



The Indian Panorama Wishes Readers A Happy Mother's Day



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Suvendu Adhikari to become the first BJP Chief Minister of West Bengal

He will take oath as the Chief Minister of West Bengal at Kolkata's Brigade Parade Grounds on Saturday, May 9



: BJP legislature party leader Suvendu Adhikari. -Photo Credit: ANI

MAY 8, 2026 KOLKATA / NEW YORK (TIP)

Newly elected MLAs of the Bharatiya Janata Party in West Bengal unanimously elected Suvendu Adhikari as leader of their legislature party on Friday, May 8, 2026.

Accompanied by several leaders of the BJP's State unit, including Dilip Ghosh, Locket Chatterjee, and Tapas Roy, the Chief Minister-designate reached Lok Bhavan and met Governor R.N. Ravi to stake claim to form the government.

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U.S. trade court rules against Trump's 10% tariff, but no relief yet for most traders

The court has provided relief to only the plaintiffs - two small companies in the U.S. and Washington State - with the tariff remaining on all other importers



Court setbacks to Trump add uncertainty to U.S. tariffs -File Photo

MAY 8, 2026 WASHINGTON, D.C. (TIP)

The U.S. Court of International Trade (CIT) has ruled that the 10% temporary tariff President Donald Trump imposed on all U.S. trade partners, including India, was "unauthorized by law",

striking a further blow to his attempts at using tariffs as tools to advance his policy priorities.

However, while the ruling sets a precedent, it does not translate into immediate relief for exporters around the world. The court on Thursday, May 7, 2026, provided relief to only the plaintiffs - two small companies in the U.S. and Washington State - with the tariff remaining on all other importers.

The U.S. government is expected to appeal the judgment at the federal level, which could extend the process by several months. Trump had, on February 24, 2026, used Section 122 of the Trade Act of 1974 to impose a 10% tariff on imports from around the world for 150 days.

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Trump says US proposal to Iran "more than a one-page offer", claims Tehran agreed to hand over "nuclear dust."



US President Donald J. Trump

MAY 08, 2026 WASHINGTON, D.C. (TIP)

A significant US proposal aimed at resolving the ongoing standoff with Iran is considerably more detailed than a simple "one-page offer."

The US President clarified the scope of the diplomatic outreach on Thursday, May 7, as Tehran continues to evaluate communications from Washington transmitted via Pakistani mediators.

Responding to inquiries regarding whether Iran had engaged with what some had termed a "one-page proposal," Trump challenged that description of the document.

"Well, it's more than a one-page offer. It's an offer that basically said they will not have nuclear weapons, they are going to hand us the nuclear dust and many other things that we want," Trump informed the press. When questioned on whether the Iranian leadership had consented to these terms,

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NEW YORK MAYOR ZOHAN MAMDANI CELEBRATES VAISAKHI WITH SIKH OFFICERS ASSOCIATION



New York City Mayor Zohran Mamdani celebrates Vaisakhi with the Sikh Officers Association

@NYCMayor/X

Says is 'humbled by the Sikh officers who carry these values into our streets every day'

MAY 3, 2026 NEW YORK (TIP)

Once again showing respect for the Sikh community in the US, New York Mayor Zohran Mamdani, "stood with the Sikh Officers Association to observe Vaisakhi and Khalsa Sajna Diwas - the birth of Khalsa rooted in justice, courage and selfless service." He said, "I am humbled by the Sikh officers who carry these values into our streets every day. Nirbhau, Nirvair - without fear, without hate. Happy Vaisakhi to all."

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COMMENT

Mother: The First Word of Love, Sacrifice, and Civilization

BY INDRAJIT SALUJA



On Sunday, May 10, much of the world will pause, if only for a moment, to celebrate one of the most sacred relationships known to humanity - the relationship between a mother and her child. Flowers will be offered, greeting cards exchanged, and affectionate messages shared across continents. Yet no bouquet, no poem, no monument, and no language has ever fully succeeded in capturing the grandeur of a mother's love.

For a mother is not merely a biological reality. She is an emotion. She is memory. She is sacrifice clothed in tenderness. She is the first school, the first shelter, the first prayer, and often the last refuge of a troubled soul.

Before humanity built temples, it knew the sanctity of a mother's lap.

The history of civilization itself is, in many ways, the history of motherhood. Every prophet, philosopher, scientist, emperor, saint, poet, reformer, and revolutionary once rested in the arms of a mother. The world celebrates great men and women, but behind almost every greatness stands a mother who silently shaped character, nourished courage, and taught compassion.

The scriptures of the world overflow with reverence for motherhood. In the ancient Indian tradition, the mother is placed even above heaven. The Sanskrit phrase "Matru Devo Bhava" - "Let the mother be revered as God" - is among the loftiest declarations in human philosophy. Hindu scriptures repeatedly describe the mother as the embodiment of unconditional love and divine grace.

The Mahabharata and the Ramayana are filled with examples of mothers whose strength and sacrifice shaped history. Kunti, the mother of the Pandavas, bore unimaginable suffering with dignity. Mother Yashoda symbolizes nurturing love so pure that even Lord Krishna, regarded as God incarnate, became eternally associated with her maternal affection.

In Sikhism too, motherhood occupies a sacred place. Guru Nanak taught compassion, equality, and service - values first cultivated in the atmosphere of the home by mothers. Sikh history reveres Mata Gujri for her courage and spiritual strength during times of immense persecution. The Sikh tradition recognizes women not merely as caretakers but as pillars of moral and spiritual resilience.

Christianity offers perhaps one of the most universally recognized symbols of motherhood in Mary, Mother of Jesus, whose image has inspired humanity for centuries. Her silent suffering, unwavering faith, and acceptance of pain have become eternal metaphors for maternal sacrifice.

Islam, too, places mothers on the highest pedestal. A famous saying of Prophet Muhammad declares: "Paradise lies beneath the feet of mothers." Few statements in human history elevate motherhood with such poetic reverence and moral clarity.

Across cultures, religions, and civilizations, one truth shines unmistakably: humanity has always understood that the hand that rocks the cradle shapes the destiny of nations.

And yet, despite all our praise for mothers, modern society often fails them.

We live in an age of astonishing technological advancement but shrinking emotional spaces. Families are increasingly fragmented. Loneliness has become a silent epidemic. Elderly mothers are too often left isolated in nursing homes or apartments filled with memories but devoid of companionship. In the rush for success, careers, wealth, and status, many children forget the woman who once sacrificed sleep so they could dream.



There is perhaps no tragedy greater than neglecting one's mother.

A mother's sacrifices are mostly invisible. She gives without accounting, loves without conditions, and forgives without limit. Her work rarely receives salaries, awards, or headlines. She absorbs anxiety silently and often carries the burdens of the family without complaint. Her tears are usually hidden, her fears unspoken.

And yet, when the storms of life arrive, it is often the mother who remains the final lighthouse.

Philosophers across centuries have reflected upon this extraordinary force called motherhood. Abraham Lincoln famously said, "All that I am, or

hope to be, I owe to my angel mother." Napoleon Bonaparte declared, "Give me good mothers and I will give you a great nation."

Indeed, nations are not built first in parliaments or battlefields. They are built in homes.

The moral health of society depends greatly upon the values transmitted by mothers - kindness, honesty, discipline, empathy, and courage. When mothers nurture humanity, civilization flourishes. When mothers suffer neglect, societies slowly lose their soul.

Motherhood is also not confined merely to childbirth. There are women who mother through compassion, teaching, healing, mentoring, adoption, and service. Teachers who shape young minds, nurses who comfort the sick, social workers who rescue abandoned children, and women who dedicate their lives to humanity all partake in the spirit of motherhood.

The world today desperately needs more maternal values.

At a time when violence, hatred, wars, and divisions scar humanity, the qualities associated with motherhood - patience, compassion, nurturing, forgiveness, and sacrifice - are perhaps the very medicine civilization requires. The future of humanity may well depend upon restoring these values to the center of public life.

Mother's Day, therefore, should not become merely a commercial occasion of flowers and social media greetings. It should become a moral reminder.

- A reminder to call our mothers more often.
- A reminder to care for aging mothers with dignity.
- A reminder to lighten their burdens.
- A reminder that while we may outgrow childhood, we never outgrow the need for a mother's love.

And for those whose mothers are no longer physically present, Mother's Day becomes a day of remembrance - a quiet conversation with memory, gratitude, and tears. Mothers never truly leave us. They continue to live in our conscience, our values, our language, our prayers, and our humanity.

A mother's love survives even death.

As the world celebrates Mother's Day this Sunday, let us rise above ritual and rediscover reverence. Let us not merely say "Happy Mother's Day," but strive to create a society where mothers are respected, protected, cherished, and never abandoned.

For in honoring mothers, humanity honors its own highest self.

And perhaps that is why, among all the words humanity has ever spoken, one word remains forever the softest, the purest, and the holiest: **Mother.**

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Internationally renowned Spiritual Master, acclaimed Author, And Humanitarian, Sant Rajinder Singh Ji Maharaj, to visit Long Island, NY this memorial day weekend



Sant Rajinder Singh Ji Maharaj

**MAY 6, 2026
AMITYVILLE, NY (TIP)**

As part of his global tour, Sant Rajinder Singh Ji Maharaj, internationally recognized spiritual Master, best-selling author, and tireless advocate of world peace, will be presenting enlightening talks at the Science of Spirituality Meditation Center in Amityville, NY, this Memorial Day weekend. These inspirational programs are aimed at empowering individuals to alleviate their stress, discover inner calm, and experience deeper spiritual awareness.

On Saturday, May 23rd, at 7:30 pm, he will present a spiritual discourse in Hindi (with English and Spanish translation). On Memorial Day, Monday, May 25th, at 3:00 pm, Sant Rajinder Singh Ji will offer an inspirational talk titled,

"From Stress to Calm through Meditation" (in English with Spanish translation). His programs will include detailed meditation instructions. Both programs are free and open to public. The events will take place at the Science of Spirituality Meditation Center, 79 County Line Road, Amityville, NY 11701.

Sant Rajinder Singh Ji, head of Science of Spirituality and internationally acclaimed author of Detox the Mind, Inner and Outer Peace through Meditation, and Meditation as Medication for the Soul, teaches meditation as an effective tool for transforming one's life-physically, emotionally, and spiritually. He will share insights that enable individuals to overcome stress and live more consciously.

At a time when many are seeking

meaning and stability in an increasingly fast-paced, uncertain world these programs provide step-by-step guidance in meditation techniques that participants can incorporate into their daily routines to cultivate clarity, balance, and resilience.

This special visit to Amityville offers a unique opportunity to learn directly from a globally acclaimed spiritual Master and explore simple, effective techniques for achieving inner and outer peace.

For more information, please contact the Science of Spirituality Meditation Center at infotristate@sos.org, www.sos.org, or call 631-822-7979, 888-666-1990. To register: <https://www.sos.org/tours/newyork-2026/>

Vikrant Massey thanks the Indian Diaspora for Ensuring Possibilities for CRY's children



Award-winning actor Vikrant Massey is arriving at the CRY Gala, escorted by the CRY America officials



A group of attendees and organizers

**MAY 7, 2026
NEW YORK (TIP)**

CRY America's 2026 Gala Series brought together communities across five major U.S. cities, featuring award-winning actor Vikrant Massey, whose presence and heartfelt advocacy for children's rights inspired attendees and elevated the evenings.

The galas were hosted in New York, Houston, Seattle, the San Francisco Bay Area, and San Diego, drawing members of the Indian diaspora who came together in strong support of CRY America's mission. Guests contributed generously toward initiatives focused on ensuring underprivileged children have access to education, healthcare, and protection from child labor and child marriage.

Each evening offered a vibrant and engaging program that included a cocktail hour, hors d'oeuvres, live entertainment, dinner, donor appreciation segments, and an energizing pledge session. Bollywood music and dancing added a celebratory spirit, while an online auction featuring paintings by Indian artists, designer outfits, and fine jewelry generated additional excitement and support.

The gala series featured an impressive lineup of guest speakers who shared their perspectives on giving back and community responsibility. Sree Sreenivasan, CEO of Digimentors, co-founder of SAJA, the South Asian Journalists Association and co-host of the annual Nobel Prize Peace Conference spoke in New York. Sandy Santana, Executive Director of Children's Inc in Houston. Priya Priyadarshini, Corporate Vice President, HR from Microsoft addressed the room in Seattle, Venky Harinarayan, entrepreneur, venture capitalist, philanthropist, and co-founder of the cricket team San Francisco Unicorns spoke in the Bay Area and in San Diego, Dr. K.J. Srinivasa, Consul General of India, LA spoke along with Kranti Ponnamm, an accomplished business leader in Business, Technology, and Real Estate sectors. Each speaker emphasized that the Indian diaspora holds both the

means and the opportunity to drive meaningful change by supporting organizations like CRY America.

Mr. K V Ramana, a pioneering social worker, moved the audiences with stories from the Tirupati district of Andhra Pradesh. He detailed his work with the Yanadi tribal community, explaining that securing land rights was the essential first step in building the trust necessary to eliminate child labor, halt child marriages, and establish pioneering mini-child centers (Anganwadis).

Sandeep Bathala, Executive Director of CRY America, expressed gratitude for the collective generosity of the community that continues to empower sustainable change in children's lives. She highlighted that every contribution helps expand access to essential services and strengthens long-term impact across underserved regions.

CRY America is deeply grateful to our sponsors and supporters including House of Spices, Dallas Venture Capital and Allstate Foundation among others as well as our Gala Committees, generous donors, project partners, media houses, volunteers & staff for their ongoing commitment towards creating pathways to possibilities for thousands of underprivileged children. Children's lives will be irreversibly transformed due to our collective efforts!

ABOUT CRY AMERICA:

CRY, Child Rights and You America Inc (CRY America) is a 501c3 non-profit driven by its vision of a just world in which all children have equal opportunities to develop to their full potential and realize their dreams. With the support of over 35,000 donors and 2,000 volunteers, CRY America has impacted the lives of 825,000 children living across 5,000 villages and slums through support to 111 Projects in India and the USA. For more information: contact Renuka Ramachandran at 617-981-2826; visit <http://cryamerica.org> or write to support@cryamerica.org

Indian Overseas Congress Applauds Congress-led Victory in Kerala

**MAY 4, 2026
NEW YORK (TIP)**

The Indian Overseas Congress USA has congratulated the United Democratic Front (UDF) on its decisive victory in the Kerala Assembly elections and expressed confidence in the new government's ability to fulfill its promises and deliver transparent, accountable governance.



Congress party workers celebrate victory in 2026 Kerala Assembly Elections

"Kerala has decisively turned a new page," said George Abraham, Vice-Chair of the Indian Overseas Congress, USA. "The electorate has rejected what many perceived as an increasingly authoritarian and unaccountable style of governance, and has voted in favor of change, integrity, and democratic values. By ending what was often described as 'Pinarayism,' the people have reaffirmed their commitment to a healthy bipolar political competition, one that can effectively check communal forces and preserve the state's social harmony."

The organization extended its best wishes to the Opposition Leader, Shri V.D. Satheesan, who led the fight from the forefront, and to the incoming government. It expressed optimism that the new administration will uphold the principles of good governance while effectively addressing the aspirations of the people of Kerala.

Indian-origin company director sentenced to jail for under-declaring imported car values in Singapore

MAY 06, 2026
SINGAPORE (TIP)

An Indian-origin director of a Singaporean company has been fined by a court here for over SGD 1 million (USD 785,314) and sentenced to two months' jail for various offences related to under-declaring the value of imported vehicles, including a Porsche, between October 2018 and February 2024.



Thiyambarawatta Subash Indrajith, the director of car firm Concordway, pleads guilty to 9 charges under the Customs Act, which involved evading more than SGD 161,251 worth of duty on 34

imported vehicles
Photo for representation only / iStock

Thiyambarawatta Subash Indrajith, the director of car firm Concordway, pleaded guilty to nine charges under the Customs Act, which involved evading more than SGD 161,251 worth of duty on 34 imported vehicles.

Ten other charges were taken into consideration during sentencing - four charges for fraudulent evasion of Goods and Services Tax (GST), and six charges for abetment by intentionally aiding in the making of untrue declarations to fraudulently evade GST.

The jail term and fine were imposed in the State Courts on April 24, Singapore Customs and the Land Transport Authority (LTA) said in a joint statement on Tuesday.

The SGD 1,068,000 fine was imposed for fraudulently evading duty, while the two months' jail term was imposed for under-declaring the values of 21 vehicles at the point of registration with LTA, leading to over SGD 1 million in underpayment of the additional registration fee.

Concordway is an importer of motor vehicles from overseas suppliers in Japan and the United Kingdom, and also provides services to customers wanting to source and import vehicles from overseas suppliers through Subash's contacts. Customs began investigations after an individual importer of a Porsche 718 Cayman Style Edition submitted documents stating a suspiciously low declared value, according to a Channel News Asia report. Based on information obtained from this importer, Customs officers searched Subash's residence.

He then admitted to assisting clients in importing vehicles for commissions of SGD 3,000 to SGD 4,000 by liaising with overseas suppliers to provide invoices with suppressed values significantly lower than the actual vehicle prices. The false invoices were then submitted to customs as supporting documents for their import.

To conceal the money trail, payments were split into two transactions. A suppressed payment corresponding to the declared value and a balance payment, which was the difference between the actual and declared values.

Read full story at
www.theindianpanorama.news

'Jinne jhande dikhane, dikhai challo', Diljit Dosanjh dares pro-Khalistani protesters at Calgary concert

Canadian Security Intelligence Service also flags Pro-Khalistani concern

MAY 2, 2026
CALGARY (TIP)

Punjabi singer-actor Diljit Dosanjh took on pro-Khalistani elements during his Aura 2026 concert in Calgary, Canada, on Friday, May 1.

During the concert, a few individuals carrying pro-Khalistan flags were seen raising slogans.

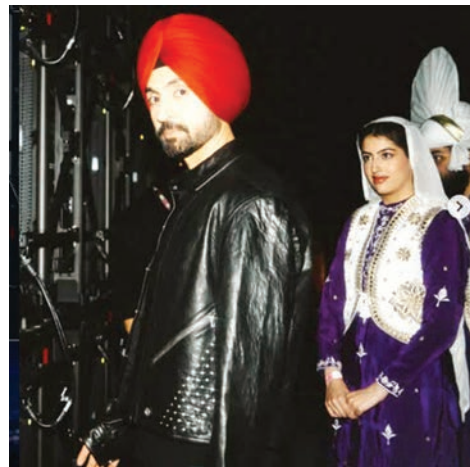
Addressing the situation from the stage, Diljit said, "Jinne jhande dikhane, dikhai challo," while gesturing towards the protesters.

According to media reports, he also said that he would not allow ruckus at the venue and would not spare anyone involved in it.

He added that he has always stood for Punjab, whether during the farmers' protest or the recent floods in the state.

He also referred to raising Punjab-related issues on national and international platforms, including mentioning the Komagata Maru incident during an appearance on The Tonight Show Starring Jimmy Fallon.

"Charity is not my job. It is love for the motherland and its people that makes us all come and do it. But if someone still wants to protest just because I sat on TV in front of someone, I don't care-keep doing it," said Dosanjh, drawing loud



Punjabi singer-actor Diljit Dosanjh says he has always stood for Punjab, whether during the farmers' protest or the recent floods in the state. Image credit/Instagram/@diljitdosanjh

applause from the crowd.

A separate event in Vancouver was also briefly disrupted a few days earlier following slogan-shouting and clashes with security personnel.

The developments came amid Canada's premier intelligence agency, the Canadian Security Intelligence Service (CSIS), releasing its public report on Friday, flagging a small but persistent network of Canada-based Khalistani

extremist groups as a continuing national security concern.

The report states that certain individuals linked to Canada-based Khalistani extremist (CBKE) networks are involved in raising and diverting funds to support violent activities in India. It underlined that a fringe subset continues to exploit Canadian soil to promote, finance or plan violence.

The report also marks the 40th anniversary of the Air India Flight 182 bombing, the deadliest terrorist attack in Canadian history that claimed 329 lives, most of them Canadian citizens. Investigators had linked the bombing to members of Canada-based Khalistani extremist networks.

CSIS said there were no CBKE-linked attacks in Canada in 2025. However, it cautioned that the ongoing involvement of such elements in extremist ecosystems poses a threat to Canadian national security and its interests abroad.

It further noted that some individuals maintain connections within Canada and misuse institutions to mobilise support and resources, often targeting unsuspecting members of the community.

20-year-old Punjabi deported for his involvement in in the Extortion Crisis

MAY 6, 2026
SURREY, BC (TIP)

The Surrey Police Service (SPS) has released a photograph of a 20-year-old Punjabi youth who was recently deported from Canada for his alleged involvement in the extortion crisis.



Prabhjot Singh

The suspect, identified as Prabhjot Singh (20), was arrested by the SPS earlier this year. Following his arrest, the police shared intelligence with the Canada Border Services Agency (CBSA) regarding his suspected role in extortion-related activities. Consequently, Singh was stripped of his legal status and removed from the country. Now, the Surrey Police Service are seeking more information about him and his associates.

As per the news report, SPS Chief Constable Norm Lipinski stated, "The SPS continues to work with our law enforcement partners with the shared objective of tackling the interjurisdictional and national components of extortion."

Lipinski add, "We remain steadfastly committed to our policing colleagues and to our community in combating the extortion crisis."

Read full story at
www.theindianpanorama.news

Sikh- Canadian Karambir Singh Kang becomes Canada's 1st bearded Sikh Marine engineer

Sikh employees in Canada have long faced difficulties in maintaining their religious identity in the workplace

MAY 3, 2026
TORONTO (TIP)

For years, workplace rules around beards and turbans created barriers for Sikhs in maritime roles. And now, after nearly four years of efforts and struggle, success has been achieved for Sikh employees in Canada.



Karambir Singh Kang Credit / Social media

Karambir Singh Kang from Kang village in Dhariwal, Gurdaspur, is now the first Sikh marine engineer in Canada to serve while keeping a beard.

In this case, the way to remove the discriminatory rules was cleared after an agreement was reached between the World Sikh Organisation and the BC Ferries and Marine Works Union.

Read full story at
www.theindianpanorama.news

Punjabi-origin man arrested for extortion-related offence in Canada's Surrey

MAY 8, 2026
SURREY, BC (TIP)

A 27-year-old man from Punjab has been arrested and charged following a shooting investigation in Surrey that police believe is connected to ongoing extortion-related violence in the region.

The accused, Jaskaran Saroye, was arrested by the Surrey Police Service Extortion Response Team after officers executed a search warrant at a Surrey residence.

The incident took place shortly before 3 am on April 13 near 94A Avenue and 127 Street, where gunshots were fired into an occupied home. Although the residence sustained damage, no injuries were reported.

As per the press release of Surrey Police, investigators identified a suspect vehicle, leading police to obtain a warrant and arrest him with assistance from the Lower Mainland District Emergency Response Team and other SPS units.



Jaskaran Saroye has been charged with discharging a firearm into a place while knowing, or being reckless as to whether, someone was present inside.

Read full story at
www.theindianpanorama.news



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Man Killed After Being Shoved Down Subway Stairs In NYC: Sources Say

MAY 8, 2026
NEW YORK CITY (TIP)

A man was killed after he was allegedly shoved down the stairs at a subway station entrance in Manhattan, police said.



Image for representation only.

The 76-year-old man, identified as Ross Falzone, was found at the intersection of West 18 Street and 7th Avenue after responding to a 911 call of an assault around 9:36 p.m. on Thursday, May 8.

The man was unconscious and unresponsive with injuries to the head, police said.

He was taken to Bellevue Hospital in critical condition where he was later pronounced dead.

No arrests have been made. What led up to the incident is not known at this time.

(Source: Patch)

Elderly Sikh driver assaulted by African-American man in New York City

MAY 6, 2026
NEW YORK CITY (TIP)

A disturbing incident involving an elderly Sikh taxi driver being pushed to the ground in New York City has triggered outrage after videos of the assault surfaced on social media.

He was allegedly assaulted by an African-American man.

The video shows the elderly driver being shoved by a man following a roadside altercation. The attacker allegedly accused the driver of hitting another vehicle and was heard threatening further violence before pushing him forcefully to the ground.

WHILE THE VICTIM SUSTAINED INJURIES, A SOCIAL MEDIA UPDATE INDICATED THAT HE IS SAFE AND REMAINS IN "CHARHDI KALA" (HIGH SPIRITS), A PHRASE COMMONLY USED IN THE SIKH COMMUNITY TO DENOTE RESILIENCE AND OPTIMISM.

The incident has drawn sharp reactions from Sikh organizations, which have condemned the attack and raised concerns over the safety of elderly community members, particularly those working in public-



An elderly Sikh driver was assaulted by a man following a roadside altercation.

facing jobs such as taxi driving.

Community leaders have questioned the level of aggression used against the elderly man and called for stricter action against perpetrators of such violence. They also highlighted the vulnerability of Sikh drivers, many of whom are immigrants and senior citizens.

The episode comes amid growing concern over similar incidents. On April 22, a separate case was reported in Woodstock, Ontario, where an elderly Sikh man was allegedly pushed and

verbally abused in what was described as a hate-motivated attack.

Past fatal assaults on Sikh taxi drivers in the United States have further heightened anxiety within the community, prompting calls for improved safety measures and awareness.

Authorities in New York are yet to release an official statement on the incident. Investigations are expected to follow as pressure mounts for accountability.

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HLF
HUMAN LIGHT



HWVP

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WHERE : 177-14, Wexford Terrace, Jamaica, NY 11432

CONTACT : Didi Ananda Radhika +1 3474333501 /Mr. Nitin Vyas +1 7324705598
Dr. Bimal Ramani +1 2017368594

TIME : 2 TO 6 pm

Prominent Leaders Gather in New York for an Engaging Session with Former Union Minister Suresh Prabhu



Former Union Minister Suresh Prabhu (third from the left) in interaction with members of the Indian American community in New York on May 2, 2026.

**MAY 4, 2026
NEW YORK CITY (TIP)**

On May 2, 2026, an elite group of community leaders, professionals, and dignitaries gathered at Lexington Plaza / Bukhara Grill for an exclusive meet and greet with the Honorable Suresh Prabhu, former Union Minister. The event, which began at 11:00 AM, served as a premier forum for high-level dialogue on global progress and future initiatives.

Hosted by a distinguished Hotelier and former Water Commissioner of California, and coordinated by Nitin Vyas, Vegan Activist & Executive Members of United state Yoga Association, the assembly drew over 50 VIP guests from the tri-state area. The intimate setting allowed for direct interaction with the Minister, fostering a collaborative environment for all attendees.

Minister Prabhu provided a comprehensive overview of his ministerial achievements and current global activities. He was accompanied by Shobhit Mathur, Vice Chancellor of Rishihood University, who shared the vision and updates regarding the institution, of which Minister Prabhu serves as Founder and Chancellor. The session concluded with a dynamic Q&A, addressing pressing community concerns and international perspectives.

DISTINGUISHED GUESTS IN ATTENDANCE INCLUDED:

- H.K. Shah & Malti Shah - Founders of Vegetarian Vision
- Amar Shah - Managing Director & Head of Global Markets, Bank of America
- Dr. Thomas Abraham & Prakash Shah - Representatives from GOPIO
- Jayesh Gandhi & Ajay Gandhi (Pharmacist) - Representing Gandhi Samaj of South Gujarat
- Aron Rimanyi - Training The Street
- Simerpreet Kaur - Associate Director, Rishihood University
- Dr. Bimal Ramani - Medical and Health sector,
- Trilok Malik (Film Director & Producer)
- Architect Parag Mehta
- Manish Parikh - Business owner in the transportation industry

The event's culinary experience featured a specialized menu, personally supervised and catered by Raja Jahnjee & Arnav Jhanjee.

This successful gathering highlights the ongoing dedication to strengthening the bond between global leadership and the Indian-American community.

(Based on a Press Release issued by Nitin Vyas)



NYC Council Honors Sarabjit Singh with Proclamation for 30 Years of Community Service



Sarabjit Singh is seen here holding the City Council Proclamation honoring him, with New York City Council officials.

**APRIL 21, 2026
NEW YORK CITY (TIP)**

In a moment of pride for the Sikh community, the New York City Council honored noted community leader Sarabjit Singh in recognition of his three decades of dedicated and selfless service to society.

The proclamation was presented during the observance of Sikh Heritage Month and the celebration of Vaisakhi. A longtime resident of Richmond Hill, Sarabjit Singh has played a significant role in uniting communities and promoting the values and teachings of Sikhism across New York and beyond.

For over 30 years, he has served as President of the Guru Gobind Singh Study Circle USA (East Coast), leading numerous youth camps, educational initiatives, interfaith programs, and the

widely recognized "One Million Flyer Project."

Sarabjit Singh has also been instrumental in promoting Gatka, the traditional Sikh martial art, in New York, besides actively participating in relief and community support efforts following the tragic events of 9/11.

SPEAKING ON THE OCCASION, HE SAID:

"Service is not something done only in one's free time - true service means always being ready to stand up for others."

The recognition by the New York City Council stands as a tribute to his lifelong commitment to community service, youth empowerment, and the preservation of Sikh heritage and values.

