



The

INDIAN



PANORAMA

20TH YEAR

www.theindianpanorama.news

EVER TRUTHFUL

1 Indian American Weekly : Since 2006

VOL 20 ISSUE 25 • NEW YORK / DALLAS • JUNE 19 - 25, 2026

ENQUIRIES: 646-247-9458 • info@theindianpanorama.news

"Expect complete ceasefire including Lebanon, Israel": Says Trump after MoU with Iran

JUNE 18, 2026
WASHINGTON, D.C. (TIP)

US President Donald Trump on Thursday, June 18, reaffirmed Washington's commitment to peace in West Asia following the signing of a 14-point Memorandum of Understanding (MoU) between the United States and Iran, stating that Washington DC expects "complete ceasefire" between Hezbollah and Israel.

US President Donald Trump and Iranian President Masoud Pezeshkian digitally signed a landmark 14-point "Islamabad Memorandum of Understanding", ending months of conflict and setting in motion an ambitious process that envisages a permanent ceasefire, reopening of the

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US President Donald Trump signs the memorandum of understanding at the Palace of Versailles in France. -Photo credit: PTI

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250-Page Special Edition

in Commemoration of
250th Anniversary
of America's Independence

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NOTICE

READERS MAY PLEASE NOTE THAT THE INDIAN PANORAMA WILL SKIP THE JUNE 26 EDITION IN PREPARATION FOR THE 250-PAGE MEGA EDITION IN COMMEMORATION OF THE 250TH ANNIVERSARY OF AMERICA'S INDEPENDENCE.

India expresses hope for "peace and stability" in West Asia following US-Iran peace deal

JUNE 18, 2026
PARIS (TIP)

India's Foreign Secretary Vikram Misri on Thursday, June 18, reiterated India's commitment to regional peace following the recent diplomatic breakthrough between the United States and Iran.

Briefing the press following the 52nd G7 Summit, the Foreign Secretary stated that India remains focused on the evolving situation in West Asia, which has been a primary subject of discussion during Prime Minister Narendra Modi's engagements with global leaders.

"Of course, the focus was on the situation in West Asia. In his meetings with his counterparts and also in his interventions at the G7, the Prime Minister expressed once again India's desire to see sustained peace and security in this region," Misri said.

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India's Foreign Secretary Vikram Misri

12th International Day of Yoga at the United Nations Attracts Hundreds of Yoga Enthusiasts

Ambassador Harish Parvathaneni, India's Permanent Representative to the United Nations, highlighted the growing global reach of Yoga



JUNE 18, 2026
UNITED NATIONS, NEW YORK (TIP)

The Permanent Mission of India to the United Nations organized the 12th International Day of Yoga at the United Nations Headquarters in New York on 18 June 2026. This year's theme, "Yoga for Healthy Ageing" is rooted in the established fact that Yoga is an important tool for strengthening physical vitality, mental resilience and emotional balance, enabling people to lead healthier, active and fulfilling lives.

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Suozzi Requests Investigation into Possible Misuse of Taxpayer Dollars for Political Activity by Vice President Vance



Congressman Tom Suozzi has requested a formal review and investigation into a recent event held by Vice President J.D. Vance within his congressional district that appears to constitute a misuse of taxpayer funds for partisan political purposes.

JUNE 18, 2026
WASHINGTON, D.C. (TIP)

Congressman Tom Suozzi (NY-03) called today for a formal investigation into whether federal, state, and local funds were misused by Vice President JD Vance at an event in New York's Third Congressional District. Though billed as an official government function on combatting waste, fraud, and abuse, Vance spent nearly his entire remarks making partisan political comments and promoting his new book. In response, Congressman Suozzi sent a letter to the Office of Special Counsel and the U.S. Attorney for the Eastern District of New York requesting transparency

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The INDIAN PANORAMA
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EDITORIAL

AMERICA @ 250
AMERICANS' EXPECTATIONSBY INDRAJIT
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As the United States celebrates the 250th anniversary of its Independence, the nation finds itself at a moment of both pride and introspection. Over the past two and a half centuries, America has grown from thirteen colonies along the Atlantic coast into the world's most powerful democracy and economy. It has landed men on the moon, pioneered technological revolutions, expanded civil liberties, and welcomed millions of immigrants seeking opportunity and freedom.

Yet anniversaries are not merely occasions to look backward. They are opportunities to ask an equally important question: What do Americans expect from their nation as it enters its next quarter millennium?

The answer is both simple and profound. Most Americans are not expecting perfection. They are expecting progress. They want a nation that remains faithful to its founding ideals while adapting to the realities of a rapidly changing world.

At the heart of those expectations lies the enduring promise of the American Dream.

For generations, Americans have believed that hard work, determination, and talent should provide a pathway to success. Whether one was born in a wealthy suburb, a rural town, or arrived as an immigrant with little more than hope, America offered the possibility of advancement. Today, many citizens wonder whether that promise remains as accessible as it once was. Rising housing costs, growing educational expenses, healthcare challenges, and economic uncertainty have created anxiety among millions of families.

As America turns 250, ordinary citizens hope for an economy that works not only for the wealthy and powerful but for working families, small business owners, farmers, teachers, nurses, factory workers, and countless others whose labor sustains the nation. They seek economic opportunity, fair wages, and the assurance that their children will enjoy a better future.

Americans also expect security—not merely military security but security in everyday life.

They want safe neighborhoods where children can play without fear. They want schools that educate and inspire. They want roads, bridges, airports, and public infrastructure that reflect the stature of a modern nation. They want communities where law and order are maintained while justice is administered fairly and impartially.

Beyond material concerns lies a deeper yearning: a desire for national unity.

Few would deny that America has experienced a period of intense political polarization. Public discourse has often become bitter and divisive.

Families, communities, and even friendships have sometimes been strained by political differences. Yet beneath the noise of partisan conflict, many Americans long for a restoration of civility.

They understand that disagreement is natural in a democracy. Indeed, democracy thrives on debate. What they seek is not uniformity of opinion but mutual respect—a recognition that fellow citizens are not enemies simply because they hold different views.

Another expectation concerns the preservation of constitutional freedoms.

For 250 years, the Constitution has served as the foundation of American democracy. Freedom of speech, freedom of religion, freedom of the press, due process, and equal protection under the law have distinguished the American experiment from many other political systems.

Americans expect these freedoms to endure. They expect their institutions—Congress, the Presidency, the Judiciary, and the free press—to function effectively and independently. They expect elected representatives to place constitutional duty above partisan loyalty. They expect government to remain accountable to the people.

This expectation becomes especially significant as technological change transforms society. Artificial intelligence, digital surveillance, social media, and unprecedented concentrations of information have created opportunities and risks unimaginable to previous generations. Citizens increasingly expect leaders to ensure that technological advancement strengthens rather than diminishes human freedom.

Young Americans, in particular, bring their own expectations to America at 250.

They are entering adulthood in a world shaped by climate change, technological disruption, economic volatility, and global interconnectedness. Many seek affordable education, meaningful employment, and opportunities to participate in shaping the future. They want a society that values diversity, encourages innovation, and rewards merit.

At the same time, they inherit the responsibilities of citizenship. The future of democracy will depend largely upon whether younger generations remain engaged in public life and committed to democratic values.

America's immigrant communities also carry important expectations.

For more than two centuries, immigrants have helped build the nation. They cleared forests, built railroads, established businesses, enriched culture, advanced science, and strengthened communities. The story of America cannot be told without

acknowledging the contributions of people who arrived from every corner of the world seeking freedom and opportunity.

Indian Americans, among many others, represent one of the great success stories of modern immigration. Through achievements in medicine, science, technology, education, business, public service, and the arts, they have enriched the American experience while maintaining pride in their heritage.

Their expectation is that America will continue to be a land where talent and hard work matter more than ethnicity, religion, or place of birth.

Americans also expect their nation to exercise leadership in the world with wisdom and responsibility.

The United States remains a global power whose decisions affect billions of people. Citizens want their country to remain strong and secure, but many also hope that strength will be accompanied by restraint, diplomacy, and a commitment to peace whenever possible. They understand that military power alone cannot solve every problem and that lasting leadership often requires moral credibility as much as strategic influence.

Ultimately, what Americans expect from their nation at 250 is remarkably consistent with what previous generations hoped for.

They want liberty protected.
They want opportunity expanded.
They want justice administered fairly.
They want government to function effectively.

They want communities to thrive.
They want their children to inherit a nation that remains a beacon of hope.

The American story has never been one of perfection. It has been a story of aspiration—a continuing effort to build what the Constitution calls "a more perfect Union." Every generation has contributed to that effort, confronting challenges and striving to leave the nation stronger than it found it.

As fireworks illuminate the skies and Americans celebrate 250 years of independence, they will not simply be commemorating the past. They will be expressing faith in the future.

For all the challenges and disagreements of the present moment, most Americans continue to believe in the promise of their country. They believe that freedom remains worth defending, democracy remains worth preserving, and the American Dream remains worth pursuing.

At 250, America stands not at the end of its journey but at the beginning of a new chapter.

And the expectations of its people remain what they have always been: that the next generation will inherit a nation that is even stronger, freer, fairer, and more united than the one that exists today.

Amen!

YO1 Wellness Retreat Brings Together Leading Medical Experts, Community Leaders, and Wellness Advocates



Dr. H.R. Nagendra, K.K. Mehta, Jugal Kishore Ladda, and Prem Bhandari were among those who participated



Dr. Raj Bansal, Dr. Rekha Bhandari, Dr. Manjunath, Dr. Vinod Seventi, Dr. Anand Kankolia, and Dr. Sharad Kothari also participated



Prem Bhandari, Dr. Ravi Murarka (President of PARAM), Anil Jain, Dr. H.R. Nagendra, Dr. Raj Bansal

JUNE 18, 2026 MONTICELLO, NEW YORK (TIP)

The Wellness and Healthy Aging Retreat organized by the Rajasthan Association of North America (RANA), BRUHUD NY Seniors, and Jaipur Foot USA at the world-class YO1 Longevity & Health Resorts witnessed enthusiastic participation from community leaders, physicians, professionals, and health-conscious individuals from across the United States.

The retreat featured an inspiring keynote address by internationally renowned Yoga Guru and President of S-VYASA University, Bengaluru, Padma Shri Dr. H. R. Nagendra. Dr. Nagendra spoke extensively on the growing importance of Integrative Medicine and the vital role of Yoga in preventive healthcare, healthy aging, stress management, emotional well-being, and overall quality of life. Drawing upon decades of scientific research and practical experience, he explained how the integration of modern medicine and yoga can help prevent lifestyle-related diseases and significantly improve health outcomes.

One of the major highlights of the program was an insightful presentation by world-renowned interventional cardiologist Dr. Samin K. Sharma, who shared valuable information on heart health, preventive medicine, and the importance of maintaining a healthy lifestyle.

Another key attraction of the retreat was a panel discussion on healthy aging, disease prevention, and the importance of regular health check-ups. The discussion featured Dr. Raj Bansal, founder of one of the largest Accountable Care Organizations (ACO) in the United States, and Dr. Rekha Bhandari, Chief Medical Officer overseeing more than 1,500 nursing homes across 42 states. Both experts shared their



Dr. Samin Sharma is flanked by Ajay Patel (left) and Devika Patel

perspectives on preventive healthcare and healthy aging.

The discussion was further enriched by Dr. Anand Kanjolia, President of RAJMAI, one of the largest organizations of Rajasthani physicians in the United States; Dr. Vinod Sancheti, former President of RAJMAI; and Dr. Sharad Kothari, Vice President of RANA New York.

The panelists explained complex medical and healthcare topics in simple and practical terms, making them easily understandable and beneficial for all participants. The program concluded with an extensive interactive question-and-answer session, during which attendees engaged directly with the experts and sought guidance on preventive healthcare, nutrition, heart

health, healthy aging, and overall wellness.

Several distinguished members of the Indian-American community attended the retreat, including RANA Founder Shri K. K. Mehta; RANA Patron Shri Jugal Kishore Laddha; President of BRUHUD NY Seniors Ajay Patel; President of AIA New York Chapter Beena Kothari; Jaipur Foot USA Secretary Rajeev Bhambhri; RANA Secretary Ravi Jargarh; Joint Secretary Raj Garg; Board Members Sharad Agarwal, Nitin Dhariwal, Atul Parikh, and Neelam Jambhar; President of Philadelphia Rajasthan Mandal Dr. Ravi Murarka; Program Director at Interfaith Medical Center Dr. Kalpana Panigrahi; former President of AIA New York Chapter Harish Thakkar; and many other community leaders, physicians, and professionals.

Expressing his satisfaction over the tremendous success of the retreat, Prem Bhandari, President of RANA, Chairman of Jaipur Foot USA, and Chairman of BRUHUD NY Seniors, stated that such wellness and healthy aging programs play a vital role in promoting awareness about preventive healthcare, yoga, nutrition, and healthy living. He emphasized that RANA, BRUHUD NY Seniors, and Jaipur Foot USA will continue organizing similar initiatives in the future to encourage healthier lifestyles and improve community well-being.

Bhandari expressed special gratitude to Harish Goyal, CEO and Managing Director of YO1 Longevity & Health Resorts, and his wife, Renu Goyal, for their exceptional hospitality and for hosting the retreat at the world-class YO1 facility. On behalf of RANA, BRUHUD NY Seniors, and Jaipur Foot USA, he thanked them for making all necessary arrangements and creating a memorable and enriching experience for all participants. He noted that the outstanding facilities, warm hospitality, and flawless organization played a significant role in the success of the wellness retreat.

Bhandari also informed attendees that Padma Shri Dr. H. R. Nagendra and S-VYASA Vice Chancellor Dr. N. K. Manjunath would be traveling to Dallas for subsequent programs before returning to New York. Dr. Nagendra will participate as Chief Guest at the International Day of Yoga celebrations at Times Square, New York, on June 21, 2026. The event is being organized by the Consulate General of India, New York.

He further announced that on June 22, 2026, Dr. Nagendra and Dr. Manjunath will conduct a special Meditation and Wellness Session at the Consulate General of India, New York. The program is being organized by the Consulate General of India in collaboration with the Rajasthan Association of North America (RANA), with support from BRUHUD NY Seniors and Jaipur Foot USA.

The retreat forms an important part of a broader series of yoga, wellness, and healthy lifestyle programs being organized in New York around the International Day of Yoga under the leadership of RANA New York, BRUHUD NY Seniors, and Jaipur Foot USA.

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



Prem Bhandari, President of RANA is addressing the gathering

Indian teenager dies while trying to save mother in horse carriage accident in New York City

JUNE 18, 2026
NEW YORK (TIP)

An Indian teenager died while trying to save his mother, who was thrown from a horse-drawn carriage after the horse suddenly bolted at the famous Central Park in New York City.



Romanch Mahajan, 18, was on his first trip to New York with his family when the incident took place

Photo for representation only. Thinkstock

Romanch Mahajan, 18, was on his first trip to New York with his family when the incident took place on Wednesday, The New York Times reported.

The driver stopped to take a family picture, and in an instant, the horse bolted. It tore up onto the sidewalk and bumped onto the grass, accelerating crazily, the driver racing behind, the report added.

"We were yelling, 'Help me, help me!'" Deepak Mahajan, Romanch's father, said. The family clung desperately to one another, but when Deepak's wife, Priya, fell out of the carriage, Romanch jumped down to try to help her, he said.

"My son, just to save his mother, he fell off," said Deepak.

"He was screaming, 'Mom!'"

"The horse got scared and ran superfast," Tatianna Bresler, who works at the Tavern on the Green, told The New York Post.

Bresler, who called 911 as soon as she saw the crash and heard screaming, said a witness was able to slow down the runaway horse before the carriage flipped.

Romanch hit his head on the ground and lay still.

He died on Wednesday night at New York-Presbyterian Weill Cornell Medical Centre, The New York Times report added.

The rest of the family, father, mother and Romanch's younger brother, escaped with minor injuries, though their carriage clipped another carriage and toppled over, shattering into pieces, it said. The accident is the latest in a series of mishaps involving carriage horses. The union that represents carriage drivers said it never should have happened.

"It appears the driver was at least at arm's length from his horse," Alexander Kemp, a vice president of the union, Transport Workers Union Local 100, said in a statement. "This is unacceptable. A driver is not supposed to leave the carriage to take photos - ever. We support a full investigation."

(Read full story at
www.theindianpanorama.news)

Indian-origin woman among 1st graduates of Australian space program

JUNE 19, 2026
CANBERRA (TIP)

An Indian-origin Australian officer, Nandini Rajpurohit, has graduated among the first batch of officers trained under the Australian Defense Force's inaugural Space Initial Employment Training (IET) programme.

Flying Officer Rajpurohit was among 16 officers who completed the course as a space operations officer.

"She has subsequently moved into an operational role at 1 Space Surveillance Unit," the Australian Defense Ministry said.

This follows a posting at the headquarters of the Royal Australian Air Force as a personnel capability officer. Her transfer to space operations happens given her STEM background in computer science, mathematics and statistics.

The Australian Defense Ministry quoted Rajpurohit as saying that "space is critical to operations across all domains".

Her interest in space developed through exposure to STEM subjects and her involvement in establishing a space club at her university.

Speaking about the training programme, Rajpurohit said the course



Flying Officer Nandini Rajpurohit is among 16 graduates of Australian Defense Force's inaugural Space Initial Employment Training

placed officers in high-pressure scenarios that required them to manage large volumes of technical information and make timely decisions.

"Because of how unpredictable things are and how fast technology develops, we need to be ready to adapt," she said.

"Through space, you can essentially protect and support all the other domains. It is not service-centric," she

added.

The Australian Defense Ministry said the course focused on decision-making in the space domain under conditions of information overload. Participants were trained to convert complex technical data into clear mission intent through a mix of individual and team-based activities and assessments.

Pakistan Sikh couple murder: Who is Sher Shah, the man arrested for gurdwara caretaker couple killing?

Pakistan is home to an estimated 20,000-30,000 Sikhs, with a sizeable population residing in Khyber Pakhtunkhwa, especially in Peshawar, Mardan and surrounding districts

JUNE 19, 2026
ISLAMABAD (TIP)

The police in Pakistan have arrested the prime suspect, identified as Sher Shah, in the murder of a Sikh caretaker couple who were shot dead inside a gurdwara in Khyber Pakhtunkhwa province, even as investigators said there was no evidence so far linking the accused to any terror outfit.



The victims, Jagannath and his wife Asma Wanti, were serving as caretakers of a gurdwara in Babu Mohalla in Mardan district, around 60 km northwest of Peshawar.

Image credit/social media

The victims, Jagannath and his wife Asma Wanti, were serving as caretakers of a gurdwara in Babu Mohalla in Mardan district, around 60 km northwest of Peshawar.

The couple was found shot dead inside the shrine premises on Wednesday, triggering outrage among the Sikh community and renewed concerns over the safety of religious minorities in Pakistan.

Addressing a press conference on Thursday,

Mardan District Police Officer (DPO) Masood Ahmad Bangash said the prime suspect, Sher Shah, a resident of Amazugari area in Mardan, had been arrested following an investigation by a Joint Investigation Team (JIT). According to police, Sher Shah is a local resident of Amazugari, a neighborhood in Mardan district. Authorities have not disclosed his age, profession or any previous criminal record. Investigators said they are questioning him to establish the motive behind the killings. The DPO said that preliminary investigations conducted jointly by police, the Counter-Terrorism Department (CTD) and other senior officials have not found any evidence linking Sher Shah to any banned outfit, terrorist organization, or organized extremist network.

(Read full story at www.theindianpanorama.news)

Unpaid 10 months, passports seized: Khalsa Aid brings 5 Punjab workers back from war-hit Lebanon

Having gone to Lebanon on work permits years ago, they said their hiring companies began paying them irregularly some years ago

JUNE 18, 2026
CHANDIGARH (TIP)

Five men from Punjab who were stranded in Lebanon for 3 to 10 years have safely returned home with the aid of humanitarian organization Khalsa Aid. Unpaid for 8 to 10 months and with their passports confiscated by agents, they had lost all hope amid the Israel-Iran war as the prospect of



The victims, Jagannath and his wife Asma Wanti, were serving as caretakers of a gurdwara in Babu Mohalla in Mardan district, around 60 km northwest of Peshawar.

-Image credit/social media

return diminished. Khalsa Aid intervened to help them.

The men whose safe return was facilitated are Karam Singh from Patiala, Dalbir Singh from Jalandhar, Harjinder Kumar from Jalandhar, Jaspreet Singh from Patiala and Vichitra Singh from Hoshiarpur.

Having gone to Lebanon on work permits years ago, they said their hiring companies began paying them irregularly some years ago. Things worsened during the present conflict and Israel-Iran tensions, which left Lebanon under heavy attack.

(Read full story at www.theindianpanorama.news)

INDIAN AMERICANS FOR TOM SUOZZI

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SUOZZI



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'Paid for by Suozzi for Congress'

Lotus magazine hosts a devotional Yoga Day event on Long Island

The multi-faceted celebration highlighted devotion as a pathway to inner transformation and spiritual evolution



Panel discussion: Esteemed panelists Lama Aria Drolma, Yakub Mathew, Nayan Kisnadwala, Sharon Epstein and moderator Parveen Chopra

**JUNE 14, 2026
HEMPSTEAD, NY (TIP)**

Over 200 people gathered at the Vedic Heritage Hanuman Temple here on June 14 for 'The Heart of Yoga', a devotional celebration marking the International Day of Yoga 2026. Organized by A Lotus In The Mud, an online magazine specializing in wellness and spirituality, in association with the Consulate General of India, New York, the evening program was edifying and enlightening, like modern satsang. Through meditation, music, dance, dialogue, and community engagement, presenters explored Bhakti Yoga as a pathway to inner transformation and spiritual evolution.



The lamp-lighting ceremony: Participants included Renu Jain, Kamlesh Mehta, Ravi Bhooplapur, Prof. Indrajit Singh Saluja, Anil Jain, Abhishek Mishra and the 4 panelists- Lama Aria Drolma, Yakub Mathew, Nayan Kisnadwala, Sharon Epstein and Parveen Chopra.

ESTEEMED PANEL DISCUSSES THE PATH OF DEVOTION

The centerpiece of the program curated by Lotus Founder and Editor Parveen Chopra was a panel discussion with the theme, 'Devotion as a Superhighway to Spiritual Evolution.' As moderator, he said that according to Indian philosophy, there are four paths to self-realization: Karma Yoga, Bhakti Yoga, Gyan Yoga and Raja Yoga. The path of bhakti is the sweetest and accessible to all.

The four esteemed panelists were: Buddhist nun Lama Aria Drolma, author and banker Yakub Mathew, finance executive and artist Nayan Kisnadwala, and yoga teacher Sharon Epstein. They agreed that



Preya Patel enchanted with her solo dance performance



Consul Mahesh Yadav from the Indian Consulate, New York and Parveen Chopra honor Dr Dattatreya Nuri, the Chief Guest of the program.

devotion is both a gift that is received and a discipline that must be cultivated. And that personal effort walks hand in hand with divine grace.



Budh Prakash Jasuja and daughter Nanki rendered bhajans

DR NORI'S ADVICE FOR EQUANIMITY

Padma Bhushan 2026 awardee and internationally renowned oncologist Dr Dattatreya Nuri, who has founded three Shirdi Sai Baba temples in NY-NJ area, reflected on the deeper dimensions of yoga and meditation in his address as chief guest.

"Being the witness keeps you away from all the problems," he said, emphasizing the yogic practice of observing thoughts and emotions without identifying with them.

He also recommended cultivating equanimity, noting that "dualities of life are apparently contradictory, but inherently complementary."

Shri Mahesh Yadav, Consul at the Indian Consulate, described yoga as "one of India's most profound gifts to humanity" and said devotion strengthens the yogic journey by nurturing "humility, compassion, surrender and a deep connection with the divine." He commended A Lotus in The Mud for sharing such spiritual messages with a growing global readership.

Continuing the Indian tradition, the evening began with a ceremonial lamp-lighting attended by panelists and presenters as well as community leaders including Ravi Bhooplapur, Anil and Renu Jain, Kamlesh Mehta, Prof. Indrajit Singh Saluja and Abhishek Mishra. Ashok Vyas recited Vedic accompanying Vedic mantras.

A TREAT FOR THE EYES, EARS AND THE MIND

Lama Aria led a Loving-Kindness Meditation for world peace while cultural performances included devotional singing by Budh Prakash Jasuja and his daughter Nanki, and Radha-Krishna themed dance items by Preya Patel and students of her Vivarta Arts. Anne Moffatt (Aanya Prarthana) engaged participants with



Consul Mahesh Yadav from the Indian Consulate, New York, being honored by Prof Indrajit Saluja and Parveen Chopra

Chair Yoga and a Ribbon Dance session.

Prominent people in the audience included Dr Unni



A view of the audience. Many among the 200-strong audience described the program as edifying, and entertaining -- and different from the regular fare.



Renu Chopra and Parveen Chopra greeted Lama Aria, inviting her to conduct a meditation session.



The MC Piya Jyoti Kachroo who kept the show moving smoothly



Parveen Chopra, publisher of A Lotus in The Mud, organized the program

Mooppan, Animesh Goenka, Jasbir Jai Singh, Gobind Munjal, Nilima Madan, Rashmin Master, Sharanjit Singh Thind, Varinder Bhalla, Jyoti Gupta, Bina Sabapathy, Sushma Kotahwala, Paresh Raval.

Parveen acknowledged monetary contributions by Mukund Padmanabhan, Abhishek Mishra, and India Association of Long Island. He thanked the media for support including The South Asian Times, The Indian Panorama, ITV Gold, TV Asia, South Asian Insider, The Indian Eye, Bollywood Insider and Preetnama.

The event concluded with a charity auction of artworks by Nayan Kisnadwala conducted by Renu Jain. The proceeds were shared by Lotus magazine and Vedic Heritage Inc. Noted TV anchor Piya Jyoti Kachroo served as master of ceremonies. Kripa Ranjan Prasad provided excellent videography and photography support, besides making attractive promotional videos.

Guests were treated to a healthy, vegetarian meal.

ABOUT A LOTUS IN THE MUD

A Lotus In The Mud is a non-profit online magazine dedicated to sharing wisdom and practices from multiple traditions as well as cutting-edge science to promote health, happiness, and inner peace.

12th International Day of Yoga at the United Nations Attracts Hundreds of Yoga Enthusiasts



CONTD FORM PAGE 1

In his opening remarks, Ambassador Harish Parvathaneni, Permanent Representative, highlighted the growing global reach of Yoga. He noted that Yoga has evolved into a powerful force that leads to physical, mental, and spiritual well-being, across geographies, cultures, and faiths, stressing the truly universal character of Yoga. He added that Yoga is

rooted in India's ancient wisdom and guided by the philosophy of Vasudhaiva Kutumbakam-the world is one family.

In a special message on the occasion, UN Secretary-General, H.E. Antonio Guterres conveyed that Yoga teaches mindfulness, respect and care for humanity, planet and one another. Yogmata Keiko Aikawa, the first female and non-Indian Siddha Master, graced the occasion. Around 800 yoga

enthusiasts from different walks of life participated actively. The event featured Common Yoga Protocol sessions and an advanced yoga demonstration by the Art of Living Foundation. The Chair of the International Day of Yoga Committee at the UN, Ms. Dennis Scotto, served as the Master of Ceremony.

Prime Minister Narendra Modi introduced the idea of International Day of Yoga during his address at the 69th session of the UN General Assembly. Subsequently, a resolution was adopted by the General Assembly on December

11, 2014, declaring June 21 as International Day of Yoga. The resolution was endorsed by a record 175 Member States. Since then, millions of people around the globe have celebrated this day with great fervor every year. In 2023, the International Day of Yoga celebration at the United Nations Headquarters created a Guinness World Record for the participation of yoga enthusiasts from most nationalities.

(Based on a press release issued by the Permanent Mission of India)

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Islamabad's moment on the global stage

As a major power, India must demonstrably remain strong-willed, but never appear churlish

BY VIVEK
KATJU



"The real issue for Pakistan is if it can convert the goodwill it has garnered to transform the country's economy. This is unlikely because it will require structural changes which will have to begin with the Pakistan army becoming less extractive. The fact is that the Pakistan army is the biggest obstacle in the path of Pakistan becoming an economically stable and prosperous state. The army pursues confrontation both against what it perceives to be the country's external and internal adversaries. It has shunned the way of reconciliation of interests."



Following Asim Munir's role in the US-Iran MoU, his stock has risen.

PTI file photo

Pakistan Prime Minister Shehbaz Sharif addressed the National Assembly in the early hours of June 15. He exulted at what he claimed was Pakistan's successful mediation between Iran and the US. The two countries had, a few hours earlier, agreed to extend their ceasefire for 60 days. More importantly, the Strait of Hormuz was to open and the US naval blockade of the Sea of Oman was also to be lifted. The latter prevented maritime traffic from Iranian ports and that country's shoreline.

