead of Geneva talks, he discussed the matter with British Foreign Secretary David Lammy, who stated, "Iran can never develop or acquire a nuclear weapon."

A White House official described the upcoming European-Iran meeting as a "temperature check" to gauge Tehran's openness to diplomatic settlement amid mutual strikes.

Special Envoy Witkoff has continued indirect outreach to Iran, and though the administration feels diplomatic options remain viable, Iran's response to third-party mediators has so far shown no shift.

Tensions between Israel and Iran escalated on June 13 when Israel launched operation "Rising Lion," targeting Iran's nuclear infrastructure.

Iran responded with retaliatory strikes.

The two nations have since then been in a steady confrontation.

(Source: ANI)

India stands 'isolated' over abstention on Gaza ceasefire in the UNGA, says Congress

Congress general secretary (organization) and Lok Sabha member from Kerala's Alappuzha seat, K.C. Venugopal, said India stood isolated among multilateral fora such as BRICS - a grouping of Brazil, Russia, India, China and South Africa - and SCO or Shanghai Cooperation Organization because of its stance.

"India has always stood for peace, justice, and human dignity. But today, India stands alone as the only country in South Asia, BRICS, and SCO to abstain on a UNGA resolution demanding a ceasefire in Gaza," he said on X last Saturday (June 14, 2025).

Terming India's stance "shameful and disappointing" in an X post the same day, Priyanka Gandhi Vadra, Lok Sabha member from Kerala's Wayanad, said, "60,000 people, mostly women and children, have been killed already, an entire population is being confined and starved to death, and we are refusing to take a stand".

"Cold-blooded murder": Priyanka Gandhi slams Israel, says its actions show humanity means nothing to them

"This is a tragic reversal of our anti-colonial legacy. In fact, not only are we standing silent as Mr. (Benjamin) Netanyahu annihilates an entire nation, we are cheering on as his government attacks Iran and assassinates its leadership in flagrant violation of its sovereignty and complete contravention of all international norms," Ms. Vadra added.

Pawan Khera, who heads the party's media and publicity wing, countered criticism from some quarters that Kerala's politics may determine the position of some of their MPs from the State. "Congress's position on Israel-Gaza and Iran-Israel stems from our own legacy of anti-colonial solidarity, non-alignment, and a firm commitment to human rights and international law," Mr. Khera said.

Stressing on the role India can play in the Iran-Israel conflict, he said, "Instead of seeing this moment as a strategic conundrum, India could see it as an opportunity - to act as a moral bridge between the warring sides, both of which happen to be our allies. That is what our legacy allows us to do, and what global leadership demands."

Kremlin warns US against Iran strike, cautions of major escalation

position: "We believe that it is unacceptable to have such conversations, and even more so to take such actions," RT reported.

Peskov said President Putin has maintained communication with both Tehran and Tel Aviv since the conflict began and has a "complete picture" of the situation. He added that while there is currently "little ground" for talks, Moscow remains actively engaged.

Putin, addressing a late-night Q&A with journalists

on Wednesday, revealed that Moscow had proposed several compromise frameworks to all involved parties -- including the US, Israel, and Iran, as reported by RT. He suggested that a possible settlement could include mutual security guarantees that preserve Iran's right to peaceful nuclear technology and Israel's right to security.

(Source: ANI)

Dinesh K Patnaik likely to be India's next high commissioner to Canada

Patnaik, a 1990-batch Indian Foreign Service officer, is currently serving as India's ambassador to Spain.

Prime Minister Narendra Modi and his Canadian counterpart Mark Carney on Tuesday, June 17, agreed to pursue "constructive" steps to restore stability in India-Canada ties including the early return of envoys to each other's capitals.

Ties between India and Canada plummeted to an all-time low following a diplomatic spat over the killing of Khalistani separatist Hardeep Singh Nijjar.

The people cited above said Patnaik is likely to be succeeded in Spain by Jayant Khobragade.