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The Indus Water Treaty: Asymmetric Obligations, Unequal Concessions and Pakistan's Weaponization

BY PRADEEP
KUMAR
SAXENA



The Indus Waters Treaty (IWT) is a water-distribution treaty between India and Pakistan to use the water available in the Indus River system in the territories of the two countries. The treaty was negotiated by India and Pakistan with the mediation of World Bank and signed in Karachi on 19 September 1960 by Indian prime minister Jawaharlal Nehru and Pakistani president Ayub Khan. It classifies six major rivers of the Indus Basin into two categories, and gives India control over the waters of the three "Eastern Rivers"-the Beas, Ravi and Sutlej-which have a total mean annual flow of 33 million acre ft (41 billion m³), while control over the three "Western Rivers"-the Indus, Chenab and Jhelum-which have a total mean annual flow of 135 million acre ft (167 billion m³), was given to Pakistan.

India received control of roughly 20% of the total water carried by the rivers, while Pakistan received 80%. The treaty allows India to use the water of Western Rivers for limited irrigation use and unlimited non-

consumptive uses such as power generation, navigation, floating of property, fish culture, etc. It lays down detailed regulations for India in building projects over the Western Rivers. The preamble of the treaty recognizes the rights and obligations of each country for the optimum water use from the Indus system of rivers in a spirit of goodwill, friendship and cooperation. The treaty is also meant to alleviate Pakistani fears that India could potentially cause floods or droughts in Pakistan, especially during a potential conflict.

The Indus Waters Treaty is considered one of the most successful water sharing endeavors in the world today, even though analysts acknowledge the need to update certain technical specifications and expand the scope of the agreement to address climate change.

On 23 April 2025, following the Pahalgam terrorist attack, the Government of India suspended the treaty, citing national security concerns and Pakistan's

support of state-sponsored terrorism. (Wikipedia)

The Indian Panorama brings to its readers a perspective on the Indus Water Treaty.

Pradeep Kumar Saxena is a prominent Central Water Engineering Services Officer with over three decades of exemplary service in water resources management and international water treaties.

He has spent two decades in planning and designing hydropower projects in India, Afghanistan and Nepal.

Saxena has over seventeen year association with the Indus Waters Treaty in various capacities. He was a member of India's team during the Kishenganga Arbitration (2010-2013), which successfully secured India's right to construct the dam. He represented the nation as Indian Commissioner for Indus Waters (2016-2022) in numerous engagements with Pakistan and the World Bank. - EDITOR

PART I: THE ARCHITECTURE OF INEQUITY - HOW INDIA'S GOODWILL WAS CODIFIED INTO CONCESSION



BACKGROUND: THE PARTITION OF A RIVER SYSTEM

The Indus River System comprises six major rivers-the Indus, Chenab, Jhelum, Ravi, Beas, and Sutlej-flowing through the territories of both India and Pakistan. The system sustains drinking water, agriculture, and electricity generation across the Indus Basin, supporting hundreds of millions of people on both sides of the border.

When British India was partitioned in 1947, the Indus River System was also divided between the two successor states. The geographic reality was stark: India, as the upper riparian state, held the headwaters of most rivers, while Pakistan's agricultural heartland-the heavily irrigated Punjab plains-depended critically on continued water flows from the east. India, for its part, required access to the system for its own development objectives in Punjab and Rajasthan, while seeking stability and normalized relations with its new western neighbor. Despite its own pressing domestic needs, India concluded this highly concessionary water-sharing pact with Pakistan on 19 September 1960, an agreement facilitated by the World Bank.

NEGOTIATIONS - INDIA PAID THE PRICE FOR RATIONALITY

PAKISTAN'S STRATEGY OF DELAY AND THE 1954 WORLD BANK PROPOSAL

The trajectory of the negotiations was

shaped, from the outset, by the asymmetry between India's reasonable and constructive approach and Pakistan's maximalist, sometimes absurd, demands - an asymmetry that anchored outcomes far more favorably to Pakistan than equity would have warranted. The World Bank's first substantive proposal of 5 February 1954 illustrates this plainly: even at this initial stage, it required significant one-sided concessions from India:

- All planned Indian developments along the upper reaches of both the Indus and Chenab were to be abandoned, with those benefits accruing to Pakistan instead
- India was required to forgo diverting approximately 6 MAF from the Chenab River.
- No Chenab waters at Merala (now in Pakistan) would be available for Indian use.
- No water development would be permitted in Kutch from the river system.

Despite these considerable impositions, India accepted the proposal in good faith almost immediately, signaling its genuine desire for a speedy resolution. Pakistan, by contrast, delayed its formal acceptance for nearly five years until 22 December 1958. As a result of this goodwill gesture of India, the restrictions were imposed on her while Pakistan continued developing new uses on the Western rivers without

equivalent constraints. Pakistan absorbed the lesson that obstruction pays and cooperation costs-and has applied this lesson consistently ever since.

WHAT INDIA LOST: THE SCALE OF SACRIFICE

THE WATER ALLOCATION

Under the Treaty's allocation formula, India received exclusive rights to the three Eastern rivers-the Sutlej, Beas, and Ravi-while Pakistan received rights to the waters of the three Western rivers-the Indus, Chenab, and Jhelum. India was permitted certain limited, non-consumptive uses of the Western rivers within its own territory, primarily for run-of-river hydropower generation, subject to extensive design and operational restrictions.

In volumetric terms, the Eastern rivers allocated to India carry approximately 33 million acre-feet (MAF) of annual flow, while the Western rivers allocated to Pakistan carry approximately 135 MAF-giving Pakistan roughly 80 percent of the system's water. India received 20 percent, in exchange for relinquishing all claim to the vastly larger Western system. The critical point is that India did not gain new water from the agreement. What India received was formal acknowledgment of flows it already accessed, in exchange for relinquishing all claim to the far larger Western system. India was permitted certain non-

consumptive uses of the Western rivers within its territory-primarily run-of-river hydropower generation.

THE FINANCIAL CONCESSION: PAYING TO GIVE AWAY WATER

Perhaps the most striking anomaly of the Treaty is the financial provision. India agreed to pay approximately £62 million (approximately \$2.5 billion in present value) as compensation to Pakistan to build water resources infrastructure in Pakistan-occupied Kashmir. This payment represents a unique precedent in which the upstream country, which was already surrendering the majority of the system's water, additionally paid the downstream country for the "privilege" of doing so. India essentially subsidized Pakistan's acceptance of a deal that heavily favored Pakistan on the fundamental question of water allocation.

THE TREATY'S STRUCTURAL UNFAIRNESS

UNILATERAL ASYMMETRIC RESTRICTIONS ON INDIA

The Treaty imposes a series of specific design and operational restrictions on India's use of the Western rivers that have no corresponding obligations on Pakistan's side:

- India can develop only a limited Irrigated Cropped Area (ICA) in its territory.
- India faces strict limits on the volume of water that can be held in any storage facility on the Western rivers.
- India must comply with specific design criteria for any hydropower facilities on the Western rivers, including restrictions on pondage and storage capacity.

These restrictions are one-directional: they constrain India's lawful development of resources within its own territory while imposing no equivalent transparency or restriction requirements on Pakistan. The result is a treaty that treats the upstream state-India-as the party requiring oversight and restraint, while the downstream state benefits from guaranteed flows.

(Please also read "Part 2: Obstruction, Exploitation and the Long-Overdue Reckoning" on Page 9

THE INDUS WATERS TREATY

Asymmetric Obligations, Unequal Concessions and Pakistan's Weaponization

PART II: OBSTRUCTION, EXPLOITATION AND THE LONG-OVERDUE RECKONING

BY PRADEEP
KUMAR
SAXENA



Pakistan's Weaponisation of the Treaty

SYSTEMATIC OBSTRUCTION OF INDIAN DEVELOPMENT

Since the Treaty's signing, Pakistan has consistently used its dispute resolution provisions as a strategic tool to delay and effectively obstruct development rather than genuine dispute resolution. Virtually every significant hydropower project India has proposed on the Western rivers-even those explicitly permitted under the Treaty's terms-has faced formal Pakistani objection, technical challenge, or referral to arbitration.

Projects including Baglihar, Kishenganga, Pakal Dul, and Tulbul have all been subjected to prolonged Pakistani challenges. In several cases, Pakistan has acknowledged the potential benefits of Indian projects for regulated water flow-including flood moderation-while simultaneously opposing them. This pattern reveals that Pakistani objections are not genuinely about Treaty compliance; they are about preventing Indian development in Jammu and Kashmir, regardless of the legal merits.

THE 'WATER WAR' NARRATIVE AND ITS DEPLOYMENT

Pakistan has simultaneously exploited India's consistent compliance with the Treaty to construct and disseminate an international narrative portraying India as a potential 'water aggressor'. Pakistani officials, academics, and diplomatic channels have repeatedly raised the specter of India 'weaponizing water' against Pakistan-citing the very Treaty that India has scrupulously honored.

This narrative-posing the upper riparian as a threat-has proven remarkably effective with international audiences unfamiliar with the Treaty's history. Pakistan has used it to generate

diplomatic pressure, attract multilateral sympathy, and constrain India's ability to assert its legitimate Treaty rights.

The singular irony of this strategy is that India has not committed a single violation of the Treaty-not during the 1965 war, not during the 1971 war, not during the 1999 Kargil conflict, and not at any other point in the sixty-five years of the Treaty's operation. India has maintained compliance even as Pakistan has used its territory to conduct state-sponsored terrorism against India.

The Consequences for India

UNREALISED DEVELOPMENT POTENTIAL

The Treaty's constraints have had measurable, lasting consequences for India's development in the Indus Basin. Vast areas of Rajasthan and parts of Punjab that could have been irrigated remain arid or dependent on alternative, more expensive water sources. The agricultural productivity over six decades represents an incalculable economic loss.

JAMMU AND KASHMIR'S SUPPRESSED HYDROPOWER POTENTIAL

The impact on Jammu and Kashmir has been particularly acute. The Union Territory sits astride the Western rivers and possesses enormous, largely untapped hydropower potential. Development of that potential is constrained at every turn by the Treaty's design restrictions, Pakistan's systematic objections, and the perpetual risk of multi-tiered long drawn dispute resolution mechanism. Local populations have increasingly come to view the Treaty not as a framework for shared benefit but as an instrument of their own economic marginalization-an external imposition that prevents them from developing the natural resources flowing through their own territory.

ENERGY SECURITY IMPLICATIONS

India's inability to optimally develop the hydropower potential of the Western rivers has direct implications for national energy security. The Treaty's restrictions mean that potential capacity-as a clean, renewable, and economically efficient energy source-has been sacrificed purely because of Pakistan's strategic obstruction of even the limited rights India possesses in this asymmetric agreement.

India's Case

The Treaty was intended achieve the "most complete and satisfactory utilization of the waters of the Indus system of rivers" in a "spirit of goodwill and friendship"-a context that no longer exists.

The treaties derive their legitimacy not merely from the force of law but from the good faith implementation of their terms by all signatories. Pakistan's documented and persistent use of state-sponsored terrorism as an instrument of foreign policy against India-culminating in atrocities including the 2001 Parliament attack, the 2008 Mumbai attacks, and most recently the Pahalgam attack of April 2025-fundamentally challenges the premise upon which India's continued compliance with the IWT rests. Bilateral agreements cannot be selectively honored: a state cannot simultaneously breach the foundational norms of interstate conduct while demanding that its negotiating partner fulfil treaty obligations that disproportionately benefit the norm-breaker. The Treaty cannot be an island of Indian compliance within a sea of Pakistani bad faith. India's step represents an assertion long overdue-that international agreements are a two-way street.

Conclusion

The Indus Waters Treaty has long been celebrated as a triumph of international diplomacy. This paper has argued that such a characterization fundamentally

misrepresents what actually occurred: a negotiation process in which Pakistani intransigence was rewarded with concessions, and Indian goodwill was systematically exploited to produce an agreement that was inequitable from its inception.

Nevertheless, India surrendered 80 percent of the water, paid £62 million (approximately \$2.5 billion in present value) to facilitate that surrender, accepted one-sided operational restrictions on its own territory, and has maintained scrupulous compliance for sixty-five years-including through Pakistan inflicted multiple wars and sustained sponsoring of cross border terrorism. In return, India has received a Treaty agreed to in good faith that Pakistan uses as a tool of developmental obstruction, a 'water war' narrative it deploys internationally with no factual basis, and the permanent underdevelopment of vast tracts of Indian territory.

India's step is to protect its legitimate interests in the Indus Basin. This is not aggression; it is the long-overdue correction of an asymmetric arrangement premised on a goodwill that was never reciprocated. To those who ask why hold the Treaty in abeyance now, it would be useful to remember that there is no wrong time for a right decision.

(Pradeep Kumar Saxena is a prominent Central Water Engineering Services Officer with over three decades of exemplary service in water resources management and international water treaties.

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Understanding inequality in India's growth story

'Low' inequality conceals more than it reveals

There have been some significant policy changes in the recent past - this includes the implementation of the new Labour Codes and the Viksit Bharat-Guarantee for Rozgar and Aajeevika Mission (Gramin) Bill, 2025 replacing the Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA) - which have raised serious concerns regarding the welfare of informal workers and those belonging to rural India. These changes are accompanied by the official understanding that inequality is much less of a concern today than it was in the early 2010s, even though data comparability itself is an issue.

INEQUALITY ESTIMATES, INITIAL OBSERVATIONS

Analysis of inequality warrants clarification on a few issues, among other things.

the rural sector. India's consumption boom during the last couple of decades has been primarily driven by non-food expenditure. We find that inequality is much higher for the same compared to food expenditure. This is true for the rural and urban sectors, the inequality for both being higher in case of the urban sectors, and relatively more for non-food expenditure.

Since most growth-inducing activities are urban-centric and agricultural distress persists, it is imperative to examine the urban-rural gap, which is shown by the mean ratio here. A higher than unity mean ratio would reflect a relatively better position than the respective all-India average. Lesser than unity would imply otherwise. There is a substantial gap between urban and rural sectors in this regard and the disparity is more striking in the case of non-food expenditure. For example, average urban

Once we proceed a step further and decompose total inequality into within- and between-group components, it appears that: in urban India, within-decile and between-decile inequalities account for about 33% and 67% of food expenditure inequality, respectively, and about 10% and 90% of non-food expenditure inequality. The relative importance of between-decile group inequality for non-food consumption holds true for the rural sector too. Further, the per-capita consumption expenditure of the richest 5% is six times higher than that of the poorest 5% in the rural areas; the same is nine times for urban areas. In short, the urban sector, which is more affluent, is more unequal than its rural counterparts.

INEQUALITY DYNAMICS IN INDIA

First, it is almost unanimously

BY SASWATA
GUHA
THAKURATA
&
CHAITANYA
TALREJA



alternative

class-based analysis alongside a closer examination of the growth process and policy changes since Independence, Vamsi Vakulabharanam of the University of Massachusetts, Amherst, in his book, *Class and Inequality in China and India, 1950-2010*, shows that since the 1980s (even before the 1991 reforms), urban owners, managers, and professionals have gained disproportionately, contributing to India's consumption boom,

In contrast, urban informal workers, rural small farmers, and agricultural laborers have lagged markedly behind. All these added to increasing between-class inequality vis-à-vis within-class inequality in India's evolving urban

The complexities involved in the issue of inequality in India warn us that policies formulated on the presupposition of lower disparity could be misleading.'

iStock photo



The first is inequality of what - income, wealth, consumption expenditure? Second, how is it measured? Third, along which axis it is assessed - caste, class, gender, religion?, and fourth, data source and comparability of estimates generated from multiple surveys, if marked with methodological changes.

Our estimate from the Household Consumer Expenditure Survey (HCES 2023-24), conducted by the National Sample Survey Organisation (NSSO), suggests that overall consumption expenditure inequality, measured by the Gini index, is 0.29 - higher than the widely cited World Bank estimate of 0.25. The World Bank's method too, in this regard, came under scrutiny. With further disaggregation, one finds that urban, as expected, is more unequal than

non-food monthly per capita expenditure (MPCE) is about 1.5 times higher than the all-India average, while that for rural is much lower than the same point of reference.

Our disaggregated analysis also reveals a considerable gap between the consumption share and per-capita spending of overall MPCE-based deciles. In the urban sector, the top 10% of the population alone contributes 27% of the total non-food expenditure, implying that the rest of the 90% contributes only 73% of the same. The mean MPCE of the topmost decile is six times that of the bottom most decile for the urban sector, compared to 4.5 times in the rural sector. Strikingly, the mean MPCE of the topmost decile in the urban sector is nine times that of the bottom most decile in the rural sector.

agreed upon that the superrich segment of the Indian population is hardly captured by the NSS surveys (consumption or wealth); thus any inequality estimation based on the same is a gross underestimation. Our own calculation based on this data suggests that about one fourth of even the richest 10% in India benefited from the Pradhan Mantri Garib Kalyan Yojana (PMGKY) and about 13% of them have access to Below Poverty Line (BPL) ration cards.

Second, for a nuanced understanding of inequality dynamics in India, one must go beyond inter-personal or solely income/spending groups-based (for example, decile; percentile) inequality calculations and analyses disparity along various socio-economic axes such as caste and class. Deploying an

landscape. Over the last decade or so, there has not been any systemic change despite various welfare measures, to counter or reverse such trend in class-based inequality. Typical explorations of inequality often overlook this growth-class-inequality nexus. Moreover, a large share of Indians remains engaged in debt-led consumption. The complexities involved in the issue of inequality in India warn us that policies formulated on the presupposition of lower disparity could be misleading and may produce adverse, albeit unintended, welfare implications.

(Saswata Guha Thakurata is Assistant Professor, Department of Economics, FLAME University, Pune. Chaitanya Talreja is Assistant Professor, Department of Economics, Shiv Nadar University Chennai)



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HEALTH IS WEALTH

EAM Subrahmanyam Jaishankar to inaugurate Prosthetic Limb Centre in Trinidad and Tobago

MAY 7, 2026
NEW YORK (TIP)

India's External Affairs Minister, Dr. Subrahmanyam Jaishankar, will inaugurate a permanent prosthetic limb center in Port of Spain on Saturday, May 9, 2026, marking a significant humanitarian initiative supported by the world's largest organization serving people with disabilities.

The center has been established by Jaipur Foot USA in partnership with Bhagwan Mahaveer Viklang Sahayata Samiti (BMVSS) and the Government of Trinidad & Tobago. It will provide locally manufactured prosthetic limbs to amputees and differently-abled individuals across the Caribbean nation. The Honorable Prime Minister of Trinidad & Tobago, Kamla Persad-Bissessar, will co-preside over the inauguration ceremony.

ORIGINS OF THE INITIATIVE

The project traces its roots to September last year, when Jaipur Foot USA, alongside BRUHUD NY Seniors and Rajasthan Association of North America (RANA) organized a grand reception in New York in honor of Prime Minister Persad-Bissessar. The event also coincided with the birthday celebration of India's Prime Minister, Narendra Modi.

It was during this gathering that Jaipur Foot USA Chairman Prem Bhandari officially announced the vision of establishing a permanent prosthetic limb center in Trinidad & Tobago an announcement that has now materialized.



India's External Affairs Minister Dr. Subrahmanyam Jaishankar

Photo credit / ANI

LEADERSHIP AND REPRESENTATION

Representing Jaipur Foot USA at the inauguration will be Ajay Patel, Vice President for International Affairs and Chief Coordinator for the Trinidad project. He will be joined by founding members Dr. Sona Ramdath Jr. and Amit Alagh.

BMVSS Founder and Chief Patron D.R. Mehta has deputed prosthetics expert Gajender Lamba, who has already arrived in Trinidad & Tobago to conduct hands-on training for personnel from the Ministry of Health. The training focuses on the fabrication and fitting of

the renowned Jaipur Foot-an affordable, durable prosthetic limb especially suited for tropical and rural environments.

BUILDING ON PROVEN IMPACT

This initiative builds upon the success of a 50-day prosthetic limb camp held in Trinidad last year, during which more than 800 differently-abled individuals received artificial limbs free of charge. The camp was supported by the Government of India, following a commitment made personally by Prime Minister Narendra Modi during his visit to Port of Spain.

KEY CONTRIBUTIONS AND LEGACY

Chairman Prem Bhandari paid special tribute to Dr. Pradeep Singh Rajpurohit, Indian High Commissioner to Trinidad & Tobago recognizing his pivotal role in both the 2025 camp and the establishment of the permanent center. His leadership and dedication were instrumental in transforming this vision into a lasting humanitarian reality.

Founded in 1975 by D.R. Mehta, BMVSS has rehabilitated over 2.5 million people across more than 50 countries through over 120 international camps. The Jaipur Foot remains one of the most widely used prosthetic devices in the developing world-symbolizing India's grassroots innovation and commitment to accessible assistive technology.

(Based on a Press Release issued by Dr. Ravi Murarka)

Indian Americans Join Senator Jack Reed's Spring Breakfast to Foster Community Relationships



A proud moment with U.S. Senator Jack Reed and the Indian American community.



Glimpses of the breakfast event with US Senator Jack Reed

community relationships.

The gathering brought together prominent political leaders, business professionals, and community representatives from across Rhode Island and New England for discussions focused on leadership, collaboration, and the future of diverse communities.

During the event, attendees had the opportunity to interact with Rhode Island's U.S. Congressman Gabe Amo, Congressman Seth Magaziner, Lieutenant Governor Sabina Matos, East Providence Mayor Bob DaSilva and Karina DaSilva, as well as Rhode Island General Treasurer James A. Diossa.

The Indian American delegation also met with Boston's first Deputy Consul General of India, Ms. Shruthi Purushotham, along with entrepreneur leaders Jaymin & Kinnari Patel and several distinguished guests dedicated to community service and public engagement.

Community leaders described the breakfast as an inspiring morning filled with meaningful conversations, friendship, public service, and opportunities for continued collaboration between elected officials and the Indian American community.

The event reflected the growing engagement of Indian Americans in civic and community leadership across New England and reaffirmed a shared commitment toward unity, service, and positive change.

MAY 3, 2026
CRANSTON, RI (TIP)

An Indian American group, led by Dr. Amrut & Deena Patel, Sumesh Hirway, Rakesh & Aditi Soni, Rakesh Kavari, Girish Soni, Hardik Patel, Sanjay Gokhale, and Abhishek Singh, joined U.S. Senator Jack Reed at his annual Spring Breakfast held at the historic Rhodes on the Pawtuxet in Cranston, Rhode Island, strengthening ties and fostering meaningful

New York State Recognizes Long Island Organization For Helping Young People Experiencing A Mental Health Crisis

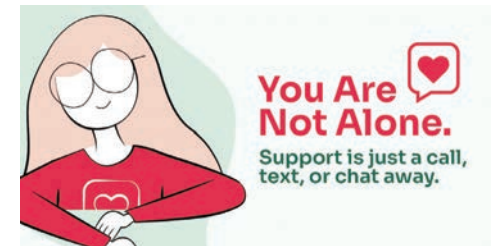
MAY 8, 2026
LONG ISLAND, NY (TIP)

New York State is honoring Response?Crisis Center of Suffolk County, a nonprofit organization in the Long Island Region, with the 2026 'What's Great in our State' Community/Organization Award. Representatives of the organization were presented with the award Tuesday, May 5, during the event in Albany for their work to provide outreach and operate a call center supporting individuals in crisis -specifically youth, young adults, and their families.

"Response of Suffolk County demonstrates 'What's Great in Our State' through their exceptional work in reaching out to young people in the community and being there to help them in times of crisis," Office of Mental Health Commissioner Dr. Ann Sullivan said. "From its humble origins, this organization has become a pillar of support for youth and their families when they are experiencing mental health challenges."

Response provides 24/7 support to youth, young adults, families, and individuals in crisis. The organization also provides backup support across New York State, handling approximately 15,000 calls and texts each month with a 97 percent answer rate.

Established in the early 1970s, Response started operation with a small group of dedicated volunteers after a local student's suicide attempt revealed a critical gap in services. This organization now has a staff of nearly



Response Crisis Center of Suffolk County Honored for Operating a Crisis Call Center, Advancing Suicide Prevention, and Fostering Resilience

300 and serves as the local crisis call center for Suffolk, Rockland, and Putnam Counties.

Response advances suicide prevention by supporting resilience and helping individuals connect with community resources that can support long-term well-being and recovery. Through collaboration with local partners and crisis systems, the organization continues to advance suicide prevention, foster resilience, and support long-term recovery in communities they serve.

Response's mission is to provide individuals in crisis or in need with unconditional acceptance, compassion, and respect, reducing emotional distress and empowering them to use personal coping strategies. Organization programming helps reduce stigma, strengthen coping and communication skills, and connects individuals to critical support, including mental health care and housing.

Read full story at
www.theindianpanorama.news

Drs. Kathula, Patel, and Sudhakaran Elected to AMA International Medical Graduates Section (IMGS)

MAY 7, 2026
WASHINGTON, D.C. (TIP)

Dr. Satheesh Kathula, Dr. Deepu Sudhakaran, and Vikram B. Patel have been elected to the American Medical Association (AMA) International Medical Graduates Section (IMGS). AMA is the largest and only national association that convenes more than 200 state and specialty medical societies and other critical stakeholders. Throughout history, the AMA has always followed its mission: to promote the art and science of medicine and the betterment of public health.

The three distinguished Indian American physicians will assume office at the 2026 Annual IMGS Meeting on June 5, 2026.

Dr. Kathula is a distinguished oncologist, community leader, and immediate past president of the American Association of Physicians of Indian Origin (AAPI) with more than two decades of leadership and public service.

Dr. Kathula has served as a practicing oncologist for nearly 25 years, earning widespread respect for his compassionate care and contributions to the advancement of cancer treatment. A graduate of Siddhartha Medical College in Vijayawada, Andhra Pradesh, Dr. Kathula currently serves as a clinical professor of medicine at Wright State University's Boonshoft School of Medicine in Dayton, Ohio.

He has authored several medical papers and published a book "Immigrant



Dr. Satheesh Kathula, Dr. Deepu Sudhakaran, and Dr. Vikram B. Patel

Doctors: Chasing the Big American Dream" highlighting the contribution of immigrant doctors, their struggles and triumphs. It is Amazon's best-selling. He embarked on his second book on cancer awareness for general public.

"It is an honor to be elected to the AMA International Medical Graduates Section," said Dr. Kathula. "IMGs are the backbone of the American healthcare system, and I am committed to strengthening pathways that allow them to thrive, lead, and serve with excellence. This role is an opportunity to elevate our collective voice and advance policies that ensure fairness, opportunity, and dignity for every physician who chooses to care for America."

Dr. Deepu Sudhakaran, MD, MBA, FACS, is a dedicated advocate for International Medical Graduates, advancing equity through mentorship, policy engagement, and leadership. A long-standing AAPI member, he has

served as Regional Director, governing body member, and President of the AAPI St. Louis Chapter/Indian Medical Council of Greater St. Louis.

In June 2026, he will assume the role of Chair of the AMA IMG Section, guiding national strategy, shaping policy, and representing IMG interests within the AMA. His election reflects a commitment to responsible leadership, continuity of progress, and deep gratitude for the trust placed in him.

Dr. Sudhakaran said, "The AMA IMG Section is essential in ensuring that International Medical Graduates—who make up over 30% of the U.S. physician workforce—have a voice in shaping policies that directly impact patient care, access, and workforce stability."

Dr. Vikram B. Patel is a distinguished physician and leader with extensive experience in medical organizations, including the AMA, Illinois State Medical Society, and McHenry County

Medical Society. He currently chairs the IMG Section of ISMS and serves on multiple committees related to CME and pain medicine.

Dr. Patel has held board and leadership roles in organizations such as the World Institute of Pain, ASIPP, ABIPP, and the Midwest Pain Society. His career reflects a strong commitment to advancing medical education, supporting IMGs, and improving patient care in pain management and healthcare systems.

Dr. Patel said, "My hope for serving the IMG section at AMA was always a dream for me. I have served as a teller at the AMA meetings many times and am familiar with the house proceedings, especially during the official house business as well as elections. More recently, I have also served on the AMA Election Task Force 2.

The International Medical Graduates Section works to advocate for issues that impact international medical graduates (IMGs), who make up more than 25% of all physicians in the United States.

All AMA members who are international medical graduates are automatically members of the International Medical Graduates Section. The International Medical Graduates Section provides resources to potential residents who are going through the residency interview process, and monitors and assists in issues that impact the professional activities of the international medical graduates community.

AAPI Heritage Month: Honoring Our Heroes

MAY 6, 2026
WASHINGTON, D.C. (TIP)

From the first female president of Taiwan to the personal stories of immigrants, Honoring Our Stories: AAPI Heritage Month celebrates the achievements of Asian Americans, Native Hawaiians/Pacific Islanders and their contributions to the arts, history and US culture.



The WNET Group programming lineup for May includes A Life Reimagined: The George Masa Story, about a Japanese immigrant and his photographs that helped define the identity of the Great Smoky Mountains; American Masters - In the Making: Ani Liu: Eye Heart Womb, a study of the New York-based artist's creations at the intersection of art, science and technology; and Great Performances - Now Hear This: The Composer is Yoo a spotlight on Scott Yoo's journey to compose a piece of music. All three programs are currently streaming on thirteen.org.

Two Independent Lens documentaries will premiere on THIRTEEN this month: Light of the Setting Sun (Monday, May 18 at 10 p.m.) looks at mental illness passed down through four generations of a Chinese family, and Third Act (Monday, May 25 at 10 p.m.) profiles father and son filmmakers who explore art, trauma, and legacy. Both will stream on thirteen.org after their premieres.