Sharif's office posted the highlights of his speech on X. He emphasized that "the prestige and honor Allah has bestowed upon Pakistan today is something nations seek for centuries". Sharif expressed "deep gratitude" to the leaders of Qatar, Saudi Arabia, Turkey, China, the US and Iran for "demonstrating immense wisdom, prudence, and patience under extremely difficult circumstances."

While congratulating the "Pakistani nation" on this development, he particularly focused on the role of Army Chief Field Marshal Asim Munir. His office stated that he "particularly praised the extraordinary role played by Field Marshal Syed Asim Munir, who devoted day and night to bring an end to the war and securing peace." He said that "there were some critical moments when negotiations seemed close to falling apart, but the Field Marshal remained steadfast which ensured this monumental success."

It is noteworthy that Shehbaz Sharif omitted the UAE from the list of the countries mentioned by him. That was both because relations between Iran and the UAE have been particularly bad but also because Pakistan-UAE ties have

been going through a rough phase, reports suggesting that the UAE recalled the \$3.5-billion oil facility loan from Pakistan during the Iran war is illustrative of their mutual difficulties.

There have been reports of the UAE pledging to fund Iran's reconstruction, but recent contacts between the two countries have obviously not obliterated the bitterness that Pakistan feels towards the UAE. Besides, Pakistan is solidly with the Saudis and their difficulties with the UAE cast a shadow on UAE-Pakistan ties.

Many countries have thanked Pakistan and some other states that helped Iran and the US mediate the MoU. It will be signed in Switzerland on June 19. Interestingly, Shehbaz Sharif said in his speech to the National Assembly that the MoU's signing ceremony would be hosted by Pakistan. As of now, no other country has endorsed Sharif's claim. In any event, Sharif, Foreign Minister Ishaq Dar, Interior Minister Mohsin Naqvi, who visited Tehran often during these weeks, and above all, Field Marshal Asim Munir can be expected to be present at the signing ceremony. Certainly, many Pakistani and foreign eyes will be on Trump's favorite Field Marshal. It is also possible that Trump will personally praise him before or during the signing ceremony.

Munir's stock has risen in Pakistan and internationally. Shehbaz Sharif's obsequiousness towards him is reflective of the broader political class's attitude. As Munir's reputation soars, the greatest loser is the Pakistan Tehreek-e-Insaf (PTI) leader and former Prime Minister Imran Khan. He has been in jail since the May 9, 2023 unrest involving PTI

members. The judiciary has not shown the courage to release him. Now, the chances that he will leave prison in the foreseeable future are remote.

Pakistan has seen many army chiefs who have held the country in their grip. Most of these - Ayub Khan, Yahya Khan, Zia-ul Haq and Pervez Musharraf - ruled directly. Others ruled Pakistan from behind a civilian purdah. They did so with different degrees of effectiveness and ruthlessness.

Munir, who fancies himself as a man of destiny, will now unhesitatingly seek to fashion Pakistan according to his beliefs. These include his passion for the Islamic faith, a staunch commitment to the two-nation theory, which, among other reasons, has instilled in him animosity towards India. Hence, the chances of a strategic shift in Pakistan towards India or an abandonment of its reliance on calibrated terror against this country is not on the cards.

The real issue for Pakistan is if it can convert the goodwill it has garnered to transform the country's economy. This is unlikely because it will require structural changes which will have to begin with the Pakistan army becoming less extractive. The fact is that the Pakistan army is the biggest obstacle in the path of Pakistan becoming an economically stable and prosperous state. The army pursues confrontation both against what it perceives to be the country's external and internal adversaries. It has shunned the way of reconciliation of interests.

Besides, it has never allowed democratic processes to become consolidated because that will erode its corporate interests. As scholar Ayesha

Siddiqi has brilliantly shown, over the years, the army is Pakistan's largest business and industrial conglomerate with a finger in every pie! Munir will comprehensively consolidate the army's interests.

Some sections in India may suffer from a degree of heartburn if the US-Iran signing ceremony proceeds as announced by Shehbaz Sharif. This is especially likely because of the bitterness generated by the Pahalgam terrorist attack and India's Operation Sindoor. A more mature way to handle Pakistan's mediation success would be to focus on the advantages that are accruing to India and the rest of the world with the opening of the Strait of Hormuz and not deriding Pakistan. As a major power, India must demonstrably remain strong-willed, but never appear churlish. It would not be inappropriate for Indian strategic analysts to point out that international goodwill could encourage Pakistan's leadership to steer the country to a modern and progressive direction.

There is a sliver of a possibility that Munir, like some of his predecessors, may ask Trump to intervene in India-Pakistan ties, especially on J&K. Pakistan has already earned his goodwill for praising his intervention during the May 2025 India-Pakistan conflict. It would be prudent for India to quietly caution the US against attempting to involve itself in India-Pakistan matters and also to inform it that if Pakistan seeks to provoke India, it will meet with a firm response.

(Vivek Katju is a former Secretary, Ministry of External Affairs, who has served as India's Ambassador to Afghanistan and Myanmar. His X handle is @VivekKatju)

Give-and-take shapes India-US ties

Évian encounter witnesses a transactional recalibration by PM Modi and President Trump

BY MANOJ
JOSHI



"The G7 Summit and the high-powered meetings come at a time when the India-US relationship is in need of a reset. The bruises from the past 16 months - Trump's India-Pak ceasefire grandstanding, the tariff escalation, the deaths of Indian seafarers in American strikes - will not heal easily. But both sides have structural incentives to move forward. Washington needs a credible democratic partner in the Indo-Pacific as it manages its rivalry with China, and New Delhi needs American technology, capital and strategic cover as it navigates an increasingly contested neighborhood."



Modi's main message for Trump was contained in his remarks on the global impact of disruptions.

Photo credit: Reuters

The 52nd summit of the Group of Seven (G7) in Évian (France) is consequential for the world and also for India. The event has come at a time when the world, turned upside down by the Trump tornado, is trying to regain its footing. And within this storm is India's own field of turbulence with the US. That Prime Minister Narendra Modi's first meeting with US President Donald Trump since February 2025 came with a firm handshake - rather than the trademark hug - said it all.

India was an outreach partner of G7 from 2003 to 2009. Later, it was again invited by France in 2019 and has since been a consistent invitee. The French connection has been special; this time round, it has seen PM Modi being given a position of prominence next to Trump and the host President Emmanuel Macron at the outreach meeting.

The G7 has a large agenda of its own - geopolitical conflicts and security, economic imbalances and supply chain disruptions, energy transition and climate change, global health and development, trade, global stability, energy issues, AI and cybersecurity. With Trump in the picture, they are hardly a politically united grouping, but the summit is an invaluable forum for world leaders, even though China and Russia are missing.

But the Indian focus has been on the Trump-Modi meeting after a 16-month period that has seen the India-US relationship reach a nadir of sorts. Relations between the two countries soured following Trump's repeated claims that he had helped broker a ceasefire between India and Pakistan in May 2025 following the four-day war. Thereafter,

two tranches of tariffs, one on account of India buying Russian oil, made India among the most tariffed countries.

For these reasons, Modi has been avoiding a direct meeting with Trump. He refused the US President's invitation to visit Washington DC following the 2025 G7 summit in Canada. He skipped the ASEAN summit in Kuala Lumpur. He also avoided the Gaza Peace Summit in Sharm El-Sheikh last October, hosted by Trump and Egyptian President Fattah El-Sisi.

Tuesday's meeting between the two leaders was a brief encounter followed by Modi's outreach speech that Trump heard attentively sitting next to him. The two leaders had a more substantive bilateral meeting on Wednesday evening.

The PM's remarks highlighted the interconnections in a world where energy, food, health, cyber and economic security are intertwined. He said the Global South sought equal partnerships based on trust rather than a traditional donor-recipient mindset and called for lasting solutions to the regional conflicts through dialogue, diplomacy and international cooperation.

But Modi's main message for Trump was contained in his remarks on the impact of disruptions to maritime trade through the Strait of Hormuz on the global economy. With an eye on his domestic audience, he also referred to the loss of Indian lives there. He said that the protection of seafarers was a collective responsibility since they connected nations through global trade. Modi underscored his subliminal message to Trump by declaring that "mutual trust is the most important strategic asset today."

Trump must have heard what the Prime Minister had to say, but it's unlikely that it registered with him that

"trust" somehow related to him and that most Indians blame trigger-happy Americans for the death of three seafarers.

As per reports, the issue of seafarers' safety was raised at the Trump-Modi meeting. With a touch of generosity, the PM claimed that India-US relations had "gained new momentum, new energy".

His most important task was to get Trump to send a clear and favorable signal that both leaders were committed to sealing the first tranche of their trade deal next week. On June 23-24, American negotiators led by US Trade Representative Jamieson Greer will meet their Indian counterparts, led by Commerce Minister Piyush Goyal, to resolve the remaining sticky issues, including those related to tariffs on agriculture, dairy and increased US energy exports to India.

This will be the first tranche of their trade agreement that will set the stage for their economic relationship being firmed up through a Bilateral Trade Agreement. It is important for India to push back now against the protectionist Section 301 proceedings that have suddenly come up and could add 12.5% tariff to Indian goods.

The G7 Summit and the high-powered meetings come at a time when the India-US relationship is in need of a reset. The bruises from the past 16 months - Trump's India-Pak ceasefire grandstanding, the tariff escalation, the deaths of Indian seafarers in American strikes - will not heal easily. But both sides have structural incentives to move forward. Washington needs a credible democratic partner in the Indo-Pacific as it manages its rivalry with China, and New Delhi needs

American technology, capital and strategic cover as it navigates an increasingly contested neighborhood.

The Modi-Trump bilateral at Évian was, therefore, less about warmth than about utility - a transactional recalibration by two leaders who have understood that their interests, however differently weighted, continue to converge.

The immediate test will be whether the Évian encounter imparts the political momentum required for the trade negotiations to produce a workable first tranche. India enters those talks carrying a structural disadvantage: the clock is running, the Americans know it, and Washington's negotiators have shown little inclination to soften their positions on agriculture, dairy or the Section 301 proceedings.

On Wednesday, there was another not-so-good signal to India - the US Indo-Pacific Command (USINDOPACOM) will revert to its earlier name, US Pacific Command (USPACOM). It was during President Trump's first term that the name was originally changed in 2018 to signal the US commitment to an Indo-Pacific strategy.

Beyond the trade deal, the larger strategic canvas matters. India's ability to position itself as an indispensable partner in spheres such as AI governance, critical minerals' supply chains and Indo-Pacific security will continue to shape the India-US relationship. But it will be on a different, more transactional and perhaps difficult plane.

(Manoj Joshi is a Senior Journalist & Distinguished Fellow, Observer Research Foundation. His X handle is @manojmanoj1951)

MOVING FROM WAR TO DEAL IN A DEEPLY DIVIDED REGION

BY T.S.
TIRUMURTI



A fragile Iran deal masks deeper regional rivalries and uncertainties

Even as the ceasefire between the United States and Iran was being repeatedly breached, the Iran war showed something that the world appears to have forgotten: military force, by itself, cannot be a solution unless it is followed by a political settlement - whether in Ukraine, Gaza, Lebanon, Sudan or Iran. The last four years of relentless bombardment, bloodshed, and the killing of innocent civilians and children with impunity have exposed the reality that none of the major powers seriously pursued the option of negotiations. In fact, many have been either directly involved in acts of aggression or have actively supported them through the supply of arms and financial assistance. However, the growing stalemate in almost all major conflicts underscores a fundamental truth: a political resolution is the only way forward if the major powers are to preserve what remains of their dignity.

AN UNEASY PATH TO FRAGILE PEACE

Restarting a full-scale war with Iran had become untenable for the U.S. after setbacks on both the strategic and political fronts, and equally untenable for Iran after reverses on the military, economic and leadership fronts. Both sides were ultimately compelled to negotiate. However, for Israel, which had initially encouraged the U.S. to start this war, any deal with Iran that fell short of regime change was unacceptable - and remains so - because of Iran's continued support for a much-weakened Hezbollah in Lebanon, which Israel still regards as a direct threat. With Israeli elections due in October 2026, a ceasefire on the Lebanon front is politically unpalatable for Prime Minister Benjamin Netanyahu and his coalition. Iran, meanwhile, has become more assertive, by directly targeting Israeli interests and U.S. assets in the Gulf even when Hezbollah was attacked. Until recently, the pattern had been the reverse, with Iran's proxies retaliating whenever Iran was targeted.

The much-awaited digitally signed U.S.-Iran deal reflects the reality that Iran has had a strategic win. Reports indicate that it opens up Hormuz Strait unconditionally, halts the war on all fronts including Lebanon, lifts Iranian oil sanctions, unfreezes Iranian assets and commits Iran not to produce nuclear weapons.

Negotiations to commit Iran to suspend nuclear enrichment and give up enriched nuclear material without being dubbed a repackaged Obama-era 2016 Joint Comprehensive Plan of Action (JCPOA), will take place over 60 days. In some ways the deal is not yet a political settlement, but the beginning of one.

Lest anyone romanticize Iran's strategic gains, they do not alter the fundamental reality that Iran will continue to be viewed as a major disruptor in West Asia. There is little indication that its reliance on non-state actors such as Hezbollah, the Houthis and Iraqi militias will diminish. The Iranian government is now more hardline, its missile arsenal will be replenished, and it retains the capability to threaten the Strait of Hormuz and strike Gulf countries

at will. The region is unlikely to be any safer after a deal than it was before.

This is precisely why U.S. President Donald Trump's 'Make America Great Again' (MAGA) base was pushing him to get a better deal. Mr. Trump's push to get the Saudis, Qataris and others to join the Abraham Accords to normalize relations with Israel made no headway since Israeli attacks were unrelenting in Gaza, the West Bank and Lebanon.

Even now, after the deal, Israel has sworn to keep the territories it has captured in Lebanon and expand Israeli settlements in the occupied West Bank. Iran is apprehensive, for good reason, that the U.S.

at cross-purposes in Yemen, Sudan and Somalia, the Emiratis have left the Organization of the Petroleum Exporting Countries - a clear signal that Saudi writ on energy policy is over. Their supply chains have to be reworked to overcome a future Hormuz blockade. They will face a growth slowdown after the war impacting their ambitions. While the UAE has moved closer to Israel and the U.S., others have adopted a more cautious approach. Ironically, the Iran war has divided the Gulf rather than united it against a common adversary, making a recalibration of relations with Washington inevitable. After the collapse of deterrence against

applied to Ukraine.

India initially appeared to align with Israel and the U.S., and ignored the assassination of the Iranian Supreme Leader, Ayatollah Ali Khamenei, but quickly realized the need for a more balanced approach when Iran closed the Strait of Hormuz and threatened critical interests such as energy security and maritime trade. Close ties with Israel or the UAE are important, but taking sides in regional conflicts is not.

With growing divergences among regional powers, Pakistan's rising role, and the possibility of greater Chinese influence in West Asia, bilateral relationships alone



'A political resolution is the only way forward if the major powers are to preserve what remains of their dignity'

Photo Credit: Reuters

or Israel will derail the deal at the first sign of stalled negotiations or a Hezbollah attack. Israel, meanwhile, has accused the U.S. of selling it out because none of its key objectives have been achieved, conveniently overlooking its own role in urging the U.S. into the conflict.

GULF FAULT LINES EXPOSED

The Gulf countries have also come out the worse off. They bet on a U.S. security umbrella, signed bilateral Abraham Accords with Israel sidelining historical regional conflicts, shed the conservative tag (like Saudi Arabia), invested in a hi-tech future and joined important global groupings such as BRICS, signaling their increasing ambitions as middle powers. Those ambitions have been rudely shaken and their fragilities exposed.

The Gulf states need to return to the drawing board. They overestimated their collective economic and security strength while underestimating their internal divisions and long-standing rivalries.

The post-war landscape has exposed these fault lines: Saudi Arabia and the United Arab Emirates (UAE) have worked

Iran, no Gulf country is secure unless it forges a regional security architecture bringing Iran into the fold. The lessons of the Ukraine war should not be forgotten. Europe expanded the North Atlantic Treaty Organization's boundaries towards Russia without bringing Moscow into a broader regional security architecture, and is now paying the price. Yet, neither Europe nor West Asia appears to have learned that lesson.

THE OTHER POWER SHIFTS

Russia and China are happy to watch the U.S. get bogged down. For China, a weakened Trump is easier to manage, while the Iran war has given China a preview of what to expect if it closes the Taiwan Strait or if a well-armed smaller power is attacked by a bigger one. Although China seeks a larger role in West Asia, the Gulf remains too deeply tied to the U.S. economically and strategically for any dramatic shift. China is therefore likely to work through its "iron brother" Pakistan, which found itself in a geographical sweet spot. For Russia, meanwhile, the war only reinforces the strategic logic it has long

are insufficient. India needs a balanced regional strategy rooted in strategic autonomy and multi-alignment. Any slowdown in the Gulf will affect trade, investments, employment opportunities for Indian workers and diaspora remittances. The Chinese getting a permanent maritime foothold in that region will make it worse. More broadly, the inability of the U.S. to accommodate India within its larger strategic vision in West Asia, East Asia and the wider neighborhood is hurting India.

The question now is whether Israel will seek to undermine the Iran deal. Will the protagonists draw lessons from this conflict, or will they embark on yet another cycle of wars in Lebanon, Cuba, Gaza and the West Bank? And, on a related note, will Pakistan's growing proximity to the U.S. increase pressure on India to resume unconditional talks with Islamabad?

(T.S. Tirumurti is a former Permanent Representative of India to the United Nations, New York, and currently Head, Steering Committee of the Deccan Centre for International Relations, Chennai. His X handle is @ambstirumurti)



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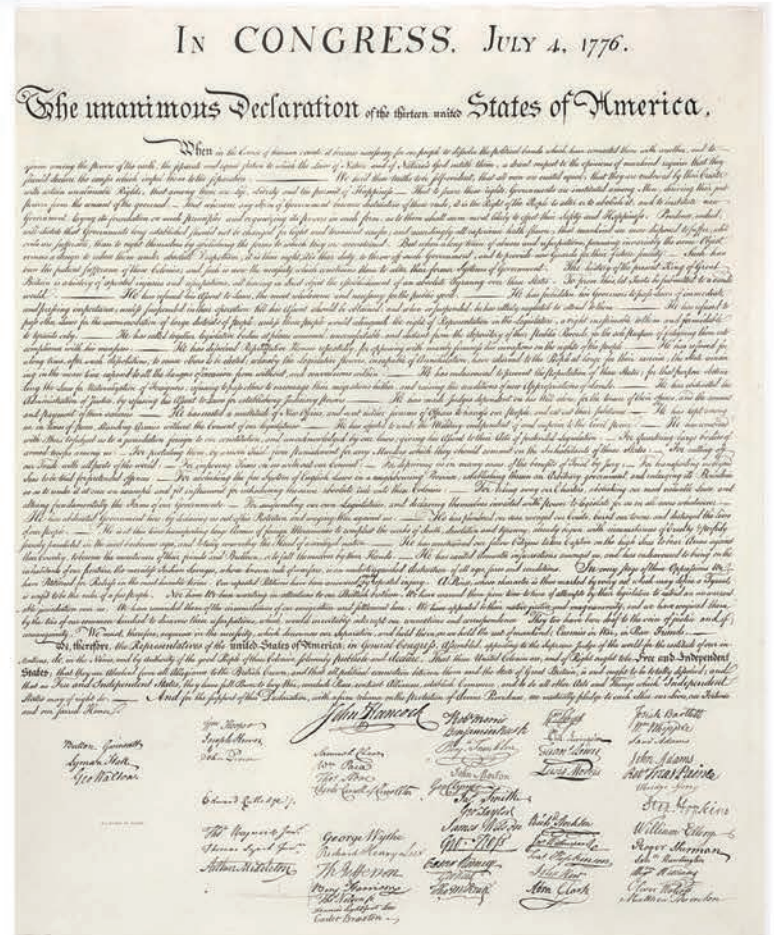
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GOPIO-CT Awardees with dignitaries and chapter organizers



GOPIO-CT's Past Presidents being recognized

**JUNE 18, 2026
DARIEN, CT (TIP)**

The Connecticut chapter of the Global Organization of People of Indian Origin (GOPIO-CT) celebrated its 20th Anniversary with a grand Annual Awards Banquet at the Water's Edge Banquet Hall, Darien, CT on June 13, 2026, recognizing five prominent Indian American leaders for their civic and professional excellence.

The milestone event brought together a bipartisan group of state and local lawmakers, community leaders, and professionals, reflecting the growing political, economic, and cultural influence of the South Asian diaspora in Connecticut and across the United States. The evening also highlighted two decades of GOPIO-CT's commitment to advocacy, cultural preservation, and community service.

The Chief Guest was India's Deputy Consul General in New York, Vishal Harsh, who also presented awards to the honorees. Other dignitaries who spoke at the banquet were CT Senators Sujata Gadkar Wilcox and Tony Hwang, and CT Assemblyman Jonathan Jacobson.

Dr. Vishal Harsh, Deputy Consul General of India in New York, in his keynote address said, "The achievements of Indian Americans have become a global benchmark-communities across the world look to replicate the success and impact you have created in the United States." Elaborating on the success story of the Diaspora, he said, "The Indian diaspora in the United States stands as a powerful testament to excellence, innovation, and global leadership. They have distinguished themselves across sectors, setting benchmarks of achievement and integrity." He highlighted the numerous consular services available to the Diaspora community, making them available 24/7, to meet the needs of the community, he said.

"As we celebrate the 20th Anniversary of GOPIO-CT, I am honored and grateful to reflect on the incredible journey of our organization over the past two decades," said GOPIO-CT President Mahesh Jhangiani. "Since its founding, GOPIO-CT has served as a vibrant platform promoting community service, cultural heritage, civic



CT Assemblyman Jonathan Jacobson presenting award plaque to veteran journalist Ajay Ghosh

engagement, and unity among People of Indian Origin in Connecticut and beyond."

He went on to add: "This milestone is a testament to the dedication of our members, volunteers, sponsors, and community partners whose unwavering support has made our growth and achievements possible. Together, we have built a strong and respected organization committed to service, education, youth empowerment, and community collaboration."



DCG Vishal Harsh presenting the award to CT State Senator Sujata Gadkar-Wilcox

Dr. Thomas Abraham, founder president of GOPIO International and chair of the Awards Committee, emphasized the broader significance of the honorees. "Over the past two decades, GOPIO-CT has set an outstanding example of how a local chapter can effectively organize, engage, and serve the community. In many ways, its success became a model for GOPIO International in shaping the structure and activities of local chapters worldwide.

While reflecting on the origins of GOPIO International, Dr. Abraham said, since its launch in 1989, GOPIO has championed issues affecting the Indian Diaspora, including civil rights, human rights, community empowerment, and political participation. GOPIO continues to expand its mission through conferences, public forums, community celebrations, social service, a philanthropic initiatives. "GOPIO remains committed to enhancing India's image globally while promoting business, trade, investment, philanthropic linkages between India and the worldwide Indian Diaspora," Dr. Abraham the veteran founder of GOPIO said.



GOPIO-CT leaders present \$25,000 each to Future 5 and Children's Learning Center of Fairfield.

Mike Joshi, the GOPIO-CT Banquet Chair and GOPIO-CT Secretary, who eloquently emceed the gala, said, "The banquet is not only a celebration of the 20th year milestone for GOPIO but also enabled us to raise funds to support Youth Charity Initiatives in our community. Your continued support makes it possible for GOPIO to continue to deliver on its mission of enhancing cooperation between people of Indian Origin with local communities and continue to support through charitable contributions and volunteer efforts across Connecticut."

The 2026 honorees included a state senator, a nanotechnology executive, a veteran journalist, a prominent regional bank CEO, and a long-standing engineering professor, reflecting the diverse professional and civic contributions of the state's growing South Asian diaspora.

This year's honorees represented a wide range of fields.

In the category of Political Leadership, GOPIO-CT honored State Senator Prof. Sujata Gadkar-Wilcox. Elected to the Connecticut State Senate in 2024 to represent the 22nd District, which encompasses parts of Trumbull, Monroe, and Bridgeport-Gadkar-Wilcox is also a Professor of Legal Studies at Quinnipiac University.

The award for Entrepreneurship and Business Achievements will be presented to Dr. Anil R. Diwan, the founder, president, and executive chairman of NanoViricides, Inc. (NYSE American: NNVC). Headquartered in Connecticut, Diwan's firm has focused on the development of specialized antiviral therapies using proprietary "nanoviricide" technology, which aims to neutralize viruses mechanically rather than relying solely on host immune responses.

In Corporate Leadership, the chapter will recognize Nitin Mhatre, who assumed the role of Chief Executive Officer at First County Bank on April 15, 2026. Mhatre takes the helm of an independent mutual community bank that has operated continuously in Fairfield County and the surrounding Connecticut municipalities for more than 174 years.



GOPIO-CT leaders present \$25,000 each to Future 5 and Children's Learning Center of Fairfield.

Read full story at www.theindianpanorama.news

Breath of Unity: Chicagoland Lights Up with the Largest International Yoga Day Celebration

**JUNE 15, 2026
CHICAGO, IL (TIP)**

On a sun-kissed Sunday morning, June 14, 2026, the Naperville Yard Sports Complex in Illinois transformed into a vibrant tapestry of mindfulness, movement, and melody. Thousands gathered for what became Chicagoland's largest-ever International Yoga Day celebration, a heartfelt tribute to the ancient practice that continues to heal bodies, calm minds, and bridge communities across the globe. Organized by Mindful Meditation Yoga under the visionary leadership of Anu Malhotra, the event was more than a gathering; it was a living, breathing expression of unity, wellness, and collective awakening.

From the moment seating began at 9:30 AM, an electric yet serene anticipation filled the air. Attendees settled onto mats and chairs, exchanging warm smiles as volunteers assured everyone felt welcomed. By 9:45 AM, the pre-celebration ignited with the soul-stirring Yoga Geet "Sang sang chalo," performed by a talented ensemble led by Vipul Srivastava, Bhakti Yoga program director. Singers including Bharat Malhotra, Sanjiv Saraswat, Mamta Joshi, Shivam Vishwanathan, Manjoo Srivastava, Reeta Hoskote, Anu Saraswat, Neel Sukhadia, and Jigna Pathak, accompanied by Prashant Kurdukar on guitar, Navneet Malhotra on keyboard, and sound engineer Saif Ali, created ripples of vibrant energy that seemed to dance across the field and beyond.

Dr. Radhika Chimata, the graceful Master of Ceremonies, set a warm and inclusive tone. Her welcome address painted a vivid picture of gratitude for the sea of participants joining millions worldwide in this global movement toward peace and well-being. She highlighted Mindful Meditation Yoga's long-standing dedication to self-care, inner growth, and the profound truth that individual transformation strengthens our interconnectedness with family, community, and society.

The program flowed seamlessly into heartfelt acknowledgments of dignitaries and partners. Special welcomes went to Consul General Somnath Ghosh (who arrived later), Mayor of Naperville Scott Wehrli and First Lady Linda Wehrli, and Councilwoman Supna Jain. Gratitude poured out for valued partners including GSA Global Eye Magazine & the American Multi Ethnic Commission, FIA Chicago, United Punjabis of America Nitin Malhotra & Dr Neil Malhotra of Expert Pain Physicians Group, Dr Paula Malhitra of SKN Institute, Tanishq USA, Dr. Sailesh & Mayuri Zavery, Dr. Rishi Malhotra, Rajat Sahani of Shimla Peppers, and many community organizations like Sewa International, Arya Samaj of Chicagoland, A3N Media, Indian Diaspora Connect, and Hindu Swayam Sevak Sangh.

Anu Malhotra, Founder and President of Mindful Meditation Yoga, received a thunderous welcome. With over three decades of selfless service, she has inspired thousands through her unwavering commitment to yoga as a path to holistic living. Her address energized the crowd, reminding everyone why they had come together. Dr. Vijay Prabhakar, founder of the American Multiethnic Commission and Chairman of Global Eye Magazine USA, followed with inspiring words that reinforced the event's theme of unity across cultures.

A deeply moving highlight of the celebration was the special recognition bestowed upon Anu Malhotra, Founder and President of Mindful Meditation Yoga, by Dr. Vijay Prabhakar, Chairman of GSA Global Eye Magazine USA & founder of AMEC. In his inspiring address, Dr. Prabhakar spoke glowingly of Anu Malhotra's unwavering dedication to selfless service, acknowledging her more than three decades of tireless efforts in spreading the timeless wisdom and transformative practices of yoga and meditation to promote peace, wellness, and holistic living. In recognition of her extraordinary contributions to the community, she was honored with multiple prestigious awards, which were presented by AMEC leadership.