Khobragade is currently serving as India's ambassador to the Association of Southeast Asian Nations (ASEAN).

In their meeting on the sidelines of G7 Summit in Kananaskis, Modi and Carney focused on repairing the frosty bilateral ties.

The India-Canada relations hit rock bottom following then Prime Minister Justin Trudeau's allegations in 2023 of a potential Indian link to the killing of Nijjar.

In October last year, India recalled its high commissioner and five other diplomats after Ottawa attempted to link them to the Nijjar case.

India also expelled an equal number of Canadian diplomats.

However, Liberal Party leader Carney's victory in the parliamentary election in April triggered hopes for reset of the relationship.

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Millions across the US protest Trump's policies in 'No Kings' demonstrations

immigrants. But the previously calm demonstration turned confrontational as police on horseback moved into the crowd and struck some people with wood rods and batons as they cleared the street in front of the federal building.

NEW YORK CITY

Marchers in the crowd that stretched for blocks along Fifth Avenue had diverse reasons for coming, including anger over Trump's immigration policies, support for the Palestinian people and outrage over what they said was an erosion of free speech rights. But there were patriotic symbols, too. Leah Griswold, 32, and Amber Laree, 59, who marched in suffragette white dresses, brought 250 American flags to hand out to people in the crowd.

"Our mothers who came out, fought for our rights, and now we're fighting for future generations as well," Griswold said.

Some protesters held signs denouncing Trump while others banged drums. "We're here because we're worried about the existential crisis of this country and the planet and our species," said Sean Kryston, 28.

MINNESOTA

Governor Tim Walz and law enforcement encouraged people not to attend rallies "out of an abundance of caution" following the shootings of the Democratic state lawmakers.

Dozens of events were canceled, but tens of thousands still turned out for demonstrations in Duluth, Rochester and St Paul, which included a march to the state Capitol. Walz canceled his scheduled appearance at the St Paul event.

Authorities said the suspect had "No Kings" flyers

in his car and writings mentioning the names of the victims as well as other lawmakers and officials, though they could not say if he had any other specific targets.

Seda Heng, 29, of Rochester, said she was heartbroken by the shootings, but still wanted to join the rally there. "These people are trying to do what they can for their communities, for the state, for the nation," Heng told the Minnesota Star-Tribune.

NORTH CAROLINA

Crowds cheered anti-Trump speakers in Charlotte's First Ward Park before marching, chanting "No kings. No crowns. We will not bow down." Marchers stretched for blocks, led by a group of people holding a giant Mexican flag and bystanders cheering and clapping along the way.

Jocelyn Abarca, a 21-year-old college student, said the protest was a chance to "speak for what's right" after mass deportations and Trump's deployment of the National Guard in Los Angeles.

"If we don't stop it now, it's just going to keep getting worse," she said.

Naomi Mena said she travelled an hour to demonstrate in Charlotte to represent her "friends and family who sadly can't have a voice out in public now" to stay safe.

TEXAS

A rally at the Texas Capitol in Austin went off as planned despite state police briefly shutting down the building and the surrounding grounds after authorities said they received a "credible threat" to Democratic state lawmakers who were to attend.

Dozens of state troopers swarmed through the grounds about four hours before the event, but the area was later opened and the rally started on time. The building remained closed.

The Department of Public Safety later said one person was taken into custody "in connection with the threats made against state lawmakers" after a traffic stop in La Grange, Texas, about 65 miles (105 kilometers) east of Austin. State police did not detail the threat or immediately identify the person, but said there was no additional active threat.

MISSISSIPPI

A demonstration of hundreds of people opened to "War Pigs" by Black Sabbath playing over a sound system on the state Capitol lawn in Jackson.

"A lot of stuff that's going on now is targeting people of color, and to see so many folks out here that aren't black or brown fighting for the same causes that I'm here for, it makes me very emotional," said Tony Cropper, who travelled from Tennessee to attend the protest.