Check out these and additional programming highlights from Honoring Our Stories: thirteen.org/HonoringOurStories/

Immigrants are giving up their cases and leaving the U.S. in soaring numbers.

PEOPLE FACING THE PROSPECT OF PROLONGED ICE DETENTION ARE INCREASINGLY ABANDONING THEIR CLAIMS FOR HUMANITARIAN PROTECTION AND AGREEING TO DEPART VOLUNTARILY.

MAY 8, 2026
WASHINGTON, D.C. (TIP)

Immigrants are giving up their claims for humanitarian protection and opting to depart the United States in exponentially higher numbers under the Trump administration, mostly from the austere confines of federal detention centers where they increasingly face prolonged stays.

Immigration judges issued more than 80,000 "voluntary departure" orders from January 2025 through March of this year, according to court data obtained by the Vera Institute of Justice and shared with The Washington Post. Such orders are granted to immigrants who request to leave on their own terms while giving up the opportunity to seek a new life in the U.S. They are not given a formal deportation order, which could make it easier for them to return legally in the future.

The number of people abandoning their immigration cases is at least seven times as high as the number seen in the last 15 months of the Biden administration, when 11,400 took that option. More than 70 percent of those granted a voluntary departure order during President Donald Trump's second administration were being held in immigration detention when they made the request, a far higher share than those who departed willingly while Joe Biden was in the White House.

The shift is one of the most striking data points to emerge from Trump's mass deportation campaign and appears to be part of his broader effort to purge



ICE Crackdown fear grips immigrants

millions of immigrants from the U.S. Officials have promoted the option on social media and in posters plastered in detention centers and courts. Immigration attorneys say the spike reflects the mounting strain on people who are facing long stints in detention as they await a hearing in immigration court, where it has become increasingly difficult to win asylum.

"These changes come at the same time as the number of people who are detained and facing deportation is increasing and relatively fewer people are being released from detention," Vera researchers Jacquelyn Pavilion and Neil Agarwal concluded in a report for the nonprofit organization

Read full story at www.theindianpanorama.news

Centenary celebrations of the Sikh Union Club to reinvent its sports culture



Club's Festive look



Cricket Finalist teams



Del Mudher at prize distribution

**MAY 4, 2026
NAIROBI (TIP)**

A team trained by Rajinder Singh, a member of the 1980 Olympic champion Indian hockey team, is the cynosure of all eyes at the centenary celebrations of Sikh Union Club, the oldest organization of Indian expatriates in general and Sikhs in particular.

Prominent sports personalities who have donned colors for various countries, including India, are converging on Nairobi, the hometown of the Sikh Union Club, to join the festivities, which include an invitational international hockey tournament featuring teams from India, Malaysia, the United Kingdom, Nigeria, and the hosts, Kenya.

The Malaysian veteran team is led by Olympian Sarjit Singh, while the United Kingdom team is led by Harvinder Singh Sibia, also an Olympian.

Sikh Union's centenary celebrations got a boost when Punjab-based Roundglass, a leading hockey academy, decided to send its young team to participate in the hockey festival that has touched its competitive peak with separate competitions for men and masters. The Roundglass team is trained by none other than Rajinder Singh, one of the top scorers of the 1980 Moscow Olympic Games, where India won its last Olympic gold.

Beyond the field of play, the centenary programme led by chairman Hardial Kalsi has leaned heavily into legacy projects and global engagement. The club has now started academies in various sports to spot talent at the grassroots level, bringing together members and stakeholders to mark a century of sporting excellence.

"Standards have been set, and only the sky's the limit," Kalsi said, framing the ambition driving Sikh Union's next chapter as it builds on its status as one of Kenya's premier multi-sport institutions.

For the grand opening ceremony of the centenary celebrations, Harbinder Singh Sethi, a prominent Sikh businessman from South Africa, was the chief guest.



Harbinder Singh Sethi felicitated by Sikh Union Club team

Harbinder Singh Sethi, who moved from Tanzania to South Africa, is also credited with building the first Sikh gurdwara in Johannesburg. There are several big names from yesteryears to be part of the celebrations and future development programs of the club.

"We are delighted to have teams from India, the United Kingdom, Malaysia, and Nigeria joining our local teams, including Sikh Union Club, in a competition that will hopefully have its medal round matches on a brand-new deep blue synthetic surface being laid at Dasmesh Stadium of the Club," says Manjinder (Munai) Singh Bansal, Chairman of the Centenary Celebrations Committee.

Finishing touches are being given to the deep blue surface under the watchful eyes of six-time Olympian Avtar Singh Sohal. Avtar Singh, "Tari" to his ardent fans, had taken upon himself the onerous responsibility of generating millions of dollars to lay a brand-new surface at the Club to mark the centenary celebrations.



Avtar Singh on deep blue surface



Cricket Prize Distribution

"We were hopeful that the new deep blue surface would be ready before the start of the hockey event last week, but incessant rains in April and the first week of May have delayed the commissioning of the new surface," says Avtar Singh Sohal, who has been watching the work round the clock. "It would be the first private club in Kenya to have the latest deep blue surface," he adds.

The organizing secretary, Del Mudher, says that it is not hockey alone that has been keeping the Sikh Union Club in the news all these years of its golden existence. Besides contributing 26 Olympians and several hockey World Cuppers, the club has been a known force in cricket and the home ground of East African cricket. It has a rich history of producing some of the top cricketers for East Africa. Besides, one of the top motor rallyists, Tiger Joginder Singh, has also been a product of this club.

The celebrations mark the culmination of a month-long programme that has fused sport, culture, and community engagement into a landmark 100-year milestone. The cricket tournament, 8 overs a side, was staged at the club's historic international standard cricket ground. The hosts, Sikh Union Club, were a little unlucky to end without the title and finished as runners-up.

The club also had a packed schedule of competitions in other sports that have already seen strong participation in badminton, golf, football, darts, and a treasure hunt, underscoring the club's enduring multi-sport footprint. The golf event had nearly 200 participants teeing off.

Kenya international Sukhdeep Singh set the early tone of the cricket festivities with a commanding display for the host team.

The hockey tournament will run until May 9, sustaining the competitive tempo of the celebrations before the curtain falls on May 10 with a grand banquet at the club, bringing together members and stakeholders to mark a century of sporting excellence.



Entrance to the Dasmesh Stadium



Final touches to the Hockey Stadium

All pictures / Maninder K Chandhoke

(Prabhjot Singh is a Toronto based senior journalist. He can be reached at prabhjot416@gmail.com)

Gurdwara Makindu Sahib "Sachkhand Asthan" of Africa

PRABHJOT SINGH



Gurdwara Makindu Sahib main complex



Inside view of the Prayer Hall



Inside view of Mata Gujari Hall

MAY 4, 2026
NAIROBI (TIP)

They say your visit to Amritsar is not complete if you have not paid obeisance at the Golden Temple, organized by the Sri Darbar Sahib. And if you are in Africa in general and Kenya in particular, the same is said if you do not pay a visit to Gurdwara Makindu Sahib on the Nairobi-Mombasa Road.

Since hundreds of Sikhs from all over the globe are converging on Nairobi to join the centenary celebrations of the oldest club of expatriate Indians outside India, the Sikh Union Club, most of them are making it a point to make a same-day return journey of 350 km to pay obeisance at the most revered Sikh shrine in Kenya, Gurdwara Makindu Sahib.

The drive is through picturesque valleys. Because of the incessant rain, everything is green, serene, and beautiful. The entire route is dotted by small roadside vendors who offer water, apples, oranges, and maize cobs.

Not only Sikhs, but the sacred complex is also frequented by people of other faiths, beliefs, and religions, including Hindus, Buddhists, Sindhis, Christians, and Muslims.

It is one of the oldest Sikh temples in Kenya. It is believed that this Sikh temple was established in a tin-sheet structure in 1898 by members of the workforce the British brought with them to lay the famous Mombasa-Nairobi rail line.

Mata Gujari Hall was the first concrete structure that replaced a steel structure.

Members of the workforce would make their morning prayers at the makeshift gurdwara in the morning before going to work and reassemble in the evening to put the sacred Guru Granth Sahib to rest (Sukhasan). Members of the group managed to get a sacred handwritten version of Sri Guru Granth Sahib. Interestingly, they have preserved it, and visitors can have "darshan" of this antiquated version of the sacred Granth.



A group of Sikh pilgrims at Gurdwara Makindu Sahib

After completing the work at Makindu, the group moved to the next site without disturbing the makeshift gurdwara.

The legend is that one evening, a worker mandated to perform the "Sukhasan" ritual forgot to do it. "Gowala," a local African assigned to look after the makeshift Gurdwara, was pleasantly shocked when he woke up to see a divine figure, armed with traditional Sikh weapons, arrive on the back of a white horse and perform the "Sukhasan" ceremony and then disappear.

"Gowala," who did not believe his eyes to see the whole ceremony being performed by the "divine horse rider," ran to the nearby colony of Sikh expatriates, who had settled down in the area as farmers. Hearing his story, they accompanied "Gowala" to the Gurdwara, where the whole sequence of events was re-enacted by the African watchman. Since he could not give an exact description of the "Divine" force he witnessed perform the sacred ceremony, he was shown a painting of Sikh gurus. He pointed towards the painting of Guru Gobind Singh and said, "It was he who came on a horse."

As the legend goes, many started believing that there was some divine power in and around the Gurdwara that was protecting it and blessing the devout.

Gradually, the Sikh population, convinced by the "Gowala" story, started paying pilgrimage to his temple, which within a few years assumed the sanctity of "Sachkhand Asthan"-the sancta sanctorum-of Sikhs.

The present-day Gurdwara Makindu Sahib complex has not only several "Darbar" halls where religious congregations are held but also an ultra-modern dining hall or Langar Hall, a modern kitchen that can feed several hundred people at a time. Most of the Sewadars engaged for upkeep and maintenance of the huge complex are local Africans who have, over the years, evinced their deep interest in Sikh culture. values.

It is one reason that some of the sewadars sport black turbans, in the same style that the African Sikhs do.

With the passage of time, Gurdwara Makindu Sahib has become a sacred Sikh shrine, and its management has set up a Guru Nanak Dev Memorial Mult-speciality hospital at the temple. The management committee of Gurdwara Makindu Sahib has also set up a huge organic farm, the produce of which is utilized in the preparation of "Langar" every day.

The complex has a huge ultramodern residential complex where more than a hundred families can be accommodated. A thick green cover makes the entire complex a serene, picturesque and perfect place for meditation. Several peacocks have made the Gurdwara complex their home. On overcast days, they spread their wings to dance to the great amusement of devotees visiting the shrine.

A group of Sikhs from various parts of the world-the United Kingdom, the United States, Canada, New Zealand, and Australia-took time out of Sikh Union Club centenary celebrations to visit the "Sachkhand Asthan" of Sikhs in Africa, Gurdwara Makindu Sahib. The group included Tarlochan (Tochi) Panesar and his wife; Talvinder; Nirmal (Nimma) Phlora and his wife Balbir; Jasvir (Jass) Phlora and his wife Maninder Phlora; Benny Sembi; Ragbir Notta and his wife Bhopinder; Devinder Kalsi and his wife Harjit Kalsi; Dr Karandeep Lall and his wife Maninder.

The high priest or chief Granthi of the temple took the group around and also organized a special "Ardas" for its members.

This historic temple, with a rich history and heritage, beckons one and all to give a message of universal brotherhood, peace, and communal harmony.

People of the surrounding areas hold this Sikh temple in high esteem and appreciate the Sikh community for its yeoman service in uplifting living standards in the area.

All pictures / Maninder K Chandhoke

(Prabhjot Singh is a Toronto based senior journalist. He can be reached at prabhjot416@gmail.com)



History of Gurdwara Makindu Sahib



Statue of the White Horse at Gurdwara Makindu Sahib

ISI-backed module busted in Delhi, planned attacks on temple, military camp

MAY 8, 2026

NEW DELHI (TIP): Pakistan's ISI-backed Shahzad Bhatti module allegedly planned attacks on a historic temple in Delhi, a popular dhaba on the Delhi-Sonipat highway, and a military camp in Hisar, sources said after the interrogation of arrested operatives by the Delhi Police Special Cell.

The revelations came a day after the Delhi Police Special Cell arrested nine alleged operatives linked to the Pakistan ISI-backed Shahzad Bhatti module from Delhi and several other states. Police also recovered weapons from the accused during the operation.

According to sources, the accused revealed during questioning that a historic temple in Delhi was one of the key targets of the module. One of the arrested operatives had allegedly conducted reconnaissance of the temple and sent photographs of the site to handlers based in Pakistan.

Sources said the module planned to open fire on police personnel and paramilitary forces deployed at the temple before targeting the religious site.

Investigators also found that the module planned a hand grenade attack on a famous dhaba located on the Delhi-Sonipat highway, where thousands of people visit daily. The alleged objective was to cause large-scale destruction and panic.

The interrogation further revealed that a military camp in Hisar was also on the target list of the Pakistan ISI-backed module.

Post-poll violence hits Bengal's Howrah, BJP accuses TMC of bomb attack

MAY 8, 2026

HOWRAH (TIP): The post-poll violence situation in West Bengal is worsening by the day as a viral video from Howrah's Shibpur area showed a mob allegedly hurling bombs, vandalising property and raising slogans of "Allahu Akbar" and "Nara-e-Takbeer" amid chaos on the streets. The BJP has squarely blamed workers linked to the outgoing Trinamool Congress (TMC) for the violence, claiming at least two of its workers were injured in the attack in the Chaurabasti locality in Shibpur.

The video, which has rapidly circulated on social media, purportedly captures scenes of unrest as explosions are heard in the background while smoke billows through a narrow lane.

A group of men can be seen moving through the locality, shouting religious slogans as panic spread among residents.

Visuals also showed damaged public property and tension gripping the neighbourhood after the clashes.

According to BJP leaders, the violence broke out after alleged supporters of the TMC, led by local leader Shamim Ahmed, targeted BJP workers in the area.

The winning party claimed its workers were assaulted with stones, bricks and crude bombs during the confrontation.

Two BJP workers reportedly sustained injuries and were taken for medical treatment.

The incident triggered a sharp political confrontation, with BJP workers staging protests outside Shibpur police station and accusing the administration of failing to prevent targeted attacks against opposition supporters.

Demonstrators allegedly gheraoed the police station demanding immediate arrests and stronger security arrangements in the violence-hit locality.

Heavy deployment of police personnel and central security forces was made in the area after tensions escalated.

Security personnel conducted patrols through sensitive pockets to prevent further clashes and restore normalcy.

Officials have not yet issued a detailed statement on the allegations surrounding the slogans or the identities of those



Mob seen vandalising property in Shibpur in Howrah (left) and smoke seen emanating after bomb blast in near vicinity. (Screengrab)

involved in the violence.

The latest unrest comes amid continuing political volatility in West Bengal following the recently concluded Assembly elections, in which the BJP secured a major victory by winning 207 seats.

Since the declaration of results on May 4, multiple districts across the state have witnessed incidents of political clashes, bomb attacks, vandalism and retaliatory violence, with both the BJP and the TMC accusing each other of orchestrating unrest.

The Howrah violence follows another major incident in North 24 Parganas' Panihati, where five BJP supporters were injured after unidentified assailants allegedly hurled crude bombs at them late Wednesday night.

The attack took place near St Xavier's Institution when BJP workers were reportedly interacting with local residents. Police said motorcycle-borne attackers threw bombs before fleeing the spot.

That incident occurred just hours after Chandranath Rath, a close aide and personal assistant of senior BJP leader Suwendu Adhikari, was shot dead in Madhyamgram.

1st cracks in INDIA: DMK says it won't sit with Cong in Lok Sabha

MAY 8, 2026

NEW DELHI (TIP): First cracks in the opposition INDIA bloc appeared on Friday, May 8, with the DMK announcing the end of its alliance with the Congress and even urging Lok Sabha Speaker Om Birla to seat its lawmakers away from those of the Congress in the Lower House.

In a parallel development, Samajwadi Party chief Akhilesh Yadav met DMK supremo MK Stalin in Chennai and posted his pictures on X saying "We are not the ones who abandon each other in times of difficulty." The post features Yadav's pictures with Stalin and TMC chief Mamata Banerjee.

Earlier, in a big churn in opposition politics, DMK's K Kanimozhi wrote a letter to Birla requesting for a change of seating arrangement and conveying that they would no longer be able to sit with the Congress MPs.

"In view of the changed political



circumstances and as our alliance with the Indian National Congress has come to an end, it may not be appropriate for our members to continue occupying the present seating arrangement alongside them. I, therefore, request your good office to kindly make the necessary

arrangements for separate seating for the MPs of the DMK Parliamentary Party, enabling them to effectively discharge their responsibilities in the august House," Kanimozhi, sister of Stalin, wrote to Birla today, signalling initial fissures in the INDIA bloc.

The DMK has already expressed its extreme displeasure at the Congress betraying its pre-poll alliance to offer support to Joseph Vijay of the TVK for government formation in the state.

The BJP today was quick to take a swipe at the opposition and said INDIA bloc was on its road to demise.

BJP general secretary organisation BL Santosh said the DMK's letter to the Speaker was the "start of the end of INDIA bloc".

BJP's Nishikant Dubey said, "INDIA bloc is history. The Congress has always believed in use and throw. From 2004 to 2014, the Congress ate the goods of corruption, gave jail to its allies, especially to woman MP Kanimozhi and to A Raja who represented the SC segment. Congratulations to the DMK for bringing out the true face of Congress at the right time."

Source: TNS

Nitish Kumar's son Nishant among 32 Ministers inducted into new Bihar Cabinet

MAY 8, 2026

NEW DELHI (TIP): Thirty-two Ministers, including Nishant Kumar son of former Chief Minister and Janata Dal-United (JD-U) chief Nitish Kumar, took oath at Patna's historic Gandhi Maidan on Thursday (May 7, 2026), as part of the expanded Cabinet of the National Democratic Alliance (NDA) government in Bihar led by Chief Minister Samrat Choudhary. Present on the occasion were Prime Minister Narendra Modi, Union Home Minister Amit Shah, Union Ministers Rajnath Singh and J.P. Nadda, Bharatiya Janata Party (BJP) president Nitin Nabin, Mr. Nitish Kumar, and a host of other senior NDA leaders. The sons of three erstwhile Bihar CMs are Ministers in the new Cabinet — apart from Mr. Nishant Kumar, Nitish Mishra, son of former CM Jagannath Mishra, and Santosh Kumar Suman alias Santosh Manjhi, son of former CM Jitan Ram Manjhi were also sworn-in.

The new Cabinet retains most faces from the previous Cabinet under Nitish Kumar, with some new faces, including Nishant Kumar, Shweta Gupta and Shailesh Kumar alias Bulu Mandal from the JD(U); and Mithlesh Tiwari from the BJP. Senior Bihar BJP leader Mangal Pandey, along with two other party leaders.

MAY 8, 2026

NEW DELHI (TIP): India's military leadership on Thursday, May 7, said it was ready to tackle fresh threats from Chinese-origin missiles acquired by Pakistan and reiterated that no terror sanctuary in Pakistan was safe, while also ruling out any third-country role in brokering peace between the two neighbors.

The military leadership -- Lt Gen Rajiv Ghai, Air Marshal AK Bharti and Vice Admiral AN Pramod -- who had led military operations during Operation Sindoor in May last year, emphasised that Pakistan had failed to damage any military or civilian infrastructure in India during the skirmish (May 7-10, 2025).

On newer Chinese-origin missiles being tested by Pakistan, Air Marshal Bharti said, "We are continuously scanning... to always stay ahead of their capabilities." Two more units of the Russian-origin S-400 air defence missile systems are expected to be inducted this year, including one later this month. The IAF currently operates three such systems.

On the destruction caused inside Pakistan during Operation Sindoor, Air Marshal Bharti said, "Eleven Pakistan Air Force bases were hit and 13 planes were destroyed during the skirmish, forcing Pakistan to seek cessation of

TN stalemate: Vijay's TVK reaches 116 with Left support, still two short of majority

MAY 8, 2026

NEW DELHI (TIP): Actor-politician C Joseph Vijay-led TVK's nervous seesaw situation over demonstrating majority support in Tamil Nadu continued on Friday despite Left parties pledging support.

Vijay again met Governor Rajendra Arlekar this evening to display his ability to form the government, but sources in the Lok Bhavan said the actor still had the support of only 116 MLAs, two short of the 118 majority mark in the 234-member Assembly.

The TVK chief's meeting with the Governor on May 8 was his third since the May 4 results threw up a hung House in the southern state, placing Vijay's party ahead of others. TVK won 108 seats and remains short of the majority mark.

Today, the CPI and CPM, with two MLAs each, promised support to Vijay. The VCK also indicated support for the TVK, though it did not formally do so. The Congress' five MLAs have already extended support to the TVK.

This takes the tally to 116 — the TVK's 108 MLAs will effectively reduce to 107 as Vijay will have to resign from one of the two seats he has won; the Congress has five MLAs, CPI two and CPM two. The TVK, therefore, still requires the support of two more MLAs to cross the majority mark.

Vijay had earlier sought two weeks from the Governor to prove his majority, but the Governor declined the request, saying it could encourage horse-trading. While Vijay continues to work on the numbers, Arlekar is consulting his legal team to decide the next course of action.

Meanwhile, the BJP made it clear today that it would sit in the Opposition and respect the people's mandate. BJP state chief Nainar Nagerthan said the party would neither align with any government formation exercise nor support any such move through voting. The BJP had contested the Tamil Nadu polls in alliance with the AIADMK.

Some reports from Chennai suggested that the DMK had offered support to the AIADMK on the condition that it



TVK chief Vijay meets Tamil Nadu Governor Rajendra Vishwanath Arlekar in connection with securing an invite from the latter to form the government, at the Lok Bhavan in Chennai on Friday, May 8. PTI

severed ties with the BJP alliance. There was, however, no official confirmation of this.

AMMK chief TTV Dhinakaran also denied extending support to the Vijay-led TVK and said his party continued to remain part of the NDA.

Meanwhile, a member of the TVK on Friday moved the Supreme Court seeking directions to Governor Arlekar to invite his single largest political party to form the government in the state. Petitioner Ezhilarasi K contended that the Governor's failure to invite Vijay to form the government violated the Constitution.

The petition, which made the Principal Secretary to the Governor, the state government and the Centre as parties, urged the top court to issue a writ of mandamus or any such other writ to direct the Governor to invite Vijay to form the next government and to administer him the oath as the Chief Minister of the state. *Source: TNS*

Ready to counter Chinese missile threats from Pak: Military top brass on Op Sindoor anniv



Chief of Defence Staff General Anil Chauhan, Chief of the Army Staff General Upendra Dwivedi, Chief of the Naval Staff Admiral Dinesh K Tripathi, Chief of the Air Staff Air Chief Marshal AP Singh with others during the joint commanders' conference commemorating the first anniversary of Operation Sindoor, in Jaipur. PTI

hostilities. "Narrative and rhetoric do not give you victory," he remarked.

General Ghai said, "Pakistan lost 100 soldiers. We have presented hard facts of military losses to Pakistan with irrefutable pictures and videos. Show us one evidence Pakistan has provided for its claims." The three officers were addressing a press conference in Jaipur

on the sidelines of the Joint Commanders' Conference. On terror infrastructure across the border, General Ghai said, "We have identified terror launch pads, terror camps and terror infrastructure across the Line of Control (LoC)... no sanctuary across the LoC is safe." He said the number and nature of such camps might fluctuate and some had shifted deeper

inside Pakistan in the belief they would be safer, but no sanctuary was safe.

Speaking on the Navy's role during last year's skirmish, Vice Admiral Pramod said indigenous ships such as aircraft carrier INS Vikrant and the Kolkata and Visakhapatnam-class destroyers validated the Navy's investment in indigenous capability and preparedness. "If challenged again, we will not merely respond, we will shape the battlespace from the outset," he said.

Asked about the possibility of Turkiye, China and Pakistan colluding as they did during last year's conflict, General Ghai dismissed the concern. "You play against the team that turns up on the park. That is not something that should worry us so much. It is not something within our control. India and its armed forces are fully on the path to meeting these challenges," he said.

The military leadership also said that after Operation Sindoor, the armed forces were undergoing transformation involving new weapons, missiles and upgrades of air defence systems and networks across both conventional and next-generation warfare domains.

India in history this Week

MAY 8 TO MAY 14

08 MAY

1933 Mahatma Gandhi kept 21 days fast against British rule.

1929 Birth of India's Thumri singer Girija Devi.

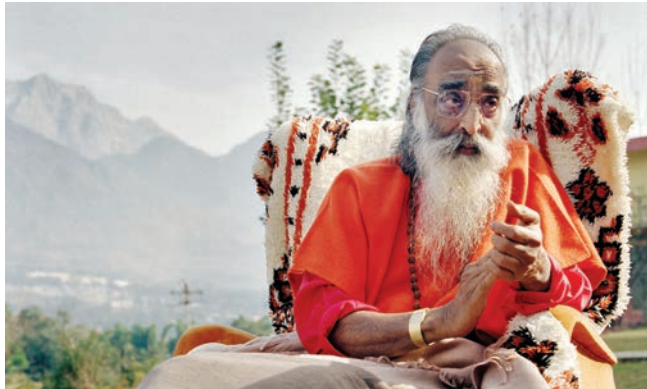
1963 The centenary celebrations of the Indian Red Cross Society were celebrated.

1954 The central government included Chandernagore in the state of West Bengal.

1980 The World Health Organization announced the elimination of smallpox.

2000 69-year-old Lord Swarajpal of Indian origin was appointed the vice-chancellor of Britain's fourth-largest university in Britain.

1895 Famous revolutionary and Gandhian activist of Orissa Gopabandhu Chaudhary was born.



1916 Swami Chinmayananda, the famous spiritual thinker of India and world-renowned scholar of Vedanta philosophy was born.

1915 India's freedom fighter Amir Chand passed away.

1915 One of the revolutionaries who fought for India's independence, Bhai Balmukund, died on that day.

09 MAY



1540 King of Shishodia dynasty Maharana Pratap was born in Udaipur, Mewar, who struggled with Mughal Emperor Akbar for many years.

1866 Freedom fighter, philanthropist, thinker and reformer Gopal Krishna Gokhale was also born on this day.

2010 India's Vandana Shiva was selected for the Sydney Peace Prize for women's empowerment and environmental protection in developing countries.

1653 The world-famous historical building and the Taj Mahal, one of the world's wonders, was completed after 22 years of continuous work.

1866 Birth of great leader, social reformer and thinker Gopal Krishna Gokhale.

1874 The first horse-drawn tram car started in Bombay (now Mumbai).

1946 The first Satyagraha movement against the

Portuguese rule started in Goa under the leadership of Dr. Ram Manohar Lohia.



1986 The first person to reach Mount Everest, Himalaya, Tenzing Norgay died in 1986.

1998 Famous Indian Ghazal singer and actor Talat Mehmood died in 1998.

10 MAY

1526 After victory in the first battle of Panipat, Babur entered Akbarabad (Agra), the capital of erstwhile India.



2002 India's famous poet Kaifi Azmi passed away.

1993 Santosh Yadav became the first female climber to reach Everest, the world's highest mountain peak twice.

1857 The first battle of freedom struggle started from the cantonment of Meerut.

1857 Indian fighters started a revolt in Delhi from the British East India Company.

1946 Jawaharlal Nehru was elected the leader of the Congress party in India.

11 MAY

1784 Treaty between the British and Tipu Sultan, the ruler of Mysore.

1951 President Rajendra Prasad inaugurated the newly constructed Somnath Temple.

1962 Sarvepalli Radhakrishnan was elected the President of India. He succeeded Dr. Rajendra Prasad.

1998 India announced three nuclear tests at Pokaran in Rajasthan.

2000 According to the population clock, India's population reached one billion.

2007 The Bahujan Samaj Party secured a majority in the Uttar Pradesh assembly elections and party leader Mayawati took over as the chief minister.

1960 The first contraceptive pill market was made available in 1960.

2005 In 2005, the World Bank appointed a neutral expert on the Baglihar project to settle Indo-Pak differences.

2011 India and Pakistan agreed to start a bus service between Lahore and Amritsar.

1918 India's famous classical dancer Mrinalini Sarabhai was born in 1918.

2002 Princess of Bhopal politics and India's first female pilot Abida Sultan died in 2002.

12 MAY

1459 Rao Jodha founded Jodhpur.

1666 Under the treaty of Purandar, Chhatrapati Shivaji Maharaj reached Agra to meet Aurangzeb.

1915 The revolutionary Rasbihari Bose left India aboard the Japanese yacht Sanuki Maru.

1993 Famous Hindi poet Shamsheer Bahadur Singh passed away.

1921 The first National Hospital Day was celebrated.

1926 Airship Norgay became the first vessel to fly to the North Pole.



1949 Vijayalakshmi Pandit became the first foreign woman ambassador of independent India.

13 MAY

1905 Birth of former President of India Fakhruddin Ali Ahmed.

1952 The first session of Parliament was called in independent India.

1962 Sarvepalli Radhakrishnan became the second President of the country.

1978 The country's first flag carrier INS Delhi was relieved.

1998 India conducted two more nuclear tests, regardless of the criticism and pressure around the world.

2001 The death of RK Narayan, one of the biggest names in Indian literature.

1648 Construction of the Red Fort in Delhi was completed.



2000 Lara Dutta of India was elected Miss Universe.

1956 Sri Sri Ravi Shankar, the spiritual leader who founded the Art of Living Foundation, was born.

1918 The famous Bharatanatyam dancer T. Balasaraswati was born.

14 MAY

1992 India banned LTTE, a Sri Lankan rebel organization known as the Tamil Tigers. Apart from India, many other countries also banned the Tamil Tigers.