A magical interlude followed as the "Angel Moves" performance unfolded. Exceptional vocalist Anil Jha, accompanied by Navneet Malhotra and Prashant



Glimpses of the Yoga celebration

Kurdukar, filled the air with divine invocation while the International Day of Yoga Officers Leadership Team joined the stage, creating a visual symphony of peace, love, joy, and collective wellness.

Dignitaries took center stage next. Mayor Scott Wehrli and First Lady Linda Wehrli shared warm reflections, joined by Councilwoman Supna Jain. The atmosphere reached a pinnacle during the Seva Ratna Award presentation. Rajat Sahani, owner of Shimla Peppers, was honored for his generous contribution of complimentary lunch for all participants. Dignitaries presented the trophy to him and Meenakshi Sahani in recognition of their outstanding service.

The sacred lamp lighting ceremony followed, symbolizing the awakening of inner light and higher consciousness. Partners and dignitaries, including representatives from FIA Chicago, United Punjabis of America, Expert Pain Physicians Group, Tanishq USA, and others, stepped forward to light the lamps together. As flames flickered to life, the musical team performed the Yoga National Anthem, creating a profoundly moving moment. Dr. Radhika Chimata and Nilabh ensured smooth coordination, while partners received heartfelt thanks for their support.

Then came the heart of the celebration: the yoga practice itself. At 10:45 AM, Anu Malhotra took the lead, guiding thousands through an hour of peaceful, meditative movements, breathing exercises, and guided meditation. Participants of all ages and backgrounds moved in unison, their collective energy palpable. The session culminated beautifully with another soul-stirring Yoga Geet by Vipul Srivastava's team.

A vote of thanks closed the formal program, with Dr. Radhika expressing deep appreciation to all participants, volunteers, partners, and artists. Attendees were invited to enjoy "Yoga Prasad" (lunch) served efficiently at multiple stations. Additional highlights included information on free wedding support initiatives by Sudhir and Archana Agarwal,

showcasing the spirit of seva that permeated the day.

In the practice of yoga lies a creative alchemy that transforms the ordinary into the extraordinary. Like a river carving through mountains not by force but by persistent, gentle flow, yoga teaches us to bend without breaking, to strengthen without straining, and to connect without losing ourselves. In an age of digital noise and hurried lives, it offers a sanctuary—a return to breath, to presence, to the quiet wisdom within. On this International Yoga Day, thousands in Naperville didn't just practice postures; they practiced possibility. They discovered that true strength is rooted in stillness, that unity emerges when we align body, mind, and spirit, and that one conscious breath can ripple outward to heal families, communities, and even the world. Yoga, in its elegant simplicity, reminds us that peace is not something we chase but something we remember we already are.

The event, held in collaboration with the Consulate General of India, embodied the essence of International Yoga Day—free yoga and meditation with live music, soulful performances, light lunch, and an unforgettable experience of harmony. It stood as a powerful testament to Anu Malhotra's vision and the collective dedication of countless volunteers and supporters.

As someone who has chronicled countless community initiatives across the Asian diaspora, I am deeply moved by the sheer scale and sincerity of this year's International Yoga Day celebration in Chicagoland. Under Anu Malhotra's inspiring leadership, Mindful Meditation Yoga didn't just organize an event; it cultivated a movement. In a world hungry for connection and calm, such gatherings remind us of our shared humanity. Suresh Bodiwala Chairman of Asian Media USA proudly celebrates these efforts that bridge cultures, promote wellness, and nurture the spirit of seva. May the light kindle on June 14 continue to illuminate paths toward greater peace and unity for years to come.

(Photographs and Press release by Asian Media USA)

Embassy of India Hosts Interactive Session with Indian Students participating in International Shakespeare Exchange Program



Remarks by Ambassador of India Dr. Manoj Kumar Mohapatra to the Students



Romanian student briefed about the Romanian study and its culture



Indian Student briefed about the Indian studies and culture

**JUNE 1, 2026
BUCHAREST (TIP)**

A delayed report from Bucharest says that the Embassy of India in Bucharest organized an interactive session with a group of Indian students from Kalinga Institute of Industrial Technology (KIIT) and Kalinga Institute of Social Sciences (KISS), Bhubaneswar, Odisha, who are currently in Romania under a fully funded academic and cultural exchange programme associated with the prestigious Craiova International Shakespeare Festival 2026.

The programme has enabled the students to spend two months in Romania, providing them with a unique opportunity to engage with Romanian students, academics, artists, and cultural institutions while participating in activities related to theatre, literature, performing arts, and intercultural learning. The initiative reflects the growing educational and cultural cooperation between India and Romania and contributes to strengthening people-to-people ties between the two countries.

During the interaction at the Embassy, the students shared their experiences of living and studying in Romania, participating in the renowned Craiova International Shakespeare Festival, and engaging with their Romanian counterparts through various academic and cultural activities. They highlighted the valuable insights gained through exposure to Romanian culture, traditions, educational institutions, and artistic heritage.

Addressing the students, H.E. Dr. Manoj Kumar



Indian Student briefed about the KIIT and KISS university

Mohapatra, Ambassador of India to Romania, warmly welcomed the delegation and commended KIIT and KISS for promoting international academic and cultural exchanges. He noted that such programmes serve as important platforms for fostering mutual understanding, cross-cultural dialogue, and lasting friendships among young people from different countries.

The Ambassador emphasized the importance of youth exchanges in strengthening bilateral relations and encouraged the students to act as cultural ambassadors of India during their stay in Romania. He also appreciated the role of the Craiova International Shakespeare Festival in bringing together talented young minds from diverse backgrounds and promoting cultural diplomacy through the universal appeal of

literature and the performing arts.

The students expressed their gratitude to the Embassy for its support and guidance and shared their enthusiasm for further engagement with Romanian institutions and communities during the remainder of their stay.

During the interaction, representatives of KIIT and KISS also invited Romanian students to explore opportunities for participation in various academic, cultural and exchange programmes offered by the two institutions. They highlighted that KIIT and KISS regularly host international students from across the world and provide a vibrant multicultural learning environment in India. The institutions informed the participants that selected students visiting India under such programmes would be provided local hospitality and institutional support during their stay. The presentation also showcased the wide range of academic disciplines, research opportunities, cultural activities and community engagement initiatives available at KIIT and KISS, encouraging greater educational collaboration and student exchanges between India and Romania.

The Embassy reaffirmed its commitment to supporting educational, cultural, and youth exchange initiatives that contribute to enhancing India-Romania relations and creating greater opportunities for collaboration between the younger generations of the two countries.

(Based on a press release issued by Embassy of India in Bucharest)

The Republic of Moldova Launches the Official Platform www.moldova.md, a New Tool for Presenting the Country

**JUNE 18, 2026
CHISINAU**

Invest Moldova Agency launched on June 18, 2026, the official digital platform of the Republic of Moldova: www.moldova.md. Designed as a modern identity card for the country, the platform provides a structured, easy-to-navigate presentation of the Republic of Moldova for international audiences and for citizens at home and abroad.

The launch responds to the need for a clear digital space that presents the Republic of Moldova in a structured and relevant manner, in a global context where rapid access to information and clarity of message are essential.

The www.moldova.md platform brings together essential information about the country in one place, from its economic landscape and development priorities to its cultural identity, traditions, and local experiences. The content is organized to provide a quick and accurate understanding of the Republic of Moldova, for both those discovering it for the first time and those wishing to rediscover it from a contemporary perspective.

The website is available in English and is specifically tailored to international audiences, including visitors and individuals interested in learning more about the

Republic of Moldova, opinion leaders, and those seeking authentic experiences, providing direct access to relevant and verified information.

An important element of the official launch is the placement of a dedicated www.moldova.md banner at Chişinău International Airport, in the passport control area. With the message "You just landed in Moldova," the banner welcomes international visitors upon arrival and provides direct access via a QR code to the Republic of Moldova's official presentation platform.

Through this initiative, www.moldova.md becomes a strategic communication and country-promotion tool, contributing to the strengthening of the Republic of Moldova's presence in the international arena and facilitating a clear and informed perception of the country.

"A strong country image is built through consistency and through an identity that is presented coherently across all international platforms. Through www.moldova.md and the Media Toolkit, we aim to provide the Republic of Moldova with a modern presentation framework, developed based on the experience and standards applied by countries that have been implementing nation branding strategies for many years. At the same time, we placed a strong emphasis on usability and accessibility, ensuring that



these tools can be used easily and effectively by institutions, partners, and communities that promote Moldova," stated Irina Tolstousov, Deputy Director, Invest Moldova Agency.

Read full story at www.theindianpanorama.news

Al-Noor International Hosts Spectacular Sixth Annual Cruise Mushaira on Grapevine Lake



Dr Shamsa Qureshi



Dr Noor Amrohvi



Mushaira banner

SPECIAL REPORT BY SHAH A. SIDDIQUI (ASAR) GRAPEVINE, TX (TIP)

Al-Noor International successfully hosted its Sixth Annual Cruise Mushaira, bringing together poets, writers, community leaders, and lovers of Urdu literature for an unforgettable evening aboard a luxury cruise on the tranquil waters of Grapevine Lake.

Departing from Silver Lake Marina,

out, reflecting the growing popularity of Al-Noor International's unique literary initiatives.

The evening commenced with an elegant dinner, followed by a distinguished poetry symposium. Renowned poet Tariq Hashmi presided over the Mushaira, while noted community leader, author, and engineer Pramod Rajput attended as the Chief Guest. The event was patronized by



Pramod Rajput receiving a memento



Dr Shamsa Qureshi receiving a memento



Dinner on the cruise

the four-hour literary voyage attracted a capacity audience of nearly one hundred guests. With every seat occupied well in advance, the event was completely sold

celebrated poet Dr. Shamsa Qureshi, and skillfully conducted by Ameen Haider, who traveled from Chicago to serve as the master of ceremonies.



Audience of the Mushaira

The distinguished panel of poets included Dr. Saleha Suleman, Dr. Hamid Sheikh, Dr. Shamsa Qureshi, Shah Alam Asar, Fahad Khan (Chicago), Dr. Noor Amrohvi, Nadir Durrani, Tariq Hashmi, and Ijaz Sheikh, all of whom captivated the audience with their thought-provoking and eloquent poetry.

The program opened with welcoming remarks by Shah Alam Asar, Coordinator of Al-Noor International, who expressed gratitude to the guests, poets, volunteers, and supporters. Popular community personality Shazia Khan added warmth and charm to the opening segment with her engaging presentation.

As the cruise gently sailed across the serene waters of Grapevine Lake, guests enjoyed a rare fusion of natural beauty and literary excellence. The cool evening breeze, shimmering waters, and soulful recitations created an atmosphere of elegance, reflection, and cultural celebration.

The gathering reflected the true spirit of diversity. Members of Muslim, Hindu, Sikh, Christian, and other communities participated side by side, reaffirming Al-Noor International's enduring commitment to promoting cultural harmony, mutual respect, and the

universal language of poetry.

At the conclusion of the evening, the organizers expressed heartfelt appreciation to the volunteers, supporters, media representatives, and all attendees whose contributions ensured the success of the event.

Special recognition was also given to Dr. Noor Amrohvi, Founder and Chairman of Al-Noor International, whose vision has introduced the concept of the Cruise Mushaira as one of the organization's signature literary traditions. Tribute was equally paid to Dr. Shamsa Qureshi, Patron of Al-Noor International, for her unwavering dedication and invaluable role in planning and organizing the organization's literary and community programs.

Guests departed with cherished memories of an extraordinary evening that celebrated literature, friendship, and community spirit. Through innovative cultural initiatives such as the Cruise Mushaira, Al-Noor International continues to strengthen the bonds of unity while promoting Urdu literature and intercultural understanding across North America.

China minister Wang Yi to visit India for BRICS meet

JUNE 19, 2026

NEW DELHI (TIP): Chinese Foreign Minister Wang Yi will visit India next week to attend the 16th meeting of BRICS National Security Advisors and High Representatives on National Security, marking his another trip to the country in less than a year amid continuing efforts by New Delhi and Beijing to stabilise bilateral ties.

Beijing announced on Thursday that Wang, who is also a member of the Political Bureau of the Communist Party of China and Director of the Office of the Central Commission for Foreign Affairs, would attend the meeting in India from June 22 to 23 at the invitation of National Security Adviser Ajit Doval.

Sources indicated that Wang is likely to hold bilateral meetings with Doval and Jaishankar during his stay in New Delhi, although no official schedule has been announced.

The high-level gathering is expected to bring together national security representatives from BRICS member countries to discuss strategic and security-related issues facing the grouping.

Wang last travelled to New Delhi in August 2025, when he held talks with Doval and External Affairs Minister S Jaishankar. Both sides had then underlined the importance of maintaining peace and tranquillity in the border areas and agreed that differences should not be allowed to turn into disputes.

Prime Minister Narendra Modi and Chinese President Xi Jinping have met twice since late 2024 — first on the sidelines of the BRICS Summit in Kazan in October 2024 and later during the Shanghai Cooperation Organisation Summit in Tianjin in August 2025, reflecting efforts by the two Asian neighbours to place their relationship on a more stable footing.

'Praying for his good health and long life': Modi wishes Rahul Gandhi on his birthday

JUNE 19, 2026

NEW DELHI (TIP): Prime Minister Narendra Modi on Friday, June 19, extended birthday greetings to Congress leader Rahul Gandhi, wishing him good health and a long life.

Gandhi, who serves as the leader of the opposition in the Lok Sabha, turned 56 on Friday.

"Best wishes to the Leader of the Opposition in the Lok Sabha, Shri Rahul Gandhi Ji, on his birthday. Praying for his good health and long life," Modi said on X.

6 out of 9 Shiv Sena (UBT) MPs skip Parliamentary party meet amid speculation of imminent split

JUNE 19, 2026

MANGALURU (TIP): Six out of nine Lok Sabha MPs from the Uddhav Thackeray-led Shiv Sena (Uddhav Balasaheb Thackeray) (Shiv Sena (UBT)) faction skipped a crucial parliamentary party meeting in New Delhi on Thursday (June 18). This open step of defiance has triggered widespread speculation of an imminent split and potential merger with the rival Eknath Shinde-led Shiv Sena. This merger, known in the political circle as "Operation Tiger" is the second time in four years.

Only three Lok Sabha MPs, Arvind Sawant (Mumbai South), Anil Desai (Mumbai South Central), and Rajabhau Waje (Nashik), attended the meeting. Besides them Rajya Sabha MP Sanjay Raut was also present at the meeting.

The meeting was called urgently amid growing speculations that the MPs are planning to jump ships. The six absent MPs are Sanjay Dina Patil (Mumbai North East), Sanjay Deshmukh (Yavatmal-Washim), Nagesh Patil Ashtikar (Hingoli), Omraje Nimbalkar (Dharashiv/Osmanabad), Sanjay Jadhav (Parbhani) and Bhausahab Wakchaure (Shirdi).

Speaking to reporters after the meeting, Raut said the parliamentary party meeting had been convened by Lok Sabha floor leader Arvind Sawant and chief whip Anil Desai. He said the absence of the six MPs will be treated as a violation of the party's directions.

"It amounts to disobeying the party's



Shiv Sena (UBT) MP Sanjay Raut during a press conference, in New Delhi, Thursday, June 18, 2026. Photo: PTI

orders. They (MPs who were absent) will be issued show-cause notices and explanations will be sought from them," Raut said. Media reports indicate that the six MPs have submitted a letter to Lok Sabha Speaker Om Birla seeking recognition as a separate group and have signalled plans to align with the Shinde faction. This move, if completed, would leave Uddhav Thackeray's group with only three Lok Sabha MPs.

Soon after the meeting, Sena (UBT) parliamentary party leader Arvind

Sawant told media that the party would issue show-cause notices to the six MPs and they would be given "seven days to explain their absence before further legal action".

Shiv Sena (UBT) has initiated steps to seek their disqualification under anti-defection rules, treating the absence as defiance of a party whip. But the issue of applicability of whip outside House proceedings (as this was a parliamentary party meeting and not a proceeding inside the House) is still pending before the Supreme Court.

The development comes nearly four years after the June 2022 split in Shiv Sena, when Eknath Shinde led a rebellion that brought down the Uddhav Thackeray-led Maha Vikas Aghadi government in Maharashtra. Despite the split, and with several senior leaders quitting the party, the UBT faction had secured nine seats in the 2024 Lok Sabha elections.

The rebel MPs have maintained silence so far but several media reports have claimed that a formal announcement will possibly be made around June 20. The speculation about another imminent split in the Shiv Sena (UBT) comes days after 20 rebel MPs of the Trinamool Congress (TMC) announced that they would merge with the obscure Nationalist Citizens' Party of India (NCPI) and support the Bharatiya Janata Party (BJP)-led National Democratic Alliance (NDA) government in the Centre.

JUNE 19, 2026

NEW DELHI (TIP): A BJP-backed candidate won a seat in Jharkhand's Rajya Sabha election today, after cross-voting by MLAs of the CPI(ML) and Lalu Yadav's Rashtriya Janata Dal, sources said.

One seat was won by Baijnath Ram of the Jharkhand Mukti Morcha. The other went to BJP-backed independent candidate Parimal Nathwani.

Baijnath Ram polled 30 votes and Nathwani 28 votes. The Congress candidate, Pranav Jha, got 19 votes and three votes were declared invalid.

Sources said MLAs from RJD and CPI(ML) had voted for Nathwani. RJD has four MLAs and CPI(ML) two.

The Congress received votes from its 16 MLAs and four MLAs of ally JMM. The JMM used two additional votes to ensure the victory of its own candidate. The remaining four went to Congress.

In Jharkhand, the JMM has 34 MLAs, Congress 16, RJD 4, and CPI(ML) 2 MLAs. The BJP-led NDA has 24 MLAs, four short of the minimum of 28 first-preference votes required in the 81-

Cross-voting in Jharkhand powers BJP-backed candidate to Rajya Sabha

member assembly to secure a berth in the Upper House.

In a post on social media platform X, Nathawani -- a three-time member of the upper house -- expressed his gratitude. "Deeply grateful for the opportunity to serve the fourth term as the Member of Rajya Sabha. This moment is filled with profound emotion... Extending sincere gratitude to Hon'ble Prime Minister Shri Narendra Modi, Hon'ble Union Home Minister and Minister of Cooperation Shri Amit Shah, BJP National President Shri Nitin Nabin and the BJP-led NDA for their support," his post read.

The victory of the BJP-backed candidate comes amid a political turmoil in Bengal and Maharashtra that is expected to boost the numbers of the NDA in both houses of parliament. With the monsoon session ahead, there

is a buzz that the government will introduce the women's reservation and delimitation bills again. The bills -- one of them a constitution amendment bill that needs two-thirds majority to pass -- were presented in the second half of the budget session. But they were blocked by a united Opposition in the Lok Sabha.

Now with the split in Mamata Banerjee's Trinamool Congress and another one waiting to happen in Uddhav Thackeray's faction of the Shiv Sena, the NDA could end up with 26 more MLAs in the Lok Sabha.

Currently the NDA has 298 MPs in the Lok Sabha, the Opposition has 184. There are also 38 MPs who are non-aligned. So, to pass Constitution amendment Bills, the government needs another 42 MPs. The Trinamool and Sena numbers will add 26 more MPs to the NDA side.

Delhi HC Upholds Telegram Ban a Day After Asking, 'Can We Stop Rights of 150 Million People?'

JUNE 19, 2026

NEW DELHI (TIP): The Delhi high court today (June 19) dismissed the messaging app Telegram's plea challenging the Union government's temporary ban of the platform to stem NEET re-test paper leaks.

Justice Tejas Karia upheld the government's decision to block Telegram till June 22, offering no relief to the app against the order issued under Section 69A of the IT Act.

"R1 [the government] was empowered under Section 69A to direct blocking of access to Telegram. Test of proportionality is satisfied ... The government's measures are least restrictive. It cannot be held that the order is disproportionate," the court said, according to Bar and Bench.

The Delhi high court had on June 18, while hearing submissions, orally asked the Union government if the rights of 150 million users could be blocked just because one set of citizens are appearing in an exam. "Can you block someone else's right to protect somebody else? Is your exercise of right in facts and circumstances proportional?" asked Justice Karia during the hearing.

On June 19, the judge said that the government's blocking orders were supported by reasons.

JUNE 18, 2026

NEW DELHI (TIP): India and the UK will operationalise their free-trade agreement starting July 15, they announced on Wednesday (June 17), with the two sides appearing to have overcome a sticking point in Britain's new steel sector safeguards.

Alongside the deal, another agreement exempting Indian and British workers in the other country from paying two separate social security contributions will also go into effect on July 15.

Prime Minister Narendra Modi hailed the deal's implementation as a "historic milestone for India-UK relations" and Union commerce and industry minister Piyush Goyal said the agreement's eliminating duties on 99% of tariff lines for Indian exports "will effectively level the playing field".

Though the deal – reached in May last year and inked in July – was expected to come into force last month, the two sides hit a hurdle after the UK announced in March it would sharply reduce how much steel it would import free of tariffs and double the duty it levies on intakes above that quota.

Last month Union commerce secretary Rajesh Agrawal said the two sides were working on a "creative solution" to the steel measure – which he said was not factored into their negotiations – and looking to implement the free-trade deal.

US drops 'Indo' from US military command name. What it means for India

JUNE 18, 2026

NEW DELHI (TIP): Names matter in geopolitics because they communicate a strategic intent. Take for example the Trump administration's decision to rename the Department of Defense the Department of War. So, when the Trump administration decided to restore the US Pacific Command's (USPACOM) official name, reversing it from the US Indo-Pacific Command, it sent ripples across defence circles. It has also sparked a number of questions, the primary one being — Is the US giving up on its plans in the Indian Ocean Region (IOR) to counter a more assertive China? The question comes at a time that the US has been seen as deserting its decades-old allies in the Middle East, and putting the Quad on the back burner.

The move to revert to "US Pacific Command" effectively reverses the 2018 renaming of the command as "US Indo-Pacific Command". The 2018 change to US Indo-Pacific Command was specifically aimed at emphasising the strategic linkage between the Indian and Pacific Oceans and to underscore India's growing importance in US foreign policy.

The US Department of War, which is itself a result of changed nomenclature, has maintained that the change is limited to nomenclature. In its announcement restoring the USPACOM designation, the department said the command's area of responsibility "remains exactly the same" and that its "fundamental mission" and



commitment to regional partners are unchanged.

But the restoration of the name USPACOM, is way more than just a bureaucratic change.

Just six months ago, the Donald Trump administration's National Security Strategy 2025 painted a very different picture.

The document repeatedly highlighted the Indo-Pacific as the central arena of global competition, identified China as the United States' principal strategic challenger, and explicitly described India and the Quad as critical pillars in Washington's approach to maintaining regional balance. The security document mentioned the "Indo-Pacific" seven times in a 29-page document.

Now, with "Indo" removed from the name of the command responsible for the region, analysts are debating whether the change is merely cosmetic or reflects a

broader shift in American strategic messaging.

For India, the development is less about the name itself and more about what it says regarding Washington's evolving priorities.

Announcing the decision on X, US Secretary of War, Pete Hegseth, seemingly had a triumphant tone. "US Pacific Command...is back," he wrote on his X account.

The announcement follows on the heels of Hegseth's address at the Shangri-La Dialogue in Singapore on May 30, 2026. In the speech, Hegseth laid out a vision stressing greater allied self-reliance and a more focused US posture.

National security analyst Nitin Gokhale, saw Hegseth's May announcement as a precursor to the command's renaming.

"RIP Indo-Pacific," Gokhale noted on X after the nomenclature.

The contrast from America's policy document is difficult to ignore.

In December, the National Security Strategy devoted considerable attention to the Indo-Pacific. The document, released on December 4, 2025, stated that the US must improve commercial and strategic relations with India and encourage New Delhi's contribution to regional security in the Indo-Pacific region through continued cooperation in the Quad, a strategic forum which consists of India, Australia, Japan, and the US.

India-UK trade deal to kick off on July 15 as both sides clear steel quota hurdle



PM Modi and his British counterpart Keir Starmer on the sidelines of the G7 summit in France. Photo via PTI.

Earlier this month Reuters cited an unnamed Indian trade official as saying that New Delhi could reconsider concessions for Scotch whiskey under the agreement if its steel concerns were not addressed.

Goyal's ministry announced on Wednesday that India and Britain "have successfully reached a landmark consensus to safeguard and promote

bilateral steel trade". Eighty-five percent of Indian exporters "are out of the steel measures", it said, adding that under Britain's new restrictions Indian interests would be protected by way of country-specific and residual quotas as well as access under the Authorised Use Scheme.

Earlier on Wednesday Modi was heard telling British Prime Minister Keir

Starmer over a hot mic on the sidelines of the G7 summit in France that "we did it", in an apparent reference to talks over the steel issue.

New Delhi has said that under the deal Britain will completely eliminate duties on 99% of tariff lines for Indian exports. Domestic sectors that are to benefit include textiles, leather, footwear, gems and jewellery, marine products, and sports goods and toys.

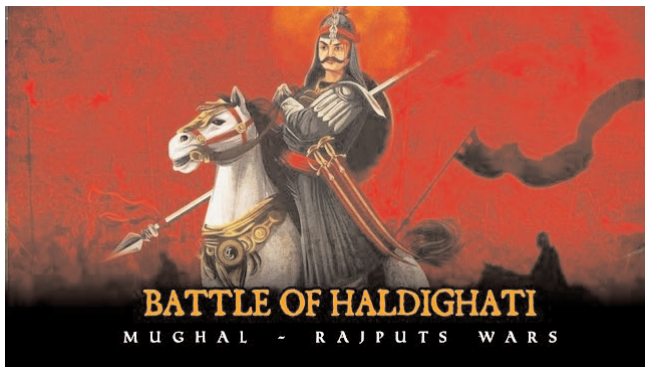
Some 90% of tariff lines for British goods will undergo reductions under the deal and 85% of these are to hit zero within the next decade, according to the UK. Whiskey and gin will see Indian tariffs halve from 150% to 75% immediately and go down to 40% in the agreement's tenth year, while automobiles will see duties slashed from over 100% to 10% under a quota system.

UK business and trade secretary Peter Kyle said Wednesday the two sides are bringing their "landmark" trade deal into effect as early as possible so that British business and the public can feel the benefits immediately, including cuts to tariffs of £400m within the first year alone".

India in history this Week

JUNE 19 TO JUNE 25

JUNE 19, 1576 - BATTLE OF HALDIGHATI



One of the most celebrated battles in Indian history, the Battle of Haldighati was fought between the forces of Maharana Pratap and the Mughal army led by Man Singh I. The battle took place near Haldighati Pass in present-day Rajasthan. Though the Mughal forces enjoyed numerical superiority, Maharana Pratap's fierce resistance became legendary. His loyal horse Chetak also became a symbol of bravery after carrying the wounded ruler to safety. While the battle did not result in a decisive victory for Mewar, Maharana Pratap continued his struggle against Mughal domination and remains a symbol of courage and independence.

JUNE 20, 1887 - BIRTH OF RAM PRASAD BISMIL

Freedom fighter Ram Prasad Bismil was born in Shahjahanpur, Uttar Pradesh. Bismil emerged as one of the leading revolutionaries of the Hindustan Republican Association. He played a central role in the famous Kakori Train Action of 1925, in which revolutionaries seized government funds to finance the freedom movement. Apart from being a revolutionary, Bismil was also a gifted poet whose patriotic verses inspired countless Indians. He was executed by the British in 1927 and became one of the most revered martyrs of India's freedom struggle.

JUNE 20, 1961 - BIRTH OF KALPANA CHAWLA



Kalpana Chawla was born in Karnal, Haryana.

She became the first woman of Indian origin to travel into space when she flew aboard the Space Shuttle Columbia in 1997. Her achievements brought global recognition to India's scientific talent.

Although she tragically lost her life in the Columbia disaster in 2003, her legacy continues to inspire students and aspiring scientists across India.

JUNE 21, 1948 - RAJAGOPALACHARI BECOMES GOVERNOR-GENERAL

On this day, C. Rajagopalachari assumed office as the

Governor-General of India. He became the first and only Indian to hold the post after independence. A close associate of Mahatma Gandhi, Rajagopalachari played an important role in India's freedom movement and later contributed significantly to nation-building.

JUNE 21 - INTERNATIONAL DAY OF YOGA

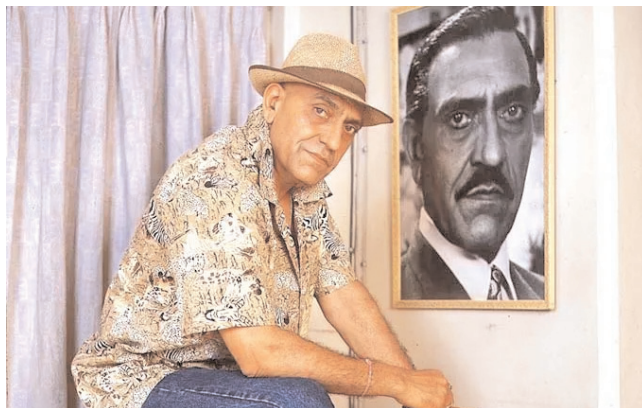
June 21 is celebrated worldwide as the International Day of Yoga. The proposal was introduced by Narendra Modi at the United Nations in 2014 and received unprecedented support from member countries.