Some people wore tinfoil crowns atop their heads. Others held signs inviting motorists to "Honk if you never text war plans." Melissa Johnson said she drove an hour-and-a-half to Jackson to protest because "we are losing the thread of democracy in our country."

PORTLAND

Earlier in the day, thousands of protesters lined the streets in downtown Portland for several blocks, waving signs as passing cars honked in support. They marched around the city draped in American flags to the beat of drums and music.

By late afternoon, a small group of demonstrators amassed across the river to protest in front of an ICE office where three people were arrested Wednesday night after starting a small fire against the building, police said.

Federal immigration officers fired tear gas, flash bangs and rubber bullets in an effort to clear out the remaining protesters in the evening. Some protesters threw water bottles back and tended to each other's wounds. The police department wrote on X that the event was declared a riot.

At least two people were detained and taken inside the federal immigration building.

Hill stations in West India: Unveiling the verdant secrets of a vibrant land

For a traveler with an insatiable thirst to discover new places, no other place offers choices as better as India, a land where different cultures, languages, and religions thrive together. It's a country with vast geographical diversity, the very trait every seasoned traveler looks for while choosing a destination. If you are in search of a region where you get to view all kinds of landscapes India is known for, then head to its Western shores. The Western part of India is studded with many distinct geographical features that pose a wonderful contrast against each other, bringing out their real worth.

So if you get a sight of a hillock while hitting a desert or view mammoth cliff tops near the beaches, it's perfectly fine to stop and ponder over the amazing spectacle. To fully absorb the geographical details of western India, taking a trip to its hill stations is the best thing you can do. The location of these green hillocks is ideal to scan the variegated landscapes situated at their base. Take a look at this Hill Stations in West India to unearth the hidden treasures that deserve every bit of your attention in West India Tours.

Mahabaleshwar

Mahabaleshwar is a vivacious town that takes everyone by surprise with its enchanting greenery and serene views. Situated in Maharashtra this beautiful hill station is enveloped by the Sahyadri mountain range offering a host of natural vistas that are a treat for the eyes. Mahabaleshwar is bestowed with multiple beautiful waterfalls and lakes and every inch of this mesmerizing hill station is drenched in purity and calmness that has a wonderful effect on your soul. The town has earned a significant position in Indian history as it was ruled by many Hindu and Muslim kings who built several ancient structures including a 500 years old temple and a scenic fort situated at the edge of a cliff.

Panchgani

This pretty hill refuge located within the five mountains in Sahyadri Mountain range proposes many delightful prospects for seekers of nature and peace. Its short distance from Mahabaleshwar makes it a must-visit destination for travelers who plan a trip to Mahabaleshwar. This place has lots of scenic spots to spend your time in tranquility. The dense patches of greenery you come across on your way to Panchgani put you in a relaxed state and prepare you to be ready for other strikingly beautiful natural treasures hidden in its different locations.

Mount Abu

This charming hill station has been rightfully named 'An oasis in the desert' as it's the only hill station in Rajasthan.



Throughout its history, this place has remained the preferred escape from the sweltering heat of Rajasthan for many Rajput rulers who built their beautiful summer palaces here. The climate of this hilly resort is quite unlike the climate in deserts; hence it makes for an ideal refuge

to escape the sweltering heat of deserts in Rajasthan Tour India. The forests of Mount Abu host fledgling wildlife worth observing.

Khandala

A revered holiday spot for a majority

of folks residing in Mumbai and Pune, Khandala holds a veritable existence as one of the best hill stations in India because of its pleasant weather. It is home to a great number of hillside forts, waterfalls and cliff tops giving a distinct feel to its hilly landscape. The trails and terrains leading up to the cliffs and valleys nearby introduce you to the massive variety of plant and wildflower species growing in the region. This is one place that lets you enjoy every season in the best way as the weather here does not get harsh.