1944 British troops captured Kohima in 1944.

2001 Seven agreements in India and Malaysia.

2010 Considering 22 between India and Russia in 2010 in defense, nuclear energy, space, science and technology, hydrocarbons, trade and investment etc.

1923 Mrinal Sen, the famous producer and director of Indian films, was born.

1981 Indian inventor and computer scientist Pranav Mistry was born.

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NYIFF PRESENTS DIVERSE SLATE OF FILMS ACROSS FIFTEEN LANGUAGES OF REGIONAL STORYTELLING

BY MABEL PAIS

The New York Indian Film Festival (NYIFF), North America's longest-running annual film festival dedicated to Indian independent cinema, for its 26th edition presents the full lineup and official nominations for 2026, spotlighting a diverse slate of films across 15 languages and underscoring the growing dominance of regional storytelling in contemporary Indian cinema.

This year's program includes 19 narratives (features), four documentaries (features) and 27 shorts (narratives and documentaries) including several world premieres, and a special LGBTQ shorts program.

Presented by the Indo-American Arts Council (IAAC), NYIFF 2026 continues its dual mission of championing emerging voices while honoring cinematic excellence, reinforcing its position as a key global platform for Indian Independent Cinema.

"This year's nominated films represent the range and depth of storytelling in India today," said Festival Director Aseem Chhabra. "From human dramas to comedies, and narratives that reflect the angst of Millennials and Gen Z, these works reflect a cinema that is both rooted and globally resonant."

Suman Gollamudi, Executive Director of IAAC, added: "NYIFF continues to serve as a critical launchpad for independent filmmakers on the global stage and remains committed to amplifying distinctive voices across Indian cinema."

Dr. Nirmal Mattoo, Chairman of IAAC, said: "The New York Indian Film Festival stands as a powerful cultural bridge. The 2026 lineup and nominations reaffirm our commitment to showcasing the richness, diversity, and artistic excellence of Indian cinema on an international stage."

HIGHLIGHTS

Highlights include the 4K restored version of the cult classic "Sholay"; "Dil Chahta Hai" - 25th anniversary; BAFTA winner opening film "Boong" (Manipuri); "Tighee" (Marathi) as the closing film; and the centerpiece "Flowers of Acacia" (Punjabi).

Pre-Festival Screening - Thursday, May 28

"SHOLAY" - Ramesh Sippy
2026 NYIFF FULL FILM LINEUP
OPENING NIGHT - Friday, May 29
"Boong" (Manipuri) - BAFTA winner - Lakshmipriya Devi
CENTERPIECE - Saturday, May 30
"Flowers of Acacia" (Punjabi) - Anmol Sidhu
CLOSING NIGHT - Sunday, May 31
"Tighee" (Marathi) - Jeejivisha Rajshekhar Kale

25th Anniversary - Sunday, May 31
"Dil Chahta Hai" (Hindi) - Farhan Akhtar

For the complete lineup, including Pre-Festival screening, Opening Night, Centerpiece & Closing Night



SHOLAY, 4d restored version



DIL CHAHTA HAI



BOONG, Opening film.



TIGHEE, Closing film.

Credit : <https://nyiff.us>

selections, visit <https://nyiff.us/wp-content/themes/NYIFF/assets/images/2026/nyiff2026-screening-schedule.pdf>

FEATURE NARRATIVES

"Aakuti" (Longing) (Assamese) – Snigdha Roy
"Adamyia" (Bengali) – Ranjan Ghosh
"Avihitham" (An Illicit Affair) (Malayalam) – Senna Hegde
"Batt Koch" (The Lost Lane) (Kashmiri) – Siddharth Koul, Ankit Wali
"Baksho Bondi" (Shadowbox) (Bengali) – Tanushree Das, Saumyananda Sahi
"Boong" (Manipuri) – Lakshmipriya Devi
"Dil Chahta Hai" (Hindi) – Farhan Akhtar
"Early Days" (Hindi/English) – Priyanka Patra
"Flowers of Acacia" (Punjabi) – Anmol Sidhu
"Full Plate" (Hindi) – Tannishtha Chatterjee
"Ha Lyngkha Bneng" (The Elysian Field) (Khasi) – Pradip Kurbah
"How To Not Have Sex" (Hindi) – Sudharshan Narayanan
"Maya Satya Bhrm" (Bengali) – Samik Roy Choudhury
"Romantic Affairs" (Assamese) – Monjul Barua
"Sholay" (Hindi) – Ramesh Sippy
"The Great Shamsuddin Family" (Hindi) – Anusha Rizvi
"Tighee" (Motherhood) (Marathi) – Jeejivisha Rajshekhar Kale
"Victoria" (Malayalam) – Sivaranjini
"Vimukt" (In Search of the Sky) (Braj Bhasha) – Jitank Singh Gurjar

FEATURE DOCUMENTARIES

"Breaking the Code" - Ben Rekhi, Svetlana
"Déjà Vu" - Bebabrata Pain
"I, Poppy" - Vivek Chaudhury
"Marriage Cops" - Shashwati Talukdar, Cheryl Hess

NARRATIVE SHORTS

"Aashirwad" (Blessings)
"Aasmani"
"Automagic"
"Chunni"
"Almari Ka Achaar" (Cupboard Pickle)

"Distance"
"Donger-Pani" (Land-Water)
"The First Bite"
"Flowers Bloom When Touched"
"Ghar Ki Lakshmi" (A Virtuous Woman)
"Hills Don't Dance Alone"
"Jasmine That Blooms in Autumn"
"Kuchar" (The Itch)
"Notice Me Now"
"O'Sey Balamma"
"Razaa"
"Room at the Farm"
"Roots"
"Salt"
"Tumhari Bari Jo!" (Jo's Turn)
"Waagh"
"Warm Shadows"

TICKETS, MORE INFORMATION & UPDATES

Tickets can be purchased at nyiff.us. For more information and updates, visit nyiff.us.

2026 AWARD NOMINATIONS

BEST FILM

- Baksho Bondi (Shadowbox)
- Flowers of Acacia
- Romantic Affairs
- Ha Lyngkha Bneng (The Elysian Field)
- Victoria

BEST DEBUT FILM

- Aakuti (Longing)
- Batt Koch
- Baksho Bondi (Shadowbox)
- Boong
- Early Days
- How to Not Have Sex
- Tighee (Motherhood)
- Victoria
- Vimukt (In Search of the Sky)

BEST DIRECTOR

- Lakshmipriya Devi (Boong)
- Senna Hegde (Avihitham)
- Ranjan Ghosh (Adamyia)
- Anmol Sidhu (Flowers of Acacia)
- Pradip Kurbah (The Elysian Field)

BEST SCREENPLAY

- Anshulika Dubey (How To Not Have Sex)
- Anusha Rizvi (The Great Shamsuddin Family)
- Nikhil Mahajan & Prajakt Deshmukh (Tighee)
- Priyanka Patra (Early Days)
- Tannishtha Chatterjee (Full Plate)

BEST ACTOR

- Aryuun Ghosh (Adamyia)
- Chandan Bisht (Baksho Bondi)
- M.K. Raina (Batt Koch)
- Nikhil Yadav (Vimukt)
- Sanat Chattopadhyay (Maya Satya Bhrm)

BEST ACTRESS

- Bharti Achrekar (Tighee)
- Kasvi Sonkorison (Romantic Affairs)
- Meenakshi Jayan (Victoria)
- Revathy Asha (Aasmani)
- Tillotama Shome (Baksho Bondi)

BEST CHILD ACTOR

- Daria Bedi (Aasmani)
- Gugun Kipgen (Boong)
- Kavisha Mahanta (Aakuti)
- Sayan Karmakar (Baksho Bondi)

BEST DOCUMENTARY (FEATURE)

- Breaking the Code
- Déjà Vu
- Marriage Cops
- I, Poppy

BEST SHORT (NARRATIVE)

- Aasmani
- Aashirwad (Blessings)
- Tumhari Bari Jo! (Jo's Turn)
- Razaa
- Room at the Farm

BEST SHORT (DOCUMENTARY)

- Ruptured Lines
- The Last Resort
- This Tree Won't Fall
- Waai

NYIFF

The New York Indian Film Festival is presented annually by the Indo-American Arts Council (IAAC), dedicated to promoting Indian arts and culture in the United States.

FOLLOW NYIFF ON SOCIAL MEDIA:

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

HONORING ASIAN AMERICAN TRAILBLAZERS DURING AAPI HERITAGE MONTH

BY MABEL PAIS

This May, honor Asian American and Pacific Islander (AAPI) Heritage Month by joining a candid conversation about the challenges Asian Americans and Pacific Islanders face in the workplace and celebrate their professional achievements. This will take place at the New Jersey Performing Arts Center (NJPAC) on May 11. The event starts at 6 PM, doors open at 5 PM.

EVENT DETAILS

What: Celebrating Asian American Trailblazers, Documentary film + Panel Discussion

When: May 11, Resource Tables & Doors Open at 5 PM
Film at 6 PM; Panel Conversation at 7 PM

Where: Chase Room, New Jersey Performing Arts Center (NJPAC)

1 Center Street, Newark, NJ

Cost: Free

In honor of Asian American and Pacific Islander Heritage Month, there will be a candid conversation about the challenges Asian Americans and Pacific Islanders face in the workplace and celebrate their professional achievements. The PSEG Foundation Social Impact film screening will be "Patsy Mink: Ahead of the Majority," a documentary. In 1964, U.S. Rep. Patsy Mink (D-Hawaii) was the first woman of color and Asian American woman elected to Congress.

Asian American and Pacific Islander Heritage Month marks a time to celebrate the contributions of Asian Americans to American history, culture and innovation while also inspiring future generations to understand the critical importance of an inclusive community.

This month's Standing in Solidarity program features a PSEG Foundation Social Impact film and a panel of accomplished leaders in business, media and government who will discuss the challenges they faced and their stories of resilience and leadership.

CONVERSATION

Opening Remarks: N.J. Senator Andy Kim will provide pre-recorded welcoming remarks.

Poetry: Michelle Myers, in partnership with Dodge Poetry, will open the program. She is an award-winning poet, educator and founding member of Yellow Rage, an Asian American female spoken word poetry group.

Asian American and Pacific Islander Heritage Month marks a time to celebrate the contributions of Asian Americans to American history, culture and innovation. Learn from a panel of accomplished leaders who will discuss the challenges they faced and their stories of resilience.

PANELISTS

Moderator: Vani Krishnamurthy, Founder and Executive Director of Arts India US and a Trustee of Women@NJPAC.

Arts India US is an organization



Left to right - Vani Krishnamurthy, Michelle Myers, Alexandra Chang, Billy Kim, Nancy Loo, Hanna Mori, Amman Deep Singh Seehra.

Credit: <https://njpac.org>.

dedicated to building infrastructure for the U.S.-based Indian classical performing arts ecosystem — supporting artists in creating, sustaining, and showcasing new work, while strengthening the field as a whole.

Vani also serves as an Associate at Harvard University's Lakshmi Mittal and Family South Asia Institute, where she oversees a national research initiative examining how traditional performing arts are discovered, evaluated, and programmed within U.S. presenting institutions.

Vani is a Trustee of Women@NJPAC, and she has worked with a number of major arts organizations in the past, including Lincoln Center, The Museum of Fine Arts Boston, Sackler Gallery at the Smithsonian, and World Music Institute.

As a U.S. Fulbright Awardee, she is a scholar of Indian dance history. While in India, she honed her 15-year study of classical dance by training with celebrated experts and performing around the country.

PANELISTS:

Alexandra Chang, Associate Professor and Associate Director of the Clement A. Price Institute and American Studies Program at Rutgers University–Newark

Chang organizes the Global Performance + Sound Lab (GPS*), directs the Decolonizing Curatorial and Museum Studies and Public Humanities Project, and is co-founder of "Asian Diasporic Visual Cultures the Americas" (Brill). She is the author of "Envisioning Diaspora: Asian American Arts Collectives" and editor of "Circles and Circuits: Chinese Caribbean Art" (Duke University Press).

A composer and acoustic/electric harpist, Chang co-directs the nonprofit Improv Spaces and performs with the Rock City Falls Trio. She is currently developing the immersive audiovisual project CURRENTS in residence at Troy Savings Bank Music Hall, a collaborative interdisciplinary work exploring live performance and community engagement. Her upcoming solo and trio albums will be released in 2026.

Billy Kim, Senior Procurement Director for Mars Snacking North American, Army veteran and member of Ascend NJ

Before joining Mars, Billy held

procurement and supply chain leadership roles at L'Oréal and Johnson & Johnson.

Earlier in his career, Billy served nine years in the United States Army in both enlisted and officer roles. As an officer, he led troops during two combat deployments and was honorably discharged at the rank of Captain. He holds a Bachelor of Science from Temple University and an MBA from Rutgers University.

He is a self-proclaimed foodie and active supporter of philanthropic causes. A committed member of the Rutgers alumni community, he regularly volunteers through mentoring, guest speaking, and building corporate engagement as part of the Alumni and Corporate Engagements Council.

Nancy Loo, Founder and President, Dumpling Diplomacy, Inc.

Dumpling Diplomacy, Inc. (<https://dumplingdiplomacy.com>) is a social enterprise that breaks barriers through food. Events. Workshops. Catering. Feeding those in need.

Nancy began her career in the financial services industry and served as a technology director for several NYC agencies. Prior to Dumpling Diplomacy, she was the principal of a technology firm which specialized in creating mission-critical, web-based solutions. Companies for which she's developed projects include the Coalition for the Homeless, World Wildlife Fund, Thomson Reuters, Visiting Nurse Service of New York, and Elizabeth Arden.

Nancy holds a BS in Physics from Columbia University.

Bluesky: @dumplingdiplomacy.com
Hanna Mori, State Director, Office of U.S. Senator Cory Booker (D-NJ)

Hanna has served in this role as State Director for the U.S. Senator Cory since 2019. In this role, Hanna oversees the day-to-day operations and staff of the Senator's State Offices, located in Newark and Camden. Hanna is also responsible for shaping and implementing long-term strategic initiatives based on Senator Booker's policy and advocacy priorities.

Hanna began working for Booker over a decade ago at his nonprofit organization, Newark Now, and then for his Mayoral Office in the City of Newark. In 2013, she joined Booker's first U.S. Senate campaign, where she helped develop his federal policy

platforms. After a successful campaign, Hanna joined Booker's Senate staff where she has served in numerous roles over the years.

She is a graduate of the University of Notre Dame and University of North Carolina at Chapel Hill School of Law.

Amman Deep Singh Seehra, Assistant Director of the New Jersey Division of Family Development and co-founder of the ONE Project

Amman Deep Singh Seehra is a nationally recognized leading attorney and executive known for his passion for public service. He has dedicated his career to addressing food insecurity, overcoming racial and social injustice, and many other topics through policy, advocacy, and training for the past 25 years.

As the Assistant Director with the New Jersey Division of Family Development, Amman leads the State's work related to Program Evaluation, which includes SNAP Quality Control and Management Evaluations for the Supplemental Nutrition Assistance Program (SNAP), WorkFirst NJ (WFNJ), Child Care, and Emergency Assistance.

In 2014, Amman co-founded the ONE Project which is a non-profit organization designed to unite people from different faiths and backgrounds to address social needs in our community through volunteerism and education. His leadership has directed a team that has focused on issues of hunger, education, and social justice. Over the past 12 years, the ONE Project has hosted the annual NJ Hunger Project that has brought together 10,000 volunteers to package over 1,000,000 meals for low-income families in the area.

Amman has also volunteered with Sikh American Legal Defense and Education Fund (SALDEF) for 25 years, including previously as the Northeast Regional Director and Chair of the Board.

Over the past few years, his advocacy work also led to the passage of inclusion of Asian American studies in the New Jersey curriculum, colorectal cancer awareness, and legislative recognition of Sikhs in NJ and other States across the country.

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

ACCLAIMED VIOLINIST JOSHUA BELL TAKES NEW JERSEY SYMPHONY CONDUCTOR'S PODIUM ONCE AGAIN

BY MABEL PAIS

Acclaimed violinist and conductor Joshua Bell will take the podium May 14–17, 2026 in four performances as New Jersey Symphony's principal guest conductor. Starting in the 2025-2026 season, Bell joined the orchestra to serve in this inaugural role for four years until the 2028–29 season.

The program begins with Ludwig van Beethoven's "Egmont" Overture, nine minutes of dramatic incidental music written for a revival of Goethe's play with the same name. Bell will then take the solo spotlight to play and conduct Camille Saint-Saëns' Violin Concerto No. 3, a work he recorded early in his career with Charles Dutoit and the Orchestre Symphonique de Montréal.

After intermission, he'll return to the podium to lead Felix Mendelssohn's Symphony No. 4, "Italian," a remarkable score from the then 22-year-old composer, who described this work as "the liveliest thing I have yet done, especially the last movement."

Joshua Bell's 2026–27 appearances are slated for March 11–14, 2027 in an all-Beethoven program featuring the composer's "Coriolan" Overture, Violin Concerto, and Symphony No. 7.

EVENT DETAILS AND ARTIST BIO

JOSHUA BELL LEADS MENDELSSOHN'S "ITALIAN"

Joshua Bell conductor & violin
New Jersey Symphony
Ludwig van Beethoven Egmont Overture
Camille Saint-Saëns Violin Concerto No. 3
Felix Mendelssohn Symphony No. 4, "Italian"
Newark à Thursday, May 14, 1:30 pm | **Relaxed Performance**

(<https://njsymphony.org/visit/accessibility-1/what-is-a-relaxed-performance>)



Joshua Bell.
Credit:
<https://njsymphony.org>

Princeton à Friday, May 15, 7:30 pm
Newark à Saturday, May 16, 7:30 pm
Morristown à Sunday, May 17, 2 pm

Event page

(<https://njsymphony.org/events/detail/joshua-bell-leads-mendelssohns-italian>)

TICKETS

For tickets to the performance, visit <https://njsymphony.org>.

Season tickets are on sale. View the full 2026–27 season and package options @ <https://njsymphony.org/concerts-and-events/season-tickets/subscriptions>.

JOSHUA BELL

With a career spanning almost four decades, GRAMMY Award-winning violinist Joshua Bell is one of the most celebrated artists of our time. He has performed with virtually every major orchestra in the world, and regularly appears as a soloist, recitalist, chamber musician, conductor, and as the music

director of London's Academy of St Martin in the Fields (ASMF).

Learn more at <https://joshuabell.com> and <https://njsymphony.org/events/detail/joshua-bell-leads-mendelssohns-italian>.

NEW JERSEY SYMPHONY

New Jersey Symphony is a GRAMMY and Emmy Award-winning orchestra under the direction of Music Director Xian Zhang. Programming at the Symphony reflects an unwavering commitment to diverse communities throughout the state, while providing students unparalleled opportunities to achieve musical excellence through its Youth Orchestra and other education programs.

For more information about the New Jersey Symphony, visit njsymphony.org.

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CELEBRATE SMALL BUSINESS WEEK BY NETWORKING WITH LOCAL ENTREPRENEURS, BUSINESS OWNERS AND ARTISTS IN NJ

BY MABEL PAIS

Celebrate Small Business Week by networking with local entrepreneurs, business owners and artists, and discover how activating arts and culture can elevate your company and deliver a competitive edge. At Andco Grove (<https://andco.work>), Jersey City, NJ this event will take place on Thursday, May 14, 2026 at 6 PM.

EVENT DETAILS

The panel features leaders at the intersection of economic development and creative expression.

The mixer includes a drawing for generous prizes, including one month of free membership at Andco (<https://andco.work>) coworking spaces and a complimentary booking of an NJPAC community artist for a future business event. Drinks and light bites will be served.

PARTICIPANTS

MODERATOR

Deonté Griffin-Quick, a New Jersey native, is a nationally recognized, award-winning actor, arts administrator and consultant with a proven track record of envisioning and implementing change. He was most recently the inaugural Managing Director of External Affairs at Artist Communities Alliance (ACA), the international service organization for artist residency programs and artist-centered organizations. Before joining ACA, Griffin-Quick served as Director of Programs and Services at New Jersey Theatre Alliance, where he built lasting partnerships, led statewide initiatives and oversaw programming to support the cultivation of 42 professional theater companies. He was also integral in developing other statewide initiatives such as the Creating Change Network and the Career Accelerator Fellowship program.



Business entrepreneurs. Credit: <https://njpac.org>

PANELISTS

Kiana Chan is the General Manager at Andco, a coworking space rooted in Jersey City with locations in Downtown and Hamilton Park. She works closely with small businesses, local partners and members to support their growth and connection. She also oversees operations, plans events and builds partnerships. Her focus is simple: to create a space where people feel welcome, work well and connect with the right people.

Michelle Osorio is a Senior Small Business Liaison for the New Jersey Economic Development Authority. Osorio's role is to share information and educate business owners and community stakeholders about opportunities available to small businesses in New Jersey. She has spent her career supporting entrepreneurs and business owners in underserved communities. Osorio is fluent in Spanish and has helped over 5,000 business owners navigate the complexities of business ownership in Spanish and

English. Osorio is passionate about sharing information and improving equal access to opportunities for New Jersey small business owners.

Rachel Sieg is the Executive Director of the Historic Downtown Special Improvement District (HDSID). In this role, she manages and cultivates relationships among the HDSID Board of Directors, local businesses, city organizations, the City Council and the mayor's office. Over her 13-year tenure, Sieg has played a leading role in the renaissance of Jersey City's Historic Downtown corridor. She spearheaded the Historic Downtown Farmers Market and led the transformation of Newark Avenue into a pedestrian mall. She developed key community events such as Groove on Grove, a free weekly concert series; the Handmade Market, showcasing local artisans; two Farmers Markets; and the Annual All About Downtown Street Fair, which consistently grows in attendance since its 2010 debut.

Danielle "Dani" Vauters is the Institutional Marketing Director at NJPAC, leading audience development, social impact initiatives and membership, including a Small Business membership tier supporting brick-and-mortar businesses, local restaurants and online businesses. A seasoned music professional, publicist and podcaster, Vauters brings over a decade of experience across marketing, entertainment and film. She has supported both major and grassroots talent, producing music showcases and elevating Newark artists. As the founder of Social With Dani, she continues to shape culture through storytelling, marketing and creative strategy.

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

Mother's Day: The eternal celebration of love, sacrifice and the spirit of motherhood

Mother's day is celebrated on the second Sunday of May. This year Mothers day will be celebrated on 10th May 2026 in India USA and a majority of the countries worldwide. However Mother's Say in UK will be celebrated on 15th March 2026 since Mother's day in UK is celebrated 3 weeks before Easter. Even France has a different day to celebrate Mother's Day. Mother's Day in France will be celebrated on 31 May 2026. The French formalized Mother's Day to be celebrated on the last Sunday of May after WWI in order to honor mothers especially the ones who had large families to look after.

Before language, before memory, before identity itself, there is the presence of a mother. She is often the first voice we hear, the first touch we recognize, and the first bond that shapes our understanding of the world. Across civilizations, across faiths, across centuries, motherhood has been revered not merely as a biological relationship, but as a sacred force—one that nurtures life, sustains families, and shapes societies.

Mother's Day, celebrated across the globe in varying forms, is a modern expression of an ancient sentiment. It is a day that condenses a lifetime of gratitude into moments of remembrance, affection, and acknowledgment. Yet behind the flowers, gifts, and social media tributes lies a deeper story—one that stretches back to ancient rituals, evolves through social reform movements, and reflects the changing fabric of modern society.

Ancient Echoes: The Sacred Feminine and Early Celebrations of Motherhood

The idea of honoring mothers is as old as civilization itself. In ancient societies, motherhood was often associated with divine power, fertility, and the continuity of life.

In ancient Greece, the mother goddess Rhea, believed to be the mother of gods like Zeus, was celebrated with festivals that honored her role as the origin of life. These rituals were not merely religious observances; they symbolized humanity's recognition of the maternal force as central to existence.

Similarly, the Romans worshipped Cybele, known as the Magna Mater or Great Mother. Her festivals, filled with music, offerings, and public celebrations, reflected a culture that saw motherhood as both powerful and sacred.

In ancient Egypt, the goddess Isis represented the ideal mother—protective, nurturing, and resilient. Her devotion to her son Horus became a symbol of maternal love that transcended even death.

India, too, has long embraced the spiritual elevation of motherhood. The worship of goddesses such as Durga, Parvati, and Lakshmi embodies different dimensions of maternal energy—strength, compassion, prosperity, and protection. The concept of "Mother Earth" (Prithvi Mata) further reflects the idea that nurturing is a universal force, not limited to human relationships.

These early traditions reveal that honoring mothers was never just about



family—it was about recognizing the fundamental principle of creation and care.

From Faith to Family: Mothering Sunday and Medieval Traditions

As societies evolved, the celebration of motherhood gradually moved from the realm of mythology into everyday life.

In medieval Europe, particularly in England, a tradition known as Mothering Sunday emerged. Celebrated on the fourth Sunday of Lent, it originally had religious significance, encouraging people to return to their "mother church." However, over time, it took on a more personal meaning.

Young apprentices and domestic workers, who often lived far from home, were given a rare day off to visit their families. They would return home carrying small tokens—flowers, cakes, or simple gifts—for their mothers. Families would gather, share meals, and reconnect.

This tradition marked a significant shift—from worshipping symbolic mothers to celebrating real ones. It laid the cultural foundation for what would eventually become Mother's Day in its



modern form.

The Birth of a Movement: The Vision of Anna Jarvis

The modern incarnation of Mother's Day owes its existence largely to one determined woman—Anna Jarvis.

Born in the United States in the late 19th century, Anna Jarvis was deeply influenced by her mother, Ann Reeves

Jarvis, a social activist who worked to improve public health and promote peace during and after the American Civil War. Her mother organized "Mothers' Work Clubs" that addressed sanitation issues and reduced infant mortality, demonstrating the broader societal impact of maternal care.

After her mother's death in 1905, Anna Jarvis was driven by a singular mission:

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to create a day that would honor the sacrifices and contributions of mothers.

In 1908, she organized the first official Mother's Day celebration in a church in West Virginia. The event was simple yet powerful-centered on remembrance, gratitude, and the symbolic offering of white carnations, her mother's favorite flower.

Anna Jarvis's campaign gained momentum quickly. Through persistent writing, lobbying, and public outreach, she convinced politicians and communities to recognize the importance of such a day.

Her efforts culminated in 1914, when U.S. President Woodrow Wilson officially declared the second Sunday of May as Mother's Day-a national holiday dedicated to honoring mothers.

A Founder's Disillusionment: When Celebration Turned Commercial

Ironically, the very success of Mother's Day became its greatest challenge.

As the holiday grew in popularity, businesses began to commercialize it. Florists, greeting card companies, and retailers saw an opportunity to profit from the emotional significance of the day. What began as a heartfelt tribute gradually transformed into a consumer-driven event.

Anna Jarvis was deeply troubled by this shift. She believed that buying pre-made cards and expensive gifts diluted the sincerity of the occasion. For her, Mother's Day was meant to be personal-a handwritten letter, a quiet moment of gratitude, a genuine expression of love.

In her later years, she actively campaigned against the commercialization of the holiday she had created. She even attempted to have it removed from the calendar, arguing that it had strayed too far from its original purpose.

Her story serves as a powerful reminder: the true essence of Mother's Day lies not in what is purchased, but in what is felt and expressed.

THE MEANING OF MOTHERHOOD: BEYOND BIOLOGY

Mother's Day today has evolved to encompass a broader and more inclusive understanding of motherhood.

The Emotional Anchor

Mothers are often the emotional foundation of families. They provide comfort in times of distress, guidance in moments of confusion, and encouragement in the face of failure.



The Silent Sacrifice

Much of a mother's work goes unnoticed-late nights, early mornings, constant worry, and unspoken sacrifices. Mother's Day brings these invisible efforts into the light.

The Expanding Definition

Modern society recognizes that motherhood is not confined to biology. Adoptive mothers, foster caregivers, grandmothers, and even mentors who nurture and guide are celebrated as mother figures.

The Balancing Act

In today's world, many mothers juggle multiple roles-professionals, caregivers, educators, and more. Their resilience reflects the changing dynamics of family and work.

Mother's Day, therefore, is not just about honoring one role-it is about acknowledging a spectrum of nurturing relationships that sustain human life.

A WORLD OF CELEBRATIONS: MOTHER'S DAY ACROSS CULTURES

Motherhood is universal, yet the ways in which societies honor it are beautifully diverse. Across continents, Mother's Day takes on different dates, rituals, and cultural meanings-shaped by history, religion, and local traditions. What unites them all, however, is a shared emotional core: gratitude, reverence, and love.

India: A Modern Celebration rooted in Ancient Reverence

In India, Mother's Day is a relatively recent cultural import, widely celebrated on the second Sunday of May, especially in urban areas. Children present gifts, flowers, and heartfelt messages, while social media platforms are filled with



tributes to mothers.

Yet, beyond this modern observance lies a far older tradition of honoring motherhood. Indian philosophy has long upheld the idea of "Matru Devo Bhava"-the belief that the mother is equivalent to God. Festivals like Durga Puja and the worship of divine feminine energies reflect a deep-rooted reverence for maternal power. In many households, respect for mothers is not limited to a day-it is woven into daily life.