Yoga, which originated in India thousands of years ago, has become a global movement promoting physical fitness, mental well-being, and spiritual growth.

JUNE 22, 1897 - CHAPEKAR BROTHERS CHALLENGE BRITISH RULE

The Chapekar brothers, led by Damodar Hari Chapekar, assassinated British plague commissioner Walter Charles Rand in Pune. The brothers were angered by the harsh and humiliating methods used by British authorities during plague-control operations. Their action marked one of the earliest acts of revolutionary resistance against colonial rule and inspired future generations of freedom fighters.

JUNE 22, 1932 - BIRTH OF AMRISH PURI



Legendary actor Amrish Puri was born in Punjab.

Known for his powerful voice and commanding screen presence, he became one of India's most iconic film villains. His portrayal of Mogambo in Mr. India remains one of the most memorable performances in Indian cinema.

JUNE 23, 1757 - THE BATTLE OF PLASSEY

The Battle of Plassey was fought between the forces of Nawab Siraj ud-Daulah and the British East India Company led by Robert Clive. The battle lasted only a few hours but changed the course of Indian history. Betrayal by Mir Jafar weakened the Nawab's forces and enabled the British victory. The outcome paved the way for British political control over Bengal and eventually much of India, marking the beginning of nearly two centuries of colonial rule.

JUNE 23, 1953 - DEATH OF SYAMA PRASAD MOOKERJEE

Syama Prasad Mookerjee died while in detention in Srinagar. A former Union Minister and founder of the Bharatiya Jana Sangh, he strongly opposed the special constitutional arrangements granted to Jammu and Kashmir. His death remains a significant and debated episode in Indian political history.

JUNE 23, 1985 - AIR INDIA FLIGHT 182 TRAGEDY

The Air India Flight 182 bombing occurred when an Air India aircraft flying from Canada to India exploded over the Atlantic Ocean near Ireland. All 329 passengers and crew members were killed. The tragedy remains one of the deadliest aviation terrorist attacks in history and had a profound impact on aviation security worldwide.

JUNE 24, 1894 - BIRTH OF V. V. GIRI

Varahagiri Venkata Giri was born in Berhampur.

He played an important role in India's labour movement before entering politics. Giri later served as the fourth President of India from 1969 to 1974.

JUNE 24, 1980 - DEATH OF SANJAY GANDHI



Sanjay Gandhi died in a plane crash in New Delhi at the age of 33. A prominent figure during the Emergency years, his sudden death significantly altered the future of Indian politics and led to the eventual political rise of his brother, Rajiv Gandhi.

JUNE 25, 1975 - EMERGENCY PROCLAIMED

One of the most controversial events in independent India's history began on June 25, 1975, when Prime Minister Indira Gandhi advised the President to declare the Emergency. Civil liberties were suspended, opposition leaders were jailed, elections were postponed, and press censorship was imposed. The Emergency lasted until March 1977 and remains a defining chapter in India's democratic history.

JUNE 25, 1983 - INDIA WINS THE CRICKET WORLD CUP

At Lord's Cricket Ground in London, the India national cricket team led by Kapil Dev defeated the mighty West Indies to win the 1983 Cricket World Cup Final. Few had expected India to win the tournament, but the team's remarkable performance transformed cricket in the country. The victory inspired a generation of cricketers and laid the foundation for India's rise as a global cricketing powerhouse.





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HEALTH IS WEALTH

NJ'S LARGEST SUMMER FEST EXTENDS TO INCLUDE SOCCER-THEMED PERFORMANCES AND EVENTS

BY MABEL PAIS

The Garden State's fourth season of the "North to Shore Festival," starting the weekend of June 13-14, 2026 in New Jersey has been extended by more than two weeks, as announced by the New Jersey Performing Arts Center (NJPAC). Produced by NJPAC, the "North to Shore Festival" welcomes fans in the celebration of performances featuring both global superstars and Garden State creatives, and a month-long celebration of music, comedy and the global passion for soccer which will now run June 15 through July 19, 2026.

Through a grant from Choose New Jersey — as part of the NJ World Cup Community Initiative, and supported by the New Jersey Economic Development Authority (NJEDA) and the FIFA World Cup 2026™ New York New Jersey Host Committee — the state's largest summer arts festival has added dozens of soccer-themed performances, contests, gatherings and game-viewing parties to its lineup of events in three of the state's most iconic cities: Newark, Asbury Park and Atlantic City.

"We're happy to build on the success of "North to Shore" with programming that meets this once-in-a-lifetime opportunity to celebrate the World Cup and New Jersey," says David Rodriguez, NJPAC's Executive Producer and Executive Vice President. "This extension of our summer arts and music festival, which includes both performances by headlining artists and events that put local artists and community groups in the spotlight, will be a powerful tool for advancing economic growth and boosting the pride of New Jerseyans across the state."

North to Shore Festival Welcomes the World celebrates all of New Jersey's creativity, diversity and community spirit, as well as the enthusiasm for the "beautiful game" shared by soccer fans around the globe.

In addition to a dynamic lineup of internationally acclaimed artists — including Janelle Monáe, Alison Krauss, Joe Bonamassa, Iliza Shlesinger, René Vaca, Primus, The Bouncing Souls, Streetlight Manifesto and more — the festival will now offer events built around the world's highest-profile soccer matches and the culture of the countries that nurture the world's best teams. Visit <https://northtoshore.com> for a full lineup.

New Jersey artists, nonprofit arts and community organizations, and small businesses will host additional festival events and bring soccer-inspired elements — from soccer-themed mural-making to pick-up games to full beach soccer tournaments — to performances, street fairs and other celebrations.

For example, Justis Pitt-Goodson, CEO of Brown Mills, a Newark-based fashion company, helped launch a statewide competition to design an official New Jersey soccer jersey.

The winning style, which features a sporty pixelated image of the Garden State, is sold online and at Brown Mills' Newark store, Atelier (49 Halsey Street). Brown Mills will host customization events in multiple cities throughout North To Shore Festival Welcomes the



The Head and the Heart performers. To perform @ Freehold, NJ (June 26, 2026)

Credit: <https://northtoshore.com>

World where fans can creatively personalize their Jersey jerseys. (Dates and locations will be announced later.)

"We're excited for the opportunity to connect local artists and organizations with the world's most famous soccer championship — one that will bring communities together in genuine joy," says NJPAC's Dr. Sherri-Ann Butterfield, Senior Vice President, Social Impact.

Newly announced North to Shore Festival Welcomes the World events include:

IN NEWARK:

NEWARK FAN VILLAGE

Dates: June 15 to July 19; Time: Before, during and after every World Cup match
Location: 70 Ferry St., Newark (two blocks from Newark Penn Station)

The "Newark Fan Village" is a free, tournament-long festival in the Ironbound section of Newark that brings the excitement of world-class soccer to a central destination. Open daily during the tournament and offering watch parties for every World Cup match, it offers large-scale viewing areas, musical performances, pick-up games, yoga, family-friendly activities and a curated food hall highlighting cuisines from World Cup participating countries.

Horizon Sounds of the City free outdoor summer concerts at NJPAC

Dates: Thursday, June 25; Friday, June 26; Thursday, July 9; Thursday, July 16;

Time: 5 – 9PM; Location: Chambers Plaza, NJPAC (1 Center St., Newark)

The Arts Center's beloved free outdoor summer concert series gets supercharged with appearances by WBGO DJ Felix Hernandez spinning old-school soul June 25; DJ Wallah of Hot 97

curating a hip hop dance party on June 26; a tribute to '80s hitmaker and activist James Mtume led by R&B Hall of Famer Kenny Lattimore, and vocalists Lisa Fischer and Tawatha Agee, July 9; and SPINALL, the first Nigerian DJ to play Coachella, offering Afropop and EDM on July 16. The concerts will be augmented by special guest appearances, community performance groups and soccer fun in NJPAC's Chambers Plaza.

Lincoln Park Jazzy Soul Series: Welcomes The World @ North To Shore

Date: Wednesday, June 24; Time: 7 – 11PM

Location: Chateau 55 (55 Lincoln Park Place, Newark)

This Lincoln Park neighborhood celebration features jazz-infused soul music and specialty cocktails indoors at Chateau 55 (limited seating, registration required) plus outdoor cafe seating and refreshments, video entertainment and soccer nets for pick-up games in Lincoln Park, Colleoni Park and on Lincoln Park Place West.

Celebrating the International Sounds of Soccer at Tuesdays at the Turf, presented by the Asbury Park African-American Music Project

Dates: Tuesdays, June 30, July 7 and 14; Time: 6 – 8PM

Location: Blackbird Community Commons (131 Atkins Avenue, Asbury Park)

Live musical performances — including Walter Parks (June 30), NuSpace with Kelli Sanders (July 7) and The Dorian Parreott & Friends Jazz Ensemble (July 14) — join forces with a house DJ closing each evening playing beats honoring the international sounds

of soccer.

IN ATLANTIC CITY

JAMES TAYLOR AND HIS ALL-STAR BAND

Date: Saturday, June 27; Time: 7:30PM
Location: Hard Rock Live at Etes Arena (1000 Boardwalk, Atlantic City)

Celebrate decades of timeless hits, from "Fire and Rain" to "Carolina in My Mind," performed with the signature warmth and storytelling that only James Taylor can deliver.

Esports Soccer Showdown 2026 Tournament

Dates: Saturdays and Sundays, June 20 – July 19, except July 4; Times: 10AM – 4PM

Location: Stockton University Esports Innovation Center (EIC) Boardwalk (3705 Boardwalk, Atlantic City)

A statewide esports soccer tournament brings its semifinal and final rounds to the beach! Competitive esports, live match watch parties, community tabling and family programming will be offered together with Rocket League and League of Legends competitions, with finals taking place July 14 – 19.

Atlantic City Great Pride Festival

Date: Saturday, June 20; Time: 12 – 9PM

Location: O'Donnell Memorial Park (3501 Atlantic Avenue, Atlantic Avenue and South Albany Avenue) with an after-party at The Byrdcage (3426 Atlantic Avenue).

Live entertainment, soccer-themed activities, giveaways, local vendors, food, resources and pride-filled experiences in the heart of Atlantic City.

Steel Pier Family Fun Kickoff Weekend

Dates: Friday – Sunday, June 26 – 28; Times: June 26, 2 – 8PM, and June 27 – 28, 12 – 6PM

Location: Steel Pier (1000 Boardwalk, Atlantic City)

Celebrate summer, sports and the excitement of the Shore with fireworks, live music, soccer-themed face painting, power boat races and more!

More events and celebrations will be added to the festival lineup.

For the latest updates and new festival event listings, visit <https://northtoshore.com> or download the festival app.

More than half of the festival events are free to the public. However, once again this year, a portion of all festival ticket sales will directly benefit Growing Healthy Pantries — a statewide collaborative that addresses food security in partnership with New Jersey's five primary food banks, supporting more than 1,000 local pantries across all 21 counties.

NJPAC is producing the 2026 North to Shore Festival with support from several sponsors. Working in partnership with the City of Newark and NJPAC, Airbnb will distribute tickets to concerts in Newark, Asbury Park and Freehold, including performances by Janelle Monáe, Alison Krauss & Union Station, Marc Maron, Iliza Shlesinger, Joe Bonamassa, Kurt Vile & The Violators and The Head and The Heart.

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

LEGENDARY LAWYER GARBUS'S 1964 CASE IS RELEVANT TODAY

BY MABEL PAIS

Comic Lenny Bruce's story is depicted by Cause Célèbre Productions in the world premiere of "The People Versus Lenny Bruce," a play by Susan Charlotte, based on the legal case of legendary lawyer Martin Garbus at Theatre Row – Theatre Four (410 West 42nd Street) currently playing through Sunday, June 28, 2026.

The story of Lenny Bruce and his New York trial is more relevant now than ever. A heart-breaking and thought provoking story filled with humor; this theatrical adaptation is the story of comic Lenny Bruce and his lawyer Martin Garbus who tried to save his client from the system – and from himself.

Fortune Magazine, CNN, Business Week, legal magazines and journals, and other media have designated Mr. Garbus "one of the nation's premier First Amendment attorneys," "a ferocious litigator," "a pit bull," and an attorney "with an extraordinarily diverse practice."

DIRECTOR, CO-PRODUCER AND CAST

Directed by Antony Marsellis, the cast for The People Versus Lenny Bruce is Johnny Anthony (The Other Americans, "American Horror Story") as Lenny Bruce, Timothy Doyle (Fortune's Fool) as Jules Feiffer, Dan Grimaldi ("The Sopranos") as Herbert Ruhe, Ian Lithgow

THE PEOPLE VERSUS LENNY BRUCE

based on the case of legendary lawyer Martin Garbus

Written by Susan Charlotte
Directed by Antony Marsellis



Theatre Row
May 7- June 28, 2026

www.causecelebreproductions.org



Lenny Bruce.

Credit: <https://causecelebreproductions.org>

(Boy Gets Girl, "Third Rock From the Sun") as Richard H. Kuh, Jonathan Spivey (Smart Blonde) as Forrest Johnson, Stephen Schnetzer (Filumena, "Another World") as Martin Garbus/Narrator, and Roberta Wallach (The Diary of Anne Frank) as Dorothy Kilgallen. Michael J. Osgood, former Deputy Chief of the NYPD/Special Victim's Unit, is Co-Producer.

Final Post Performance Discussion (subject to change)

Thursday, June 25: Martin Garbus, Michael J. Osgood (Former Deputy Chief of the NYPD/Special Victim's Unit), and Randy Jurgensen (Retired NYC police

officer who arrested Lenny Bruce).

At the conclusion of the trial, License Inspector Herbert Ruhe, the Prosecutor's witness, said the following to Attorney Allen Schwartz: "We aimed for Bruce. We picked him out of all the performers. I know he was not obscene, yet in a way I feel he had to be convicted."

These words were spoken in 1964 but they could have easily been said in 2026. Jimmy Kimmel, Rahm Emanuel and The New York Times all referenced Lenny Bruce when speaking of how the first amendment was under attack. When Inspector Ruhe testified against Bruce, he knew Bruce was innocent. He not only

rationalized his lies, he bragged about them!

OTHER PRESENTATIONS

"The People Versus Lenny Bruce" was most recently presented as a staged reading at the Ethical Culture Society of New York, and has played to standing ovations in Los Angeles and on Cape Cod.

"The People Versus Lenny Bruce" is part of a series called "All The Courts A Stage," based on the legal cases of Martin Garbus. The two other plays "Unlucky Gal/The Story of Jane Doe" which deals with sexual abuse, and "Last Chance Café" which revolves around voter suppression, will be presented Off-Broadway this fall. The trilogy could not be more timely.

PERFORMANCE SCHEDULE

The performance schedule is Tuesday-Friday at 7:30pm, Saturday at 2pm & 7:30pm and Sunday at 3pm.

TICKETS

Tickets can be purchased online @ <https://bfany.org/theatre-row/shows/the-people-versus-lenny-bruce> or by calling (646) 366-9340. A discount is available using discount code LB64.

For more information, visit <https://causecelebreproductions.org>

FESTIVAL SEFARAD CONTINUES: A CELEBRATION OF SEPHARDIC STORIES, SOUNDS AND HERITAGE

BY MABEL PAIS

2026 Festival Sefarad NYC continues to the end of June. This is the 2nd Festival Sefarad NYC, the 1st being 2025 Festival Sefarad NYC.

New York City is home to one of the most diverse and dynamic Jewish communities in the world. After the atrocities of October 7, 2023, the need for creating communal, intellectual, and cultural connections that bring all Jews together has never been greater.

In response to this need, the American Sephardi Federation proudly debuted the 2025 Festival Sefarad NYC — a citywide, (June) month-long celebration of the Greater Sephardi world. Featuring a variety of events with something for everyone — from musical performances and book talks, to exhibitions, tours, and Shabbat dinners — 2025 Festival Sefarad NYC was the first festival of its kind in the U.S.A. This Festival is inspired by and an homage to the CSUQ's Festival Séfarad de Montréal, now in its 46th season.

At the heart of Festival Sefarad NYC was the 28th New York Sephardic Jewish Film Festival (NYSJFF) May 31 - June 7. This unique cinematic celebration showcased premiere film screenings, exclusive artist conversations, and the Pomegranate Awards ceremony, recognizing Sephardic excellence in the arts.

In collaboration with over 40 leading communal institutions, Festival Sefarad NYC unfolded across Manhattan, Brooklyn, Queens, and Long Island, a movable feast ensuring accessibility and welcoming participation from every corner of the Jewish community. Learn more about events for the rest of this month at <https://festivalsefarad.com>.

With the support of the UJA-Federation of New York, Festival Sefarad NYC is more than a festival. It is a celebration of who Sephardis are, and who they can be together.



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Refreshments will be served and signed books by Elias Messinas will be available for purchase.



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SUNDAY JUNE 21 AT 1PM
280 BROOME STREET NYC

Join us for the opening of an exciting new museum exhibit featuring decades of dedicated research by Elias Messinas on past and present synagogues from across Greece.

View digital reconstructions of lost synagogues and discover the evolution of Greek synagogue architectural styles from ancient times through today.

Elias Messinas is an architect and urban planner. He was the first architect to complete a comprehensive in-situ survey and documentation on Greek synagogues, backed by extensive archival research and interviews by survivors. His work has been published widely, including 10 books on his 30-year journey throughout Greece. Since 2016, he was the leading architect for the preservation of synagogues in Thessaloniki, Trikala, and Kos, and he was commissioned by the Hellenic Ministry of Culture to enrich the Archaeological Registry with more than 270 Jewish sites throughout Greece.



Synagogues of Greece, Exhibit opening (June 21, 2026).

Credit: <https://festivalsefarad.com>

THE 2026 EDITION INCLUDES

28th New York Sephardic Jewish Film Festival Screenings, premieres, and the Pomegranate Awards for Sephardi Excellence in the Arts

Concerts & Live Performances
Featuring acclaimed artists from around the Sephardic world

Culinary & Shabbat Experiences
Intimate meals, workshops, and gatherings led by chefs and community leaders

Talks, Panels & Book Events
With authors, historians, artists, and activists

Art, Music & Calligraphy Workshops
Interactive sessions for all ages

The festival is curated and produced by the American Sephardi Federation (ASF), headquartered at the Center for Jewish History. ASF preserves, celebrates, and promotes the history, traditions, and experiences of Sephardic and Mizrahi Jews as an essential part of the Jewish story and a vital component of the American and global Jewish future.

The co-sponsor of the festival, UJA-Federation of New York is the world's largest local philanthropy, serving both the Jewish community and New Yorkers of all backgrounds. It raises funds to support various social service, healthcare, educational, and community organizations in New York City, Westchester County, Long Island, Israel, and 60 other countries. UJA-Fed of NY's mission focuses on caring for people in need, strengthening Jewish identity and community, and responding to crises both locally and globally.

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

NEW JERSEY YOUTH SYMPHONY WILL EMBARK ON ITS 2026 INTERNATIONAL CONCERT TOUR

BY MABEL PAIS

The New Jersey Youth Symphony (<https://whartonarts.org/programs/new-jersey-youth-symphony> - NJYS), a program of Wharton Arts, will embark on its 2026 international concert tour from June 27 through July 3, performing in Finland, Estonia, Latvia, and Lithuania under the direction of Artistic Director and Principal Conductor Helen H. Cha-Pyo.

In addition to performing in prestigious concert halls throughout the Baltic region, NJYS musicians will participate in educational exchanges with the Sibelius Academy in Helsinki. The orchestra will present four public concerts and three community performances, including appearances at the Vilna Gaon Tolerance Center and Santariškes Hospital in Vilnius, providing students with opportunities for artistic growth, cultural discovery, and meaningful connection with local communities.

"As the New Jersey Youth Symphony embarks on this tour, we travel not only as musicians, but as cultural ambassadors," said Cha-Pyo. "One of the greatest gifts of youth orchestra participation is the opportunity to experience the world through music, build bridges across cultures, foster understanding, and celebrate our shared humanity. Through performances, educational exchanges, and community engagement, our students will discover firsthand how music transcends borders, creates community, and inspires hope. These experiences offer invaluable opportunities for artistic growth while helping young people develop a deeper understanding of the world and their place within it."

The orchestra's tour repertoire reflects both the musical heritage of its host countries and the richness of the American tradition. The program features Estonian composer Veljo Tormis' "Overture No. 2," inspired by Estonian folk traditions; George Gershwin's iconic "Rhapsody in Blue" featuring 15-year-old pianist Taige Wang; and Howard Hanson's "Symphony No. 1," "Nordic" - a work that beautifully blends Nordic influences with the rich tradition of American symphonic writing. As the United States approaches the 250th anniversary of its founding, the orchestra will conclude performances with John Philip Sousa's beloved "The Stars and Stripes Forever."

The international tour continues NJYS's longstanding tradition of providing exceptional performance and educational opportunities for young musicians. Through rehearsals, performances, cultural

New Jersey Youth Symphony Summer Tour 2026

Finland • Estonia • Latvia • Lithuania



June 27 at 6 PM	Helsinki Music Center Concert Hall, Helsinki
June 29 at 11 AM	Community Concert at Viimsi Artium, Viimsi
June 29 at 7 PM	Estonia Academy of Music and Theatre Concert Hall, Tallinn
June 30 at 7 PM	St. Peter's Church, Riga
July 2 at 6 PM	Community Concert at the Vilna Gaon Tolerance Center, Vilnius
July 3 at 1 PM	Community Concert at the Santariškes Hospital, Vilnius
July 3 at 7 PM	Vilnius Congress Concert Hall, Vilnius

TORMIS: Overture No. 2 • HANSON: Symphony No. 1 'Nordic' • GERSHWIN: Rhapsody in Blue



New Jersey Youth Symphony
WhartonARTS
Helen H. Cha-Pyo, Artistic Director & Principal Conductor

NJYS International Tour, poster. Credit: <https://whartonarts.org>

exchanges, and travel experiences, students gain valuable artistic, personal, and global perspectives while representing New Jersey and the United States abroad.

Founded in 1979, the New Jersey Youth Symphony is one of the premier youth orchestra programs in the region, serving talented young musicians through a comprehensive orchestral training program that emphasizes artistic excellence, leadership, and community engagement.

TOUR SCHEDULE

June 27, 2026
Helsinki Music Centre Concert Hall – Helsinki, Finland

June 29, 2026
Community Concert at Viimsi Artium – Viimsi, Estonia

June 29, 2026

Estonia Academy of Music and Theatre Concert Hall – Tallinn, Estonia

June 30, 2026

St. Peter's Church – Riga, Latvia

July 2, 2026

Community Concert – Vilna Gaon Tolerance Center – Vilnius, Lithuania

July 3, 2026

Community Concert – Santariškes Hospital – Vilnius, Lithuania

July 3, 2026

Vilnius Congress Concert Hall – Vilnius, Lithuania

For more information about the New Jersey Youth Symphony and Wharton Arts, visit <https://whartonarts.org/programs/new-jersey-youth-symphony>.

NEW JERSEY YOUTH SYMPHONY

The New Jersey Youth Symphony, a program of Wharton Arts, provides orchestral training and performance opportunities for talented young musicians from across New Jersey and the surrounding region. Through rigorous musical instruction, inspiring performance experiences, and a commitment to artistic excellence, NJYS prepares the next generation of musicians, leaders, and engaged citizens.

Wharton Arts' mission is to offer accessible, high quality performing arts education that sparks personal growth and builds inclusive communities.

Wharton Arts' vision is for a transformative performing arts education in an inclusive community to be accessible for everyone.

Wharton Arts is New Jersey's largest independent non-profit community performing arts education center serving over 2,000 students through a range of classes and ensembles. The 15 ensembles of the New Jersey Youth Symphony, which serve nearly 600 students in grades 3–12 by audition, inspire young people to achieve musical excellence through high-level ensemble training and performance opportunities.

Wharton Arts is located in Berkeley Heights, New Providence, and Paterson, NJ and reaches students from 12 counties. All of Wharton Arts' extraordinary teaching artists, faculty members, and conductors hold degrees in their teaching specialty and have been vetted and trained to enable our students to achieve their personal best.

THE HARVARD HAPPINESS STUDY EXPLORES WHAT GIVES US TRUE JOY IN "THE GOOD LIFE" FILM

BY MABEL PAIS

"The Good Life," a new film directed by Emmy and Peabody Award winning producer/director Mark Mannucci, explores what makes our lives on this planet worthwhile, giving us true joy. This film screening will take place on Tuesday, June 23 at 6 pm at the Victoria Theatre of the New Jersey Performing Arts Center (NJ PAC), the executive producer of the film.

We now live years, maybe decades longer than our ancestors. How do we make all our years worthwhile? The film "The Good Life" attempts to answer this question — for retirees, for mid-career strivers, for everyone engaged in the never-ending process of growing up.

SCREENING

This is an invite to a free community screening of "The Good Life." The film chronicles ordinary and extraordinary



Film: The Good Life.

Credit: <https://njpac.org>

lives, giving the audience a glimpse of the profound connections between love and community, between happiness and longevity, and exploring how to make every year of your life a time of wonder and discovery.

WATCH THE TEASER BELOW:

<https://vimeo.com/1192366547/6a56a6a428?fl=pl&fe=cm>

HARVARD STUDY

"The Good Life" is based on the findings of the Harvard Study of Adult Development — better known as the "Harvard Happiness Study," an eight-decade-long scientific investigation into what brings us genuine joy. The film illustrates the study's results through the stories of five people at different stages of life, from Christopher Taylor, a 25-year-old Newark native who dances with the Alvin Ailey American Dance

Theater, to D'yan Forest, a 91-year-old stand-up comedian.

In between, study directors Drs. Robert Waldinger and Marc Schulz discuss their discoveries — and celebrities including Oscar-winner Rita Moreno, former New York Yankees outfielder Bernie Williams, comedian Susie Essman and astrophysicist Neil deGrasse Tyson talk about what's fueled their long careers.

REGISTRATION

Registration is required though the screening is free.

Register @ <https://njpac.org/event/the-good-life/#register>

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



NARTAN RANG DANCE ACADEMY



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NRITYA RANJANI 2026

Nritya Milan...A JOURNEY OF LOVE

Choreographed by: Swati Vaishnav, Siddhi Vaishnav

Sunday, June 28th, 2026

Showtime: 5:30PM

Admission: \$35.00



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Jacqueline Fernandez signs horror film; teaser and song already shot

Jacqueline Fernandez is all set to step into the horror genre with her first-ever full-fledged horror film. The actress, who has been looking for the right script in this space for quite some time, has finally found a project that excited her. According to sources, the film will combine horror, emotion, and music, offering audiences a complete theatrical experience. Jacqueline will play the lead role, while two male actors have already been finalized for the project. The makers are keeping the title, cast details, and director under wraps for now.

The film will be produced by Khyati Madaan's Not Out Entertainment on a grand scale. An official announcement is expected soon. Sources further reveal that a teaser and a song for the film have already been shot, and the cast is currently undergoing workshops. The film is expected to go on floors by the end of this month. Interestingly, while Jacqueline has previously appeared in *Bhoot Police*, that film was a horror-comedy. This upcoming project marks her first complete horror film. According to sources close to a newswire, Jacqueline had been searching for the right horror script for quite some time. She was reportedly keen on making her entry into the genre with a story that offered more than just scares.

The source said that what attracted the actor to the project was its combination of horror, emotion and music. The film is said to be designed as a complete theatrical entertainer rather than a conventional horror film.

While Jacqueline will play the lead role, two male actors have already been finalised for the project. However, the makers have chosen to keep details about the cast, director and storyline under wraps for now. An official announcement is expected in the coming weeks.

The yet-to-be-titled film will be produced by Not Out Entertainment, headed by producer Khyati Madaan. The project is being mounted on a large scale and is expected to target a theatrical release.

Main Vaapas Aaunga: Returning to Partition's lost world

Imtiaz Ali's *Main Vaapas Aaunga* (I Will Return) offers a timely and thoughtful counter to the spate of hyper-jingoistic films currently flooding Bollywood. When history's borders are being redrawn in the heart, Ali has made a film against the current—one that seeks to remind people that a collective trauma demands contemplation, not a justification for renewed hatred.

It is a pleasure to see Naseeruddin Shah as Ishar Singh Grewal, a man abandoned by fate and history. His family did not understand his idiosyncrasies because they were unaware of the wounded flower in his heart. Grewal is torn apart, like millions of others, by the Partition of 1947. Heartbreakingly clueless Muslim and Sikh characters from Punjab hear about Partition in the film like a storm brewing from the political centre, one that will soon engulf them. Even if they were among the apolitical elites, they appear more humane than the elite political class that orchestrated the communal carnage and the subaltern foot soldiers who carried it out. History does not always conform to neat moral divides and ideological correctness.