Saputara

Being one of the few hill stations in the state of Gujarat, Saputara is a popular tourist getaway that sees a great influx of tourists from in and around Gujarat for an up-close experience with nature. Venturing into this gorgeous piece of land is a breathtaking experience for those who have spent some days touring the salt deserts of Gujarat. The cascading waterfalls, lush forests and gardens create a beautiful harmony enough to compel the visitors to prolong their stay in India Tours.

Lonavala

For decades, Lonavala has remained a favored holiday destination for city dwellers as well as for those on a lookout for a peaceful place away from the noise and traffic of cities. In spite of the modernization that took place in all these years, this place still carries a natural charm that appeals to visitors of all kinds. You can find many cafes in Lonavala surrounded by a thick green patch to sip coffee and read your favorite book.

Chorla Ghats

Chorla Ghats in Goa is no less than a paradise for travelers who wish to escape the beach atmosphere for a while to wallow in the beauty of nature's treasures that are found in a hill station Tours. The soothing sights of waterfalls, Dams, and forests located near Chorla Ghats have a positive influence on your mind. The forests here own great biodiversity which includes many species of wild animals and birds and its worth it to visit the Wildlife sanctuary to take stock of different animal species and their natural habitats.

Kamshet

This hill station in Maharashtra is mostly thronged by adventure lovers as it happens to be a popular site for paragliding. You can find many flying academies in Kamshet owing to this reason. But if you are the one who just wants a peaceful escape, then this place is a treasure in its own right as it houses many enchanting sites to make your stay a dream one.

History This Week

JUNE 20 - 26

JUNE 20



June 20, 1782 - The U.S. Congress officially adopted the Great Seal of the United States of America.

Birthday - American military hero and actor Audie Murphy (1924-1971) was born in Kingston, Texas. He was the most decorated American soldier of World War II, awarded 37 medals and decorations, including the Medal of Honor for single-handedly turning back a German infantry company by climbing on a burning U.S. tank destroyer and firing its .50-cal. machine gun, killing 50 Germans. He later became an actor in western and war movies and made 45 films including; The Red Badge of Courage (1951), Destry (1954), and To Hell and Back (1955), based on his autobiography. He died May 28, 1971, in a plane crash near Roanoke, Virginia.

JUNE 21

June 21, 1964 - Three white civil rights workers - James Chaney, Andrew Goodman and Michael Schwerner - left Meridian, Mississippi, at 9 a.m. to investigate a church burning. They were expected back by 4 p.m. When they failed to return, a search was begun. Their murdered bodies were discovered on August 4th.



Birthday - French philosopher Jean-Paul Sartre (1905-1980) was born in Paris. Dubbed the "father of existentialism," in 1964, he rejected the Nobel Prize for Literature when it was awarded to him.

Birthday - Britain's Prince William (William Arthur Philip Louis) was born in London, June 21, 1982.

JUNE 22

June 22, 1918 - A Michigan Central Railroad troop train struck the rear of the Hagenbeck-Wallace Circus train in Ivanhoe, Indiana. Fifty-three circus performers were killed. Of the circus animals not killed, most were maimed and had to be destroyed. The performers, of whom only three could be identified, were buried in a mass grave.

June 22, 1941 - Starting at 3:15 am, some



3.2 million German soldiers plunged headlong into Russia across an 1800-mile front, in a major turning point of World War II. At 7 am that morning, a proclamation from Hitler to the German people announced, "At this moment a march is taking place that, for its extent, compares with the greatest the world has ever seen..."

JUNE 23



June 23, 1865 - The last formal surrender of Confederate troops occurred as Cherokee leader and Confederate Brigadier General Watie surrendered his battalion comprised of American Indians in the Oklahoma Territory.

JUNE 24

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



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

entering politics.