United States: The Birthplace of the Modern Holiday

The contemporary form of Mother's Day originated in the United States,

where it is celebrated with enthusiasm on the second Sunday of May. Families gather for meals, children present flowers-especially carnations-and greeting cards express affection and gratitude.

The legacy of Anna Jarvis continues to shape the spirit of the day, even as commercialization has expanded its scale. Despite evolving traditions, the emphasis remains on acknowledging the emotional and nurturing role of mothers within the family.

United Kingdom: Mothering Sunday and Its Religious Roots

In the United Kingdom, Mother's Day



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is celebrated as Mothering Sunday, observed on the fourth Sunday of Lent. Its origins are deeply tied to Christianity, when people would return to their "mother church" for special services.

Over time, the tradition transformed into a family-oriented occasion. Children would return home with small gifts or flowers, often baking a traditional Simnel cake. Today, it blends religious heritage with modern expressions of appreciation, creating a uniquely British observance.

Japan: Simplicity, Respect, and Symbolism

In Japan, Mother's Day is marked by quiet sincerity and deep respect. Children typically give red or pink carnations, symbolizing purity, sweetness, and endurance.

Rather than extravagant gifts, the emphasis is on thoughtful gestures—handmade cards, drawings, and acts of service such as cooking meals. The celebration reflects Japanese cultural values of humility, respect for elders, and emotional subtlety.

China: Filial Piety and Modern Adaptation

In China, Mother's Day has gained popularity in recent decades, particularly in urban areas. It aligns closely with traditional Confucian ideals of filial piety—the respect and care for one's parents.

While modern celebrations include gifts and flowers, there is also a growing effort to connect the day with historical figures like Mencius's mother, who is revered as an ideal example of maternal dedication and sacrifice.

Mexico: A Vibrant Celebration of Family and Tradition

In Mexico, Mother's Day (Día de las Madres) is celebrated annually on May 10, regardless of the day of the week. It is one of the most important family occasions in the country.

Celebrations often begin early in the morning with music—sometimes including the traditional song *Las Mañanitas*. Families gather for elaborate meals, and schools organize performances where children sing and dance for their mothers. The atmosphere is festive, emotional, and deeply communal.

Middle East: Springtime Tribute to Mothers

In several Middle Eastern countries such as Egypt, Lebanon, and Jordan, Mother's Day is celebrated on March 21, coinciding with the first day of spring.

This timing is symbolic—spring represents renewal, growth, and life,



mirroring the nurturing role of mothers. Families express appreciation through gifts, visits, and shared meals, often emphasizing emotional connection over material display.

Ethiopia: The Antrosht Festival

In Ethiopia, motherhood is celebrated during the Antrosht festival, which takes place at the end of the rainy season.

Unlike a single-day observance, Antrosht is a multi-day celebration centered on family reunions. Children return home, bringing ingredients to prepare a traditional meal together. Singing, dancing, and storytelling are integral parts of the festival, highlighting the communal and cultural importance of motherhood.

France: A National Celebration of Mothers

In France, Mother's Day (Fête des Mères) is celebrated on the last Sunday of May (or early June if it coincides with Pentecost).

Children often present handmade gifts, poems, or cards, and families gather for special meals. The French government has historically promoted the day as a way to honor motherhood and family values, especially after World War I.

Thailand: Honoring the Queen and Motherhood

In Thailand, Mother's Day is celebrated on August 12, the birthday of Sirikit.

The day is both a national holiday and a celebration of motherhood. Jasmine

flowers, symbolizing purity and unconditional love, are commonly given. Public ceremonies, parades, and acts of charity mark the occasion, blending national pride with familial affection.

Brazil: Faith, Family, and Festivity

In Brazil, Mother's Day is celebrated on the second Sunday of May and is one of the most important commercial holidays after Christmas.

Families gather for large meals, often after attending church services. The day reflects Brazil's strong emphasis on family bonds, community, and religious values.

MOTHERHOOD IN MODERN TIMES: CHALLENGES AND TRANSFORMATIONS

Motherhood in the 21st century stands at a powerful intersection of tradition and change. While the emotional essence of being a mother—nurturing, protecting, guiding—remains timeless, the conditions under which mothers live and raise children have transformed dramatically. Economic pressures, shifting social norms, technological advancements, and evolving gender roles have redefined what it means to be a mother today.

This modern landscape presents both opportunities and challenges. It has expanded the possibilities for women, but it has also introduced new expectations, complexities, and pressures that previous generations did not face in quite the same way.

The Rise of the Working Mother: Balancing Dual Worlds

One of the most defining transformations of modern motherhood is the rise of the working mother. Across the globe, women are not only caregivers but also active participants in the workforce, contributing to family income and national economies.

This shift represents progress in terms of independence and empowerment. However, it has also created what is often referred to as the "double burden"—the expectation that women excel both professionally and domestically.

A working mother's day rarely ends when she leaves the office. It continues at home with responsibilities such as childcare, household management, and emotional caregiving. The challenge lies not just in managing time, but in navigating expectations—both societal and self-imposed.

Despite these pressures, many women are redefining success on their own terms, seeking flexible work arrangements, remote opportunities, and more equitable partnerships at home.

Single Mothers: Strength in Solitude

Single motherhood is another significant reality of modern times. Whether due to divorce, widowhood, or personal choice, millions of women around the world raise children independently.

Single mothers often carry the full weight of financial responsibility,



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decision-making, and emotional support. The absence of a co-parent can intensify challenges, particularly in societies where social support systems are limited.

Yet, their stories are also stories of resilience. Single mothers frequently build strong, self-reliant families, demonstrating that love, stability, and guidance are not defined by traditional structures alone.

Increasingly, there is a growing recognition of their contributions, though social and policy support still lags in many parts of the world.

Changing Family Structures: Redefining Motherhood

Modern motherhood is no longer confined to traditional definitions. Today, the idea of "mother" extends beyond biological relationships.

Adoptive mothers, foster caregivers, stepmothers, and even guardians or mentors are recognized as maternal figures. These evolving definitions reflect a broader understanding that motherhood is fundamentally about nurturing, not just giving birth.

In many societies, families themselves are becoming more diverse. Blended families, same-parent households, and co-parenting arrangements are reshaping the domestic landscape.

This transformation challenges long-held norms but also enriches the meaning of motherhood, making it more inclusive and reflective of real-life experiences.

The Digital Age: Parenting in a Hyperconnected World

Technology has profoundly altered the experience of motherhood. Today's mothers are raising children in a world shaped by smartphones, social media, and constant connectivity.

On one hand, technology offers support-access to parenting resources, online communities, educational tools, and telemedicine. Mothers can seek advice, share experiences, and find solidarity with others across the globe.

On the other hand, it introduces new concerns:

- Screen addiction in children
- Cyberbullying and online safety
- The pressure of "perfect parenting" portrayed on social media

The digital age has also blurred boundaries between work and home, making it harder for mothers to

disconnect and rest.

Modern motherhood, therefore, involves not just raising children, but also guiding them through a rapidly evolving digital landscape.

Mental Health and Emotional Well-being

One of the most important conversations surrounding modern motherhood is mental health. For generations, the emotional struggles of mothers were often overlooked or dismissed.

Today, there is increasing awareness of issues such as:

- Postpartum depression
- Anxiety and burnout
- Emotional exhaustion from constant caregiving

The expectation that mothers should be endlessly patient, selfless, and strong can create unrealistic standards. Many women feel pressure to "do it all" and hesitate to seek help.

Encouragingly, conversations around maternal mental health are becoming more open. Support networks, counseling services, and public awareness campaigns are helping to reduce stigma.

Recognizing that mothers need care too is a crucial step toward healthier families and societies.

Economic Pressures and the Cost of Parenting

Raising children has become increasingly expensive in many parts of the world. From education and healthcare to housing and childcare, financial pressures weigh heavily on modern families.

For mothers, this often means making difficult choices:

- Career progression versus time with children
- Quality childcare versus affordability
- Personal aspirations versus family needs

In developing countries, these challenges can be even more acute, with limited access to healthcare, education, and social security.

Motherhood, in this context, becomes not just an emotional journey, but an economic one as well.

Cultural Expectations and the "Ideal Mother" Myth

Despite social progress, cultural expectations around motherhood remain deeply ingrained.

In many societies, the "ideal mother"

is still portrayed as:

- Always available
- Completely self-sacrificing
- Emotionally perfect

These expectations can be overwhelming and unrealistic. They often leave little room for individuality, ambition, or imperfection.

Modern mothers are increasingly challenging these stereotypes. They are asserting their right to have identities beyond motherhood-to pursue careers, hobbies, friendships, and personal growth.

This shift represents a broader cultural transformation, one that recognizes mothers as individuals, not just roles.

Support Systems: The Need for Collective Responsibility

Motherhood has often been viewed as a private responsibility, but modern realities highlight the need for collective support.

Governments, workplaces, and communities all play a role in supporting mothers through:

- Maternity and parental leave policies
- Affordable childcare services
- Flexible work arrangements
- Healthcare access

In societies where such support systems are strong, mothers are better able to balance their roles and maintain well-being.

The conversation is gradually shifting from "how mothers manage" to "how societies can support mothers."

Inspiring Mothers of History

While every mother is a warrior, here are some mothers that the world recognizes as their own.

Mother Teresa - Opened schools for children and centers to treat the blind, the disabled, the old, and the dying.

Marie Curie - A single mother to two daughters and two-time Nobel prize winner.

Maharani Tarabai - The guiding force of Maratha and the first to take the fight to the Mughals.

Putlibai - A mother to four children and spiritual teacher of MK Gandhi.

Jijabai Bhonsle - founder of the Maratha Empire and mother of Chattrapati Shivaji

Rani Lakshmi Bai - Fought against the British army using two swords with her son tied to her back.

Sindhutai Sapkal - Commonly known as the 'Mai or Mother of Orphans,' she

nurtured over 1500 orphan children.

Julia Ward Howe - Mother to 6 children and co-founder of the American Woman Suffrage Association.

Elizabeth Cady Stanton - A mother of 7 children who fought for women to own property, the right to vote, the right to divorce husbands without losing custody of children, to earn wages, etc

Georgina Đuka Tesla - Mother of Nikola Tesla. created devices like egg beaters in the 1800s to help women run the household smoothly.

Sojourner Truth - A poor and the first black woman to sue a white man for selling her child into slavery. Yes, she won!

Abigail Adams - A mother to five children and an advocate for women who made sure girls got the same education as boys in 1744.

Michelle Obama - Former first lady who made sure that kids get nutritious meals in school. She made sure that her two daughters got the shed of privacy they deserved.

Angelina Jolie - Highest paid actress and a mother to 6 children, out of which three are adopted. Travels across the world for charity to children.

Movies to Watch With Mom On Mother's Day

Choosing a movie to watch with your mom on Mother's Day is a wonderful way to spend quality time together. Countless cinema stories celebrate the bond between mothers and their children. Here are a few suggestions for Mother's Day movies:

- MOM
- The sky is pink
- Bad moms
- Badhaai ho!
- Mother's Day
- The parent trap
- Freaky Friday
- Life as we know it
- Little woman
- The blind side
- Brave
- Julie and Julia
- Neerja
- Hindi medium
- English Vinglish
- Mama mia! Here we go again

The beauty and complexity of motherhood can never be conveyed. But these movies offer a variety of genres and themes so you can choose a film to watch with your mom and enjoy a cozy movie night together filled with love and laughter.



Vicky Kaushal in Aamir Khan's 3 Idiots sequel as fourth 'idiot'?

Aamir Khan's iconic film 3 Idiots is set to return with a sequel, and fresh reports suggest the story may introduce a fourth idiot, with Vicky Kaushal being considered for the role. The development adds a new layer of excitement to the much-loved franchise, which will reportedly take a 10-year leap forward in its narrative.

According to a report by Pinkvilla, Vicky is likely to join the original cast featuring Sharman Joshi and R Madhavan.

"Kaushal is keen on sharing screen space with Aamir Khan and contributing to a franchise that enjoys immense recall value," a source shared to the entertainment portal.

The report further revealed that discussions are already underway. "Multiple meetings between Vicky, Aamir, and Hirani have already taken place, and Vicky has verbally agreed to play the part of the fourth 'idiot,' though the timelines have to align for the entire ensemble," the source added. The sequel is expected to be helmed once again by Rajkumar Hirani, who directed the original film. While the project is still in the planning stages, the addition of a new character suggests a fresh narrative approach while retaining the essence of the original story.

Riddhima opens up on being the oldest Kapoor family debutant at 45 with Daadi Ki Shaadi

At 45, Riddhima Kapoor Sahni, daughter of Rishi Kapoor and Neetu Kapoor, is all set to step into the spotlight with her acting debut in Daadi Ki Shaadi, making her the oldest debutant in the Kapoor family. The debut is an emotional one for Riddhima, made even more special as she shares screen space with her daughter Samara for the very first time in the film.

In an interview with SCREEN, Riddhima opens up about facing the camera on a film set for the first time last year at the age of 45, and her daughter Samara's brief appearance in the film. Riddhima is married to businessman Bharat Sahni, with whom she shares a daughter.

"It truly feels surreal and deeply emotional. There's a sense of everything coming full circle. I know my father is always with me, blessing me in anything and everything that I choose to do. That thought gives me a lot of strength and comfort... Honestly, the biggest challenge was stepping into an entirely new world at this stage of life. There's a certain vulnerability in starting fresh, but also a lot of excitement at the same time," Riddhima said.

Riddhima revealed that while shooting for the wedding comedy, she left her daughter alone at their New Delhi home for the first time since Rishi's cancer treatment in New York in



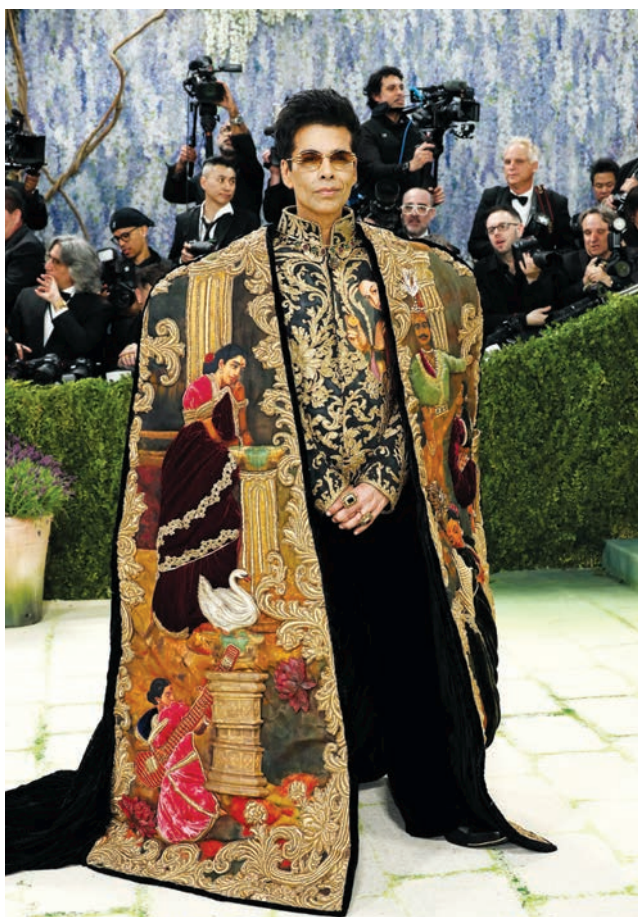
2019. The film also brings a special on-screen moment for Riddhima, who shares screen space with her mother Neetu and daughter Samara in the song Senti. While Samara is comfortable around the paparazzi, Riddhima remains uncertain about whether this debut, hers or her daughter's appearance, will translate into a full-time acting career.

Talking about her daughter, she said, "It's a small but very sweet appearance in the song. As a mother, it's such a proud and emotional moment to see

your child on screen."

Riddhima first faced the camera when she was roped in by producer Karan Johar for his popular reality show Fabulous Lives of Bollywood Wives in 2024. Riddhima admitted that being in front of the camera for the show made her comfortable and gave her a sense of ease and familiarity, which definitely made the transition smoother.

Directed by Ashish R. Mohan, the comedy drama also stars Kapil Sharma, Sadia Khateeb, R. Sarathkumar, and Teju Kolhapuri in key roles.



'Better than SRK by a mile': Karan Johar's Met Gala debut wins internet

Bollywood filmmaker Karan Johar made a powerful and striking debut at the Met Gala 2026, commanding attention the moment he stepped onto the iconic red carpet at the Metropolitan Museum of Art. Dressed in a custom ensemble by Manish Malhotra, his look quickly became one of the most talked-about of the evening, with fans and fashion watchers praising him for truly embracing and "nailing the theme".

This year's Met Gala revolved around the idea of costume as art, with the dress code emphasising fashion as a powerful form of artistic expression. Known as one of the most prestigious nights in global fashion, the event brought together some of the biggest names from cinema, music, and design.

For his debut, Karan chose an outfit titled Framed in Eternity. The ensemble featured a structured, power-shouldered vintage jacket paired with a dramatic, hand-painted cape that extended nearly six feet. He completed the look with a multi-gemstone necklace and rings from his jewellery label Tyaani. The filmmaker revealed that his outfit was inspired by the legendary Indian painter Raja Ravi Varma, explaining that the choice was deeply personal. "Raja Ravi Varma felt right because his work

does something I've always tried to do in cinema. He painted feelings," he said.

Reflecting on the milestone moment, Karan shared in a statement, "From loving cinema and costume as a wide-eyed dreamer to standing on the steps of the Met Gala... life really does come full circle in the most unexpected ways. This moment wasn't just about fashion for me. It was about storytelling."

Karan's look resonated strongly online, with fans flooding social media with praise. One Reddit user wrote, "Nailed the theme. Gazillion times better than how SRK was presented." Another wrote, "He's definitely the best dressed tonight!!!!" Another fan commented, "I'm so happy he's wearing something that fully celebrates India and doesn't lose art in the process/dramatics.....MASSIVE W KARAN." Another comment read, "I mean... he decided to literally annihilate the theme." Another wrote, "Better than Shah Rukh by a mile." Another fan commented, "#Raja Johar lookin' royal!" On the work front, Karan is gearing up for the release of his next production, Chand Mera Dil, a romantic drama starring Ananya Panday and Lakshya, directed by Vivek Soni.



Angelina Jolie wins key ruling in French winery legal battle with Brad Pitt

A Los Angeles court has handed Angelina Jolie a legal advantage in her ongoing dispute with former husband Brad Pitt over the French winery, Chateau Miraval. The case dates back to 2022, when Brad Pitt filed a lawsuit alleging that Jolie sold her stake in the business without his consent, disrupting the winery's operations.

In a recent order, a Los Angeles County Superior Court judge ruled that Brad Pitt cannot compel Jolie to disclose a set of private e-mails linked to the sale of her stake in the property.

According to court documents cited by Page Six and TMZ, the judge found that Pitt "has not met his burden" to override Jolie's claim that the e-mails are legally protected.

The motion was denied without prejudice, leaving room for Pitt to raise the issue again at a later stage.

The ruling specifically concerns 22 e-mails sought by Pitt's legal team. The court held that the communications are protected under legal privilege, noting that while not all were strictly between attorney and client, they contained elements of legal strategy and are therefore exempt from disclosure.

This development follows a prior ruling in December 2025, when a judge had directed Jolie to hand over the e-mails. That decision was later found to be flawed, prompting a higher court to



send the matter back for reconsideration. Jolie had also sought nearly USD 34,000 in sanctions against Pitt's legal team for attempting to compel the release of the e-mails, but that request was denied. Responding to the latest order, a source close to Pitt told TMZ that Jolie "shouldn't be celebrating a potential temporary decision that allows them to keep information about her real intentions out of court."

The dispute is part of a long-running legal battle between the former couple

over Chateau Miraval, which they once co-owned and where they married.

Jolie has maintained that she acted within her legal rights after negotiations between the two broke down.

Last month, the F1 actor also moved the court to prevent any delays in the trial, arguing that the ongoing dispute was denying him the "quiet enjoyment" of the property. The trial is currently scheduled for February 1, 2027, though Jolie has sought to push it to November 2027.

Blake Lively settles Justin Baldoni lawsuit pre-trial, attends Met Gala soon after

A ctors Blake Lively and Justin Baldoni have settled their legal dispute linked to the making of *It Ends With Us*, just weeks before the case was set to go to trial, where both were expected to testify.

Soon after the settlement, Lively made a striking appearance at the Met Gala, stepping onto the red carpet at the Metropolitan Museum of Art in an archival Versace gown, marking a high-profile public outing following the resolution of the case.

The dispute began in 2024 when Lively accused Baldoni of harassment, sexual misconduct and orchestrating a smear campaign during the film's production. Baldoni denied the allegations and filed a countersuit, turning the matter into a high-profile legal battle that brought private text messages and emails involving both actors and others in the industry into public view.

In a joint statement quoted by *Variety*, lawyers for both sides confirmed the settlement and said the film remained "a source of pride to all of us who worked to bring it to life".

"The end product – the movie *It Ends With Us* – is a source of pride to all of us who worked to bring it to life. Raising awareness and making a meaningful impact in the lives of domestic violence survivors – and all survivors – is a goal that we stand behind. We acknowledge the process presented challenges and recognise that the concerns raised by Ms. Lively deserved to be heard. We remain firmly committed to workplaces free of improprieties and unproductive environments. It is our sincere hope that this brings closure and allows all involved to move forward constructively and in peace, including a respectful environment online," the statement said.

The settlement came about a month after lawyer Lewis Liman dismissed 10 of Lively's 13 civil claims, including all allegations of harassment. Three counts remained for a jury to decide: retaliation, aiding and abetting retaliation, and breach of contract.



Hugh Jackman ready to take blame for divorce, seeks peace with ex-wife Deborra

Wolverine star Hugh Jackman is desperate to end his festering war with ex-wife Deborra-Lee Furness, and intends to do it by finally confessing to beastly behaviour during their relationship. Jackman is ready to accept responsibility for the divorce and has expressed his intention was not to hurt Furness, *RadarOnline* reported. According to the outlet, a source said, "He's ready to take total responsibility for his part in the breakdown of their marriage. Hugh never intended to hurt Deb."

While the former couple would have celebrated 30 years of marriage on April 11, it is their daughter Ava Jackman's 21st birthday that has the actor desperate to reach a settlement. The duo also share a 25-year-old son, Oscar. "Ava turns 21 in July and Hugh would like for them to all celebrate the moment together. That's why he's really pushing to get together with Deb and hash things out," the report mentioned, citing a source. "He wants her to feel heard, and his hope is that she'll be able to own her part in things too. But if Deb still isn't there yet, Hugh says he's fine continuing to take the brunt of the blame if it means they can have some peace," the report added.

Rumours have swirled that the pair's decades-long union exploded in 2023 after he got inappropriately close to younger Broadway costar Sutton Foster. Furness, 70, all but confirmed the sordid affair when she filed for divorce in May 2025 – four months after the *Missing Link* actor, 57, and the *Bunheads* star, 51, went public with their forbidden offstage romance.

Russia says Ukraine launched a major drone attack after Moscow shunned ceasefire offer

MAY 8, 2026

MOSCOW (TIP): Russian air defenses shot down 347 Ukrainian drones overnight, Russia's Defense Ministry said Thursday May 7, in what appeared to be a major attack after Moscow spurned Kyiv's ceasefire earlier in the week and tension mounted over Russia's upcoming Victory Day celebrations.

Incoming drones were destroyed over 20 Russian regions, including Moscow, according to the Defense Ministry, in Ukraine's second-biggest aerial attack since Russia's all-out invasion more than four years ago. The largest was last March when it launched 389 drones.

The attack came ahead of Russia's most important secular holiday, when it marks the anniversary of the defeat of Nazi Germany in World War II. Russian authorities have declared a unilateral ceasefire in Ukraine for Friday and Saturday.

Ukraine had responded to that with its own suspension of hostilities from midnight Tuesday. But Ukrainian President Volodymyr Zelenskyy said Moscow disregarded the goodwill gesture and launched fresh attacks.

"Russia has not stopped any type of its military activity. Unfortunately, it has not stopped. Ukraine will act symmetrically," Zelenskyy said in his regular evening video address Wednesday.

Tension has grown as Russia's Victory Day celebrations approach and U.S.-led peace efforts gain no traction.

All mobile internet access and text messaging services will be shut down in the Russian capital on May 9, state media reported Thursday, citing the country's Ministry of Digital Development, Communications and Mass Media.

Also, a traditional parade in Moscow won't feature the usual tanks, missiles and other military equipment for the first time in nearly two decades.

Russian authorities say they are concerned about possible Ukrainian attacks, as Kyiv has expanded its long-range drone and missile capabilities.

The Russian Defense Ministry cited the "current operational situation" as a reason for excluding military equipment. Kremlin spokesman Dmitry Peskov blamed Ukraine for the scaled-back celebrations and tighter security in Moscow, accusing Kyiv of "terrorist activity," in an apparent reference to the drone strikes.

The restrictions will include websites on the Russian government's so-called "white list," a group of state-approved online services that are kept available during the country's increasingly common connectivity blackouts.

Israel strikes across southern Lebanon despite truce

MAY 8, 2026

JERUSALEM (TIP): Israel pummeled southern Lebanon on Thursday, May 7, state media and AFP correspondents said, a day after it targeted a Hezbollah commander in its first strike on Beirut's southern suburbs since a truce sought to end weeks of fighting.

The Israeli army said Thursday that the strike on the southern suburbs killed "the Commander of Hezbollah's 'Radwan Force' Unit," an elite unit within the Iran-backed armed group Hezbollah.

A ceasefire in the war between Hezbollah and Israel began on April 17, but combat has largely not stopped in southern Lebanon. Wednesday's strike near the capital, however, came as a shock in Lebanon.

AFP photographs taken in the southern suburbs showed the top floors of a residential building totally destroyed, and rescuers searching through the rubble on Thursday morning.

Hezbollah has not retaliated for the attack.

Lebanese state media reported Israeli strikes across a number of southern towns and villages, and the Israeli army issued fresh evacuation warnings to three villages north of the Litani River, and outside the area occupied by Israeli troops following their ground invasion of the border area.

Some of the Israeli strikes, on the southern city of Nabatieh, targeted a shopping center and residential buildings, state media and an AFP correspondent said.

In the nearby village of Toul, two rescuers from the Hezbollah-affiliated Islamic Health Committee were wounded in an Israeli strike as they were dispatched following a previous attack, spokesperson Mahmoud Karaki told AFP.

The team's ambulance was heavily damaged, he added.

The Israeli military said in a statement Thursday that an "explosive drone impact" wounded four soldiers -- one severely -- in southern Lebanon the previous day.

Despite the ceasefire, Hezbollah regularly claims attacks



Lebanese first responders use a digger to search under the rubble at the site of an Israeli airstrike that targeted a building. Photo: AFP

against Israeli forces occupying parts of southern Lebanon.

Since the war began on March 2, Israeli strikes have killed more than 2,700 people in Lebanon.

The Israeli military says it has lost 17 soldiers and a contractor in south Lebanon.

UAE reports drone, missile attack as ceasefire is challenged

The United Arab Emirates' Ministry of Defence announced on Friday (May 8, 2026) that the country's air defences are "actively engaging" with a missile and drone attack early in the morning as the Iran war's shaky ceasefire was again challenged.

Hours earlier, the U.S. military said it had intercepted Iranian attacks on three American destroyers in the Strait of Hormuz on Thursday night and "targeted Iranian military facilities responsible for attacking U.S. forces."

The violence threatened to unravel a fragile truce in effect since April 8 that brought an end to weeks of U.S.-Israeli attacks on the Islamic republic, which has retaliated with strikes across West Asia and by blocking the strait, a vital route for oil and gas shipments.

UK local polls threaten major setback for Starmer's struggling Labour government

MAY 8, 2026

LONDON (TIP): Millions of British voters cast their ballots on Thursday 7, in local and regional elections that are expected to deal a huge blow to Prime Minister Keir Starmer's Labour Party and renew questions over his ability to govern.

Elections for almost 5,000 council seats in England and to the parliaments in Scotland and Wales could signal the beginning of the end of Britain's traditional two-party system if voters opt for populist and nationalist parties rather than the once-dominant Labour and Conservatives.

Polls suggest the populist Reform UK of Brexit campaigner Nigel Farage will expand its control of councils in England, and could form the main opposition in Scotland and Wales to the pro-independence Scottish National Party and Plaid Cymru.

Challenging from the left, the Greens look set to threaten Labour's strongholds in London and other major centres.

The prospect of losing swathes of council seats in England, the end of its



dominance of the Welsh Senedd assembly and a possible third-place finish for Scotland's Holyrood parliament, mean Starmer looks set to come under pressure again to quit or at least set out a timetable for his departure.

Investors have pushed Britain's borrowing costs higher in recent weeks, in part over fears that he could be replaced by a more left-wing leader, willing to spend more.

Starmer, 63, elected on a landslide less than two years ago, has vowed to fight on, pledging to tackle a cost-of-living crisis in Britain stoked by the conflicts in Ukraine and Iran.

"We can rise to this moment together -- become a stronger, more resilient and more united nation with opportunities for all, or we can sink into the politics of grievance and division," Starmer wrote on Substack at the weekend.