It was largely Jinnah and the Muslim League's gift of death to the subcontinent. Holding political formations responsible is separate from blaming communities. Everyone knows Hindus, Muslims, and Sikhs were all guilty of gruesome violence. *Main Vaapas Aaunga* is a great reminder that if communities lose their moral compass and commit brutal violence against each other in the name of nationalism, they legitimise state power and allow it to control and manipulate this communal pathology. The actual event of Partition—and who was primarily responsible for it—must be separated from the longer narrative. Hamid Dalwai made the point in *Muslim Politics in India* that Jinnah did not fight Savarkar and Golwalkar, but rather "accused Gandhi of being a Hindu communalist".

When the Sikhs in *Main Vaapas Aaunga* come to know that India is going to be divided, their central bewilderment says it all: how can neighbourhoods comprising all communities suddenly become inhabitable for some? The Partition of India was the ruthless destruction of the neighbourhood. I have argued in my book on Gandhi that a nation at war is understandable, even if tragically and reprehensibly so. As a territorial idea, the nation is open to the possibility of war.



But if a neighbourhood goes to war, it goes against its own existence. The neighbourhood is the moral fulcrum of human society. Gandhi mourned the death of neighbourhoods when he walked through the devastated streets of Calcutta, Noakhali, and Bihar. It was necessary for the League to destroy neighbourhoods in order to justify and fortify the discourse of Partition. Muslims, Hindus, and Sikhs played into this logic.

A nervous Sikh character in the film says, "Refugees don't have the right to be angry." I felt the same sense of frustrated vulnerability as a traumatised adolescent in Assam after being designated a "foreigner". Refugees are people who are exploited and harmed due to their displaced political status even if they have citizenship rights. Having lost their original neighbourhood, their lives and livelihoods are at the mercy of ethnonational majorities.

Karan Johar bets on Alpha trailer, says Alia and Sharvari are 'Block a Buster'

Karan Johar is all in for *Alpha*. Hours after the trailer of the Alia Bhatt and Sharvaristarrer dropped on Wednesday, the filmmaker showered praise on the action thriller, calling it a "Block a Buster" and celebrating the film's "girl power". His post also caught fans' attention as he tagged both Alia and Sharvari, weeks after social media users pointed out that Sharvari was missing from his teaser post. Sharing the trailer on his Instagram Story, Johar wrote, "Get Set GO!!!! #ALPHA. This rock and roll actioner screams GIRLPOWER in the best way! @aliaabhatt and @sharvari are on a mission to Block a Buster!"

He also praised the film's supporting cast and the team behind it.

"OG energy with @anilskapoor and @iambobbydeol! Shiv Rawail makes his bada screen debut with a BANG!



Pave the way @yrf! You are the mega creator of this mazedaar universe!!!!" he added.

Johar's latest post comes after his reaction to the *Alpha* teaser had sparked discussion online. While he was among the first celebrities to

reshare the teaser and cheer for Alia Bhatt, some users noticed that he had not tagged Sharvari. However, Sharvari did not feature in the teaser, with her character being introduced only in the newly released trailer.

The trailer positions Alia and Sharvari as elite operatives taking on Bobby Deol's menacing antagonist. It also appears to answer one of the biggest fan theories surrounding the film.

While many had speculated that Bobby Deol would play Alia's father, the trailer instead suggests that his character kidnaps Sita as a child and raises her to become a deadly assassin. Years later, she turns against him as he sets out to wage war against India. Sharvari joins Sita on the mission, while Anil Kapoor appears to mentor the two agents through their high-stakes operation.



Elizabeth Olsen set to welcome first child with husband Robbie Arnett, shows off baby bump

Marvel star Elizabeth Olsen, best known for portraying Wanda Maximoff, aka the mystical sorceress Scarlet Witch, is expecting her first child with her musician husband Robbie Arnett.

According to People, Olsen was recently spotted at an LA restaurant, wearing a white button-down shirt with the bottom left partially open to reveal a visible baby bump. The mom-to-be was seen gently holding onto her stomach as she walked down the road.

Elizabeth Olsen and Robbie Arnett have been known for keeping their relationship private since their dating days in 2017. The couple met through a mutual friend while vacationing in Mexico in 2017. They moved in together the following year, as per Page Six.

In 2019, they were reported to be engaged, with a source confirming the news. In June 2021, Olsen surprised everyone by referring to Arnett as her "husband" during an interview.

"I also just noticed that my husband put Little Miss Magic," she said, gesturing to a book from the Little Miss book series.

It was eventually in 2022 that the actor confirmed that she and Arnett had secretly gotten married. "We eloped and then we had a wedding at another time. It was before COVID," she said, as per Page Six.

Olsen, who launched her career with the 2011 independent film Martha Marcy May Marlene, has since appeared in several major studio productions.

She is widely recognised for her role as Scarlet Witch in the Marvel Cinematic Universe, including her most recent appearance in 2022's Doctor Strange in the Multiverse of Madness. Olsen starred as Scarlet Witch in Disney's 2021 show WandaVision.

It's official, Tom Holland confirms marriage to Zendaya

Actor Tom Holland has finally confirmed that he is married to Zendaya, putting months of speculation surrounding the couple's relationship to rest. The actor made the revelation during a recent interview with Esquire, where a candid response about viral AI-generated wedding photos appeared to confirm that the pair had already married.

Holland was discussing fake AI-generated images that showed him and Zendaya getting married at Italy's Lake Como when he revealed that his grandmother had initially believed the pictures were real and wondered why she had not been invited.

When asked if anyone else had been fooled by the images, Holland replied, "No, because they were all there," confirming that his friends and family had attended the wedding.

The actor, however, chose not to elaborate further, saying with a smile, "That's all you'll get on that."

Rumors of a secret wedding had been circulating for months. The speculation gained momentum in March when Zendaya's longtime stylist, Law Roach, hinted that the ceremony had already taken place. Speaking to Access Hollywood on the red carpet, Roach joked, "The wedding has already happened. You missed it."

Neither Holland nor Zendaya addressed the rumors at the time,



making the actor's latest remarks the first public confirmation of their marriage.

"Our business can present very stressful situations, and it's really nice to have a bedrock of a relationship that will stand the test of time. We can support each other in ways that only we can, because only we really understand what it's like to live this life, and I think that is such a luxury, because I just don't understand how I would be able to have anything like that with anyone else," he said.

Holland also called Zendaya his "person" and his "best friend."

"She's my best friend, and I'm the happiest I have ever been when I'm with her, but I have also never felt so supported and safe, ever. Period," he added.

The couple, who first met while filming Spider-Man: Homecoming (2016) and have largely kept their relationship out of the spotlight, have long been the subject of wedding rumours.

The duo recently attended a photocall for the upcoming Marvel film Spider-Man: Brand New Day in Madrid. Their last joint red-carpet outing was during the premiere of Spider-Man: No Way Home in December 2021.

Leaked Avengers: Doomsday clip hints at MCU's biggest crossover battle yet

Leaked footage from Avengers: Doomsday has surfaced online, appearing to reveal Robert Downey Jr.'s Doctor Doom deploying a Sentinel army against the X-Men in what could be one of the Marvel Cinematic Universe's most ambitious crossover events to date.

The clip, which is currently circulating across social media and fan forums, has quickly attracted attention because Marvel Studios had so far kept the scale of the film's central conflict firmly under wraps. While previous teasers introduced different corners of the MCU, they stopped short of showing how the various storylines and characters would eventually converge.

According to the footage available online, Doctor Doom appears to command a force of Sentinels, the giant mutant-hunting robots traditionally associated with the X-Men comics. The sequence reportedly shows the machines advancing as Earth's mightiest heroes and mutant teams scramble to respond.

Although the leaked material is of poor quality, it offers what many fans believe is the clearest look yet at the film's overarching threat and the role Doom could play in bringing together multiple factions across the MCU.

The leak marks a rare breach in Marvel's tightly controlled marketing campaign. Since announcing the film, the studio has carefully revealed characters and story threads in stages, avoiding major plot details.

Interest in the project has remained high since San Diego



Comic-Con 2024, where Downey surprised audiences by confirming his MCU return as Doctor Doom rather than Tony Stark. Marvel has since focused on building anticipation while withholding footage of the crossover's biggest moments.

Avengers: Doomsday is scheduled to arrive in cinemas on December 18, 2026. Joe and Anthony Russo return to direct the film following their work on Avengers: Endgame.

The ensemble cast includes Anthony Mackie as Captain America, Pedro Pascal as Reed Richards, Vanessa Kirby as Sue Storm, Patrick Stewart as Professor X, Rebecca Romijn as Mystique and Downey as Doctor Doom. The film will be followed by Avengers: Secret Wars, which is set for release in December 2027.



Israel cuts contact with EU top diplomat over apartheid remark

JUNE 19, 2026

JERUSALEM (TIP): Israel on Thursday, June 18, announced that it was severing all contact with European Union High Representative for Foreign Affairs and Security Policy Kaja Kallas, with Israeli Foreign Minister Gideon Sa'ar accusing her of displaying "blatant unfairness" towards the Jewish state and alleging that she had compared Israel to apartheid-era South Africa.

The move marks a sharp escalation in tensions between Israel and the European Union's top diplomat amid growing international criticism of Israel's actions in Gaza and widening differences between Jerusalem and several European governments over the conflict.

In a strongly worded statement, Sa'ar said Kallas had been acting "obsessively" against Israel for some time and referred to reports that during a recent visit to Mexico she had likened Israel to the racist apartheid regime that once existed in South Africa. The European Union remains a vocal critic of Israel's West Bank settlement expansion, categorizing the outposts and housing units as a violation of international law.

Ukraine sets Moscow refinery ablaze in biggest attack in years

JUNE 13, 2026

MOSCOW (TIP): Ukraine on Thursday, June 18, launched its largest drone attack on Moscow in years, sparking fires, hitting a major oil refinery and forcing evacuations at the country's largest airport.

Russia vowed to retaliate for the attack as AFP reporters saw dramatic scenes of black smoke billowing over the capital's southern skyline and drops of black rain mixed with soot falling from the sky.

At least 17 people were wounded in the strikes, which also set a shopping centre and apartment building ablaze, authorities said.

The attack came as Russian President Vladimir Putin hosted Southeast Asian leaders at a summit in the central city of Kazan, about 700 kilometres (435 miles) east of Moscow.

The Russian leader was yet to comment on the strikes, despite issuing delivering press statements through the day, though his Foreign Minister Sergei Lavrov vowed Moscow would retaliate with its own "massive" strikes on Ukraine.

Ukraine's Volodymyr Zelensky said the attack was an "absolutely justified response" to deadly strikes on Kyiv -- including one earlier this week on a landmark cathedral and a UNESCO-protected 11th-century monastery.

He said he wanted Russians to put pressure on Putin for the consequences of Europe's worst conflict since World War II.

"The main thing is that the people of Russia begin to feel that it is one man, Putin, who is waging this war, while ordinary people pay the price for everything," Zelensky told reporters, including AFP.

"If Ukraine is going to burn, your Moscow will burn too," he added.

Moscow has hit Ukraine with daily barrages of missiles and drones.

Airport closures

It was the second time this month that Kyiv launched a major attack during an international summit, after striking Saint Petersburg at the start of a landmark economic forum near the city.

Moscow's airports were shut for hours, leading to hundreds of flight delays.



The country's busiest -- Sheremetyevo -- announced it had evacuated passengers to "safe locations" during the barrage, before it re-opened at around 11:00 am (0800 GMT).

Konstantin, walking near the refinery in the southeastern Kapotnya district, told AFP he had "never seen anything like it".

Valentina, a 29-year-old manager said she was woken up by the noise.

"It's really scary," she told AFP, walking in the park with her daughter, the huge column of smoke behind them.

Moscow Mayor Sergei Sobyenin said that "several drones" had reached the Moscow oil refinery, without specifying damage to the facility.

Authorities announced they had closed traffic on streets nearby.

Another drone crashed into an apartment building, while drone debris sparked a fire at a shopping centre near the capital's suburbs.

One social media video showed smoke pouring from the upper floors of an apartment block, while a woman behind the camera could be heard weeping in distress.

UAE Announces Social Media Ban For Children Under 15

JUNE 19, 2026

ABU DHABI (TIP): The United Arab Emirates announced a social media ban for children under 15 on Thursday, June 18, joining a growing group of countries including Australia, Britain and Canada to take similar measures.

Social media platforms will have to monitor and disable accounts created by under-15s or risk being blocked, a cabinet resolution said, giving them a 12-month transition period.

"The resolution sets the minimum age for social media use at 15 years," the official WAM news agency said, citing the cabinet resolution.

"Children below this age are prohibited from creating, using, or operating personal accounts on social media platforms."

They are also barred from "accessing the full features of such platforms, including social interaction, publishing, commenting, sharing, joining public groups, open channels, or any large-scale interactive spaces", it said.

After Australia began a world-first social media bar for under-16s in December, a number of countries have followed suit including Britain, which announced a ban this week.

The UAE's bodies controlling media and telecommunications have "authority to take all necessary measures (against social media platforms in the event of non-compliance", WAM said.

These include "warning or partial or full blocking of platforms or the imposition of applicable administrative penalties".

Lula calls on Trump not to 'meddle' in Brazil's elections

JUNE 19, 2026

ISTANBUL (TIP): Brazilian President Luiz Inacio Lula da Silva called on US President Donald Trump to refrain from interfering in Brazil's domestic political affairs.

"Don't meddle in the Brazilian elections, because the Brazilian elections are a problem for Brazil," Lula told reporters following the G7 summit on Wednesday.

While acknowledging the US president's right to personal and ideological preferences, Lula emphasized that nations must respect each other's sovereignty.

He noted that Trump is free to maintain his friendship with the Bolsonaro family, adding: "It's his problem. There's no accounting for taste."

Lula's remarks follow a recent White House meeting between Trump and Brazilian Senator Flavio Bolsonaro, son of former President Jair Bolsonaro. Flávio



Bolsonaro, a candidate in Brazil's 2026 presidential race, used the visit to criticize Lula's administration and lobby against US tariffs.

Trump and the elder Bolsonaro enjoyed a close right-wing political friendship, particularly during Bolsonaro's presidency and Trump's first term. Following Bolsonaro's conviction in Brazil, Trump publicly defended him, criticizing the trial as unfair and threatening possible retaliation through tariffs or sanctions.

Wave of Persian Gulf oil set to leave Asian refiners swamped

JUNE 19, 2026

BANDAR ABBAS (TIP): An impending wave of oil that's been trapped inside the Strait of Hormuz is set to be unleashed on Asia, which would suddenly swamp a region that had managed to make up for lost supply in recent weeks.

Around 31 supertankers, capable of carrying about 62 million barrels of crude, are stuck inside the Persian Gulf and set to sail out once the waterway opens up, according to Signal Group data. The actual tally may still be higher yet, with some vessels possibly turning their satellite transponders off.

The gush could happen soon after the U.S. and Iran signed an interim deal that will see the strait reopen. The oil would take about one week to get to India, or three weeks to East Asia.

The crude, however, is coming at a time when refiners in Asia are already well supplied for this month and next after scrambling to replace Middle Eastern flows, according to traders familiar with the matter, who asked not to be named as they're not authorized to speak publicly. They'd also cut processing rates as high prices curbed demand for fuels. It's a stark reversal from the early stages of the war, when prices were spiking and the oil market was warning of dramatic shortages. Refiners locked in purchases from places such as the U.S., while China had largely stayed out of the market, and countries such as Japan tapped local storage. At the same time, Persian Gulf sellers such as Abu Dhabi National Oil Co. and Kuwait Petroleum Corp. have been marketing supply and getting some of their barrels out of Hormuz. Oil production in Iraq has also jumped and is set to continue climbing.

Already, more tankers are moving out of the Persian Gulf. Three oil supertankers controlled by Bahri, Saudi Arabia's national shipping company, emerged in the Gulf of Oman on Thursday after last being seen inside the Persian Gulf about two months ago.

JUNE 19, 2026

TEHRAN (TIP): Iran has said that its missile program would not be part of future negotiations with the United States, after the two sides agreed a framework deal for ending their war.

US President Donald Trump and Iranian President Masoud Pezeshkian signed a memorandum of understanding early Thursday, ending a regional war that erupted on February 28 with US-Israeli strikes.

The agreement lays the groundwork for detailed negotiations on Iran's nuclear program and sanctions relief for Tehran.

There is no mention in the deal of Iran's missile program, a longstanding concern for Washington and its ally Israel.

"Our missiles do not like at all to be talked about by anyone," foreign ministry

Starmer rival Andy Burnham seeks win in local UK poll pivotal to PM's fate

JUNE 19, 2026

LONDON (TIP): Britain is holding a key local election on Thursday that could trigger the endgame for Labour leader Keir Starmer's beleaguered premiership, or win him a reprieve.

Labour party veteran and Greater Manchester Mayor Andy Burnham is looking to win the parliamentary by-election for the Makerfield constituency in northwestern England so that he can then try to replace Starmer as prime minister.

Polling stations opened at 7am (0600 GMT). They will close at 10pm, with counting due to begin straight away.

Pollsters expect Burnham to win the historic contest, but he faces a tough fight from the hard-right Reform UK party.

"Almost undoubtedly it's in the hands of the voters of Makerfield as to whether or not Burnham becomes prime minister," said political scientist John Curtice.

"If Burnham does win, his path to 10 Downing Street looks to be relatively assured. If they deny him the opportunity, it may be that Starmer will survive, at least for the time being," he said.

Starmer, in power since July 2024, has been clinging to power by his fingernails since Labour suffered a drubbing in local and regional elections last month.

He has been rocked by several policy U-turns and a scandal over his appointment of ex-Jeffrey Epstein associate Peter Mandelson as the UK's ambassador to Washington.

The 63-year-old prime minister has endured several ministerial resignations and rock-bottom personal poll ratings, with Reform leading national surveys for over a year.

But Starmer, an ex-lawyer who has



Andy Burnham, centre, is bidding to return to parliament after a nine-year absence. AFP

refused to quit, insists his landslide election victory over the Conservatives 21 months ago gives him a five-year mandate to govern.

'King of the North'

Impatience within the centre-left Labour party ramped up in May when Labour MP Josh Simons announced he would stand down so Burnham could try to return to parliament and run for leader.

While Makerfield's 76,000 electorate typically votes Labour, Simons won a majority of only around 5,300 at the 2024 general election.

Reform, led by anti-immigrant firebrand Nigel Farage, also won every council ward in the predominantly white, working-class area during last month's council polls.

But the personal popularity of Burnham – a three-term mayor of Greater Manchester nicknamed the "King of the North" – is likely to see him triumph over Reform candidate Robert

Kenyon, polls predict.

Local plumber Kenyon has also been dogged by offensive remarks he previously made about women, while the far-right fringe Restore Britain party is expected to split the hard-right vote.

In Ashton-in-Makerfield, 61-year-old Hazel Ellis told AFP she planned to vote for Reform.

"I'm willing to give them a go because this is the last hope for Britain now," she said. In nearby Bryn, twenty-three-year-old Finn Knowles told AFP Burnham was "a better option" than Starmer.

"He doesn't really know what he wants to do," the pub worker said of the prime minister.

Burnham, who polls show is Labour's most popular politician, hails from the party's so-called soft-left wing and has been an outspoken critic of Starmer's more-centrist rule.

Under Labour party rules, leadership candidates must be an MP, which Burnham was between 2001 and 2017.

Iran says missile program not part of talks with US



spokesman Esmail Baqaei said in an interview with Iranian state television.

"Iranian missiles are only for firing, not for negotiations. Iran's defense capability will not be discussed in any

way, in any process or with any party."

During the nearly 40-day war, Iran's missile infrastructure came under heavy US-Israeli bombardment, but Tehran continued to respond with missile and

drone attacks across the region.

Before the war, US Secretary of State Marco Rubio had warned that Iran would need to negotiate over its ballistic missile arsenal, which Washington views as a threat to Israel and US military bases in the region. Iran has repeatedly refused to discuss what it describes as its defensive capabilities. On Wednesday, Trump appeared to soften his position, saying it would be "unfair" for Iran not to have missiles. "I'm saying that if other countries have them, it's a little bit unfair for them not to have some," Trump said.

"A ballistic missile is not the same thing as what we are talking about when we talk nuclear."

Prime suspect in Sikh couple murder case in Pakistan arrested

JUNE 19, 2026

ISLAMABAD (TIP): Police have arrested the prime suspect in the double murder case involving a Sikh caretaker couple who were shot dead at a gurdwara in Pakistan's Khyber Pakhtunkhwa province, officials said.

Jagannath and wife Asma Wanti served as caretakers of the gurdwara at Babu Mohalla in Mardan district, about 60 km northwest of Peshawar. They were shot dead on Wednesday, June 17.

Addressing a press conference on Thursday, June 18, Mardan District Police Officer (DPO) Masood Ahmad Bangash said the prime suspect in the case had been arrested.

The suspect has been identified as Sher Shah, a resident of Amazugari.

Bangash said investigations conducted by a Joint Investigation Team (JIT), comprising police officials, Counter-Terrorism Department (CTD) personnel and other senior authorities, have so far found no evidence linking the suspect to any banned outfit, terrorist organisation or organised network.

The motive behind the killings remains unclear, and authorities are examining all possible angles in light of the suspect's statements and other evidence collected so far, the DPO said.

Bangladesh tense over construction of tallest Lord Ram statue

Construction of an 81-foot Lord Ram statue in Bangladesh has been paused after threats from radical Islamist groups. The move has triggered protests and renewed debate over religious freedom and minority rights under Tarique Rahman.

Once completed, it would have been the largest statue of Lord Ram in Bangladesh, standing at 81 feet. However, the construction of the statue, already around 80% completed, has been halted following threats from radical Islamist outfits. The development comes after weeks of sustained pressure on social media, with Islamist preachers calling for the statue's demolition. It has not only sparked protests from the Hindu community but also renewed concerns over religious freedom and minority rights in Bangladesh under Tarique Rahman.

The controversy comes at a time when tensions between India and Bangladesh have resurfaced. Earlier this week, the Bangladesh Prime Minister's adviser, Zahed Ur Rahman, was briefly stopped by immigration authorities at the Delhi airport. It was due to his history of combative remarks against India. Rahman abandoned his India visit, with Dhaka lodging a strong protest with Delhi over the "humiliating treatment".

Pak plans to deploy submarines in Bay of Bengal, a first since 1971

JUNE 18, 2026

ISLAMABAD (TIP): The name Hangor evokes history. In 1971, Pakistani submarine PNS Hangor sank India's INS Khukri during the India-Pakistan war. That was the first instance where an Indian Navy warship sank in wartime since Independence and one of the Pakistan Navy's most celebrated naval strikes. However, the sinking of INS Khukri did little to alter the 1971 war's outcome. Pakistan suffered a crushing defeat, as Indian forces on land, air and sea crushed the Pakistanis and helped secure Bangladesh's liberation.

Fifty-five years after the 1971 bloody nose, which wiped out the Pakistani presence in the Bay of Bengal, another Pakistani Hangor is making headlines. Pakistan's first Hangor-class submarine, after being commissioned in China in April, arrived in Karachi last week. And, senior Pakistani naval officers are already talking about a role far beyond Pakistan's naval front yard, the Arabian Sea.

According to a senior Pakistan Navy officer, the submarine could give Islamabad the ability to maintain a presence in the Bay of Bengal, a region far from home, where Pakistan's naval footprint has been negligible since the 1971 war, when Islamabad lost half its territory.

The revelation of this Pakistani ambition by the senior Pakistan Navy officer comes amid improving civilian and military ties between Pakistan and Bangladesh and a wider naval competition unfolding across Indian Ocean states, including India.

Since Pakistani forces, including its Navy, were defeated by the Indian military in 1971, the Pakistani naval presence was largely restricted to the northern Arabian Sea.

The Bay of Bengal, by contrast, has traditionally been an area where India enjoys significant geographical and strategic advantages. Home to India's Eastern Naval Command in Vishakhapatnam and close to the Andaman and Nicobar Islands, the Bay of Bengal has become increasingly important for goods and energy trade between India and Bangladesh.



The water body, whose littoral states are India, Bangladesh, Myanmar, Thailand, Malaysia, Indonesia, and Sri Lanka, has also assumed geopolitical importance amid a rise of competing naval powers in the Indo-Pacific.

That is why the remark made by the senior Pakistani Navy officer earlier this month in Sri Lanka is significant.

According to Colombo-based news outlet The Morning, Commodore Omer Farooq, commander of the flotilla escorting the new submarine home, said the induction of the Hangor-class would give Pakistan the reach to maintain a presence in the Bay of Bengal.

Farooq described the submarine as a "game changer" and noted that Pakistan planned to induct eight submarines of the class, reported The Morning on June 7.

Farooq had stopped in Sri Lanka on his way to Pakistan from China. The comments were made at an event onboard Pakistani frigate PNS Taimur at the Colombo Port.

Before PNS Hangor's arrival, the Pakistan Navy operated five submarines. The new Chinese-built Hangor-class submarines are intended to replace ageing Agosta submarines.

JUNE 19, 2026

KABUL (TIP): Little Afghan girls are being sold in marriage. Taliban's new family law has normalised child marriage and made it impossible for women to divorce their husbands.

In a country where women are kept away from education, jobs, or any public life, most citizens are struggling for basic needs. It makes sense because half of the population isn't allowed to work. Beaten down by the state of the economy, parents have had to sell their children, mostly daughters.

"If they have to sell one child for the sake of the rest, they always pick a girl," Zahra Nader, editor-in-chief of Zan Times, was quoted as saying. "And the most common way that a girl can be sold is in marriage." Nader is an Afghan woman exiled in Canada.

She added that by introducing the new law, Taliban is trying to remove women from society and normalise child marriage. By making them create families so young, the regime is also making sure that these women never escape their homes. The new law makes divorce impossible for women without the husband's consent. The young girls in forced marriages have also reportedly been dealing with domestic violence at an increasing rate. Then they are forced into

Taliban's family law makes divorce harder, child marriage easier in Afghanistan



staying in the marriage by society. According to the authoritative regime, a child stops being a child after the age of nine. This way, she can be married off any time after that.

Since Taliban banned education for girls above the age of 11, over 70 per cent of women have been forced into marriage, and 66 per cent of them are under the age of 18, according to a Guardian report. In May this year, many Afghan women staged a protest against the new family law. Women's rights activists said that it is a form of systemic violence against women and children.

Predictably, it made no impact on the regime. Apart from taking gender equality further back by decades, the new decree is also expected to increase poverty in Afghanistan.

"Taliban restrictions on women are likely to increase the country's dependence on humanitarian assistance even as international aid budgets continue to shrink," a Nikkei Asia report said. Women, who account for half of the population, aren't able to participate in the country's economy. Experts also said that it will amount to larger families and more pressure on the healthcare system.

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SATURDAY, JUNE 20, 2026,
11:00 A.M. -12:30 P.M.
(EST, New York Time)
ZOOM ID & PASSCODE
Meeting ID: 709 536 8686
Passcode: gopio

Guest Speakers

Prof. Indrajit Saluja
Publisher - The Indian Panorama

Indu Jaiswal
Director of Nutrition Promenade RHC

Meera Gandhi
Philanthropist

Beena Kothari
President - AIA

Rev. Paul Sladkus
Founder - Good News Corporation

Neha Lohia
Conscious Filmmaker

Anil Narang
Vegan Ambassador

Tara Sajan
Assistant Director of Nursing

Anmarie Bhola
Engineer & Author

Carolina Preto
Ayurveda Expert

Megi Kurdadze
President - Powerful Mgmt & Tech Ctr

Victoria Moran
Author & Podcast Host

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Sikh History This Week

JUNE 19, 1595 - GURU ARJAN DEV JI COMPLETES COMPILATION WORK ON SIKH HYMNS



During the late sixteenth century, Guru Arjan was actively collecting and preserving the sacred hymns of the Sikh Gurus and various Bhagats. These efforts would eventually culminate in the compilation of the Adi Granth in 1604, one of the most significant achievements in Sikh history. Guru Arjan Dev Ji's work ensured that Sikh teachings were preserved in their authentic form for future generations.

JUNE 20, 1606 - MARTYRDOM REMEMBRANCE OF GURU ARJAN DEV JI

The martyrdom of Guru Arjan Dev Ji is generally commemorated in June and often falls close to this week. Guru Ji was arrested during the reign of Mughal Emperor Jahangir and subjected to severe torture in Lahore. Refusing to compromise Sikh principles, he accepted the Divine Will with serenity and devotion.