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

JUNE 25

June 25, 1862 - During the American Civil War, the Seven Days Campaign began as Confederate General Robert E. Lee launched a series of assaults to prevent a Union attack on Richmond, Virginia. The Campaign included battles at Oak Grove, Gaine's Mills, Garnett's Farm, Golding's Farm, Savage's Station, White Oak Swamp and Malvern Hill, resulting in over 36,000 casualties on both sides. Despite losing the final assault at Malvern Hill, the Confederates succeeded in preventing the Union Army from taking Richmond.



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

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

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

June 25, 1991 - Following the collapse of Soviet rule in Eastern Europe, the republics of Croatia and Slovenia declared their independence from Yugoslavia. Ethnic rivalries between Serbians and Croats soon erupted. In 1992, fighting erupted in Bosnia-Herzegovina between Serbians and ethnic Muslims. A campaign of terrorism and genocide, termed 'ethnic cleansing,' was started by the Serbs against the Muslims. At least two million people became refugees, and about 200,000 were missing and presumed dead. Violence in the region raged on through

1995 despite economic sanctions and the efforts of U.N. peacekeeping forces in the area.

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

JUNE 26



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

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



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

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

Anderson-Tendulkar Trophy unveiled ahead of India-England 5-Test series

LEEDS (TIP)

Legendary Sachin Tendulkar and James Anderson formally unveiled the Anderson-Tendulkar Trophy ahead of the opening match of the five-Test series between India and England, here on Thursday, June 19.

The Anderson-Tendulkar Trophy, a joint initiative between the two boards ECB and BCCI, hereon replaces the Pataudi Trophy (for series in England) and the Anthony de Mello Trophy (for series in India) for all India-England Test contests.

The trophy launch was earlier scheduled for June 14 but it was pushed for a later date due to the tragic Air India aircraft crash in Ahmedabad.

The Pataudi family will continue to be honoured with a newly-commissioned Pataudi Medal to be presented to the winning captain of each India-England Test series.

The trophy features imagery of Anderson and Tendulkar in action, along with their engraved signatures — a tribute to two of the sport's most iconic figures who also hold top two spots for most Tests played by any player.

While Tendulkar retired after his 200th Test more than a decade ago, Anderson played his 188th and last in 2024.

Tendulkar remains the highest run-scorer in Test history with 15,921 runs. He made his debut at the age of 16 and went on to enjoy a distinguished 24-year international career.

In 32 Tests against England, Tendulkar amassed 2,535 runs at an average of 51.73, with a highest score of 193 at Headingley in 2002.

Anderson, one of the finest exponents of swing bowling, took 704 Test wickets which is the most for any fast bowler. He ranks third on the all-time list, behind only spinners Muttiah Muralitharan (800) and Shane Warne (708).

Anderson set his own standards in Test crickets against India, scalping 149 wickets in 39 matches at an average of 25.47, including six five-wicket hauls.

While unveiling the trophy, Tendulkar said Test cricket will continue to remain the pinnacle of the sport for him.

"For me, Test cricket embodies life — you give your best, and if things go wrong, it gives you another day to regroup, think, unlearn, and bounce back," he said.

"It is the highest form of the game that teaches you endurance, discipline and adaptability, against all odds. I owe my foundation to Test cricket, as it has seen me grow from disappointments to triumphs, from aspirations to fulfilment," he said.



India's Sachin Tendulkar and England's James Anderson pose for pictures with the new Anderson-Tendulkar trophy during a photo call at Lord's Cricket Ground in London, England. ECB/Gareth Copley via PTI

The legendary batter said India and England have played pivotal role in shaping the future of Test cricket over the years.

"India and England have played a big role in shaping Test cricket in a way that it remains an evolving inspiration for subsequent generations.

"Now, as I share this recognition with my on-field challenger and an off-field gentleman James, I hope that the world celebrates the essence of Test cricket even more — allowing it to traverse boundaries yet untrodden," Tendulkar said.