"The answer to this moment, to the world we face today, is not passive government nor is it the populists who look out at the world and offer only easy answers that would make us weaker, or bankrupt. This is a time for patriots."

Appearing to signal another possible reset after the elections, Starmer promised an "active, interventionist government".

Starmer will hope he gets a chance to try to again relaunch his premiership, after spending weeks fending off calls for him to stand down over his appointment of Labour veteran Peter Mandelson as British ambassador to the US.

That appointment has blown up into a full-scale row over who knew what and when about Mandelson's ties to the late convicted US sex offender Jeffrey Epstein and his business connections with Russia and China.

Japan fires missiles during drills, drawing China rebuke

MAY 8, 2026

PAOAY (TIP): Prime Minister Sanae Takaichi has accelerated Japan's shift towards a more muscular defence policy, further casting off -- with US encouragement -- Tokyo's pacifist stance in place since the end of World War II.

The firing on Wednesday of two Type-88 missiles formed part of exercises in the Philippines between US, Australian, Filipino and Japanese troops as well as contingents from France, New Zealand and Canada.

Japanese and Philippine defence ministers observed the launch in the northern province of Ilocos Norte, some 400 kilometres (250 miles) from Taiwan, an AFP reporter at the scene said.

The two projectiles hit the target, a retired Philippines navy corvette, around 75 kilometres offshore in the South China Sea, causing it to sink, officials said.

The 19-day Balikatan exercises, meaning "shoulder-to-shoulder" and which wrap up Friday, have involved some 17,000 military personnel including Japanese combat troops for the first time.

Japan in recent years has moved to obtain "counterstrike" capabilities while hiking military spending and deepening security cooperation with regional allies including the Philippines.

Last month Takaichi's government relaxed the country's self-imposed rules to allow exports of lethal military hardware, seeking to grab a larger slice of the booming global market.

Last year Japan's Mitsubishi Heavy Industries won a landmark order from the Australian navy -- Takaichi was in Canberra this week -- to supply 11 warships.

Long-frosty China-Japan ties have worsened after Takaichi, seen as an arch-conservative and security hawk, suggested in November that Japan might intervene militarily in any Chinese attempt to take Taiwan.

China, which regards the democratic island as part of its territory and has not ruled out force to annex it, was furious over the comments, advising its citizens to avoid Japan and imposing trade restrictions. On Wednesday Beijing lashed out at the missile test, calling it "another example of the Japanese right-wing forces' push for accelerated remilitarisation of Japan."

Foreign ministry spokesperson Lin Jian told a regular briefing that "not only has Japan, the aggressor, failed to deeply reflect on its historical crimes, it has even sent military forces overseas and fired offensive missiles under the pretext of security cooperation."

Yee Kuang Heng, a professor in international security at the University of Tokyo, said that the missile test to sink a ship was "particularly significant as island defence is a shared concern of both Japan and the Philippines."

WHO warns of more Hantavirus cases in 'limited' outbreak

MAY 8, 2026

GENEVA (TIP): The World Health Organization said Thursday, May 7, that more hantavirus cases could emerge after the disease killed three passengers from a cruise ship, but it expected the outbreak to be limited if precautions were taken. Another sick passenger from the MV Hondius landed in Europe earlier in the day, as the vessel headed to the Spanish Canary Islands and health officials scrambled to trace the outbreak of the potentially deadly human-to-human strain. The fate of the Hondius sparked international alarm after three people travelling on it died, though health officials have played down fears of a wider global outbreak from the rat-borne virus, which is less contagious than Covid-19.

US President Donald Trump said Thursday he had been briefed on the situation. "It's very much, we hope, under control," Trump told reporters.

"It was the ship -- and I think we're going to make a full report about it tomorrow. We have a lot of great people studying it... It should be fine, we hope."

A Dutch couple who had travelled around South America before boarding the ship in Ushuaia, Argentina on April 1 were the first fatalities.

Argentine health authorities said Thursday they had not yet been able to establish where the outbreak began.

"With the information provided so far by the countries involved and participating national agencies, it is not possible to confirm the origin of the infection," the health ministry said after a meeting with authorities from all 24 Argentine provinces.

WHO chief Tedros Adhanom Ghebreyesus told journalists in Geneva that five confirmed and three suspected cases had been reported overall, including the three deaths.

"Given the incubation period of the Andes virus, which can be up to six weeks, it's possible that more cases may be reported," he said, referring to the rare strain detected aboard



the Hondius, which can be transmitted between humans.

The Leiden University Medical Centre in the Netherlands later announced another patient had tested positive.

But the WHO's emergency alert and response director Abdi Rahman Mahamud said he believed it would be "a limited outbreak" if "public health measures are implemented and solidarity shown across all countries."

People thought or known to have contracted the virus are being treated or isolating in Britain, Germany, the Netherlands, Switzerland and South Africa.

Hantavirus is a rare respiratory disease that is usually spread from infected rodents and can cause respiratory and cardiac distress as well as haemorrhagic fevers. There are no vaccines and no known cure.

A passenger is thought to have contracted the virus before boarding the ship in Argentina and infected others on board as it sailed across the Atlantic.

Officials in Argentina said they planned to test rodents in the coastal city of Ushuaia, from where the ship had set sail on April 1. Three evacuees were whisked away from the ship on Wednesday when it anchored off Cape Verde and a fourth landed in Amsterdam on Thursday, according to the vessel's operator, Netherlands-based Oceanwide Expeditions.

China gives suspended death sentences to two former defense ministers

MAY 8, 2026

BEIJING (TIP): IN a stunning move amid a continued purge of its military, China on Thursday, May 7, gave two former defense ministers suspended death sentences for corruption.

Wei Fenghe and Li Shangfu were both convicted of bribery and given the death penalty with a two-year reprieve by the country's military court, according to state media. The court announced that the two former generals' sentences will be commuted to life imprisonment without the possibility of parole after two years.

Wei, 72, served as defense minister from 2018 to 2023. Li, 68, succeeded Wei and held the position for less than eight months in 2023. Both men were placed under investigation by the military's anti-graft arm in 2023.

Chinese leader Xi Jinping has taken his purge of the armed forces to the very top, most recently targeting his highest-ranked general with the removal in January of Zhang Youxia, who outranked Wei and Li and once oversaw the military's day-to-day operations.

Xi's shake-up has cut across a wide swath of China's 2 million-strong People's Liberation Army (PLA) — with more than 100 officers potentially ousted since 2022.

Thirty-six generals and lieutenant generals have been officially purged since 2022, while another 65 officers are listed as missing or potentially purged, according to a report published in February by Washington-based Center for Strategic and International Studies.

When accounting for positions that have been purged more



Li Shangfu and Wei Fenghe AP/Getty Images

than once, 52% of the PLA's top leadership positions have been affected, the report found.

The sweeping clear-out is part of Xi's longstanding drive to clean up the PLA as he continues to tighten his grip on power and drives forward a major military modernization.

But the scope of this "unprecedented purge" raises questions about the military's readiness to carry out complex operations, the report's authors wrote.

Following the downfall of Zhang and his lieutenant in January, an editorial published by the official PLA Daily newspaper accused the two former military leaders of undermining Xi's ultimate authority while also reinforcing Xi's message of zero-tolerance on corruption.

After BJP's Bengal win, what Bangladesh said on pushback of illegal migrants

MAY 7, 2026

DHAKA (TIP): Bangladesh Home Minister Salahuddin Ahmed has expressed hope that people will not be pushed in his country after the BJP's victory in the recent assembly polls in bordering states.

"I hope no such incident (pushbacks) will happen," Ahmed told reporters when asked if he feared an increase in cases of people suspected of being illegal immigrants being pushed from India.

Ahmed, however, said that the Border Guard Bangladesh (BGB) have been asked to "remain alert" along the frontiers.

Ahmed's comments came a day after Foreign Minister Khalilur Rahman was quoted in the ruling Bangladesh Nationalist Party's official Facebook page saying that Bangladesh will take action if "push-in" incidents occur amid the change of power in the bordering state of West Bengal.

On May 4, assembly election results were announced in West Bengal, where the BJP won with a sweeping majority. In its election campaign, the BJP often accused the Mamata Banerjee-led government of allowing an influx of Bangladeshi people to West Bengal – an allegation that the latter has dismissed.

Nepal lodges protest against India over long-running border dispute

MAY 7, 2026

KATHMANDU (TIP): A long-running border dispute between Nepal and India has flared up after New Delhi announced the resumption of a religious pilgrimage through a contested Himalayan pass.

Kathmandu's Ministry of Foreign Affairs lodged a protest against India on Sunday, criticising New Delhi for resuming the pilgrimage. The Lipulekh Pass, which sits where Nepal meets India and Tibet is claimed by Nepal based on the 1816 Treaty of Sugauli, which it entered into with India's British colonial rulers to define its western border.

In its complaint, the ministry stressed that the territories of Limpiadhura, Lipulekh and Kalapani are part of Nepal, "a position on which the government remains clear and firm".

India's Ministry of External Affairs responded by asserting that Lipulekh has been used by Hindus, Buddhists, Jains and Bon followers for the Kailash Manasarovar pilgrimage to Mount Kailash and Lake Manasarovar in Tibet since 1954.

Pakistan likely to become first buyer of China's J-35AE stealth fighter

MAY 8, 2026

ISLAMABAD (TIP): China's push into the global fifth-generation fighter jet market appears to be gathering momentum, with Pakistan emerging as the likely first overseas customer for the newly unveiled J-35AE stealth combat aircraft.

The export version of China's next-generation fighter was recently showcased by Chinese defence manufacturers, sparking intense discussion among military analysts and strategic experts across Asia. The aircraft, developed by China's Shenyang Aircraft Corporation under the Aviation Industry Corporation of China (AVIC), is being viewed as Beijing's latest attempt to challenge Western dominance in advanced combat aviation exports.

The J-35AE is an export-oriented variant of the J-35 stealth fighter, China's second fifth-generation aircraft after the J-20. While the Chinese military version is expected to serve the People's Liberation Army Air Force and Navy, the AE variant has been specifically designed for foreign buyers.

Pakistan, one of China's closest defence partners, is widely believed to be at the front of the queue.

Over the past two decades, China and Pakistan have steadily deepened military cooperation through joint aircraft production, missile systems, naval projects and technology transfers. The Pakistan Air Force already operates several Chinese-origin platforms,



including the JF-17 Thunder, jointly developed by the two countries, and the more advanced J-10C fighter jets acquired in recent years.

Defence observers say the possible induction of the J-35AE would represent a major leap in Pakistan's aerial warfare capabilities.

The stealth fighter is expected to feature reduced radar visibility, advanced avionics, internal weapons bays, modern electronic warfare systems and long-range combat capability. Though official technical details remain limited, analysts believe the aircraft is intended to rival platforms such as the American F-35 in export markets where Western fighters are either unavailable or politically restricted. Reports in Chinese and international defence media suggest Islamabad could initially seek a limited number of aircraft before gradually expanding the fleet. However, neither Beijing nor Islamabad has publicly confirmed the scale or timeline of any potential deal.

The development is being closely monitored in India, where defence

planners have long assessed the growing military cooperation between China and Pakistan as a strategic challenge.

Experts note that if Pakistan acquires a stealth fighter capability before India fields its own indigenous fifth-generation aircraft, it could temporarily alter the regional air combat balance. India is currently pursuing its Advanced Medium Combat Aircraft (AMCA) programme while also expanding its Rafale fleet and modernising existing fighter squadrons.

Military analysts caution, however, that the introduction of fifth-generation aircraft alone does not automatically transform battlefield realities. Pilot training, maintenance ecosystems, stealth coatings, networking capabilities, weapon integration and operational readiness all play crucial roles in determining actual combat effectiveness.

There are also questions regarding the J-35AE's engine performance, production rates and long-term reliability, as many aspects of the aircraft remain shrouded in secrecy.

The unveiling of the J-35AE also highlights China's broader ambition to become a dominant player in the international defence market.

For years, advanced stealth fighters have largely remained under the control of the United States and its allies. Washington's F-35 programme, despite its enormous success, remains inaccessible to many countries due to geopolitical restrictions, alliance considerations and export controls.

Pakistan seeks to expand transit pact bypassing Afghanistan to include Tajikistan, Uzbekistan

MAY 8, 2026

ISLAMABAD (TIP): Pakistan's Special Envoy to Afghanistan Mohammad Sadiq has said that he held talks on expanding a regional transit framework that bypasses Afghanistan by including Tajikistan and Uzbekistan in the Quadrilateral Transit Trade Agreement (QTTA), aiming to boost regional connectivity and trade.

Pakistan has been seeking to develop alternative logistics routes linking Central Asia to its ports via China and northern Pakistan, as strained ties with Afghanistan and periodic border disruptions continue to affect traditional transit corridors. Sadiq chaired a meeting of the Afghanistan-Central Asia Intergovernmental Coordination Cell (ACICC) to review regional coordination, he said.

"Key focus areas: Inclusion of Tajikistan & Uzbekistan in the Quadrilateral Transit Trade Agreement (QTTA) between Pakistan, China, Kazakhstan & Kyrgyzstan," he wrote in a



post on X.

The QTTA involves Pakistan, China, Kazakhstan and Kyrgyzstan and is designed to facilitate cross-border movement of goods through routes linking Central Asia to Pakistan via China. Sadiq added that participants in the meeting also discussed enhancing air connectivity between Pakistan and Tajikistan, as well as easing visa procedures for Tajik businesspeople.

Last month, a shipment routed via China reached Karachi from Kyrgyzstan through the Khunjerab Pass and Sost Dry Port, offering Central Asian states

another trade corridor option.

Pakistan has offered landlocked Central Asian states access to its Arabian Sea ports, positioning itself as a strategic transit hub amid shifting regional supply chains.

Afghanistan accuses Pakistan of killing three civilians in 'war crime'

Afghanistan's Taliban-led government has accused neighbouring Pakistan of killing three civilians in a cross-border attack, which Kabul has condemned as a "war crime". The incident marked the latest test of a fragile ceasefire between the two countries, brokered by China in April, following months of cross-border fighting that left hundreds dead and injured. Afghanistan's deputy government spokesman, Hamdullah Fitrat, said on X that 14 others were injured in the attack. He accused Islamabad of deliberately targeting civilian infrastructure, including homes, schools, a health centre, and mosques in Dangam, Kunar province, which lies along the border with Pakistan.

Stop plucking grey hair or be ready to face these side effects

People generally start going grey in their 30s, though some may begin experiencing the process earlier than that. Most women like to cover it up with the help of hair colour or cutting off the affected strands of hair. But there are some who spot their first grey hair and pull it out. If you do that, it's time stop as plucking grey hair has side effects.

What causes grey hair?

Grey hair is basically part of the natural ageing process. The production of melanin and the pigment responsible for hair colour decreases as the age increases, explains dermatologist Dr Sameer Apte. Each hair follicle contains pigment-producing cells called melanocytes. As we age, these cells gradually become less active and eventually stop producing melanin. The result is hair that appears grey or white.

What are the side effects of plucking grey hair?

Pulling out grey hair doesn't mean you will lose all your black hair, but there are some side effects.

Risk of infection

Plucking might expose your hair follicles to bacteria, potentially causing redness, swelling and the discomfort of folliculitis. It is a condition where the hair follicle becomes infected or inflamed, causing a skin condition that often looks like acne, says Dr Apte.

Ingrown hair

Plucking grey hair may alter the natural growth direction of the hair, increasing the likelihood of ingrown hairs. They occur when the hair curls back into the skin, causing inflammation, red bumps and potential infection.

Skin irritation

Irritation caused due to plucking may manifest as redness, itching or a burning sensation. If you have sensitive skin, you need to be careful, as you may be more prone to such reactions.

Follicle damage

Too much plucking can potentially harm your hair follicles, resulting in slower hair growth. In some cases, it may lead to permanent hair loss.

Hyperpigmentation or scarring

If you are a chronic plucker, you might end up with dark spots where the hair used to be. Trauma to the



same area can lead to scarring, affecting the overall health of the skin and potentially hindering future hair growth.

Hair shaft distortion

The act of plucking can distort the hair shaft. This can make the regrown hair appear coarser than the original hair, says the expert.

Uneven hair growth

Plucking can throw off your hair's natural growth cycle, resulting in hair growing back at different rates. This can lead to uneven lengths and textures, which can be particularly noticeable with grey hair that might come back coarser or with a different colour.

If you want to darken grey hair naturally, you can try homemade hair packs. You can also try these tips for grey hair:

Focus on moisturising hair

Grey hair tends to be drier, so moisturising it will help keep it hydrated. Look for shampoos and conditioners designed for mature hair, as they often contain ingredients that help to retain moisture and enhance shine.

Protect from sun damage

Protect your hair by wearing a hat or using hair products with UV filters. Also, consider avoiding prolonged sun exposure or using protective styles when outdoors for extended periods.

FOOD CORNER

Bread biryani

Ingredients

Basmati rice - 1 cup, Coconut milk - 1 1/2 cup, Green peas - 1/4 cup, Radish - 1/4 cup, grated, Carrot - 1/4 cup, grated, Coconut - 1/4 cup, grated, Onions - 2, chopped, Bread slices - 4, crusts removed, sliced in small pieces, Cashews - 5, Almonds - 5, soaked, peeled, Black pepper powder - 1/2 tsp, Cumin powder - 1/2 tsp, Gasa gasa - 1 tsp, Cardamom - 1 Cloves - 1, Cinnamon - 1, Ginger garlic paste - 1 tbsp, Ghee - 3 tbsp, Curry leaves - few, Coriander leaves - few, Salt as per taste

Method

- Dry roast and grind the cardamom, cloves and cinnamon to a fine powder.
- Heat little ghee in a pan.
- Fry the basmati rice for 30 to 45 seconds.
- Remove and keep aside.
- Add a little ghee to the pan and fry the bread pieces till crisp.
- Keep aside.
- Grind the almonds, cashewnuts, coconut and gasa gasa to a smooth paste.
- Heat a little ghee in a pressure cooker.
- Add the cinnamon powder, ginger garlic paste, onions, salt and curry leaves.
- Saute well for a minute or two.
- Add the radish, carrot, green peas and ground coconut paste.
- Stir well and add the coconut milk.
- Bring to a boil.
- Add the rice and pressure cook till 2 whistles.
- Add the cumin powder, pepper powder, bread slices, coriander leaves and mix well.
- Serve.



Golden rules to reduce belly fat

Maintaining a flat belly means maintaining your overall health as well. A larger waistline can increase your risk of diabetes, heart diseases and even cancer. It is not easy to target just the belly fat when you are dieting. But losing weight overall can help you reduce the dangerous layers of fat on the belly, too.

Avoid sugar, sugar-sweetened drinks

Foods with added sugars aren't good for you; consuming them can lead to weight gain. It has a negative impact on your metabolic health as well. Try reducing the amount of sugar in your diet and avoid sugary drinks completely. But

this does not apply to whole fruits, which have fibre and are healthy.

Cut down on carbs

Eating fewer carbs is a fool-proof way of losing fat. Numerous studies show your appetite goes down when you cut down on carbs, which helps in weight loss. Losing carbs can also keep you healthy, reduce your risk of getting type II diabetes. Avoid carbs like sugar, candy, and white bread.

Eat fibre-rich food

An indigestible plant matter, eating lots of fibre can help with weight loss. The best way is to eat plant foods, including veggies and

fruits. Whole oats and legumes are great sources of fibre.

Regular exercise

Exercise is one of the best ways to reduce weight and belly fat along with improving your health. Aerobic exercises like walking, running and swimming, can majorly reduce your belly fat.

Despite having a high-protein and low-carb diet, it is easy to underestimate or overestimate your food intake if you do not keep track of it. Tracking can help you achieve specific goals like increasing your protein intake or cutting down carbs for an effective weight loss.



Fuel your circulation: How protein, niacin and zinc strengthen blood vessel health

Healthy blood vessels are essential to overall well-being, quietly performing the vital task of transporting oxygen, nutrients, and hormones throughout the body while removing waste products. When these vessels are strong, flexible, and unobstructed, the heart and entire circulatory system function efficiently. However, modern lifestyles—marked by poor diet, stress, and inactivity—can gradually damage blood vessels, increasing the risk of serious conditions such as hypertension, stroke, and Atherosclerosis. In this context, nutrition emerges as a powerful tool, and growing evidence suggests that diets rich in protein, niacin, and zinc can significantly support and improve vascular health.

Protein plays a foundational role in maintaining the structure and function of blood vessels. It is essential for the repair and regeneration of tissues, including the delicate endothelial lining that regulates blood flow and vessel flexibility. This inner lining is particularly vulnerable to damage from unhealthy lifestyle habits, and adequate protein intake helps in its restoration. Additionally, certain amino acids found in protein, such as arginine, contribute to the production of nitric oxide—a compound that relaxes blood vessels and promotes smoother circulation. This process not only improves blood flow but also helps regulate blood pressure, making protein a critical nutrient for cardiovascular resilience. Incorporating a variety of protein sources such as lentils, dairy, eggs, fish, and nuts ensures a steady supply of these essential building blocks.

Niacin, also known as vitamin B3, is another key nutrient that directly influences blood vessel health. It plays a crucial role in energy metabolism and has long been associated with cardiovascular benefits. One of niacin's most important functions is its ability to improve lipid profiles by lowering levels of low-density lipoprotein (LDL), often referred to as "bad cholesterol," while increasing high-density lipoprotein (HDL), the "good cholesterol." This balance is vital in preventing the buildup of plaque within arteries. Niacin also has



vasodilatory properties, meaning it helps widen blood vessels, thereby improving blood flow and reducing strain on the cardiovascular system. Foods such as whole grains, peanuts, mushrooms, poultry, and fish are excellent natural sources of this nutrient and can be easily incorporated into daily meals.

Zinc, though required in smaller quantities, plays an equally important role in protecting blood vessels from damage. It functions as a powerful antioxidant, helping to combat oxidative stress—a key factor in the deterioration of vascular health. Oxidative stress can weaken blood vessel walls and contribute to inflammation, both of which increase the risk of cardiovascular disease. Zinc supports cellular repair and strengthens the immune system, enabling the body to better respond to and recover from damage. A deficiency in zinc has been linked to impaired endothelial function, highlighting its importance in maintaining vascular integrity. Foods rich in zinc, such as seeds, nuts, legumes, whole grains, and dairy products, provide a simple and effective way to meet the body's needs.



Why reheated rice can make you sick and how to store it correctly

Reheating leftover rice is a common habit in many households since it's quick, convenient, and seen as perfectly safe. But this everyday practice could quietly increase the risk of food poisoning if not done properly.

The concern isn't the rice itself, but what happens when cooked rice is left out for too long. Rice can become a breeding ground for bacteria, particularly a type called *Bacillus cereus*. This microbe is commonly found in soil and can survive even after cooking.

If cooked rice is kept at room temperature for several hours, these bacteria can multiply and produce toxins. What makes this tricky is that reheating the rice may kill the bacteria, but not necessarily the toxins they have already produced.

This condition is sometimes informally called "fried rice syndrome," a type of food poisoning linked to contaminated rice or other starchy foods like pasta.

Food poisoning from rice can show up quite quickly. Symptoms often begin within six to 12 hours after eating contaminated food.

People may experience nausea, vomiting, stomach cramps and diarrhoea. In many cases, the illness starts suddenly and can feel intense, though it usually settles within a day. However, in vulnerable groups, such as young children, older adults, or those with weaker immunity, the symptoms may be more severe and require medical attention.

Contrary to what many believe, reheating rice is not dangerous by itself. The real risk lies in how the rice is stored before reheating.

If rice is left sitting outside for too long after cooking, it creates the perfect environment for bacteria to grow rapidly, especially in warm conditions.

Dr. Jessica Hinz, an infectious disease specialist at Banner Health, a non-profit organisation based in Arizona, USA, says that bacteria like *Bacillus cereus* can multiply quickly at around 30°C, doubling in number within minutes and producing enough toxins to make a person sick.

The key to staying safe is proper handling of cooked rice. Freshly cooked rice should be cooled quickly and stored in the refrigerator within one to two hours. Keeping it in airtight containers helps maintain safety and prevents contamination.

New pill doubles survival in pancreatic cancer

For decades, pancreatic cancer has been one of the deadliest diagnoses. It is often found late, spreads quickly and leaves patients with very few treatment options. Now, a new experimental drug is raising cautious optimism among doctors and patients alike. The drug, called daraxonrasib, is being described by researchers as a potential breakthrough after results from a large global clinical trial showed it can significantly extend life for patients with advanced disease.

Recently, a former US senator, Ben Sasse, spoke about being on medicine. He had last year announced that he had been diagnosed with late-stage pancreatic cancer and was given 3–4 months to live.

Days ago, the drug's maker, Revolution Medicines, announced results from daraxonrasib's phase 3 trial.

The findings showed that patients who took daraxonrasib lived a median of 13.2 months, compared to just 6.7 months for those receiving standard chemotherapy.

In simple terms, the new treatment nearly doubled survival time – something rarely seen in pancreatic cancer research.

For a disease where even small improvements are considered meaningful, this jump is being called "unprecedented" by scientists involved in the trial.

The drug works differently from chemotherapy. Instead of broadly attacking fast-growing cells, it targets a specific mutation known as RAS, which is found in more than 90 percent of pancreatic cancer cases and plays a key role in tumour growth.

Because of this targeted approach, daraxonrasib is seen as part of a new generation of "precision medicines" – treatments designed to attack cancer at its genetic roots.

Pancreatic cancer is known to be amongst the deadliest malignancies – with a five-year survival rate of just 13 percent.

In recent times, some drugs and vaccines, however, have offered hope.

In the case of daraxonrasib, some patients in trials have seen their tumours shrink significantly and reported reduced pain, although such outcomes can vary widely. Doctors also note that the drug delayed disease progression, meaning patients not only lived longer but also spent more time without their cancer worsening.

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Planet found beyond Pluto has something that shouldn't exist

Far beyond Pluto, on the frozen outer edge of our solar system, a tiny icy rock may be holding onto a thin layer of atmosphere, surprising astronomers and scientists.

If confirmed, the discovery could change how we think about small worlds and where life's building blocks might hide. The icy rock in question is known as 2002 XV93, a distant body roughly 500 kilometres across. To provide a better understanding of its scale, Pluto itself is nearly five times wider than 2002 XV93.

Yet this little world may have pulled off something even Pluto's neighbours aren't supposed to manage.

Most trans-Neptunian objects are so cold, and their surface gravity so weak, that they are not expected to retain atmospheres. And yet, this tiny rock hovering in space beyond the farthest body of our solar system, might prove that theory wrong.

The clue about the potential presence of an atmosphere came from a stroke of cosmic luck.

The orbit of 2002 XV93 is such that, as seen from Japan, it passed directly in front of a star on January 10, 2024. When a space object crosses a star, scientists watch closely. They do so because if the starlight simply snaps off, there's nothing but solid rock. But if it dims gradually, something gaseous is filtering the light.

A team of professional and amateur astronomers, led by Ko Arimatsu at



NAOJ Ishigakijima Astronomical Observatory, observed the star as 2002 XV93 passed in front of it from multiple sites in Japan.

The obtained data are consistent with the dimming of the atmosphere. In other words, the light faded, but it didn't vanish.

That difference is now at the heart of a much bigger question.

If the atmosphere is real, it shouldn't exist for long.

Calculations show that the atmosphere found around 2002 XV93 is expected to last less than 1,000 years unless it is replenished. So it must have been created or replenished recently.

That points to something unexpected happening recently.

Perhaps a volcanic-like eruption pushing frozen gases up from inside the object, or a comet slamming into it and releasing a burst of gas.

Either scenario would suggest these small, overlooked worlds are far more active than anyone assumed, and possibly capable of hosting the kinds of chemistry that matter for understanding how planets, and perhaps life, evolve.

Scientists say future observations will determine which explanation holds up. Until then, 2002 XV93 remains a small world with a surprisingly large story to tell.

Isro team confirms Sun is making older, dead satellites crash on Earth

A new study has found that the Sun may be playing a far bigger role in the growing space junk crisis than previously understood, by making old satellites and debris fall toward Earth much faster during periods of heightened solar activity.

Scientists from the Isro's Space Physics Laboratory at the Vikram Sarabhai Space Centre in Thiruvananthapuram have shown for the first time that solar activity can predict how rapidly objects in low Earth orbit lose altitude.

Their findings, published in *Frontiers in Astronomy and Space Sciences*, could reshape how future satellite missions are planned amid rising congestion in space.

The research reveals that once the Sun's activity reaches about 67% of its peak during its 11-year solar cycle, orbiting debris begins descending significantly faster.

"Here we show that space debris around Earth loses altitude much faster when the Sun is more active," said lead author Ayisha M Ashruf. "For the first time, we find that once solar activity passes a



certain level, this loss of altitude happens noticeably more quickly."

The discovery comes at a crucial time. Low Earth orbit, or LEO, the region between roughly 400 km and 2,000 km above Earth, has become increasingly crowded with satellites, discarded rocket parts and fragments from past collisions.

The zone is home to Earth-observation spacecraft and internet mega-constellations such as SpaceX's Starlink network. Scientists warn that even a

single collision in orbit could trigger a chain reaction of impacts, producing thousands of additional fragments that threaten operational satellites and future missions. The team tracked the movement of 17 pieces of space debris launched in the 1960s and monitored their orbital decay over 36 years across solar cycles 22 to 24. These objects orbit Earth every 90 to 120 minutes at altitudes between 600 km and 800 km.