His martyrdom marked a turning point in Sikh history. It transformed the Sikh Panth from a primarily spiritual community into one prepared to defend justice and religious freedom. The Guru's famous words, "Tera Kiya Meetha Lage" ("Sweet is Thy Will"), continue to inspire Sikhs around the world.

JUNE 21, 1606 - GURU HARGOBIND SAHIB JI ASSUMES LEADERSHIP



Following the martyrdom of his father, Guru Hargobind assumed the Guruship. Recognizing the changing political realities, Guru Hargobind introduced the concept of Miri-Piri, representing the integration of temporal and spiritual authority. He began wearing two swords symbolizing these principles and later established the Akal Takht opposite Harmandir Sahib, laying the foundation of Sikh sovereignty.

JUNE 19 TO JUNE 25

JUNE 21, 1984 - SIKH COMMUNITY MOURNS AFTER OPERATION BLUESTAR

In the weeks following Operation Bluestar, Sikh communities worldwide organized prayer meetings and memorial services. The operation at Harmandir Sahib deeply affected Sikhs globally and remains one of the most significant events in contemporary Sikh history.

JUNE 22, 1710 - BANDA SINGH BAHADUR CONSOLIDATES SIKH RULE



After defeating Mughal forces at Sirhind, Banda Singh Bahadur continued consolidating Sikh authority across Punjab. He introduced revolutionary land reforms, granting ownership rights to cultivators and weakening the power of oppressive landlords. His administration reflected Sikh ideals of justice and equality.

JUNE 22, 1757 - SIKH RESISTANCE TO AHMAD SHAH ABDALI

During the eighteenth century, Sikh forces repeatedly challenged Afghan ruler Ahmad Shah Durrani, also known as Ahmad Shah Abdali. Despite repeated invasions, Sikh jathas and misls conducted guerrilla campaigns, eventually emerging as the dominant power in Punjab.

JUNE 23, 1757 - RISE OF THE SIKH MISLS

While the British gained influence in eastern India following the Battle of Plassey, Sikh Misls were simultaneously strengthening their position in Punjab.

The twelve major Sikh Misls expanded their territories and established local administrations, setting the stage for the eventual unification of Punjab under Maharaja Ranjit Singh.

JUNE 23, 1838 - FINAL YEAR OF MAHARAJA RANJIT SINGH'S RULE



This period marked the last year of the reign of Maharaja Ranjit Singh, who would pass away the following year.

Known as the "Lion of Punjab," he united the Sikh Misls into a powerful empire extending from the Khyber Pass to the Sutlej River. His rule was characterized by religious tolerance, administrative efficiency, and military strength.

JUNE 24, 1710 - SIKH COINAGE ISSUED BY BANDA SINGH BAHADUR



Around this period, Banda Singh Bahadur issued coins in the names of Guru Nanak and Guru Gobind Singh. This was a historic assertion of Sikh sovereignty. The coins symbolized that political authority was being exercised in accordance with Sikh principles rather than personal ambition.

JUNE 24, 1839 - DEATH OF MAHARAJA KHARAK SINGH'S ADVISER RAJA DHIAN SINGH'S GROWING INFLUENCE

Following the declining health of Maharaja Ranjit Singh in 1839, court politics intensified. Powerful nobles such as Raja Dhian Singh Dogra increasingly influenced state affairs, foreshadowing the instability that would later affect the Sikh Empire.

JUNE 24, 1984 - DISCUSSIONS ON RECONSTRUCTION OF AKAL TAKHT

The rebuilding of the Akal Takht became a major issue following the damage sustained during Operation Bluestar. For Sikhs, the Akal Takht represents temporal authority and collective decision-making. The reconstruction debate reflected broader questions about Sikh identity and autonomy.

JUNE 25, 1975 - AKALI DAL OPPOSES THE EMERGENCY

When the The Emergency was declared, the Shiromani Akali Dal emerged as one of the strongest opponents of authoritarian rule. Thousands of Akali volunteers participated in peaceful protests and courted arrest in defense of democratic rights. Their movement became one of the most significant organized resistances to the Emergency.

JUNE 25, 1984 - PUNJAB UNDER CURFEW AND MILITARY PRESENCE

By this date, Punjab remained under heavy security following Operation Blue Star. Gurdwaras across the world held continuous prayers and recitations of Gurbani for peace and healing.

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I, Gurmeet Kaur W/o Jasvir Singh, resident of House No.68-B, Street No.3, P.O. Bahadurgarh, Kasba Rurki, Patiala, Punjab-147021, Punjab (India), do hereby solemnly affirm and declare as under: -

1. That, I am permanent resident of the above-mentioned address.
2. That, Amandeep Singh is my nephew who is the biological son of my brother Angrej Singh.
3. That, the parents of Amandeep Singh had died, Angrej Singh had died on 26/01/2001 and Kulwinder Kaur had died on 09/09/2005.
4. That, after the death of my brother Angrej Singh and Sister-in-law Kulwinder Kaur, their son Amandeep Singh is residing with me, and I am taking care of Amandeep Singh since 2005 and till today I am the Legal Guardian of Amandeep Singh because Amandeep Singh's Grand parents were not capable to take care of Amandeep Singh.
5. That, since the year 2005 I and my husband Jasvir Singh, fed and protected Amandeep Singh as my biological son and if Amandeep Singh used our name as parents/Guardian in his documents we have no objection to it.
6. This is for the information of all concerned.

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Turn back the clock: Effective ways to prevent wrinkles

Ageing is a natural process that every individual experiences, but the appearance of wrinkles, fine lines, and sagging skin often prompts people to seek ways to maintain a youthful complexion. While it is impossible to stop ageing altogether, healthy lifestyle choices and proper skincare can significantly delay the visible signs of skin ageing. Understanding why wrinkles form and how to protect the skin can help preserve its health, elasticity, and radiance for years to come.

Protect Your Skin from the Sun

One of the most effective ways to prevent wrinkles is protecting the skin from ultraviolet (UV) radiation. Excessive sun exposure is responsible for a large percentage of premature skin ageing, often referred to as photoageing. Apply a broad-spectrum sunscreen with SPF 30 or higher every day, even on cloudy days. Reapply every two hours when outdoors. Wearing wide-brimmed hats, sunglasses, and protective clothing can further shield the skin from harmful UV rays. Seeking shade during peak sunlight hours is also beneficial.

Keep the Skin Hydrated

Hydration plays a vital role in maintaining smooth and supple skin. Dehydrated skin tends to appear dull and makes fine lines more noticeable. Drink adequate amounts of water throughout the day and use moisturizers suited to your skin type. Ingredients such as hyaluronic acid, glycerin, and ceramides help retain moisture and strengthen the skin barrier. Well-hydrated skin appears plumper and more resilient against wrinkle formation.

Follow a Healthy Diet

What you eat directly affects the health of your skin. A nutrient-rich diet supports collagen production and protects the skin from oxidative damage. Include plenty of fruits and vegetables rich in antioxidants, such as berries, oranges, spinach, tomatoes, and carrots. Foods containing healthy fats, including nuts, seeds, avocados, and fatty fish, help maintain skin elasticity. Vitamin C, vitamin E, zinc, and omega-3 fatty acids are particularly beneficial for youthful skin. Limiting excessive sugar intake is equally important. High sugar consumption can lead to glycation, a process that damages collagen and accelerates skin ageing.

Avoid Smoking and Excessive Alcohol

Smoking is one of the leading causes of premature



wrinkles. The chemicals in tobacco smoke damage collagen and elastin while reducing blood flow to the skin. Smokers often develop deep lines around the mouth and eyes at an earlier age.

Similarly, excessive alcohol consumption dehydrates the skin and reduces its ability to repair itself. Limiting alcohol and avoiding smoking can significantly improve skin health and slow the ageing process.

Establish a Consistent Skincare Routine

A simple but effective skincare routine can go a long way in preventing wrinkles.

Begin with a gentle cleanser to remove dirt, oil, and pollutants without stripping the skin's natural moisture. Follow with a moisturizer and sunscreen during the day. At night, use products that support skin renewal.

Ingredients such as retinol, peptides, niacinamide, and vitamin C have been shown to improve skin texture, stimulate collagen production, and reduce the appearance of fine lines. However, new products should be introduced gradually to avoid irritation.

Get Enough Sleep

Sleep is often called the body's natural repair time, and the skin is no exception. During sleep, the body produces growth hormones that help repair damaged cells and stimulate collagen production.

Chronic sleep deprivation can lead to dull skin, dark circles, and accelerated ageing. Aim for seven to nine hours of quality sleep each night. Sleeping on your back may also help prevent sleep lines that can eventually become permanent wrinkles.

FOOD CORNER

Chicken curry with chickpeas

INGREDIENTS

1 pounds chicken thighs, salt as required, 1/2 teaspoon, coriander powder, 1/2 teaspoon turmeric, 1/2 teaspoon dried fenugreek leaves, 2 cloves garlic, 1 1/2 cup tomato, 1 cup chick peas, 1 tablespoon parsley, 1 tablespoon mint, 1 tablespoon butter, 4 tablespoon refined oil, 1/2 teaspoon cumin, 1/2 teaspoon garam masala powder, 1/2 teaspoon cayenne pepper, 1 onion, 1/2 inch ginger, 1 tablespoon almonds, 1 cup water, 1 tablespoon coriander leaves, 1 tablespoon dill leaves

Method

- Use soaked chickpeas overnight or for about 6 hours. Preheat oven to 420 degrees Fahrenheit. Line a baking tray with parchment. Cut chicken into small bite-sized pieces and place in large mixing bowl.
- Add 2 tbsp oil, salt to taste and 1/4 tsp of all the spices. Mix well and then spread chicken in single layer on the parchment-lined tray. Bake for 20 minutes. Take it out from the oven and reserve chicken with all of its juices.
- Warm the remaining 2 tbsp oil in a deep non-stick skillet over medium-high heat. Add onions, ginger and garlic. Saute for about 5 minutes until it softens. Reduce the heat to medium and add tomatoes, salt to taste, remaining 1/4 tsp of all the spices and ground almonds.
- Cook for 5 minutes until the mixture thickens slightly. Add chickpeas, water and reserved chicken with juices. Mix well, cover skillet and cook for 20 minutes on medium-low heat. Fold in chopped herbs and butter. Serve hot.



Ditch soap, your face deserves a better cleansing

Washing your face is one of the most important steps in a skincare routine, but using ordinary soap may not be the best choice for healthy skin. While soap effectively removes dirt and oil, it can also strip away the skin's natural moisture, leaving it dry, irritated, and vulnerable to damage.

The skin on the face is more delicate than the skin on the rest of the body. It is protected by a natural barrier made up of oils, lipids, and beneficial bacteria.

This barrier helps retain moisture and protects against pollutants and harmful microorganisms. Traditional soaps are often highly alkaline, which can disrupt the skin's natural pH

balance and weaken this protective layer.

When the skin loses its natural oils, it may become dry, tight, and flaky. In some cases, excessive dryness can make fine lines and wrinkles more noticeable. People with sensitive skin may experience redness, itching, or irritation after using harsh soaps. Ironically, those with oily skin may also face problems, as stripping away too much oil can trigger the skin to produce even more oil, leading to clogged pores and breakouts.

Dermatologists generally recommend using a gentle facial cleanser instead of regular soap. Facial cleansers are specially formulated to remove dirt, sweat,

makeup, and excess oil without damaging the skin barrier. Many contain hydrating ingredients that help maintain moisture and keep the skin soft and balanced.

In addition to choosing the right cleanser, it is important to wash the face with lukewarm water and avoid excessive scrubbing. Following cleansing with a suitable moisturizer can further support skin health.

A simple change from soap to a mild facial cleanser can make a noticeable difference in the appearance and feel of your skin. By protecting the skin's natural barrier and maintaining proper hydration, you can enjoy a healthier, smoother, and more radiant complexion in the long run.

Five routine health checks adults should not ignore

Modern lifestyles often leave little room for regular health monitoring. Many people visit a doctor only when they experience pain or noticeable symptoms. However, several serious health conditions, including hypertension, diabetes, heart disease, and certain cancers, can develop silently over many years. Routine health screenings play a crucial role in detecting these conditions early, when treatment is most effective and complications can often be prevented.

Here are five essential health checks that every adult should make a priority.

Blood Pressure Monitoring

High blood pressure, or hypertension, is often called the "silent killer" because it usually causes no symptoms until significant damage has occurred. Uncontrolled hypertension can increase the risk of heart attacks, strokes, kidney disease, and vision problems. Adults should have their blood pressure checked at least once every year, or more frequently if they have risk factors such as obesity, smoking, stress, or a family history of hypertension. Maintaining a healthy diet, exercising regularly, and reducing salt intake can help keep blood pressure under control.

Blood Sugar Testing

Diabetes has become one of the most common chronic diseases worldwide. Unfortunately, many people remain unaware they have high blood sugar until complications develop. Regular blood sugar testing can help identify prediabetes and diabetes at an early stage. Fasting blood glucose and HbA1c tests are commonly used to assess blood sugar levels. Adults over the age of 35, as well as those who are overweight or have a family history of diabetes, should undergo periodic screening. Early diagnosis allows individuals to make lifestyle changes that can delay or even prevent the progression of the disease.

Cholesterol and Lipid Profile

High cholesterol is another condition that often develops without symptoms. Excess cholesterol can accumulate in the arteries, restricting blood flow and increasing the risk of heart attacks and strokes. A lipid profile measures total cholesterol, LDL ("bad" cholesterol), HDL ("good" cholesterol), and triglycerides. Regular screening helps identify cardiovascular risk before symptoms occur. A heart-



healthy diet rich in fruits, vegetables, whole grains, and healthy fats, combined with regular physical activity, can help maintain healthy cholesterol levels.

Eye Examination

Many people associate eye exams solely with vision correction, but comprehensive eye examinations can reveal much more. Eye specialists can detect glaucoma, cataracts, age-related macular degeneration, diabetic retinopathy, and even signs of systemic diseases such as diabetes and hypertension. Adults should have routine eye check-ups, particularly after the age of 40. Early detection of eye conditions can prevent irreversible vision loss and improve treatment outcomes.

Cancer Screening

Cancer is one of the leading causes of death worldwide, but early detection significantly improves survival rates. Screening recommendations vary according to age, sex, family history, and individual risk factors. Women should undergo regular breast and cervical cancer screenings, while both men and women may require colorectal cancer screening as they age. Depending on personal risk factors, doctors may also recommend screenings for prostate, lung, or skin cancer. Routine cancer screenings can identify abnormalities before symptoms appear, allowing for earlier intervention and more effective treatment.



From blood sugar control to joint relief: The power of onions

Onions are a staple ingredient in kitchens around the world, valued for their distinctive flavor and versatility. Beyond their culinary appeal, onions are packed with nutrients and bioactive compounds that may offer several health benefits. Research suggests that incorporating onions into a balanced diet could help support the management of conditions such as diabetes and arthritis.

One of the key compounds found in onions is quercetin, a powerful antioxidant known for its anti-inflammatory properties. Chronic inflammation plays a significant role in arthritis, causing pain, stiffness, and joint swelling. The antioxidants in onions may help reduce inflammation and protect cells from oxidative stress, potentially easing some arthritis-related symptoms.

Onions may also be beneficial for people with diabetes. They contain sulfur compounds and flavonoids that have been linked to improved blood sugar regulation. Some studies suggest that these compounds may help increase insulin sensitivity and reduce blood glucose levels. Additionally, onions are low in calories and rich in fiber, which can help slow the absorption of sugar into the bloodstream and promote better glycemic control.

Red onions, in particular, are known to contain higher levels of antioxidants compared to some other varieties. Including raw onions in salads, sandwiches, and chutneys or adding cooked onions to curries, soups, and vegetable dishes can be an easy way to boost nutrient intake. While onions can be a healthy addition to the diet, they should not be considered a substitute for prescribed medications or professional medical treatment. Managing diabetes and arthritis requires a comprehensive approach that includes a balanced diet, regular exercise, proper medication, and medical supervision.

Incorporating onions into daily meals is a simple and affordable way to enhance overall nutrition. Combined with other healthy lifestyle habits, this humble vegetable may contribute to better blood sugar management and reduced inflammation, supporting overall health and well-being.

Giving kids eggs at six months could reduce allergy risk: Study

For many years, parents were often advised to delay giving eggs and other allergenic foods to babies, especially if there was a family history of allergies. Doctors believed that avoiding these foods during infancy could lower the chances of allergic reactions later in life. However, new research suggests that this long-held belief may have been wrong.

The study, conducted in Australia, is among the first to show that changes in feeding practices can lead to measurable improvements in allergy prevention across an entire population.

Experts say the findings

strengthen growing evidence that early exposure to common allergenic foods helps train the immune system to tolerate them rather than react against them.

According to the research, egg allergy prevalence fell by more than 17 per cent after health authorities shifted recommendations from delaying egg introduction until one to three years of age to introducing eggs by around six months. The reduction was particularly notable among children with eczema, a group already known to have a higher risk of developing food allergies.

Children with eczema experienced a 17 per cent drop in

allergy risk after the guideline changes. Among children without eczema or other major allergy risk factors, the decline was smaller, at around 2 per cent. Researchers believe this difference highlights the importance of early intervention among high-risk infants.

Scientists explain that the immune system develops rapidly during infancy. Introducing allergenic foods during this period may help the body recognise these foods as harmless. As a result, the immune system becomes more tolerant and is less likely to trigger an allergic reaction later in childhood.

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Microsoft eyes DeepSeek to lower AI costs while US restricts Mythos and Fable 5 over China fears

The artificial intelligence boom is creating strange alliances and even stranger contradictions. For years, American AI companies have accused Chinese firms of copying or "distilling" their cutting-edge AI models. Washington has repeatedly warned that China could use advanced AI to gain an economic and strategic edge. Yet now, one of America's biggest tech companies may end up relying on a Chinese AI model to keep its own costs under control.

According to a report by Axios, Microsoft is exploring the possibility of using DeepSeek, a Chinese open-source AI model, to power parts of its enterprise AI assistant, Copilot Cowork.

The reason is simple: AI is becoming expensive

As companies like OpenAI and Anthropic increasingly move towards usage-based pricing, the cost of running AI assistants for heavy users is rising sharply. The more employees use AI, the more providers have to spend on computing power.

"We have users who do hundreds of tasks a week, which is great — they're way productive — but the consequence is the costs can go very high," Charles Lamanna, Microsoft's executive vice president for Copilot, agents and platform, told Axios. Today, Copilot Cowork runs primarily on Anthropic's AI models and also offers compatibility with OpenAI's technologies. But as Microsoft has ended its relationship with OpenAI, the company is now free to look for cheaper and more flexible alternatives.

Microsoft's search for a cheaper AI model

That search may now lead it to DeepSeek. Microsoft told Axios that it is evaluating a fine-tuned version of DeepSeek V4, or another open-source model, as a lower-cost option. The company expects to announce its choice in the coming weeks.

If DeepSeek is selected, Microsoft says customers will have a choice whether to use it. The model would run entirely on



Microsoft's Azure cloud platform, meaning customer data would remain inside Microsoft's infrastructure and continue to be protected by Azure's security, compliance and data-residency safeguards.

Microsoft also says it has modified the model and added safeguards, including measures aimed at reducing bias.

Still, the move could prove controversial.

Why the move could trigger controversy

The US government has become increasingly cautious about sharing advanced AI technology. Recently, reports suggested that American authorities asked Anthropic to restrict access to its latest AI models, Fable 5 and Mythos 5, for non-US citizens. The concern, according to reports, was that the models could potentially be jailbroken and exploited by rival nations, including China.

Against this backdrop, Microsoft's reported interest in a Chinese AI model underscores how economics is beginning to reshape the AI race.

The irony is hard to miss. American companies once worried that Chinese firms were learning from their AI models. Now, one of America's biggest technology companies may be considering a Chinese model because it is cheaper to run.



Apple is changing Hide My Email, and privacy advocates may not like it

As governments around the world debate online safety, misinformation and age restrictions, the broader fight over privacy and anonymity on the internet is becoming more intense. And as these developments unfold, Apple is planning a change to the Hide My Email feature that could make it easier for apps and websites to block anonymous users. Apple's Hide My Email is an iCloud+ feature that allows users to hide their real email addresses when creating online accounts.

Instead of sharing a personal email ID, users are given an anonymous email address under the @icloud.com domain. Emails sent to this anonymous address are then automatically forwarded to the user's real email account.

The feature has become popular among users who want to avoid spam, protect their identity or simply keep their primary email address private.

Apple said in a note to developers on Monday that, in the coming weeks, it will move its anonymously generated email addresses to a new domain: @private.icloud.com.

At first glance, the change may seem minor. Existing addresses will continue to function and forward emails without interruption, according to Apple.

But the switch could have an important consequence.

Because all anonymous email addresses will now use a clearly identifiable domain, apps and websites may find it easier to determine whether a user is signing up with a private email address and could choose to block such accounts.

In other words, a feature designed to help users stay anonymous may become easier to identify.

Apple's latest change highlights a growing tension at the heart of the modern internet: users want more privacy, while governments and online platforms increasingly want to know exactly who is on the other side of the screen.

Apple said existing Hide My Email addresses will continue to work as before and that emails will keep forwarding without interruption.

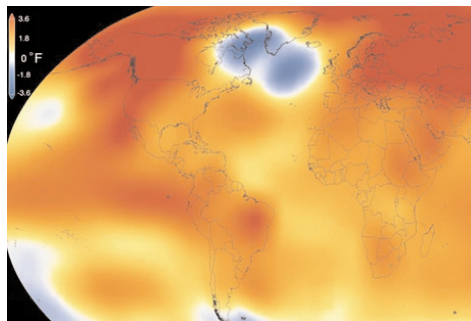
The company also said app developers and email providers would need to update their filtering systems to ensure emails sent to customers using the feature continue to go through.

Ocean patch that is cooling in a warming world

In 1751, Captain Henry Ellis of an English slave-trading ship lowered a bucket with a built-in thermometer while sailing 25°N in the north Atlantic Ocean. In those times, water temperatures at different sites and depths were captured by seafarers sailing across the globe.

The captain was startled by the findings. The deep water in the ocean was icy cold. "The cold increased regularly, in proportion to the depths, till it descended to 3,900 feet: from whence the mercury in the thermometer came up at 53 degrees (Fahrenheit); and tho' I afterwards sunk it to the depth of 5,346 feet, that is a mile and 66 feet, it came up no lower," he wrote in a letter.

This account, according to Stefan Rahmstorf of the Potsdam Institute for Climate Impact Research, was the first recorded temperature measurement of the deep ocean. The captain's finding went on to become the basis on which scientists now understand workings of waters on Earth — deep waters are cold, and warmer waters are closer to the surface.



But just south of Greenland, in the northern Atlantic Ocean, is a large patch of water that has been cooling even as the rest of the ocean warms. On modern temperature maps, it shows up as a blue spot in brushes of red and orange that cover most of the world.

Known as the 'cold blob' or the 'North Atlantic warming hole', the patch that belies the global warming trend is located roughly 25°W–45°W, 50°N–60°N in the subpolar North Atlantic and has been cooling at a rate of 0.15 degrees Celsius per century from 1900 to 2014.

Nasa's GISTEMP data confirms a long-term cooling trend from 1880 to 2025 in this region — and the reasons for it,

research published last month, indicates it has much to do with an Atlantic Ocean current.

The cold blob was not discovered so much as gradually recognised.

The variance was present in temperature records captured by seafarers and datasets going back to the 19th century — visible, in retrospect, in the same Nasa GISTEMP data now used to map it. But, for decades, it was believed to be an anomaly, perhaps just 'noise' in the data. While the world saw temperatures increase by an average of 1°C over the past century, the patch had quietly cooled about 0.9°C.

The first modern study that took a systematic, long-period view was by Mihai Dima and Gerrit Lohmann in 2010. It analysed patterns of sea surface temperatures since 1870 and found that the blob may be linked to the Atlantic Meridional Overturning Circulation, or AMOC.

AMOC, a belt of water that influences weather across continents, had been weakening since the 1930s, the researchers flagged.

Oil prices edge higher after Vance threatens Israel against violating ceasefire

JUNE 19, 2026

HOUSTON (TIP): Brent crude oil prices rose on Thursday, June 18, after U.S. Vice President JD Vance warned Israel against further attacks on Iran-backed Hezbollah in Lebanon, raising doubts about the durability of the U.S.-Iran ceasefire agreement.

"The vice president's statements about Israel may have put things back on edge," said John Kilduff, partner with Again Capital. "I think the slightest sort of disturbance is going to register in the market."

Brent crude futures settled at \$79.85 a barrel, up 30 cents, or 0.38%. U.S. West Texas Intermediate fell 19 cents or 0.25% to finish at \$76.60 a barrel.

Before Vance's comments, Brent touched its lowest level since March 2, which was the first day of trading after the initial U.S.-Israeli strikes on Iran. WTI was at its lowest since March 4.

Ultimately, oil markets will be focused on what happens in the Strait of Hormuz, through which 20% of the world's oil flowed before the start of the war.

"Full resumption of oil flows through the strait has been priced back in," Kilduff said. "Anything short of that will be a problem."

The 14-point memorandum of understanding between the United States and Iran establishes a 60-day negotiation period during which Iran will allow toll-free passage through the Strait of Hormuz. The deal calls for traffic through the strait to be restored to its full capacity within 30 days.

The agreement is also binding on the two countries' allies in the Middle East and applies specifically to Lebanon, where Israel has been waging an air and ground campaign against Hezbollah.

The preliminary accord defers many of the more difficult issues, such as Iran's nuclear program, and also requires the United States and its partners to come up with a \$300-billion plan to finance Iran's recovery.

Analysts expect a gradual recovery in flows through the Strait of Hormuz, while industry experts have cautioned that prices may not plummet as demand recovers and



inventories are refilled.

Investment bank Goldman Sachs expects Gulf exports to normalize to pre-war levels by end-July, with crude production recovering by October.

The bank estimates that a normalization in exports to pre-war levels might be achieved with a 13 million barrel-per-day increase in Hormuz flows from current levels to around 70% of pre-war levels.

BNP Paribas does not currently anticipate a return to pre-war prices and views \$75 per barrel as a "durable floor for the foreseeable future," it said in a note, given ongoing supply losses and higher demand. Brent traded around \$60 to \$70 per barrel in the first two months of the year before the war.

China, the world's second-largest oil consumer, is forecast to consume 753 million metric tons in 2026, down 4.9% from 2025 amid a pivot to new energy and high oil prices, according to a report published by PetroChina's research unit.

Ukrainian drones hit the Russian capital's oil refinery for the second time this week in what Ukraine cast as a demonstration of its growing capabilities.

JUNE 19, 2026

NEW DELHI (TIP): The rupee strengthened against the US dollar in early trading on Friday, June 19, buoyed by growing optimism over progress in trade negotiations between India and the United States, supportive crude oil prices and improving capital flows into the country.

The Indian currency appreciated by 20 paise to 94.20 against the dollar in the interbank foreign exchange market after opening at 94.30. The gain marked a recovery from its previous record-low closing level and reflected improving sentiment among currency traders.

Market participants said expectations of a breakthrough in trade discussions between New Delhi and Washington have provided fresh support to the rupee. The positive mood follows high-level talks between Prime Minister Narendra Modi and US President Donald Trump on the sidelines of the G7 Summit, where both leaders reportedly instructed negotiators to expedite efforts towards finalising a proposed trade agreement.

Indian foreign secretary Vikram Misri said trade featured prominently in the discussions between the two leaders and confirmed that significant progress had already been made on an interim trade

Rupee rebounds as India, US trade talks gather pace



arrangement. He also announced that US Trade Representative Jamieson Greer is scheduled to visit India next week to advance the negotiations.

Currency analysts said the rupee was also benefiting from easing crude oil prices, which help reduce India's import bill and support the country's external balance. Brent crude futures were trading below recent highs, providing additional relief to the domestic currency.

According to Amit Pabari, managing director of CR Forex Advisors, the Reserve Bank of India is likely to utilise incoming dollar inflows to strengthen the country's foreign exchange reserves while gradually reducing its sizeable forward

dollar commitments, estimated at around USD 110 billion.

He noted that market participants believe the central bank may already have purchased between USD 3 billion and USD 5 billion over the past two trading sessions. Such interventions, he said, should not be viewed as a sign of concern but rather as an effort to capitalise on favourable market conditions. However, they could moderate the pace of the rupee's appreciation by ensuring gains remain gradual. Globally, the US dollar remained firm, with the dollar index, which measures the greenback against a basket of major currencies, edging higher in early trade.

Despite the rupee's gains, domestic equity markets came under pressure. The BSE Sensex fell sharply in morning trade, while the NSE Nifty also declined, reflecting cautious investor sentiment. Data from the exchanges showed that foreign institutional investors were net sellers of Indian equities on Thursday.