Anderson said the recognition is a real honour for him and Tendulkar. "It's a proud moment for me and my family to have this iconic series named after Sachin and myself," he said.

"The rivalry between our two nations has always been something special, full of history, intensity and unforgettable moments."

"To be recognised in this way is a real honour. I'm looking forward to seeing the next chapter unfold in England this summer. It promises to be compelling, competitive cricket — exactly what you'd expect from two great sides. This is elite sport at its finest," he said.

ECB chairman Richard Thompson said, "Jimmy and Sachin have given cricket fans around the world so many unforgettable moments, and it is fitting that their names will now be part of every men's Test series between England and India."



Marnus Labuschagne

Labuschagne axed, Smith unavailable for first clash as Australia announce squad for Test series

Australia unveiled its squad for the three away Tests against the West Indies, with some prominent changes compared to the one that was selected for the World Test Championship (WTC) final.

Australia's batting mainstay, Marnus Labuschagne, has finally run out of time and been dropped from the squad. Considering his silent outings with the bat and a Test century drought, Labuschagne was promoted to the opening slot in the WTC final against South Africa, reported ESPNcricinfo.

During his outing at Lord's, which was the last act of faith from selectors, Labuschagne returned with scores of 17 and 22, continuing with his elongated lean patch in Test format.

"Marnus at his best can be a really important member of this team. He understands his output hasn't been at the level we, or he, expects. We will continue working with him on the areas of his game we feel he needs to rediscover. We continue to value his skill and expect him to work through the challenge positively," chair of selectors George Bailey said as quoted from ESPNcricinfo.

Apart from the 30-year-old star, Australia's talismanic batter Steve Smith has been ruled out of the series opener in the Caribbean, scheduled to begin on June 25. On the third day of the pulsating contest against the Proteas, Smith was sent to the hospital after he suffered a compound dislocation of his right little finger while fielding in the slip cordon.

South Africa captain Temba Bavuma edged the ball towards Smith, who tried to grab the opportunity with quick reflexes but eventually fumbled it, hurting his finger in the process. The 36-year-old decided to avoid surgery but has to wear a splint for eight weeks.

"Steve needs more time for the wound to heal, so we'll give him another week's rest and assess his functionality after that," Bailey said.

Without Labuschagne and Smith, the young and explosive Sam Konstas will earn his third Test cap after his enchanting display in the Border-Gavaskar Trophy against India.

What is Bazball and should India be scared of it?

LORDS (TIP)

Bazball. Bazball. Bazball. It is always only about Bazball. Irritating frankly. For the amount of hype that it gets, Bazball has not really won England the world title in two separate World Test Championship cycles.

As India get ready to play England in a 5-match Test series, it is once again about Bazball. To be fair, the hype had been a little less this time, but it was Joe Root, who once again triggered the term, stating that Bazball never quite got the credit for the tactical nuance that it carried with it.

"It might not always get reported how it is—I don't think 'Bazball' is the right way to describe it. It has been a big change and is different to how a lot of teams play, but there is a lot more method to it than is



probably perceived," the former England captain said a day before the start of the opening Test match in Headingley.

That then, obviously demands the question, what really is Bazball?

The funniest thing perhaps is that Bazball, the highly aggressive form of cricket, with both bat and ball, which promised to make Test cricket more interesting, is a term hated by its makers.

On multiple occasions, England Test cricketers have come out and gone on record that Baz (Brendon McCullum) believes that Bazball is a term given by the media to hype up England's approach to Test cricket.

"It's a phrase that was created by the media. Something that we try and stay away from. It just came from what we have managed to do over the last two years and how we've played. We don't necessarily like it, Baz (coach Brendon McCullum) hates it! Whenever that word pops up, we just try to say that's how England plays Test cricket," Stokes told the media going into England's Test tour of India in 2024.

But is that not what England set out to do? Bring back crowd with a high-risk brand of cricket?



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