Unlike active satellites, which perform orbital corrections using onboard fuel, space junk simply responds to atmospheric conditions. This made the debris ideal for studying how solar activity affects Earth's upper atmosphere.

During periods of intense solar activity, the Sun emits stronger ultraviolet radiation and charged particles. These emissions heat and expand the thermosphere, the upper layer of Earth's atmosphere, increasing atmospheric density at orbital heights. That creates more drag on satellites and debris, slowing them down and pulling them closer to Earth.



Anthropic creates 10 new AI agents for bank and finance work

Anthropic is doubling down on AI agents. After the success of Claude Code and Claude Cowork, the company has now launched 10 AI agents that can help automate work for banks, insurers and other finance firms. The 10 agents were released at an event in New York. Online, this has raised concerns over AI potentially taking over entry-level finance jobs.

The launch of Anthropic's finance agents may have a negative impact on stocks of SaaS companies such as Infosys and TCS. When the AI startup launched Claude Cowork in February, SaaS companies lost over \$285 million in market valuation in what could be described as a bloodbath in the stock market.

Anthropic has stated that financial services are its second-largest industry by enterprise revenue after technology. This move comes just a day after Anthropic launched a new AI service company, with backing from Wall Street.

At a time when many fear that AI may be replacing humans, with companies like Amazon and Meta announcing layoffs, Anthropic's release has raised concerns even in the finance sector.

On X, one user wrote, "Anthropic just automated the first-year analyst job at every bank on Wall Street."

Another user compared the release of finance agent templates to the Claude Cowork SaaS apocalypse. The person said, "Last time Anthropic shipped plugins, SaaS lost \$285B in a day. Today: 10 finance agent templates."

Anthropic has launched 10 ready-to-run AI agent templates. AI agents can essentially automate tasks. That is, you tell the AI to do a task, and then it does it on its own every time, without needing your supervision.

According to the AI startup, these tools are meant to handle work such as building pitchbooks, screening KYC files, reviewing valuations and closing the books at month-end. The work which may usually have been done by entry-level staff at a finance firm may now be completed by AI alone.

Anthropic said each agent template packages three elements. Skills, which are instructions and domain knowledge for the task. Connectors, which provide access to the data the task runs on. And subagents, which are additional Claude models, called for specific sub-tasks.

Lower-income Americans hit hardest by gas price spike, widening inequalities, study finds

MAY 8, 2026

WASHINGTON (TIP): Lower-income Americans sharply reduced their gas consumption in the month following the Iran war, yet spiking prices still forced them to spend more at the pump, worsening the economy's economic disparities, new research released Wednesday showed.

Higher-income households, meanwhile, ratcheted up their spending on gas while barely reducing their consumption, according to a report from the Federal Reserve Bank of New York. Middle-income households fell in-between.

The gaps between how each group reacted were larger than in 2022, when a similar gas-price shock occurred after the Russian invasion of Ukraine, the report found. Higher-income households cut back more on their gas consumption four years ago than in March, while poorer households likely benefited more from government stimulus programs in 2022. Wealthier households have seen significant increases in the value of their stock and real estate holdings since then as well.

The figures suggest the gas-price surge has worsened what many economists call the "K-shaped economy." The K-shape label refers to upper-income Americans continuing to do well while lower-income households fall behind. The disparate outcomes can help explain the generally gloomy attitude most Americans have toward the economy even as headline figures, such as the unemployment rate and economic growth, remain mostly solid.

"We find that households had very different experiences with gasoline spending," researchers at the New York Fed wrote. "With the sharp increases in gasoline prices in March, a K-shaped pattern in gasoline consumption emerged—showing faster consumption growth for high income households relative to low-income households."

The Iran war began Feb. 28, and by the end of March gas



prices had risen about 25%, according to government consumer price data. Overall gas consumption, according to the New York Fed, fell 3% that month. As of Tuesday, gas prices have leapt 50% since the war began.

Poorer households, defined as those earning less than \$40,000, cut their gas consumption by 7%, the report found, but still spent 12% more on gas in March. Higher-income households, defined as those earning \$125,000 a year or above, lifted their spending on gas 19% in March, while reducing their overall consumption of gas just 1%. The report didn't specify the middle-income figures.

The figures suggest lower-income Americans have cut back on driving, perhaps by carpooling, taking public transportation, or combining errands into fewer trips, while richer Americans have had to make few, if any, changes.

The New York Fed report estimates that total spending at gas stations jumped 15% in March from the previous month. If sustained, that extra spending on gas will siphon money away from other areas, reducing overall inflation-adjusted spending and slowing the economy. So far, there are only limited signs that is happening.

Indian companies to invest USD 20.5 billion in various industries in US: Envoy Sergio

MAY 8, 2026

NEW DELHI (TIP): Indian companies plan to invest over in various sectors including tech, manufacturing and pharmaceuticals, said US Ambassador Sergio Gor.

On his official X handle, Gor wrote, "Under President Trump's leadership investment is flowing back into the United States at record levels! Indian companies plan to invest over \$20.5 billion in various sectors including tech, manufacturing, and pharmaceuticals."

"This includes the 12 Indian companies who announced \$1.1 billion in investments just today! These partnerships are creating REAL American jobs and building STRONGER supply chains. Proof that when the world's largest democracies do business together, everyone wins," added the post.

The tweet further reads, "BIG NEWS coming! Massive new investments from India are flowing into the United States at the 2026 #SelectUSASummit - the



US Ambassador Sergio Gor with Lieutenant Governor of Delhi. (Credit: X/@USAmbIndia)

largest we've ever seen. This is what a true win looks like for the American economy. Details soon!"

However, he did not specify about the Indian companies that will invest in the US economy.

Meanwhile, the official X handle of U.S. Embassy in India quoted Gor as saying, "I am proud to advance our goal to double U.S.-India bilateral trade to \$500 billion by 2030. Through fair, balanced and mutually beneficial trade, we're attracting world-class investment to the United States and creating shared prosperity for both nations."

Separately, US Deputy Secretary of State Christopher Landau said India and the US are "very, very close" to signing the trade deal and need to get over "that last hurdle."

"We are very aware of India's importance on the world stage. I think it is very important to get a final resolution of that trade deal. We have been talking now for months that we are very close and I think we are very close. But we have to get over that last hurdle," Landau told reporters on the sidelines of the SelectUSA Investment Summit at National Harbour in Maryland near here.

India, Vietnam deepen strategic ties, set \$25 bn bilateral trade target for 2030

MAY 8, 2026

NEW DELHI (TIP): India and Vietnam have elevated their bilateral ties to an "Enhanced Comprehensive Strategic Partnership", with the two countries setting a target of USD 25 billion in bilateral trade by 2030 and expanding cooperation in defence manufacturing, digital payments, rare earths, maritime security and emerging technologies.

According to the Joint Statement issued after talks between Prime Minister Narendra Modi and Vietnam's General Secretary and President To Lam, the two leaders "agreed to elevate the bilateral relations to Enhanced Comprehensive Strategic Partnership in the spirit of 'shared vision, strategic convergence, substantive cooperation'."

The statement said both countries agreed on "a new trade goal of 25 billion USD by 2030" as they seek to deepen economic engagement between the two rapidly growing economies.

The two sides decided to encourage greater investments in sectors including "high-technology, transport, manufacturing, logistics, renewable energy, smart agriculture, electric vehicles and information technology, healthcare, agriculture and agro-processing, aquaculture, tourism and hospitality."

India and Vietnam also agreed to improve market access for agricultural products. The statement noted that both sides "welcomed the decision to grant market access for Indian Grapes and Vietnamese Durians" and agreed to expedite access for Indian pomegranates and Vietnamese pomelos. On supply chains and trade cooperation, the statement said Vietnam "affirmed its commitments to diversify its supply sources and to import more products from India to serve its domestic production and export needs."

The two countries also agreed to strengthen cooperation in the digital economy and e-commerce, especially to support MSMEs. According to the statement, both sides will support businesses, "especially MSMEs to participate in e-commerce to integrate deeply and sustainably in the regional and global value chains."

In the defence sector, the leaders agreed to expand cooperation in "joint research and co-production of new defence technologies", while also enhancing "capacity building" and "defence industrial cooperation."

The statement added that the two sides "decided to enhance defence systems procurement between the two countries." Maritime cooperation emerged as another major focus area, with the leaders emphasising the importance of maritime security and scientific cooperation in the Indo-Pacific region.



BEJAN DARUWALLA AND CHIRAG DARUWALLA

ARIES



Ganesha says that people with the Aries zodiac sign will have to take great care of their health this week; otherwise, their poor health may come in the way of completing their planned work. At the beginning of the week, you will have to be alert about the emergence of seasonal or any chronic disease; otherwise, you may have to suffer physical pain. During this period, any sudden unpleasant incident in your life can become a major cause of your worry. You may have to spend more money out of pocket on home decoration or repairs, due to which may disrupt your budget may get disturbed. The mind will remain worried due to not getting the desired results after tireless efforts and hard work in career and business. However, this situation will not last long, and in the latter half of the week, the obstacles coming in the way of your success will be seen being removed one by one. This time will bring some good news for the people preparing for exams and competitions. From the point of view of a love relationship, this week you will have to avoid any kind of misunderstanding about your love partner; otherwise, the established relationship may break down or there may be a rift in it. To keep your married life happy, you have to avoid ignoring the needs and feelings of your spouse.

TAURUS



Ganesha says that the beginning of the week is going to be very wonderful for the people of the Taurus zodiac sign. Every planned work will be done on time, due to which you will have great enthusiasm and confidence. This time is going to be very auspicious for working women. Their respect will increase both at home and outside. People will appreciate your hard work and efforts. During this period, people associated with the business will get the desired benefits, and every effort made towards taking the business forward will be successful. The special thing is that while doing this, you will get full support from your close friends and family. However, during this time, you will need to be especially careful while keeping your plans secret and while exchanging money. Do not make the mistake of trusting anyone blindly; otherwise, you may have to suffer more losses than gains. In the second half of the week, avoid misbehaving or being arrogant with anyone in the excitement of success; otherwise, you may distance yourself from yourself. Love and harmony with your love partner will increase. Love relationships can also turn into marriage. Married life will remain happy.



GEMINI

Ganesha says that people of the Gemini zodiac will need to be very careful about their health and enemies this week. At the beginning of the week, you will have to be extremely cautious of those people who are always trying to mislead you. During this time, instead of getting involved in unnecessary disputes, you should mind your own business and complete your work in a better manner without being careless. In the middle of the week, you may remain worried about the health of a dear family member. However, you will also need to take great care of your health. You may suffer mental and physical pain due to the emergence of an old disease. The latter part of the week will be very promising for the students preparing for exams and competitions. During this time, they may get the desired results of their hard work. Disputes related to land and buildings will be resolved with the help of someone influential. You will heave a sigh of relief when long-pending tasks are completed. Love relationships can turn into marriage. You will get full support from your life partner in a life full of ups and downs. Married life will remain happy.



CANCER

Ganesha says that this week will prove to be mixed for people of the Cancer zodiac sign. At the beginning of the week, students preparing for exams and competitions may get some good news. All efforts made in the direction of career and business will prove to be completely successful. Businesses related to foreign countries may get unexpected profits. If you have been searching for employment for a long time, you will get good opportunities. In the middle of the week, you will be worried about the health of a senior member of the family. During this time, you may have to run around a bit to find a solution to any life-related issue. Take special care of your health during travel and be alert against seasonal diseases. Drive your vehicle carefully this week, as there is a possibility of injury. This week is going to be a bit moderate from the love relationship point of view. You will hardly be able to meet and talk with your love partner, due to which the mind will remain a little disturbed. In love affairs, take any step forward only after thinking carefully; otherwise, you may have to face social stigma and unnecessary troubles.



LEO

Ganesha says that this week has brought a lot of happiness for the people of the Leo zodiac sign. At the beginning of the week, you will receive good news related to a dear family member, which will create an atmosphere of happiness in the house. This week will prove to be very lucky for those who have been trying to buy and sell land, buildings, etc., for a long time. By the end of the week, their deal will be done, and they will get the desired profit from it.

WEEKLY HOROSCOPE - MAY 11 TO MAY 17, 2026

By Chirag Daruwalla - Son of Astrologer Bejan Daruwalla

People trying for a career or business abroad will get the desired success. Travels undertaken in connection with business will prove to bring desired success and profits. People who were thinking of expanding their business for a long time. This week, his plan will come true. The special thing is that in doing this, you will get full support from your close friends and family members. At the end of the week, you may spend a large amount of money on luxuries or home decoration. If you were thinking of proposing to someone, then your decision will be fulfilled by doing so. At the same time, the already existing love relationship will become stronger. In married life, you will get opportunities to spend pleasant moments with your spouse.



VIRGO

Ganesha says that people of the Virgo may have to travel long or short distances in connection with their careers or business at the beginning of the week. The journey will prove to be tiring and a little less profitable than expected, which will leave you a little sad. You may have become a victim of your boss's anger regarding work in the workplace. They may face difficulties in maintaining coordination between their workplace and home. During this period, your budget may get disturbed due to sudden big expenditures. However, you will be able to overcome all these problems with the help of your close friends and well-wishers. In this difficult time, your love partner or life partner will stand with you like a shadow. In the second half of the week, you will have to take special care of your health because during this time, you may be affected by some seasonal or chronic disease. In such a situation, do not be careless with your body at all; otherwise, you may have to go to the hospital. If you are thinking of converting your love relationship into marriage, then you may have to wait a little longer for the approval of your family. Married life will remain happy.



LIBRA

Ganesha says that this week is going to be very lucky for the people of the Libra. This week, your planned tasks will be completed on time, and you will get full results of your efforts. For those who have been thinking of a transfer or change in their workplace for a long time, their wish can be fulfilled this week. This week, a big post may fall in his lap. Due to this, their respect and influence will increase. In the second half of the week, any journey undertaken in connection with a career or business will prove to be auspicious and beneficial. During this time, a sudden plan may be made to visit a religious place or picnic with close friends or family members. If you had a dispute with a family member, then with the help of a senior person, the misunderstandings will be resolved, and your relationship will once again be back on track. This week will prove to be auspicious for you from

the point of view of a love relationship. Married life will remain happy.

SCORPIO



Ganesha says that people of the Scorpio will need to pay much attention to their health and relationships this week. Understand this very well, whether it is personal life or career, or business, the matter will be improved by your words, and the matter will be spoiled only by your words. Do not use bad words for anyone out of pride or anger, even by mistake; otherwise, you may have to repent later. If you succeed in controlling your habits this week, you will get the desired success. People associated with business should take advice from their well-wishers before making any big decisions. Before joining any scheme or signing any paper, read and understand it properly; otherwise, a small mistake can prove to be trouble for you later. Avoid losing your senses due to excitement in the second half of the week; otherwise, you may have to be humiliated. To maintain a love relationship, especially remember this. Similarly, to keep married life better, do not give importance to small things and try to understand the feelings and needs of your spouse.



SAGITTARIUS

Ganesha says that this week is going to be more auspicious and beneficial for the people of Sagittarius than the previous week. From the beginning of the week, you will see full support from people in every aspect of life, due to which all your work will be completed on time. In the workplace, both seniors and juniors will be completely kind to you. Those who have been searching for employment for a long time may get the desired opportunity this week. You may get this employment somewhere away from your birthplace. This week, you can buy something related to luxuries, which you have been thinking of buying for a long time. During this period, you may spend more money than your pocket money on home decoration, repairs, etc. This week, women will spend most of their time in religious and auspicious programs. Those doing work or business related to foreign countries may get special benefits in the second half of the week. From the point of view of a love relationship, you will need to move forward with extreme caution this week. Resolve any kind of misunderstanding with your love partner through dialogue instead of dispute, and maintain proper distance from such people who try to provoke you. The mind will be a little worried about the health of the spouse. However, you will need to be aware of seasonal diseases.



CAPRICORN

Ganesha says that this week is going to be a bit busy for the people of Capricorn. There may be an additional workload in the workplace at the beginning of the week. Due to this,

BIRTHDAY HOROSCOPE : MAY 11 TO MAY 17 BY VEDIC ASTROLOGER NASTUR BEJAN DARUWALLA

MAY 11

Ganesha says major job changes are possible due to your planetary position. The future holds many promising prospects for you, as well as rewards and recognition. By participating in social activities, you will meet influential people who will do you good and benefit you. Those wishing to travel abroad for business or pleasure will get a boost. You will be full of energy, making it easier for you to carry out your plans. Still, health will need attention.

MAY 12

Ganesha says you are a born learner, your intellect is sharp, and you have a thirst for knowledge. Your analytical mind and problem-solving skills make you a great candidate for a career in science, research, or technology. You have a curious and adventurous spirit that will take you far in life. This year, the stars are in your favor, and you can expect new opportunities to come your way. Your love of learning will lead to exciting discoveries, and you will find yourself setting out on new adventures and facing new challenges.

MAY 13

Ganesha says you have a deep sense of compassion and empathy that makes you excellent caregivers, healers, or social workers. You have a gift for understanding the feelings of others and can provide comfort and support when needed. This year, your desire to make a positive impact in the world will be especially strong. You may find yourself drawn to humanitarian causes or volunteer your time and resources to help those in need. Remember to take care of yourself, too, and prioritize self-care and rest.

MAY 14

Ganesha says you are a fiercely independent person and have a strong desire to make your way in life. You have a natural entrepreneurial spirit and may excel in business or creative pursuits. This year, you will have the courage and determination to pursue your dreams and take risks that lead to greater satisfaction. You may find yourself breaking free from the status quo and exploring new horizons. Your willingness to take risks and embrace change will bear fruit in the long run.

MAY 15

Ganesha says you have a natural charm and charisma that draws others to you. You have a gift for communication, and you may excel in public speaking or sales. Your magnetic personality makes you a natural leader, and people look up to you for guidance and inspiration. This year, your confidence and charm will open doors to new opportunities and connections. You may find yourself in a new romantic relationship or form a new professional partnership. Stay true to yourself and trust your intuition.

MAY 16

Ganesha says you have a strong sense of self and a unique perspective on the world. You are a born leader and can excel in any field that allows you to express your creativity and originality. This year, you will find that your innovative ideas and fresh perspectives are valued by others and lead to success. Your passion and motivation will help you overcome any obstacles that come your way. Remember to stay focused on your goals and maintain a healthy work-life balance.



VEDIC ASTROLOGER NASTUR BEJAN DARUWALLA

MAY 17

Ganesha says you have a knack for diplomacy and bringing people together. You are a natural momentum builder and can excel in any field that requires teamwork and collaboration. This year, your interpersonal skills will be especially valuable as you pursue new relationships and collaborations. You may find yourself taking on a leadership role in a group project or mediating conflicts between others. Remember to maintain patience and compassion, and have confidence in your ability to bring people together toward a common goal.

Nastur Bejan Daruwalla is available for astrological consultations. He can be reached at www.bejandaruwalla.com
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you will have to put in extra hard work and effort. Be it a career or business, success is possible only after a struggle. In such a situation, do not be careless in any of your work, nor make the mistake of leaving it in the hands of others. Along with all these things, take good care of your health and keep your daily routine and eating habits correct; otherwise, you may have stomach-related problems. If you are thinking of changing your job, then make any decision related to it impulsively; otherwise, you may have to regret it later. Compared to the first half of the week, the latter half is going to be a bit of a relief. During this period, people associated with business will get the desired benefits. However, expenses will remain more than profits. At the end of the week, you will receive some good news related to your children, which will increase your respect. Love relationships will be normal. Married life will remain happy.

AQUARIUS



Ganesha says that the people of the Aquarius zodiac this week, due to their wisdom, will be successful in achieving everything for which they have been striving for a long time. The special thing is that your close friends will prove to be very helpful in this. The beginning of the week will prove to be very auspicious for your career and business. During this time, you will get the desired success and profit in your business, etc. Employed people may get some important responsibilities in the workplace this week. At the same time, new sources of income will be created for them. Unemployed people can get employment with the help of an influential person. In the second half of the week, businesspeople will get an opportunity to invest in a new project or business, but before doing so, definitely take advice from your well-wishers. During this period, do not make any decisions related to career, business, or home family life due to emotions or in a hurry. At the end of the week, there will be chances of long or short-distance travel. This week is going to prove auspicious for you from the point of view of a love relationship. If you are thinking of converting your love relationship into marriage, then you can get success if you make efforts in this direction. Married life will remain happy, and you will get opportunities to spend time happily with your family.



PISCES

Ganesha says that for the people of Pisces, this week will increase the happiness of your family. At the beginning of the week, there will be an atmosphere of happiness due to the achievement of a dear family member. For those who are thinking of doing a career or business abroad, the problems coming their way will be removed. If you were having a rift with a family member, it would be resolved with the help of an elder. A business trip in the middle of the week will prove to be beneficial and will increase your prestige. This week, you will be successful in

building your reputation in the market based on your intelligence and hard work. In the latter part of the week, people associated with power and government may get some big responsibilities. This time will also prove favorable for your family life. During this time, you will get the opportunity to participate in auspicious activities. It is possible to meet a loved one after a long time. The marriage of unmarried people can be fixed this week. For those who are in a love relationship, family members can accept their relationship and give their approval to the marriage. Married life will remain happy. Health will be normal.

|| SHREE GANESHAY NAMA ||



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Suwendu Adhikari to become the first BJP Chief Minister of West Bengal

Mr. Adhikari will take oath as the first BJP Chief Minister of West Bengal at Kolkata's Brigade Parade Grounds on Saturday. Prime Minister Narendra Modi and several Chief Ministers of the BJP and National Democratic Alliance-ruled States will participate in the swearing-in.

Amidst cheers from the MLAs-elect, Mr. Adhikari said: "Bhoi [fear] is out, and as Narendra Modiji has said, bharosa [faith] is in. "We will not be satisfied with 46% votes and in the next election, we will have to bring 60% of the people with us. We will ensure the security of women, instill nationalism and make West Bengal the country's cultural capital again," he added.

Mr. Adhikari, 57, contested and won from both Nandigram and Bhabanipur in the recently concluded Assembly election. He had defeated former Chief Minister Mamata Banerjee in Bhabanipur by a margin of 15,115 votes.

Hailing from Purba Medinipur district of West Bengal, Mr. Adhikari had served as a Cabinet Minister in Ms. Banerjee's government from 2016 to 2020. He was elected to the Lok Sabha from Tamluk in the 2009 and 2014 elections. Mr. Adhikari defected to the BJP from Trinamool in December 2020 and served as the Leader of the Opposition from 2021 to 2026. In the 2021 Assembly election, he had defeated Ms. Banerjee in Nandigram by a margin of 1,956 votes.

Mr. Adhikari comes from a family of politicians. His father Sishir Adhikari served as Union Minister of State for Rural Development during the second United Progressive Alliance government and was the MP of the Kanthi Lok Sabha seat between 2009 and 2024.

Mr. Adhikari rose to political prominence in 2007 during the fight against forcible land acquisition at Nandigram when the Left Front government was in power. He had extended his influence across south Bengal and central Bengal both during his stint with the Trinamool and as the Leader of the Opposition.

His elevation also marks a significant development in West Bengal politics as the State will get a Chief Minister from its rural heartland after almost 55 years. The previous three Chief Ministers of the State -- Mamata Banerjee, Buddhadeb Bhattacharjee and Jyoti Basu -- all hailed from Kolkata.

When addressing the MLAs-elect, Mr. Adhikari said that his first task will be to fulfil the guarantees announced by Mr. Modi during the election campaign.

The Chief Minister-designate also announced plans for probes into allegations of corruption and crimes against women during the previous Trinamool regime. "A commission headed by a retired judge will investigate all corruption cases. Commissions will also probe incidents of atrocities against women and the guilty will be punished," Mr. Adhikari said.

U.S. trade court rules against Trump's 10% tariff, but no relief yet for most traders

This was in response to the U.S. Supreme Court striking down his country-wise reciprocal tariffs, which were based on the International Emergency

Economic Powers Act (IEEPA) of 1977.

LIMITED RELIEF : The CIT, in a 2-1 decision, ruled that, although the U.S. Congress had originally passed Section 122 to give the President the authority to address balance of payments deficits, this did not include the trade deficit and current account deficits cited by Mr. Trump when he levied the 10% tariff.

The court ordered the U.S. government to stop collecting the tariff from the plaintiffs - Washington State, spice importer Burlap & Barrel, and toy maker Basic Fun! - and to refund the amount collected. It stopped short, however, of ordering the same for all U.S. importers.

Reacting to the judicial setback on Thursday night, President Donald Trump remained defiant, suggesting he would circumvent the ruling. "Nothing surprises me with the courts," Trump told reporters. "Nothing surprises me, so we always do it a different way. We get one ruling, and we do it a different way."

The ongoing legal battles underscore the atmosphere of "chaos and uncertainty" surrounding the administration's economic direction. Following the Supreme Court's February decision that a broad portion of the initial tariffs were illegal, the President pivoted to these now-disputed global duties, relying on the then-untested authority of the 1974 Act.

As reported by CNN, the landscape for businesses remains volatile. Although importers are now eligible to seek refunds for payments made under the tariffs previously invalidated by the Supreme Court, the reimbursement process is expected to be slow and tiered. Furthermore, the timeline for the full opening of the refund system remains murky, and payments could face additional delays if the administration introduces new measures that alter the calculation of these returns. (With inputs from ANI)

Trump says US proposal to Iran "more than a one-page offer", claims Tehran agreed to hand over "nuclear dust."

Trump indicated that a verbal agreement does not necessarily signal a definitive resolution.

"They have agreed. When they agree, it doesn't mean much because the next day they forgot they agreed," he said, further noting, "And you know, we're dealing with different sets of leaders."

According to reports from Iranian media, the government in Tehran has yet to formalize a conclusion regarding the American overture. Local outlets suggest that officials are still in the process of reviewing "messages" from the United States that were delivered through intermediaries in Pakistan.

According to IRNA, an Iranian Foreign Ministry spokesperson confirmed during a briefing on Thursday (local time) that while these messages are being assessed, no official response has been conveyed to the American side yet. The spokesperson indicated that the primary subjects of the deliberations remain a ceasefire and "stability in the region."

Adding further context to the deliberative phase, Al Jazeera reported that the Iranian Foreign Ministry is meticulously weighing the proposals communicated through mediation channels. In a bid to advance these efforts, Foreign Minister Abbas Araqchi held a telephone conversation on Thursday with his Pakistani counterpart, Ishaq Dar, whose nation has assumed a

New York Mayor Zohran Mamdani celebrates Vaisakhi with Sikh Officers Association



New York City Mayor Zohran Mamdani celebrates Vaisakhi with the Sikh Officers Association @NYCMayor/X

During the recent visit of King Charles to the US, Mamdani called for the return of the priceless Koh-i-Noor diamond from the UK. Passing through hands of Mughals, Persians and Afghans, the gemstone was handed over to the British in 1849 following a treaty signed by Duleep Singh.

In a post in 2023, Mamdani wrote, "Yesterday, I joined our Sikh community to say in one united voice that we will not tolerate violence or hate against these New Yorkers. I will commit myself to educate, to protect and to continuously be a part of this community. Our Sikh brothers and sisters mean so much to me."

leading role in the process.

The diplomatic movement comes as President Trump continues to project optimism regarding a potential breakthrough. Speaking at the White House, he remarked that "They want to make a deal... it's very possible," later suggesting that the conflict "will be over quickly."

However, this optimism is being balanced against a backdrop of continued US pressure. Despite a ceasefire being largely observed since April, the US introduced fresh sanctions on Thursday against Iraq's deputy oil minister and three militia figures, citing their alleged backing of Tehran. (Source: ANI)

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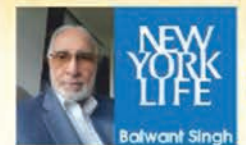
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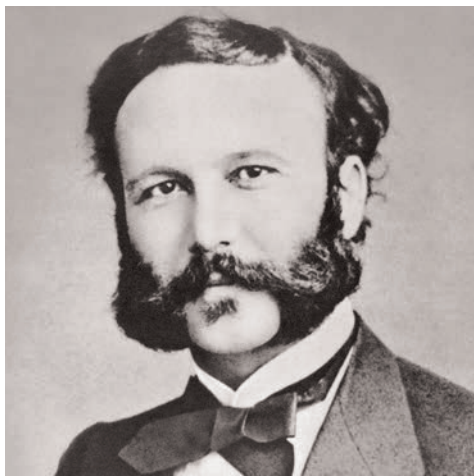


Gurleen Kaur

History This Week **MAY 08-14****MAY 8**

May 8, 1942 - During World War II in the Pacific, the Battle of the Coral Sea began in which Japan would suffer its first defeat of the war. The battle, fought off New Guinea, marked the first time in history that two opposing naval forces fought by only using aircraft without the opposing ships ever sighting each other.

May 8, 1945 - A second German surrender ceremony was held in Berlin. Soviet Russia's leader Josef Stalin had refused to recognize the German surrender document signed a day earlier at Reims. This time, German Field Marshal Wilhelm Keitel signed the surrender document which declared, as did the first, that hostilities would end as of 12:01 a.m. on May 9th.



Birthday - International Red Cross founder and Nobel Prize winner Henri Dunant (1828-1910) was born in Geneva, Switzerland. He was also a founder of the YMCA and organized the Geneva Conventions of 1863 and 1864.