After a stellar liftoff, SpaceX stock begins its descent

JUNE 19, 2026

NEW YORK (TIP): Shares of SpaceX declined sharply on Thursday, June 18, as the initial excitement surrounding the company's highly anticipated stock market debut began to cool, prompting investors to reassess the firm's lofty valuation after a spectacular rally.

The stock fell more than 6 per cent during trading, marking its steepest decline since listing on the Nasdaq last week. The drop comes after SpaceX shares surged in their first few trading sessions, driven by strong demand from both retail and institutional investors eager to gain exposure to Elon Musk's aerospace and technology empire.

Market analysts said the pullback was not unexpected, describing it as a period of consolidation following an extraordinary post-listing run. Many investors opted to lock in gains after the stock climbed well above its initial offering price, making SpaceX one of the most valuable companies in the world within days of its debut.

Despite the decline, the company continues to command a premium valuation, reflecting investor confidence in its leadership in commercial space launches, satellite communications and emerging artificial intelligence ventures. However, some market observers warned that sustaining such valuations will require the company to demonstrate strong revenue growth and profitability in the coming quarters.

The fall in SpaceX shares also weighed on the broader space technology sector, with several related companies witnessing losses as investor enthusiasm moderated. Traders noted that sentiment across the sector remains positive, but the focus is gradually shifting from hype-driven buying to a closer examination of business fundamentals.

Investors are also keeping a close watch on the company's ambitious expansion plans, including its growing presence in artificial intelligence and next-generation space infrastructure. While analysts remain optimistic about SpaceX's long-term prospects, they caution that heightened volatility is likely to persist as the market digests the company's massive valuation and future growth expectations.

The latest decline underscores a common pattern seen in major initial public offerings, where a period of exuberant buying is often followed by profit-taking and a reassessment of long-term value. For now, SpaceX remains one of the most closely watched stocks on Wall Street, with investors keenly tracking whether the company can justify the expectations that accompanied its blockbuster market debut.



BEJAN DARUWALLA AND CHIRAG DARUWALLA

ARIES



Ganesha says the stars of this week will give opportunities for advancement in personal life. If you are associated with the fields of any film, sports, management, medicine, or military security, then from the first half of this week the movement of stars will give auspicious and positive results. That is, there will be desired progress in earning a special place in the career. By which the mind will be happy. This week there will be opportunities for wide progress in establishing contacts with friends, businessmen, relations, kinship, and completing various tasks related to personal and business life. In terms of health, from the first half of this week, the movement of stars will give pleasant results. However, in the middle of the week, you will have to go somewhere to travel and stay. There will be a period of ups and downs in love relationships during this period. However, there will be auspicious and positive results again on the last days of the week.

TAURUS



Ganesha says the movement of the stars of this week will give good results in production, sales, medicine, film, raw material collection, and other matters. But there will be a need to be more prepared for the desired goals. So don't belittle your efforts. If you are looking to go somewhere for an interview and are ready to join the competitive fields, then the movement of stars will give good results. However, there will be some troubles from the first half of this week. Which will bother you many times. However, the expenditure load is likely to increase during this period. There will be opportunities for progress in love affairs in the middle of this week. The best results will be there in the body during this period. In the last days of the week, there will be progress in completing capital investment and foreign-related work. There will be more running this week.

GEMINI



Ganesha says there will be opportunities for physical prosperity this week. If there are any diseases and disorders in the body, then they will be eradicated. But there will be a need to make continuous efforts in this direction. However, there will be a need to devote more time to the areas

WEEKLY HOROSCOPE - JUNE 22, 2026 TO JUNE 28, 2026

BY ASTROLOGER CHIRAG DARUWALLA

of livelihood. Whether it is a private-level business or opportunities to serve in private and government undertakings, there will be continuous success. But to keep the health strong and fresh, there will be a need to do regular exercises. Because in the middle of this week, the movement of the stars will continue to weaken the enthusiasm and enthusiasm. In such a situation, there will be a need to move forward with full intelligence. The stars of this week will give good results in terms of personal relationships. Overall, this week's stars will be giving the most pleasant results.

CANCER



Ganesha says the stars of this week will benefit your alertness and caution. As a result, some precautions will be needed. If you are associated with the fields of production and sales or are serving in private and government undertakings, then the stars will give steady progress in the related military, security, manufacturing of defense equipment, and other related fields. By which the mind will be happy. So don't belittle your efforts. The movement of the stars of this week may give opportunities for some big responsibility. By which the mind will be happy. In the middle of the week, there will be an auspicious and positive atmosphere again. In love relationships, there will be attachments between the partners. And there will be a gift of success in terms of studies and writing. However, in the last days of this week, the movement of stars will again give expenditure in economic terms.

LEO



Ganesha says the movement of stars of this week will give opportunities to develop strong and regular sources of income. Be it the areas related to production and sales or any other context, the movement of stars of this week will give the desired results. If you are engaged in developing more than one source of income, factory hotel, shop, school, bank, showroom, hospital, etc., there will be growth opportunities respectively. There may be benefits of any government scheme. That is, this week will be very special in terms of career and business. Health will remain disturbed due to some diseases and pains. Therefore, there will be a need to be careful about food and drink. This week, you will be able to finalize the works of any religion and charity. In terms of health, the stars of this week will be giving pleasant results. But there will be some ups and downs in personal relations.

VIRGO



Ganesha says the stars of this week will be useful for u n d e r t a k i n g

construction work of semi-government, government, and private sectors and other livelihood contexts. But somewhere the level of running will continue to increase. Whether it is in the matter of making food or useful things or in other contexts, there will be a continuous dividend. If you are ready to make a capital investment somewhere, there will be good opportunities to fix the required documents and align the relevant parties. Talk like that. In terms of health, the movement of the stars this week will not be very auspicious and positive. In this case, the problem may increase. There will be moments of laughter and happiness in the courtyard of married life this week. So don't belittle your understanding. You may be able to give final shape to the works of any religion and charity.

LIBRA



Ganesha says there will be moments of laughter and happiness in the courtyard of married life this week. Due to this, there will be a possibility of discussion on important matters between them. As a result, there will be a period of success step by step in the respective fields. If you are a young man and have a desire to join matrimonial sources, then this week's move of stars will give pleasant results. Which will keep you successful. If there are any legal matters, there will be a need to be more eager to complete them. Because the activism of the opposition will at times be going to give a tough challenge. By the way, there will be a possibility of more expenditure in terms of money. In terms of health, this week's stars will generally give moderate results. If you are engaged in finalizing the works of any religion and charity, then there will be a period of continuous success.

SCORPIO



Ganesha says the movement of the stars of this week will give respect and respect in social and political life. This week you can be nominated for some big responsibility. So don't belittle your understanding. That is, there will be chances of you being selected for any post and its claim. There will be chances of getting desired monetary gains from the sources of income. However, there will be chances of some disputes in the ancestral property. So don't belittle your understanding. Otherwise, there will be trouble. If you are working in defense, commerce, archeology department, etc., then there will be a need to be more prepared this week. But in terms of health, more attention will be needed. That is, there will be a need to avoid the consumption of tamasic foods. But in the last days of the week, the opposing sides may conspire to trouble you.

SAGITTARIUS



Ganesha says this week, stars will be giving good results in the fields of study and teaching. If you are going to give an interview somewhere in private and government undertakings, then there will be a period of continuous success. So don't belittle your efforts. That is, there will be a possibility of earning a special place in the fields of work and career. The stars of this week will be creating a positive environment in completing capital investment and foreign-related work. If you are going to hire part-time employees, then you will be successful. There may be moments of love for each other in personal relationships. There can be moments of laughter in the courtyard of married life. However, it may take more time to settle the transaction cases. Therefore, it will be beneficial to walk with caution in the respective areas.

CAPRICORN



Ganesha says this week, that the movement of the stars will be good in terms of increasing the comforts and amenities in the family and completing the tasks in the stipulated time. If you are a fixed salaried person or are rendering services in an undertaking, then there will be a lack of a positive atmosphere in the respective fields. So don't belittle your understanding. That is, avoid getting angry over small things. That would be good. By the way, the movement of the stars this week will indicate some ups and downs in health. So don't belittle your understanding. That would be good. However, in the middle of the week, there will be a period of desired progress in the areas of work and business. By which the mind will be happy. But this week will be a great opportunity to achieve financial goals. There may be movement in some close relation.

AQUARIUS



Ganesha says the movement of the stars of this week will increase your muscular strength and give desired progress in work and business. By which the mind will be happy. If you are engaged in doing any important work related to the family. So this week, the movement of stars will give good results. If you are associated with political and social work, then you can be nominated for a claim for any post. Because your actions and behavior will create an auspicious and positive environment. In the middle of this week, you will be successful in finalizing the purchase of any building and vehicle. There will be sweetness in love relations. But there will be a need to be more positive in this direction. However, the opposition parties will try to humiliate you somewhere. So don't belittle your understanding.

**BIRTHDAY HOROSCOPE : JUNE 22 TO JUNE 28
BY ASTROLOGER CHIRAG DARUWALLA**

JUNE 22

Ganesha says that your work environment may be good, which may give you a lot of job satisfaction. You may interact with important people who may help you in your career as well. Your interactions with the public may be lively and challenging. Your income may increase, but it may be necessary for you to save. Your beloved may be in a very romantic mood, and both of you may have a good time together. Property transactions or buying a new vehicle are likely during this period.

JUNE 23

Ganesha says that you should try to channel your energy into professional endeavors. This may be a time of success and happiness, as you may make huge profits. You may easily beat your competitors due to your superior skills and abilities. Investments made during this time may also give good returns. New offers for joint ventures may be attractive, but partnerships are not in your cards this year. You may make new friends through old friends. Investments may be profitable, but do not put all your money in one place.

JUNE 24

Ganesha says you have strong intuition, great ingenuity, and extraordinary imaginative power. You are simple and honest, but you need to control your tendency to be unfair, hypocritical, and ungrateful from time to time. Investments made in real estate may prove to be very profitable this year. However, indulging in speculation may be detrimental and should be avoided. Legal disputes that were troubling your mind may get resolved amicably to your satisfaction. Children may be the main source of happiness, and a spouse may keep you happy.

JUNE 25

Ganesha says you are energetic, practical, enthusiastic, authoritative, and dependable. You are intelligent and can do wonders with your ability to put in maximum effort, but you need to control your tendency to be reckless, stubborn, and impatient from time to time. New alliances and partnerships may bring prosperity. Your confidence and determination may be at their peak. Financial gains are received in the form of delayed payments and bad debts.

Speculating in real estate and shares may prove to be profitable. Your partner may support your concerns and shower you with love and affection.

JUNE 26

Ganesha says you are a great admirer of music and literature. You are research-oriented and determined. You may get many great opportunities, but you have to grab them before others do. Old investments may bring financial gains. This is a great period to do things you like and feel good. There is a possibility of a long-distance journey for fun or a pilgrimage towards the end of the year. Your health may be fine, but the health of an elderly family member may be a matter of concern. New friendships and contacts developed during this period may be highly meaningful.

JUNE 27

Ganesha says your energy may be high and give you great benefits. Speculating in real estate may give good returns. Long-distance travel may be undertaken for business purposes as well as pleasure. Children need to pay more attention to their careers. Despite some initial



problems, health may be more or less fine. You need to spend time on meditation and yoga for remarkable gains. Your association with people in high positions may create great opportunities for you. Sudden gains and losses are likely. Gifts and gifts, both in cash and kind, are expected, but some unexpected expenses may surprise you.

JUNE 28

Ganesha says that you should plan things to reap benefits. Your efforts made during this period may yield the desired results in the long run. Favorable period for property investment. Romance may be on top of your list. New arrivals are also likely. You may work on new ideas, which may increase your income. Your financial condition may improve by getting a job with high responsibility and a position. Any good news from distant relatives may lift the spirits of the entire family. Travel and excursions may be enjoyable.

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PISCES

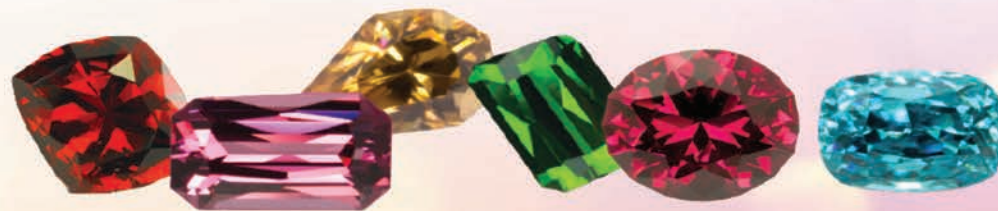
Ganesha says this week, you can go for long-distance travel and travel to spread work and business. If you are in the mood to establish related ventures in far-flung places, then there will be a period of continuous success. But do not shy away from hard work, otherwise, some will be upset due to the emerging competition in the market. However, there will be opportunities for continuous growth in

capital investment. So don't belittle your efforts. That would be good. Health will remain bright and beautiful in the middle of this week. It is very possible that in the middle of this week, you will be able to finalize the works of any religion and charity. In the last days of this week, the desired kind of progress will be made in mobilizing the means of material happiness. That is, the stars of the week will give mixed results in the respective fields.

Author Bio

Chirag Daruwalla is the best astrologer and one of the most famous names in the astrology world. He has more than 18 years of experience. Readers may seek his advice related to career, health, finance, business, money, love and marriage. He has complete knowledge, solutions, and guidance to all the problems related to life. Visit his website chiragdaruwalla.com. He is available for consultations on WhatsApp number +91 8141566266 or by email: info@chiragdaruwalla.com

|| SHREE GANESHAY NAMAH ||



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"Expect complete ceasefire including Lebanon, Israel..."

Strait of Hormuz, sweeping sanctions relief for Tehran and international oversight of Iran's nuclear program.

In a post on Truth Social, Donald Trump expressed optimism about a broader regional ceasefire and the positive impact of the agreement on global markets. He said the United States remains focused on ensuring that ongoing negotiations lead to lasting stability across the region.

"The United States is committed to PEACE, and we encourage everyone in the Middle East Region to maintain their commitment to allowing our negotiations to beautifully unfold. The Markets are loving what is happening with Oil Prices way down, and Stocks way up. We expect a complete Ceasefire on all fronts, including Lebanon, Hezbollah, and Israel. Thank you for your attention to this matter!" Trump wrote.

Earlier, US Vice President JD Vance strongly defended the newly signed peace framework with Iran, describing it as a diplomatic achievement backed by significant military successes that had already neutralized immediate threats posed by Tehran.

Addressing reporters at the White House, Vance said the US military campaign had severely degraded Iran's military capabilities and eliminated its nuclear weapons programme.

"We destroyed a substantial number of their ballistic missiles and their ballistic missile launchers themselves. The nuclear weapons program is destroyed. It is gone," Vance said.

The Vice President argued that the peace agreement was not a concession but rather an extension of the strategic gains already achieved on the ground.

Vance also clarified that the agreement does not compromise the right of self-defense for either side.

"Israel doesn't give up the right of self-defense... The Iranians don't give up the right of self-defense," he said, adding that the United States expects Iran to abandon efforts to develop missiles capable of threatening countries beyond the region.

He further stressed that Washington's long-term objective is to prevent Iran from financing regional instability and militant activities.

The agreement has triggered a 60-day negotiation period during which both countries are expected to finalize arrangements concerning sanctions relief, frozen Iranian assets and the future of Tehran's nuclear program.

According to Vance, implementation of certain provisions has already begun. He revealed that the US Navy facilitated the passage of more than a dozen commercial vessels to Iranian ports, with over 12.5 million barrels of oil moving through the Strait of Hormuz on Wednesday night.

The memorandum also calls for a permanent halt to military operations across multiple fronts, including Lebanon. While the Trump administration has described the deal as essential for preventing a wider economic and energy crisis, critics have questioned whether early concessions granted to Iran could weaken Washington's leverage in future negotiations.

However, Vance dismissed concerns about political repercussions, stating that the administration would soon brief Congress on the agreement and its implementation.

Meanwhile, VP JD Vance's Switzerland visit is delayed as technical talks await finalization, says a White House spokesperson, according to ANI.

The spokesperson said that a delegation has been prepared to depart at the first available opportunity.

"As the Vice President said at his press conference, the plans for the upcoming technical talks have not been finalized, and the US delegation has been prepared to depart at the first available opportunity. But the logistics of these negotiations have never been simple or predictable," the spokesperson said.

"As of now, the Vice President is not departing tonight. We will let you know as soon as we have a concrete update about next steps. We look forward to beginning technical talks as soon as possible," they added.

India expresses hope for "peace and stability" in West Asia...

The Foreign Secretary highlighted that India views the recent diplomatic understanding between Washington and Tehran as a critical step toward de-escalation.

"India welcomed the developments that have taken place through the understanding that has been reached between the United States and Iran and hopes to see a rapid return to peace and stability in this region," he added.

This comes as US President Donald Trump and Iranian President Masoud Pezeshkian have virtually signed a 14-point memorandum of understanding (MoU) aimed at ending hostilities between the two countries, reopening the Strait of Hormuz, and launching a 60-day process to negotiate a final agreement on sanctions and Iran's nuclear programme.

Citing a White House official, CNN reported that Trump personally signed the memorandum on Wednesday while meeting French President Emmanuel Macron in Paris. The agreement, which was also signed by Pezeshkian, immediately came into effect.

CNN reported that the United States released the official text of the "Islamabad Memorandum of Understanding between the United States of America and the Islamic Republic of Iran."

A senior US administration official described the agreement as a mechanism to immediately reopen the Strait of Hormuz, address Iran's stockpile of enriched uranium and create a framework for phased economic relief linked to Iranian compliance.

"This is fundamentally an agreement that allows us to open the Strait of Hormuz immediately, commit the Iranians to destroying the nuclear dust, and then gives us a dial where if the Iranians dial up their good behavior, we respond by dialing up the

kind of economic and sanctions relief that can make them a more prosperous country," the official was quoted by CNN as saying.

According to Press TV, Iranian Foreign Ministry spokesperson Esmaeil Baghaei confirmed that the text of the memorandum had been finalized and signed by both sides. He stated that consultations with Oman and other countries had been underway for some time and that arrangements for managing the Strait of Hormuz had largely been agreed upon.

Baghaei said safe maritime passage would be ensured while preserving "the sovereignty and authority of the Islamic Republic of Iran over the Strait of Hormuz."

The 14-point agreement includes an immediate and permanent cessation of military operations, including in Lebanon, and a pledge to conclude negotiations on a final deal within 60 days, extendable by mutual consent.

Under the memorandum, the United States will begin removing its naval blockade and related restrictions, while Iran will facilitate the safe passage of commercial vessels through the Strait of Hormuz free of charge for an initial 60-day period.

The document also outlines plans for the phased lifting of sanctions, the release of frozen Iranian assets, Treasury waivers for Iranian oil exports, and a US-backed reconstruction and economic development programme for Iran worth at least USD 300 billion. (Source: ANI)

Suozzi Requests Investigation into Possible Misuse of...

into whether taxpayer dollars were used to fund the vice president's campaign appearance.

READ THE FULL LETTER HERE.

Dear Acting Special Counsel Greer and U.S. Attorney Nocella:

I request a formal review and investigation into a recent event held by Vice President J.D. Vance within my congressional district that appears to constitute a misuse of taxpayer funds for partisan political purposes.

This administration has vowed to protect American taxpayers to ensure their hard-earned tax dollars are not being squandered on waste, fraud, and abuse. That is a noble goal. Americans must be able to trust the government to safeguard their tax dollars properly.

Unfortunately, Vice President J.D. Vance's appearance in Bethpage, NY on June 17, 2026, risks undermining this trust. While the event was billed as an official government function regarding the administration's efforts to prosecute waste, fraud, and abuse, the bulk of the Vice President's remarks from start to finish focused on campaign-related rhetoric and the sale of his recently published book, Communion. The event was more akin to a campaign rally and was understood as such by eyewitnesses and the press. Taxpayer dollars ostensibly funded the Vice President's travel to and from the event, his substantial security traveling to and during the event, the use of government equipment, and supporting government personnel. Based on my conversations with the producers of the event, an outside entertainment company was contracted at a cost of over \$110,000 to supply the stage, seating, lighting, sound system, security barriers, and other infrastructure.

If taxpayer dollars were used to finance this political event, it would be a misuse of Congressionally appropriated funds and violate the law. Therefore, I request that the Office of Special Counsel and U.S. Attorney's Office:

Conduct a full accounting of federal, state, and local taxpayer funds used for the Vice President's campaign appearance in my district;

Determine whether official funds, personnel, or logistical support were improperly used to advance partisan political objectives;

Investigate whether the Vice President's campaign conduct or campaign rally constitutes a violation of federal law or other applicable statutes or regulations; and

If the facts bear out, require the Vice President and the candidate to repay taxpayers for all federal, state, and local funds used for this campaign rally.

Transparency in this matter is crucial to reassure the public that the administration is not spending their tax dollars for pure political gain. I am prepared to provide any additional information or documentation that would assist your inquiry and look forward to the results of your investigation.

(Based on a Press Release issued by the Communications Director of Congressman Tom Suozzi)

Nirjala Ekadashi is regarded as one of the most sacred and powerful observances in the Hindu spiritual calendar. Falling on the Ekadashi (eleventh lunar day) of the bright fortnight (Shukla Paksha) in the month of Jyeshtha (May-June), this holy day is dedicated to Lord Vishnu, the preserver and sustainer of the universe. Among the twenty-four Ekadashis observed throughout the year, Nirjala Ekadashi holds a unique status because it involves abstaining not only from food but also from water, making it the most rigorous of all Ekadashi fasts.

Nirjala Ekadashi 2026 falls on Thursday, June 25, 2026. The word "Nirjala" literally means "without water." The fast symbolizes complete self-restraint, unwavering devotion, and total surrender to the divine. Hindu scriptures state that observing Nirjala Ekadashi with sincerity grants the spiritual merits of observing all twenty-four Ekadashis of the year, making it a highly revered vrata among devotees.

Origin of Nirjala Ekadashi

The origin of Nirjala Ekadashi is narrated in ancient Hindu scriptures, particularly the Mahabharata and the Padma Purana. The most popular legend revolves around Bhima, one of the five Pandava brothers.

Bhima, known for his immense physical strength and appetite, found it extremely difficult to observe the regular Ekadashi fasts prescribed throughout the year. While his brothers Yudhishtira, Arjuna, Nakula, Sahadeva, and their mother Kunti faithfully observed every Ekadashi, Bhima struggled to remain without food.

Seeking a solution, Bhima approached the revered sage Maharishi Vyasa and expressed his inability to undertake multiple fasts due to his voracious hunger. Sage Vyasa advised him that if he could observe just one strict fast in the year without consuming either food or water, he would receive the same spiritual benefits as observing all the Ekadashis.

Following the sage's instructions, Bhima observed a complete fast on the Ekadashi of Jyeshtha Shukla Paksha. Pleased with his devotion and determination, Lord Vishnu granted him immense spiritual merit. Since then, the observance came to be known as Bhimseni Ekadashi or Nirjala Ekadashi.

This legend highlights an important spiritual message: sincere devotion and wholehearted commitment are more important than ritual complexity.

Spiritual Significance of Nirjala Ekadashi

Nirjala Ekadashi is not merely a ritualistic fast; it is a profound spiritual discipline aimed at purification of the body, mind, and soul.

Symbol of Complete Self-Control

Water is the most basic necessity of life. Abstaining even from water for an entire day symbolizes mastery over bodily desires and worldly attachments. The fast teaches devotees that spiritual strength can triumph over physical cravings.

Pleasing Lord Vishnu

Nirjala Ekadashi: The most austere and sacred fast of devotion



According to Hindu scriptures, Lord Vishnu is especially pleased by those who observe Ekadashi with devotion. Nirjala Ekadashi is considered particularly dear to Him because of the intense austerity involved.

Devotees believe that worshipping Vishnu on this day helps remove sins accumulated through past actions and brings divine grace into one's life.

Gateway to Spiritual Liberation

Ancient texts describe Ekadashi as the "doorway to liberation." Observing Nirjala Ekadashi is believed to free individuals from the cycle of birth and death and guide the soul toward Moksha (spiritual liberation).

Purification of Karma

The scriptures emphasize that fasting, prayer, and charity performed on Nirjala Ekadashi cleanse negative karmas and strengthen positive spiritual tendencies. It is considered a day for introspection, repentance, and renewal.

Scriptural Importance

The Padma Purana, Vishnu Purana, and Bhavishya Purana extol the greatness of Nirjala Ekadashi. These texts proclaim that the merit obtained from this vrata equals that acquired through pilgrimages, sacrifices, donations, and observance of all other Ekadashis combined.

The scriptures also mention that Lord Vishnu Himself resides in the hearts of those who sincerely observe this sacred fast and engage in devotional practices throughout the day.

Rituals of Nirjala Ekadashi

Early Morning Purification

Devotees wake up during the Brahma Muhurta, the auspicious period before sunrise. After bathing and wearing clean clothes, they take a vow (Sankalpa) to observe the Nirjala fast with devotion and discipline.

Worship of Lord Vishnu

Images or idols of Lord Vishnu are ceremonially worshipped with: Tulsi leaves, Flowers, Incense, Sandalwood paste, Lamps, Fruits and offerings.

Recitation of Vishnu Sahasranama, Bhagavad Gita, and sacred Vishnu mantras forms an important part of the observance.

Devotees spend the day chanting:

"Om Namo Bhagavate Vasudevaya"

"Om Namo Narayanaya"

The repetition of these sacred mantras is believed to purify the mind and deepen one's connection with Lord Vishnu.

Observing the Nirjala Fast

The distinguishing feature of this Ekadashi is complete abstinence from both food and water for approximately twenty-four hours.

Those who are elderly, pregnant, ill, or medically unable to undertake such strict austerity often observe a modified fast according to their capacity while maintaining devotional practices.

Reading Sacred Scriptures

Many devotees spend the day listening to or reading passages from: Bhagavad Gita, Vishnu Purana, Srimad Bhagavatam, Ramayana.

Scriptural study is considered highly meritorious on this sacred day.

Night Vigil

Some devotees remain awake during the night, singing devotional hymns, performing kirtans, and meditating on Lord Vishnu. This practice, known as Jagaran, further enhances the spiritual merit of the observance.

Importance of Charity on Nirjala Ekadashi

Charity (Daan) occupies a central place in the observance of Nirjala Ekadashi.

Because the fast involves abstaining from water, donating water and items associated with relief from heat is considered especially auspicious. Common charitable offerings include:

Water-filled pots, Umbrellas, Fans, Clothing, Fruits, Food grains, Jaggery,

Cows (symbolically or traditionally), Monetary donations to the needy.

Providing drinking water to travelers and the poor during the hot summer season is regarded as an act of immense spiritual merit.

Breaking the Fast

The fast is concluded on Dwadashi, the twelfth lunar day, after offering prayers to Lord Vishnu. Devotees first offer water and food to Brahmins, saints, or needy individuals and then break their own fast.

This ritual signifies gratitude, humility, and sharing divine blessings with others.

Symbolic Meaning of Nirjala Ekadashi

Beyond the physical act of fasting, Nirjala Ekadashi carries profound symbolism.

The absence of food represents detachment from material pleasures.

The absence of water symbolizes conquering the deepest bodily needs.

The prayers signify surrender to divine will.

The charity reflects compassion and selflessness.

Together, these elements create a complete spiritual discipline that encourages inner purification and devotion.

Relevance in Modern Times

In today's fast-paced world, Nirjala Ekadashi offers a valuable opportunity to pause and reconnect with spiritual values. The observance reminds individuals that true happiness does not arise solely from material comforts but from inner peace, self-control, and devotion.

The day encourages mindfulness, gratitude, discipline, and compassion—qualities that remain relevant regardless of time and place. Even those unable to undertake the strict fast can embrace its essence through prayer, charity, meditation, and self-reflection.

Nirjala Ekadashi stands as one of Hinduism's most revered spiritual observances, embodying devotion, discipline, sacrifice, and faith. Rooted in the inspiring story of Bhima and blessed by Lord Vishnu, this sacred vrata teaches that sincere dedication can overcome even the strongest physical limitations. By observing Nirjala Ekadashi through fasting, prayer, chanting, scriptural study, and charity, devotees seek not only divine blessings but also inner transformation. The festival serves as a timeless reminder that spiritual growth is achieved through self-control, compassion, and unwavering devotion to the Supreme Lord. Through its profound symbolism and sacred traditions, Nirjala Ekadashi continues to inspire millions of devotees on their journey toward righteousness, peace, and ultimate liberation.

History This Week

JUNE 19 - JUNE 25

JUNE 19

June 19, 1865 - In Galveston, Texas, upon the arrival of Union troops, Maj. Gen. Gordon Granger read General Order No. 3: "The people of Texas are informed that, in accordance with a proclamation from the Executive of the United States [President Lincoln], all slaves are free. This involves an absolute equality of personal rights and rights of property between former masters and slaves..." As a result, an estimated 250,000 enslaved African Americans in Texas were finally freed. The day is now celebrated as Juneteenth to commemorate Emancipation and to recognize the struggle for freedom and equality of African Americans.