Birthday - Harry S. Truman (1884-1972) the 33rd U.S. President was born in Lamar, Missouri. He became president upon the death of Franklin D. Roosevelt in April 1945. Two weeks after becoming president he was informed of the top secret Atomic bomb project. In the war against Japan, an Allied invasion of Japan was being planned which would cost a minimum of 250,000 American lives. Truman then authorized the dropping of the bomb. On August 6, 1945, the first bomb exploded over Hiroshima, followed by a second bomb dropped on Nagasaki on August 9th. The next day, Japan sued for peace. Truman served as President until January of 1953. He was the last of only nine U.S. Presidents who did not attend college. His straightforward, honest, no-nonsense style earned him the nickname, "Give 'em hell, Harry."

MAY 9

May 9th - Victory Day in Russia, a national holiday commemorating the defeat of Nazi Germany during the "Great Patriotic War" (World War II) honoring the 20 million Russians who died in the war.

May 9, 1862 - During the American Civil War, General David Hunter, Union commander of the Department of the South, issued orders freeing the slaves in South Carolina, Florida and Georgia. He did so without congressional or presidential approval. The orders were countermanded by President Abraham Lincoln ten days later.

Birthday - Abolitionist leader John Brown (1800-1859) was born in



Torrington, Connecticut. He led an attack on the federal arsenal at Harpers Ferry in October of 1859, to secure weapons for his "army of emancipation" to liberate slaves. Inside the arsenal, Brown and his followers held 60 hostages and managed to hold out against the local militia but finally surrendered to U.S. Marines under the command of Colonel Robert E. Lee. Ten of Brown's men, including two of his sons, were killed. Brown was taken prisoner. He was convicted by the Commonwealth of Virginia of treason, murder, and inciting slaves to rebellion, and hanged on December 2, 1859.

MAY 10

May 10, 1869 - The newly constructed tracks of the Union Pacific and Central Pacific railways were first linked at Promontory Point, Utah. A golden spike was driven by Leland Stanford, president of the Central Pacific, to celebrate the linkage. It is said that he missed the spike on his first swing which brought roars of laughter from men who had driven thousands upon thousands of spikes themselves.

May 10, 1889 - A riot erupted outside the Astor Place Opera House in New York as British actor William Charles Macready performed inside. Angry crowds revolted against dress requirements for admission and against Macready's public statements on the vulgarity of American life. The mob then shattered theater windows. Troops were called out and ordered to fire, killing 22 and wounding 26.



May 10, 1994 - Former political prisoner Nelson Mandela was inaugurated as president of South Africa. Mandela had won the first free election in South Africa despite attempts by various political foes to deter the outcome.

MAY 11

May 11, 1862 - To prevent its capture by Union forces advancing in Virginia, the Confederate Ironclad Merrimac was destroyed by the Confederate Navy. In March, the Merrimac had fought the Union Ironclad Monitor to a draw. Naval warfare was thus changed forever, making wooden ships obsolete.

May 11, 1969 - During the Vietnam War,

the Battle of "Hamburger Hill" began. While attempting to seize the Dong Ap Bia Mountain, U.S. troops repeatedly scaled the hill over a 10-day period and engaged in bloody hand-to-hand combat with the North Vietnamese. After finally securing the objective, American military staff decided to abandon the position, which the North Vietnamese retook shortly thereafter. The battle highlighted the futility of the overall American military strategy.



Birthday - Songwriter Irving Berlin (1888-1989) was born (as Israel Isidore Baline) in Tyumen, Russia. At the age of four, Berlin moved with his family to New York City and later began singing in saloons and on street corners to help his family following the death of his father. Although he could not read or write musical notation, he became one of America's greatest songwriters, best known for songs such as God Bless America, White Christmas, There's No Business Like Show Business, Alexander's Ragtime Band, Puttin' On the Ritz, and Oh! How I Hate to Get Up in the Morning.

Birthday - Modern dance pioneer Martha Graham (1893-1991) was born in Pittsburgh, Pennsylvania. She began her dance career at age 22 in the Greenwich Village Follies. She later incorporated primal emotions and ancient rituals in her works, bringing a new psychological depth to modern dance. In a career spanning 70 years, she created 180 dance works. She performed until the age of 75.

MAY 12

May 12, 1949 - Soviet Russia lifted its blockade of Berlin. The blockade began on June 24, 1948 and resulted in the Berlin airlift. For 462 days - from June 26, 1948, until September 30, 1949, American and British planes flew about 278,000 flights, delivering 2.3 million tons of food, coal and medical supplies to two million isolated West Berliners. A plane landed in Berlin every minute from 11 Allied staging areas in West Germany. The planes were nicknamed "candy bombers" after pilots began tossing sweets to children. They also flew out millions of dollars worth of products manufactured in West Berlin.



Birthday - British nurse and public health activist Florence Nightingale (1820-1910) was born in Florence, Italy. She volunteered to aid British troops in Turkey where she improved hospital sanitary conditions and greatly reduced the death rate for wounded and sick

soldiers. She received worldwide acclaim for her unselfish devotion to nursing, contributed to the development of modern nursing procedures, and emphasized the dignity of nursing as a profession for women.

MAY 13

May 13, 1943 - During World War II in North Africa, over 250,000 Germans and Italians surrendered in the last few days of the Tunis campaign. British General Harold Alexander then telegraphed news of the victory to Winston Churchill, who was in Washington attending a war conference. The victory re-opened Allied shipping lanes in the Mediterranean.



May 13, 1981 - Pope John Paul II was shot twice at close range while riding in an open automobile in St. Peter's Square in Rome. Two other persons were also wounded. An escaped terrorist, already under sentence of death for the murder of a Turkish journalist, was immediately arrested and was later convicted of attempted murder. The Pope recovered and later held a private meeting with the would-be assassin and then publicly forgave him.

MAY 14

May 14, 1796 - Smallpox vaccine was developed by Dr. Edward Jenner, a physician in rural England. He coined the term vaccination for the new procedure of injecting a milder form of the disease into healthy persons resulting in immunity. Within 18 months, 12,000 persons in England had been vaccinated and the number of smallpox deaths dropped by two-thirds.

May 14, 1942 - During World War II, an Act of Congress allowed women to enlist for noncombat duties in the Women's Auxiliary Army Corps (WAAC), the Women Appointed for Voluntary Emergency Service (WAVES), Women's Auxiliary Ferrying Squadron (WAFS), and Semper Paratus Always Ready Service (SPARS), the Women's Reserve of the Marine Corp.

Birthday - German physicist Gabriel Fahrenheit (1686-1736) was born in Danzig, Germany. He introduced the use of mercury in thermometers and greatly improved their accuracy. His name is now attached to one of the major temperature measurement scales.



Birthday - British landscape and portrait painter Thomas Gainsborough (1727-1788) was born in Sudbury, Suffolk, England. Among his best known works: The Blue Boy, The Watering Place and The Market Cart.

Bhadrakali Jayanti: The fierce grace of the Divine Mother

Bhadrakali Jayanti, to be observed on 13 May this year, is a deeply sacred occasion dedicated to the fierce and protective form of the Divine Mother, Bhadrakali. Rooted in ancient Hindu tradition, this day commemorates the appearance of the goddess who embodies both destruction of evil and the preservation of cosmic balance. Revered across various regions of India, Bhadrakali is seen as a guardian force—one who shields devotees from adversity while guiding them toward strength and inner clarity.

The Sacred Origin of Bhadrakali

The origins of Bhadrakali are rooted in ancient Hindu scriptures, particularly the Shiva Purana and Devi Mahatmya. The name "Bhadrakali" itself carries layered meaning—Bhadra signifies auspiciousness and benevolence, while Kali represents time, power, and transformation. Together, the name reflects a paradox: a fierce goddess who embodies ultimate compassion.

According to legend, Bhadrakali was born from the wrath of Lord Shiva. When Shiva learned of the self-immolation of his consort Sati during the infamous Daksha Yajna, his grief turned into uncontrollable rage. From this divine fury emerged Bhadrakali, a terrifying yet righteous force destined to annihilate arrogance and restore cosmic order. In some traditions, she is also associated with the slaying of the demon Darika, a tyrant who had become invincible through boons and whose cruelty had disturbed the balance of the universe. Bhadrakali's victory over such forces symbolizes the ultimate triumph of righteousness over evil.

A Goddess of Contrasts: Fierce Yet Protective

Bhadrakali is often depicted with multiple arms, holding weapons such as a trident, sword, and skull cup, her eyes blazing with divine intensity. Yet, beneath this fierce exterior lies a deeply nurturing aspect. She is regarded as a guardian deity, particularly in southern India, where she is worshipped as a protector of villages and communities.

Her dual nature reflects a deeper philosophical truth within Hinduism—the idea that destruction is not inherently negative but is often a necessary precursor to renewal. In this sense, Bhadrakali is not merely a destroyer of demons but also a remover of ignorance, ego, and inner darkness.

The Significance of Bhadrakali Jayanti

Bhadrakali Jayanti is observed on the full moon day (Purnima) of the month of Vaishakha in many regions, although dates and customs may vary. The festival commemorates the appearance of the goddess and serves as a reminder of her protective presence in the lives of devotees.

Spiritually, the day is considered highly potent for invoking strength, courage, and clarity. Devotees believe that sincere prayers offered on this day can help overcome obstacles, dispel fear, and bring about inner transformation. The festival is particularly significant



for those seeking protection from negative influences and guidance in times of uncertainty.

Rituals: Invoking the Divine Power

The rituals of Bhadrakali Jayanti are marked by devotion, discipline, and symbolic intensity. Devotees begin the day with early morning baths, often followed by visits to temples dedicated to the goddess. Homes and temples are decorated with flowers, lamps, and sacred symbols, creating an atmosphere of sanctity.

One of the central rituals is the chanting of hymns and mantras dedicated to the goddess, including verses from the Durga Saptashati. These recitations are believed to invoke the protective energy of the goddess and cleanse the mind of negativity.

Offerings typically include red flowers, fruits, coconut, and sweets, all symbolizing purity and devotion. In some regions, special worship rituals involve fire ceremonies, where offerings are made into the sacred fire while chanting mantras.

Fasting is also observed by many devotees as a means of spiritual purification and discipline. The fast is often broken after evening prayers, symbolizing the completion of a day dedicated entirely to the divine.

Regional Celebrations: A Cultural Mosaic

The celebration of Bhadrakali Jayanti varies across India, reflecting the rich

diversity of regional traditions.

In Kerala, Bhadrakali is one of the most revered deities, and her festivals are marked by elaborate temple rituals and vibrant performances. Traditional art forms like Theyyam and Mudiattu bring to life the legends of the goddess through dramatic storytelling, music, and dance.

In Tamil Nadu, temples dedicated to Bhadrakali witness large gatherings of devotees who participate in special worship and community feasts. The goddess is often worshipped as a fierce protector, and rituals may include symbolic acts of devotion that reflect deep faith and surrender.

In parts of Himachal Pradesh and Uttarakhand, Bhadrakali is worshipped in local forms, often associated with village deities. Here, the festival takes on a more intimate and community-centered character, with prayers offered for protection, prosperity, and harmony.

The Inner Meaning: A Journey Within

Beyond its external rituals and celebrations, Bhadrakali Jayanti carries a profound inner message. The demons that the goddess destroys are not merely external forces but also symbolic of the inner conflicts that individuals face—fear, anger, ego, and ignorance.

Worshipping Bhadrakali becomes, therefore, an act of inner transformation. It is a call to confront one's own shadows, to embrace change, and to cultivate strength and resilience.

The fierce form of the goddess reminds devotees that true compassion sometimes requires courage and that destruction can be a pathway to renewal.

Bhadrakali in Contemporary Times

In today's fast-paced and often chaotic world, the relevance of Bhadrakali Jayanti remains undiminished. The festival offers a moment of pause—a chance to reconnect with deeper spiritual truths and to seek guidance from a higher power.

For many, the goddess represents empowerment, especially for women, symbolizing the strength to overcome adversity and assert one's identity. Her worship transcends ritual, becoming a source of inspiration and inner strength in everyday life.

The Eternal Flame of Divine Power

Bhadrakali Jayanti is not just a celebration of a deity; it is a celebration of divine energy—the dynamic force that sustains the universe. It is a reminder that within every individual lies the potential for transformation, the power to overcome darkness, and the ability to restore balance.

As lamps are lit, hymns are chanted, and prayers are offered, devotees are not merely honoring a distant goddess—they are awakening the divine force within themselves. In the fierce yet compassionate gaze of Bhadrakali, they find both protection and purpose, both destruction and renewal.

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NOTICE

NAME CHANGE

I, Sumeet Gill, born on February 1, 1991, wife of Indermohan Singh, holder of Indian Passport number M3291799, residing at 8 Hilltop Rd, Albertson, NY, 11507, have changed my name from Sumeet Gill to Sumeet Kaur.

All concerned may please note.

High in the cold desert of the Indian Himalayas lies a land that feels almost otherworldly—a place where silence speaks, mountains whisper ancient secrets, and time slows to a contemplative stillness. Welcome to Spiti Valley, a remote, rugged, and breathtakingly beautiful region that has steadily emerged as one of India's most compelling travel destinations. Often called "Little Tibet," Spiti is not merely a place to visit—it is an experience that transforms, humbles, and lingers long after the journey ends.

The Geography of Isolation

Nestled in the northeastern part of Himachal Pradesh, Spiti Valley sits at an average altitude of over 12,000 feet above sea level. The name "Spiti" translates to "The Middle Land," symbolizing its location between Tibet and India. Surrounded by stark, barren mountains, deep gorges, and a vast sky that seems almost within reach, the valley presents a dramatic contrast to the lush green hill stations more commonly associated with Himachal.

The term Spiti means 'The Middle Land', as Spiti Valley separates India from Tibet. Scantily populated, Spiti is an adventure lover's paradise, with a number of trekking trails that tourists can choose from. All of these treks start from Kaza (Spiti's capital from where you make your base camp) to various peaks from where you can get panoramic views of the Himalayan mountains. An easy 1.5-kilometre trek along the Spiti River from Dhankar Monastery to Dhankar Lake promises gorgeous views of the villages below. The Dhankar Lake itself is a place where you can sit back and relax amidst the cool mountain air.

Chandratal Lake

Chandratal Lake is often referred to as one of the most beautiful lakes located at an altitude of about 4300 m in the mighty Himalayas. The stunning lake is situated on the Samudra Tapu plateau in the Lahaul region of the Lahaul and Spiti district and is the source of the Chandra River. The name "Chandra Taal" (Lake of the Moon) comes from its crescent shape. This lake is also one of two high-altitude wetlands of India that have been designated as Ramsar sites. Once a tentative residence for Tibetan traders travelling to Spiti and the Kullu valley, it attracts thousands of adventure enthusiasts.

Legend has that the Chandratal Lake lies in the vicinity of a place from where God Indra's chariot picked up Yudhishtira, the eldest of Pandava brothers in Mahabharata. This fact renders the lake sacred and thus, is flocked by a lot of Hindu devotees. The colour of the water of this holy lake keeps changing from reddish to orange to blue to emerald green as the day ends. Vast stretches of green meadows house the best camping sites and an array of different wildflowers during springtime. The trek from Batal to Chandratal can be quite a tedious trail, but the captivating views and charm of the place will be worth it. The sun's light reflecting on the surface of the astounding Chandratal Lake makes it seem crystal clear.

Spiti Valley: Into the silent kingdom of the Himalayas



Key Monastery

The Key Monastery is a famous Tibetan Buddhist monastery in the Lahaul and Spiti District of India. Located at an altitude of 4,166 metres above sea level, the monastery is very close to the Spiti River in the Spiti Valley of Himachal Pradesh in India. Also known as the Kye Monastery and Ki Monastery, it is believed to have been founded by Dromton, who was a student of the famous teacher Atisha in the 11th century. It enshrines Buddha idols in the Dhyana position and has a collection of ancient books and murals.

The stunning Key Monastery is over a thousand years old and is also the largest monastery to be found in the entire Spiti Valley. The magnificent monastery doubles up as a religious training centre for the Lamas, and about 300 lamas receive their education from here. It has a long and fascinating history attached to it: a long history that involves numerous attacks that the place had to face. Nevertheless, Kye Monastery survived and celebrated the completion of its thousand years in the year 2000 in the presence of the Dalai Lama.

Kunzum Pass

Kunzum Pass or Kunzum La, as it is called by locals, is one of the highest motorable mountain passes of India, located at an altitude of 4,551m above mean sea level. It serves as a gateway to the beautiful Spiti valley Via Kullu and Lahaul. It lies on the eastern Kunzum Range of the Himalayas and is at a distance of 122 km from Manali. Kunzum La offers an incredible 360-degree view of Bara-Shigri Glacier (the second longest glacier in the world), a jaw-dropping vista of Chandrabhaga Range and a spectacular view of the Spiti valley. This enthralling view makes Kunzum Pass a photographer's dream.

There is a 15km trek to the famous Chandratal Lake (moon lake) from



Kunzum Pass. It is believed that the visitors have to stop at the temple of Goddess Kunzum Devi, on their way to the pass, to pay their respect and seek the blessing to travel safely through the rugged terrain safely. The tradition is to take a complete circle of the temple in your vehicle.

Pin Valley National Park

Set amidst semi-frozen rivers in the Pin Valley, the Pin Valley National Park is situated in the Cold Desert Biosphere Reserve situated in the Lahaul and Spiti District of Himachal Pradesh. The elevation of the park ranges from about 3,500 metres near Ka Dogri to more than 6,000 metres at its pinnacle. One of the fascinating facilities of its kind, the Pin Valley National Park is home to the rare species of famous Himalayan snow leopards and their prey, the Ibex. The National Park is most famous for its incredible trek which is a delight for all its visitors. It snows for the most part of the year rendering the trek a thrilling and adventurous expedition. However, make sure you obtain the required permits. Also, foreign nations are not

allowed inside the park.

The Pin Valley park's core zone is sprawled across a vast area of 675 sq km while its buffer zone is extended over almost 1150 sq km. Today it is home to almost more than 20 species of flora and fauna including the endangered snow leopard which is the most significant inhabitant of Pin Valley Park. There are also Siberian Ibex, Bharal, red fox, weasel and marten that call this place their home. Several species of birds also inhabit in the region such as pika, snow cock, bearded vulture, chukor, golden eagle, griffon, Himalayan chough and raven.

Suraj Tal

Located at an elevation of 4950 m above the sea level, Suraj Tal Lake is considered as the 3rd largest lake in India. Situated in Spiti Valley, Suraj Tale In literal sense means, 'The Lake of Sun God'. Just below the Baralacha pass, the stunning lake should definitely be visited while here, especially if they are into photography. The Suraj Tal, is one of the most dream-like and photogenic lakes.

Sikh History This Week

MAY 8 TO MAY 14

8th May



1705: Battle of Muktsar and Martyrdom of Chaali Muktey.

1839: Khalsa forces captured Kandhar and established Shah Sujaul Mulak as the ruler.

9th May

1915 Bhai Sahib Randhir Singh arrested for participation in an unsuccessful attempt to attack Ferozepur Fort.

1988 Indian government killed numerous innocent GurSikhs at Sri Darbar Sahib.

10th May



1479 Prakash Utsav, Third Patshah, Guru Amar Das Ji.

1887 Maharaja Dalip Singh sought help of Russian ruler Alexander III to fight against the British government.



1924 6th Jatha of 500 Akalis, led by Prem Singh of Kokri, started its march to Jaito.

1930 Master Tara Singh arrested for marching in support of atrocities against Pathans.

1955 Agitation launched against the imposition of ban on the slogan Punjabi Suba Zindabad was launched. 10,000 courted arrests. This is known as a small agitation for Punjabi Suba.

1984 Giani Pratap Singh, Jathedar Sri Akal Takhat is murdered.

11th May



1835 Dost Mohd. agitated over Sikh occupation of Peshawar in 1834 made war preparation but left battle field at Attock. Dost Mohd., agitated over Sikh occupation of Peshawar, wrote to Maharaja Ranjit Singh to hand over Peshawar or be prepared to face a war. Ranjit Singh sent an equally strong rejoinder. Dost Mohd. made a religious issue to incite fellow tribals against Sikhs and made elaborate preparations. Maharaja Ranjit Singh sent a large force under Hari Singh Nalwa but also played the diplomatic game of breaking away minor tribal chiefs with money and allurements. Gulab Singh and Avitabile were sent to Kohat and Venfura joined Maharaja Ranjit Singh at Attock. Dost Mohd. realising his weakness left the field with bag and baggage during night on this day.

1922 Sunder Singh Makhsuspuri and Arjan Singh of Sundh were arrested and Kishan Singh Gargaj narrowly escaped.

1981 Akali party passed resolution Sikhs are a Nation. The Akali Party passes the resolution Sikhs are a Nation. On Mar. 25, 1981 the SGPC unanimously passed the resolution Sikhs are a nation. With the passing of such a resolution by the Sikh Parliament and with the ratification of this resolution by the Jathedar of the Akal Takht on April 21, 1981, the issue stood finally decided by the whole of the Sikh nation. On May 11, 1981, the Akali Party also passed a resolution to that effect.

12th May



1710 Battle of Chaaper Chheri in which Nawab Wazir

Khan was killed.

1979 Calcutta Gurdwara Burnt.

1984 Murder of Sri Ramesh, editor of Hind Samachar.

13th May



1665 Guru Tegh Bahadur reached Bilaspur.

Guru Tegh Bahadur accompanied by his mother Nanaki, and members of his Darbar reached Bilaspur. Guru Sahib was attending the bhog ceremony of Bilaspur's ruler at the urgent request of his wife Rani Champa Devi.

1673 Gobind Rai married Jitan at Chak Nanaki.

1710 Famous battle of Chapar Cheri fought near Sarhind. Banda Bahadur defeated and killed Wazir Khan, the Governor of Sirhind.

Having won the battle of Chapar Cheri, the Khalsa army seigned the city of Sirhind. Before entering the city, on this day, the Khalsa army had to face another severe battle. Five hundred Sikhs lay martyrs to the fort guns. The city, however, fell to the Khalsa army in the afternoon. destruction of life and property in the city was boundless. Various descriptions mention that the city was reduced to ruins. Whole families were killed. Large amounts of wealth plundered not only by the victorious army but also by robbers and dacoits.

Banda Singh ransacked Saharanpur and renamed it Bhanagar. Banda Bahadur established his camp at Mukhlispur (a small fortress constructed by Mukhlis Khan for camping during hunts in the Shivalik Hills.) Banda Bahadur repaired the fortress and renamed it Lohgarh. Banda Bahadur truck coins and adopted a seal for his order. The coins were issued in the name of Guru Nanak and Guru Gobind Singh Sahib.

1835 Maharaja Ranjit Singh surrounds the forces of Mohammad Khan.

14th May



1710 Banda Singh Bahadur conquered Sirhind.

Banda Singh Bahadur conquered Sirhind and established a Sikh government. Baz Singh was appointed governor and Baba Ali Singh got Naibship (joint Governership). The Khalsa kesri flag was hoisted over Sirhind fort.



Vinesh Phogat's fears come true, WFI blocks wrestler's path to Asian Games

NEW DELHI (TIP), MAY 8, 2026

Wrestler Vinesh Phogat will not be considered for the Asian Games 2026 after being left out of the selection trials under the Wrestling Federation of India's latest eligibility criteria.

As per the new rules, only medal winners from 2025 and 2026 competitions will be allowed to participate in the selection trials. This effectively rules Phogat out, as she has not competed in any professional event since her heartbreaking disqualification at the Paris Olympics 2024.

Phogat had earlier raised concerns that the Wrestling Federation of India was attempting to block her return to the domestic circuit. She claimed that the federation did not respond when she initially tried to register for the National Open Ranking Tournament.

"I am hoping to make a comeback at the National Open Ranking Tournament. The registration for it was open till April 30. However, when I tried to register, the portal says it is now closed," she said.

After she went public with her concerns, the WFI processed her registration on the deadline day. WFI president Sanjay Singh denied any wrongdoing and said her registration had already been completed, though it was only created after her complaint surfaced.

Phogat also alleged that she faced similar issues ahead of the Federation Cup.

IPL 2026

Mitchell Marsh and Prince Yadav finally wake Ekana up as LSG end home nightmare

LUCKNOW (TIP), MAY 8, 2026

For months now, the Ekana Stadium had slowly started becoming the place where Lucknow Super Giants kept finding new ways to lose.

The runs never came consistently enough, the bowling lost control at key moments and the home crowd kept walking out disappointed. Eight straight home defeats stretching back to IPL 2025 had turned Lucknow's own ground into the exact opposite of an advantage.

And coming into Thursday, May 7, night against Royal Challengers Bengaluru, things were not exactly looking better.

RCB arrived as one of the form teams of IPL 2026. LSG came in with fading playoff hopes, mounting pressure and a season that had started slipping away fast. On paper, this looked like Bengaluru's game to control.

Instead, Mitchell Marsh and Prince Yadav completely flipped the mood of the season in one chaotic night at Ekana.

Marsh set the tone first by treating the powerplay like a net session. The Australian opener smashed 111 off 56 balls and never really allowed RCB to breathe. Rain interruptions kept arriving, the game got reduced to 19 overs a side, but Marsh kept attacking as if the breaks only annoyed him more.

Josh Hazlewood disappeared over the straight boundary twice early. Rasikh Dar got thrown into the attack by the fifth over and got welcomed with more punishment. Marsh reached his fastest IPL fifty in just 20 balls and by then, Ekana had finally found its voice again.

The biggest phase of the game came right there.

LSG finished the powerplay on 68 without losing a wicket. RCB, chasing 213, stumbled to 35/2.

That difference never fully disappeared from the game.

Alongside Arshin Kulkarni, Marsh added 95 for the opening wicket before Nicholas Pooran kept the pressure on with a quick 38. Then came a small reminder of vintage Rishabh Pant chaos.

Pant's unbeaten 32 off 10 balls had everything. A reverse-swept six. One boundary where the bat flew out of his hands after contact. Absolute madness for a few minutes that pushed LSG beyond 200 and left RCB chasing the game from the start.

But even then, against a batting lineup full of chase specialists, nobody in Lucknow was relaxing yet.

Not until Prince Yadav delivered the night of his IPL career.

Prince's evening actually began badly.

A misfield leaked four runs and briefly summed up the nervous energy around LSG this season. But within minutes,



the young pacer completely changed the game and probably his own IPL story too.

First came a sharp catch after Mohammed Shami dismissed Jacob Bethell cheaply once again. Then came the ball that shook the stadium.

Virat Kohli cleaned up for a two-ball duck.

The reaction said everything. Kohli has rescued RCB too many times in these situations for anybody to feel comfortable while he is around. But Prince attacked the stumps, hit them hard and suddenly the chase master had no answer.

And Prince was not done.

When Rajat Patidar started counterattacking brilliantly with a 31-ball 61 and Devdutt Padikkal quietly kept the innings moving, RCB looked ready for another comeback.

That was exactly when Prince returned and removed Padikkal.

Three wickets. Figures of 3/33. But more importantly, wickets that kept arriving exactly when LSG were beginning to panic again.

Even after all that, RCB still nearly stole the game.

The decision to send Jitesh Sharma ahead of Tim David after Padikkal's wicket did not work as the wicketkeeper managed just one run. But once David arrived, the mood shifted immediately.

His 17-ball 40 suddenly made the impossible start looking very possible.

Every boundary brought new tension into the LSG dugout before Shahbaz Ahmed finally dismissed him.

Still, the real drama waited for the final over.

Punjab Kings had a fairytale start. Reality is now catching up

HYDERABAD (TIP), MAY 7, 2026

"Sunrisers Hyderabad showed us how to win," grunted Shreyas Iyer after Punjab Kings' third straight loss in the Indian Premier League. The Kings, who had run through opponents in the first half of the 2026 season, are now struggling to do anything right on the pitch.

After a fairytale beginning, where everything fell in place, the reality is now catching up to them. The little errors - a length bowled wrong, a forced shot, a catch misjudged - have

started to compound on Punjab at a crucial stage of the season. These were the same moments that went in their favour earlier in the tournament. Now, they are not.

The Kings have lost to Rajasthan Royals, Gujarat Titans, and now Sunrisers Hyderabad, giving up their place at the top of the table. The runs are not coming, and to make things worse, the team is not able to keep hold of the majority of their catches in a game. What once looked like a well-rounded side is now showing signs of strain.

"Their biggest problem is that their bowlers are not being backed by their fielders," said Saba Karim after Punjab's loss to SRH.

Their lead spinner, Yuzvendra Chahal, has created 17 chances this season. Out of those, Punjab have dropped eight. Earlier in the season, those chances stuck and helped Punjab control games. Over the last three matches, they haven't. On May 6, Punjab dropped Ishan Kishan and Heinrich Klaasen - two players who went on to play match-defining innings.

"I feel we got a fairytale start. Everyone was in a great space, the mindset was top notch. It is easy to get diverted. If we are going to continue with the same form, it won't help. But we have to go back and reflect on what we did not do well in the last three games. We have to come back strong," Iyer told the broadcaster after the game.

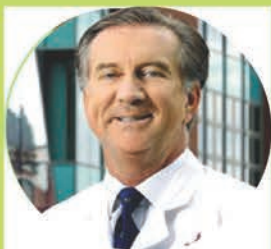
One of the main reasons behind Punjab's defeats can be attributed to the loss of form of their top three, but even that reflects how their campaign has shifted over the last week.



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Best Wishes, Peter



Peter J McDonnell, MD Director Wilmer Eye Institute, Johns Hopkins



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