June 19, 1953 - Julius and Ethel Rosenberg were executed by electrocution at Sing Sing Prison in New York. They had been found guilty of providing vital information on the atomic bomb to the Soviet Union during 1944-45. They were the first U.S. civilians to be sentenced to death for espionage and were also the only married couple ever executed together in the U.S.

Birthdays - Baseball great Lou Gehrig (1903-1941) was born in New York City. He played in 2,130 consecutive games and seven World Series for the New York Yankees and had a lifetime batting average of .340. He contracted the degenerative muscle disease amyotrophic lateral sclerosis, now called 'Lou Gehrig's disease,' and died on June 2, 1941.

JUNE 20

June 20, 1782 - The U.S. Congress officially adopted the Great Seal of the United States of America.



Birthdays - American military hero and actor Audie Murphy (1924-1971) was born in Kingston, Texas. He was the most decorated American soldier of World War II, awarded 37 medals and decorations, including the Medal of Honor for single-handedly turning back a German infantry company by climbing

on a burning U.S. tank destroyer and firing its .50-cal. machine gun, killing 50 Germans. He later became an actor in western and war movies and made 45 films including; *The Red Badge of Courage* (1951), *Destry* (1954), and *To Hell and Back* (1955), based on his autobiography. He died May 28, 1971, in a plane crash near Roanoke, Virginia.

JUNE 21

June 21, 1964 - Three white civil rights workers - James Chaney, Andrew Goodman and Michael Schwerner - left Meridian, Mississippi, at 9 a.m. to investigate a church burning. They were expected back by 4 p.m. When they failed to return, a search was begun. Their murdered bodies were discovered on August 4th.



Birthdays - French philosopher Jean-Paul Sartre (1905-1980) was born in Paris. Dubbed the "father of existentialism," in 1964, he rejected the Nobel Prize for Literature when it was awarded to him.

Birthdays - Britain's Prince William (William Arthur Philip Louis) was born in London, June 21, 1982.

JUNE 22



June 22, 1918 - A Michigan Central Railroad troop train struck the rear of the Hagenbeck-Wallace Circus train in Ivanhoe, Indiana. Fifty-three circus performers were killed. Of the circus animals not killed, most were maimed and had to be destroyed. The performers, of whom only three could be identified, were buried in a mass grave.

June 22, 1941 - Starting at 3:15 am, some 3.2 million German soldiers plunged headlong into Russia across an 1800-mile front, in a major turning point of World War II. At 7 am that morning, a proclamation from Hitler to the German people announced, "At this moment a march is taking place that, for its extent, compares with the greatest the world has ever seen..."

JUNE 23

June 23, 1865 - The last formal surrender of Confederate troops occurred as Cherokee leader and Confederate Brigadier General Watie surrendered his battalion comprised of American Indians in the Oklahoma Territory.

JUNE 24

June 24, 1948 - Soviet Russia began a blockade of Berlin. Two days later the Allies responded with an emergency airlift to relieve two million isolated West

Berliners. During the Berlin Airlift, American and British planes flew about 278,000 flights, delivering 2.3 million tons of food, coal and medical supplies. A plane landed in Berlin every minute from eleven Allied staging areas in West Germany. The Russians lifted their blockade of Berlin on May 12, 1949, however the airlift continued until September 30th.

June 24, 2010 - Labor Party deputy Julia Gillard became Australia's first female Prime Minister. She was born in Wales and had moved to Australia as a child. She worked as a lawyer before entering politics.



Birthdays - Boxing champ Jack Dempsey (1895-1983) was born in Manassa, Colorado. Dubbed "The Manassa Mauler," he reigned as world heavyweight champion from 1919 to 1926. Following his boxing career, he became a successful New York restaurant operator.

JUNE 25

June 25, 1862 - During the American Civil War, the Seven Days Campaign began as Confederate General Robert E. Lee launched a series of assaults to prevent a Union attack on Richmond, Virginia. The Campaign included battles at Oak Grove, Gaine's Mills, Garnett's Farm, Golding's Farm, Savage's Station, White Oak Swamp and Malvern Hill, resulting in over 36,000 casualties on both sides. Despite losing the final assault at Malvern Hill, the Confederates succeeded in preventing the Union Army from taking Richmond.



June 25, 1876 - General George A. Custer, leading 250 men, attacked an encampment of Sioux Indians near

Little Bighorn River in Montana. Custer and his men were then attacked by 2000-4000 Indian braves. Only one scout and a single horse survived 'Custer's Last Stand' on the Little Bighorn Battlefield. News of the humiliating defeat infuriated Americans and led to all out war. Within a year, the Sioux Indians were a broken and defeated nation.



June 25, 1950 - The Korean War began as North Korean troops, led by Russian-built tanks, crossed the 38th parallel and launched a full scale invasion of South Korea. Five days later, U.S. ground forces entered the conflict, which lasted until July 27, 1953, when an armistice was signed at Panmunjom, formally dividing the country at the 38th parallel into North and South Korea.

June 25, 1990 - The U.S. Supreme Court ruled (5-4) that it was unconstitutional for any state to require, without providing other options, a minor to notify both parents before obtaining an abortion.

June 25, 1991 - Following the collapse of Soviet rule in Eastern Europe, the republics of Croatia and Slovenia declared their independence from Yugoslavia. Ethnic rivalries between Serbians and Croats soon erupted. In 1992, fighting erupted in Bosnia-Herzegovina between Serbians and ethnic Muslims. A campaign of terrorism and genocide, termed 'ethnic cleansing,' was started by the Serbs against the Muslims. At least two million people became refugees, and about 200,000 were missing and presumed dead. Violence in the region raged on through 1995 despite economic sanctions and the efforts of U.N. peacekeeping forces in the area.



Birthdays - British satirist George Orwell (1903-1950) was born at Montihari in Bengal (as Eric Arthur Blair). He is best known for two works of fiction *Animal Farm* (1944), and *1984* (1949).

One is writing this from one's river facing terrace at Royal Hotel in Battambang in interior Cambodia. One has returned after a once in a lifetime experience. An unforgettable journey of a different kind. The adventure of cruising through acres of lush greenery for several hours in an open air train! A close encounter with the sights, sounds and smells of nature. Battambang is a small town nestled between Cambodia and Thailand on the banks of the Sangker River. There is an interesting legend from the 10th century about how Battambang got its name

The word bat in khmer means to disappear and dambong means stick. As the story goes, a cowherd who tended cows, had a stick which was magical. The cowherd could throw the stick at his herd and control his flock. For this he was called Ta Dambong or the uncle with the stick. Ta Dambong used to tie his cows on the bank of the river for grazing.

Ta Dambong became bored with tending cows and one day decided to become the king. Using his magical stick, he succeeded in overthrowing the old king and the crown prince fled to the forest and became a monk.

Ta Dambong had a dream that his reign would last only for seven years after which he would be dethroned by a hermit on a white horse. Hence, he decided to round up all the holy men in the region and kill them. Back in the forest the prince came to know that all the holy men were asked to present themselves to the king. But on the way to the capital, he met a hermit monk, who gave him a white horse to look after, while the hermit returned after meeting the king.

The prince still dressed as a monk, alighted the horse which began to fly. As soon as Dambong saw the hermit on the horse, he knew that his end had come and threw his stick at the horse. But the magical horse made the stick disappear and Dambong fled for his life. The hermit king dethroned Dambong and reclaimed his throne that was rightfully his and lived happily ever after. Thus the city was called bat dambong which is khmer for disappearing stick. Over the centuries, batdambong metamorphosed into battambang, which is the present name.

Battambang is a small town located on the banks of the Sangker river. The Sangker river got its name from the giant sangker tree which was cut and laid across the narrow river in the days when there were no bridges, to enable residents to walk across to the other side over the tree! One of the unique attractions in Battambang is the four hour ride on the bamboo train from Dambong to Teppedey. The bamboo train is known as lorie or norie in Cambodia. There is only one train which leaves Battambang at 6 a.m. for Phnom Penh. The villagers have developed an ingenious device to utilize the railway tracks after the train has left for Phnom Penh.

The norie consists of a bamboo base mounted on a pair of iron wheels which are placed on the rails. This contraption which resembles a railway trolley is

Bamboo train in Battambang



Bamboo Train about to start the journey



Lotus blooming in a lake alongside the rail tracks at Teppendey



Naga serpent outside a temple in Battambang

powered by a small portable diesel engine. There are many nories traveling along the way and when one comes across another norie, the lighter of the two is dismantled and moved to the side of the tracks, allowing the heavier one to pass! Battambang is the only town in the world, where one can explore the bounties of nature while cruising along the railway tracks in an open air bamboo train.

The speed of the norie can be controlled and it has a powerful braking system, designed to stop it if it comes across another norie enroute. The cruising speed is 10 km. per hour uphill, while it slightly goes up while going downhill. One can watch a variety of birds nestling on the huge trees that border both sides of the track. Birds love to fly alongside the norie and it is indeed a delightful experience to watch

sparrows, kingfishers and kites in full flight alongside one's bamboo train. After one crosses the lush green paddy fields which stretch for miles, the norie enters thick evergreen forests where the birds give way to the butterflies. Hundreds of colourfully painted butterflies flit alongside the railway tracks and it is a pleasure to watch them. One stops at a tiny station along the way for a cup of freshly brewed green Oolong tea and sliced dragon fruit before continuing to one's final destination which is Teppendey.

Phnom Teppendey is a tiny hill which is home to a small temple and one returns to Dambong station in the same norie after spending a few hours exploring the beautiful scene as seen from the summit of the hill. The return journey is more exciting as the norie crawls uphill at snail's pace, allowing

more time to watch the variety of butterflies and birds that one encounters at every moment of this unique mode of transportation.

A unique feature of one's return trip is an encounter with another norie transporting a motorcycle and rider. One gets down and one's norie is dismantled in minutes allowing the heavier one to pass after which one continues one's round trip to Dambong station.

The Cambodian Government is under intense pressure from vested interests who want these bamboo trains to be banned and steps may be taken in the near future to prevent these indigenous bamboo contraptions from using the unused railway tracks laid down by the Cambodian Government. So the best time to visit Cambodia for an unforgettable journey on the bamboo train is now.

Experience the magic before this simple pleasure becomes extinct within the next few months! This bamboo train ride is worth it just to see the hundreds of colourful butterflies which flit around both sides of the track throughout one's journey. Flying alongside the numerous birds, who seem to compete with the bamboo train is a memory which one will treasure for a lifetime!

Experience the magic before this simple pleasure becomes extinct within the next few months! This bamboo train ride is worth it just to see the hundreds of colourful butterflies which flit around both sides of the track throughout one's journey. Flying alongside the numerous birds, who seem to compete with the bamboo train is a memory which one will treasure for a lifetime! Also Teppendey is a great place for freshly steamed rice with garden vegetables, wild mushrooms flavoured with wild ginger and wild mint. The food was as delicious as it looks in the accompanying photograph. As a vegan since 1995, I always get nutritious vegan food, even in remote corners of the globe like Teppendey. What the mind conceives and believes, it achieves!

Murli Menon is the bestselling author of ZeNLP-the power to succeed (2004), ZeNLP-the power to relax (2005) and ZeNLP-learning through stories (2014) besides 30 ZeNLP books (amazon kindle books) on destinations for ZeNLP meditation titled "ZeNLP Travel Guide Series"(2020) and "ZeNLP-Learning through Stories series"(2021). Murli conducts Storytelling Workshops based on his latest books on eschatology (launched in 2024) titled "ZeNLP-Secrets of Vedic wisdom" and "ZeNLP-Secrets of Sanatana Dharma" based on ZeNLP meditation, Kalki eschatology, Neuro Linguistic Programming (NLP) and Fun at Work for corporates and universities. Murli Menon can be reached at ceo@tips4ceos.com His verified muckrack.com USA, profile is at: <http://www.muckrack.com/murli-menon-2>

Overwhelming Enthusiasm witnessed at the 15th India Day Parade USA 2026 Curtain-Raiser

JUNE 16, 2026
MINEOLA, NY (TIP)

The Curtain Raiser of the 15th India Day Parade USA 2026 was held at the Theodore Roosevelt Executive & Legislative Building before a packed audience of more than 250 attendees, reflecting the tremendous enthusiasm and support of the Indian American community.

The event officially launched preparations for the 15th India Day Parade USA, which will commemorate the 80th Anniversary of India's Independence and celebrate the rich heritage, diversity, and contributions of the Indian American community.

The evening commenced with a welcome address by Mr. Pradeep Tandon, General Secretary, India Day Parade USA, who thanked the distinguished guests, community leaders, sponsors, media partners, and volunteers for their support and stated that the India Day Parade has become one of the region's most significant celebrations of Indian heritage, bringing together people from all backgrounds to honor the values of freedom, unity, diversity, and community service. He also recognized the dedicated leadership of President Deepak Bansal and President Vimal Goyal for their tireless efforts over the past three years in making the parade bigger, stronger, and more impactful each year.

The event was graced by the presence of distinguished public officials and dignitaries, including Hon. Steven D. Rhoads, New York State Senator, 5th Senate District; Hon. Jennifer DeSena, Supervisor, Town of North Hempstead; Hon. Jake Blumencranz, Member of the New York State Assembly, 15th Assembly District; Hon. Elaine Phillips, Nassau County Comptroller; and Shri Tsewang Gyalton, Consul (Community Affairs), Consulate General of India, New York. Their presence underscored the significance of the India Day Parade USA as one of Long Island's premier multicultural celebrations and their continued support for the Indian American community.

President Vimal Goyal highlighted the significance of the India Day Parade as a celebration that unites people of all backgrounds in the spirit of friendship, inclusion, and service and called upon community organizations, businesses, and families to participate wholeheartedly and make the 15th India Day Parade USA the biggest and most successful parade in its history.

Founder Mr. Bobby Kalote reflected on the inspiring journey of the India Day Parade and expressed appreciation to all volunteers, sponsors, and community leaders whose dedication and hard work have transformed the parade into one of Long Island's premier cultural celebrations.

President Mr. Deepak Bansal thanked the community for its continued support and emphasized that the India Day Parade has become a symbol of pride and identity for Indian Americans. He encouraged everyone to work together to preserve cultural traditions, engage younger generations, and showcase the beauty and diversity of India.



President Mr. Vimal Goyal paid special tribute to Mr. Venus Bhasin, stating, "I would like to recognize Mr. Venus Bhasin, who has not received the due appreciation and recognition he deserves in the past. He has been a great supporter of India Day Parade USA for several years, bringing numerous sponsors and helping raise substantial funds for the organization. He is truly a devoted son of Mother India." The audience responded with a warm round of applause in appreciation of his longstanding service and dedication.

President Mr. Deepak Bansal emphasized the importance of recognizing individuals who have selflessly served the community and stated that India Day Parade USA is proud to honor community leaders whose contributions have strengthened and enriched the Indian American community.

Special recognition was also accorded to distinguished community leaders including Dr. Tarun Wasil, Mr. Shashi Malik, Mr. Dincil George of the Queens Parade, and Acharya Ji of Arya Samaj for their exemplary leadership, community service, and continued support of India Day Parade USA.

India Day Parade USA takes great pride in recognizing and honoring these exceptional individuals and organizations whose dedication, generosity, and commitment to community service have inspired others and strengthened the bonds of our vibrant Indian American community.

Honorees included Somendar Gautam, Rupal Patel, Venus Bhasin, Bina Sabapathy, Sach Law Firm, Gaurav Grover, Anamika Grover, Nilima Madan, Anil Bansal, Apna Bazaar, Ankit Gera, Gurwinder Singh, Philip L. Maltaghati.

The evening featured inspiring performances by talented young artists Vaishavi Randev and Arshdeep Kaur, showcasing the vibrancy of Indian culture. The patriotic spirit of the evening was elevated by singer Anil Dua, who rendered stirring patriotic songs. Acclaimed singer Khuda Baksh, a finalist of Indian Idol Season 9, further energized the audience with his melodious patriotic performances that had attendees singing along and dancing with great enthusiasm.

Guests enjoyed appetizers before the program and a delicious dinner following the event, providing an opportunity for fellowship and networking among community leaders, elected officials, sponsors, media representatives, and attendees.

The Curtain Raiser concluded on a high note with patriotic fervor, enthusiastic audience participation, and a renewed commitment from community members and organizations to make the 15th India Day Parade USA, to be held on Sunday, August 23, 2026, in Hicksville, New York, a grand and memorable celebration of India's Independence and the enduring spirit of the Indian-American community.

(Based on a Press Release issued by Pradeep Tandon, General Secretary, India Day Parade USA. He can be reached at Phone: 718-564-3092 and Email: prprprus@gmail.com)

Glimpses of the Curtain-Raiser

Hockey: India beats Germany to record its first win in FIH Pro League



BY
PRABHJOT SINGH

JUNE 17, 2026

ROTTERDAM (TIP): India could not have asked for more. After felicitating its most capped player, Manpreet Singh, for donning 413th cap for the country, India raced to its first win in 10 games in the FIH Pro League in the Netherlands on Wednesday, June 17.

The win does not change India's standing in the points tally as it continues to remain at last but one position with seven points. India lost six of its previous nine games, drew three and got a bonus point as it recorded a penalty shootout win in one of the three drawn games.



It was a memorable evening for Manpreet Singh in Rotterdam, not only setting a new Indian record as he earned his 413th cap for his country but also helping his side to their first victory of the FIH Pro League season, a 3-1 win over Germany.

Pakistan, playing its first ever FIH Pro League is at the bottom without a point

after 10 games. India and Pakistan play each other on June 23 and 26 in London in the next round of the event.

It was Mandeep Singh who gave India a positive start with a good goal in the seventh minute. Six minutes later Shalandra Lakra made it 2-0. By the time the teams broke for refreshments, India had taken its lead to 3-0 with Nilakanta Sharma chipping in with a beautiful goal.

Germany drew consolation when it got its only goal of the game through Raphael in the 45th minute. For Germany, it was its sixth loss in 10 games. With 11 points, it was placed at sixth position while Belgium has taken a massive lead in the points tally with 28 points from 10 games as it has won nine matches and drew one.

(Prabhjot Singh is a Toronto-based senior journalist who writes on Sports, politics and community.

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India seal series win against Afghanistan as Gill, Kishan blast tons

LUCKNOW (TIP), JUNE 18, 2026

Captain Shubman Gill battled intense heat and cramps to produce a masterful 154, while the increasingly confident Ishan Kishan scored a statement century as India recorded a dominant 170-run win over Afghanistan in the second ODI in Lucknow on Wednesday, June 17, to seal the series.

India have taken a 2-0 unassailable lead in the three-match series.

Afghanistan's decision to bowl first under the scorching afternoon sun backfired as Gill and Kishan, who scored his second ODI hundred in his comeback series, helped India put up a formidable 402. The conditions were very demanding throughout the game, with several players struggling with cramps, while Gill also batted with an ice collar.

In fact, the Indian skipper did not return to the field once he got out. Gill and Kishan put the visiting bowlers to the sword with a blistering 224-run stand for the third wicket off just 141 deliveries, completely taking the game away from the opposition.

Chasing more than 400 was always going to be a daunting task for Afghanistan, who were not only fighting to stay alive in the series but were also seeking their first-ever win over India in any format.

However, they were bowled out for 232 in 44.3 overs despite Rahmat Shah's fighting 79. None of the Afghan batters showed the urgency required for such a chase.

While several top and middle-order batters got starts, they failed to convert them into substantial scores. Openers Rahmanullah Gurbaz (41) and Ibrahim Zadran (21) were unable to provide the flying start Afghanistan needed.



Last match's centurion Gurbaz briefly enjoyed a slice of luck when he miscued a pull shot straight to mid-on, where Arshdeep Singh completed a simple catch. However, debutant Prince Yadav had overstepped, and the wicket was overturned, denying him his maiden international scalp. The reprieve did not last long as Gurnoor Brar had Gurbaz caught 11 deliveries later.

Darwish Rasooli, who had been stretchered off during India's innings, came out to bat but soon retired hurt because of a hamstring injury.

Prince (2/56) eventually claimed his maiden ODI wicket when he rattled Nangeyalia Kharote's stumps before ending the game with Rahamat's scalp.

Arshdeep (3/45) picked up three wickets. Brar (3/60) also continued to impress, while Kuldeep Yadav went wicketless.

Earlier, continuing with their experimentation ahead of next year's World Cup, India brought in Yashasvi Jaiswal (4) to open alongside Rohit Sharma (48), with Gill dropping down to No. 3. However, the young left-hander failed to make the most of the opportunity and departed in the second over.

Rohit, meanwhile, looked in fine touch and produced glimpses of his vintage best. The former captain was timing the ball sweetly and appeared set for a big score before being undone by a Rashid Khan googly that produced an inside-edge that clattered into his stumps.

Gill rarely put a foot wrong. The elegant right-hander mixed precision with purity of strokeplay, making batting appear effortless despite the challenging conditions.

He batted tactfully and was severe when the Afghan bowlers tried to innovate. He drove fluently, cruising to his ninth ODI century.

Kishan, meanwhile, provided the perfect support act before dramatically shifting gears after reaching his fifty. The wicketkeeper-batter, whose confidence has steadily grown in recent months, registered only his second ODI century and his first since the memorable double hundred against Bangladesh in December 2022.

MY FIFA WORLD CUP DIARY

Canada turns 'Red' but stays 'Right'



BY
PRABHJOT SINGH

JUNE 14, 2026

TORONTO (TIP): "Red" does not necessarily notify or stand for "left". It at times also stands for the extreme right, the capitalist Canada, as was witnessed during the opening game of Group B between one of three co-hosts, Canada, and Bosnia Herzegovina, on Friday, June 12. "Red" is normally identified with the erstwhile East block that was once headed by the Soviet Union. After its disintegration, most of its member nations quickly veered away from the "Left" or "communism" and settled for either the "capitalist" West or chose the neutral path in between.

Incidentally, Russia, after hosting the 2018 FIFA World Cup in 2018, has been out of this elite World soccer event.

BMO Stadium in Toronto was all "Red" as supporters of the home team came only in red t-shirts to publicly exhibit their allegiance and all out support to their home team. The only exception was a double block behind one of the goalposts which was occupied by fans and supporters of Bosnia Herzegovina.

After Toronto, it is now turn of the British Columbia city of Vancouver to get swarmed by "Red" wave, more so after the home team managed to draw its first FIFA World Cup by holding Bosnia Herzegovina to 1-1 draw in the opener.

Even otherwise, entire Canada has



When BMO Stadium, with an exceptional blue block, turned all red on Friday, June 12.

Photo / Maninder K. Chandhoke

turned "red" as this colour also symbolises the colour of its "Maple Leaf". "Red" stands for Canada and that message has been given loud and clear by the Canadians in the FIFA opener.

Other than "Red" jerseys Canadians have also taken upon themselves the onerous task of working as "ambassadors" of their great country as they go out of their way to help the visitors, especially football fans, from other parts of the world. When Bosnian fans were up on feet after their team built an initial 1-0 lead, the Canadians either sat quietly or

supported the goal their opponents scored.

And Bosnians, too, responded positively when Canada equalised late in the second half. Bosnians did respond as they clapped while rest of the stands overflowing with "Red" jerseys or T-shirts, gave repeated standing ovations to their team.

Toronto has been allotted six of 13 games given to Canada as a co-host. It has mad elaborate arrangements to keep the atmosphere, friendly, warm, receptive, helpful and congenial. Besides upgrading security, public transport has been supplemented to an extent that wait

period is 15 or less minutes. Security and transport have recruited hundreds of temporary workers, mostly students or those on work permits, to keep movement of spectators safe and smooth.

There are hundreds of Indian students who are now a part of the FIFA World Cup workforce. Though they may not get access to watch any of the games being played at BMO Stadium, they have a larger consolation that they have been part of the organisation that is holding for the first time such a massive event for the first time in the history. They will carry back home many memories of meeting and making friends with football fans from across the globe.

Toronto, like all other host cities, has a Fan centre, where all those, who could not ticket to watch the games, come and enjoy the atmosphere of a host city. They not only get a feel of the "host city" but also get to rub shoulders with those who have come here in support of their national teams.

Though Canada has its own multicultural and multiethnic section of population, re-presenting different nationalities, including most of the 48 nations participating in the FIFA World Cup, yet it has a strong overflow from Africa, Europe and South American nations for the event.

Fans in jerseys or T-shirts of various participating nations adorn Toronto streets as the city continues to wear a festive look.

(Prabhjot Singh is a Toronto-based senior journalist who writes on Sports, politics and community.

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For Portuguese, old is gold as Cristiano Ronaldo takes to field in 2026

BY
PRABHJOT SINGH

TORONTO (TIP): For fans of Cristiano Ronaldo, age does not matter. They believe it is the spirit and not the number of years that decide the fitness and capability of a star to continue his playing days. And when Congo took to the field against fancied Portugal, mercurial Cristiano Ronaldo was on the roster.

Though Congo claimed its first ever FIFA World Cup goal and point as Yoane Wissa's strike in first-half stoppage time pegged back Cristiano Ronaldo's Portugal. Interestingly, it was one of co-hosts, Canada, also to earn its first FIFA World Cup point when it held Bosnia Herzegovina to 1-1 draw in its inaugural game.

It turned out to be a historic day for Les Leopards as was also notable as Portugal captain Cristiano Ronaldo, who became the oldest outfield player to ever start a World Cup match. It was Ronaldo's 23rd World Cup appearance,



Fans of Panama and Ghana making beeline for entry to BMOP Stadium in Toronto

Photo / Maninder K. Chandhoke

putting him fourth on the all-time list alongside Italian great Paolo Maldini. Just six minutes into the game, Portugal took the lead as Joao Neves rose highest to head Pedro Neto's inviting cross past Lionel Mpasi.

At 41 years 132 days, Ronaldo became the second oldest outfield player to make an appearance at the tournament - behind Roger Milla, who was 42 years 39 days when he played for Cameroon against Russia on June 28, 1994.

Interestingly, defending champions Argentina's captain Lionel Messi, has lived true to the adage "old is gold". His stunning hat-trick against Algeria has got his nation dreaming of winning the trophy again.

Lionel Messi has crossed one of the few remaining frontiers, turning fiction into reality in the process. Legendary film director Steven Spielberg opened his brand-new film Disclosure Day with an alien encounter in Kansas City. Just

Continued on page 45

FIFA WORLD CUP 2026

Canada scripts golden chapter of its soccer history, blanks Qatar 6-0 for its first ever World Cup win



BY
PRABHJOT SINGH

TORONTO (TIP): Canada did it. It scripted a golden chapter of its soccer history by blanking Qatar 6-0 for its first ever FIFA World Cup win. Incidentally, it is the biggest win by any team other than that of Europe or South America in the World Cup.

A hat-trick of goals by Jonathan David, who was later declared man of the match, and goals in back-to-back matches by Cyle Larin (he scored the match equaliser against Bosnia in the first match) warmed the cockles of hearts of a nearly packed BC Place in Vancouver on Thursday.

It was his first hat trick in international soccer since 2021.

There was a distress in the Canadian camp midway in the second half when its experienced player, Ismael Kone, was injured in an aggressive check and had to be carried off the field on a stretcher. Saliba, who came as his substitute, earned the distinction of becoming the first player in the current edition to score a goal from a free kick. He dedicated his goal to his injured teammate Ismael Kone.

After Kone left and Qatar reduced to nine men, Canada pelted in two more besides being helped by a self-goal by a defender who diverted Shaffelburg's kick into his own goal to add another nail in the coffin of Qatar.

Earlier, in the 31st minute there was controversy when forward Tajon Buchanan was hauled down by defender Homen Ahmed. At first it looked like Canada would be awarded a penalty kick but VAR overruled the decision. Ahmed was shown a red card, leaving Qatar a man down. Qatar midfielder Assim Madibo was issued a red card for an aggressive tackle on Ismael Kone and thus the losers were reduced to nine for the rest of the game.

Jonathan David ended a scoring drought by scoring three goals.



David, who had been denied in his previous four World Cup matches, scored in the 29th minute and the third minute of added time in the first half. He finished the hat trick in the second minute of stoppage time.

Cyle Larin also scored for Canada in the 16th minute, bringing an explosion from the crowd of 52,497. Nathan Saliba, who came in for an injured Ismael Koné, scored in the 63rd minute and Jacob Shaffelburg in the 75th.

Interestingly, the Canadian goalkeeper Maxime Crépeau was not tested throughout the game as the second half after Kone's injury was played in the Qatar half only.

The historic victory moved the Canadians into a tie for first place with Switzerland in Group B standings and improved their chances of advancing to the knockout round of the 48-team tournament. Canada and Switzerland have four points each but Canada has a better goal difference to occupy the top spot.

Next Wednesday, Canada and Switzerland will play each other to

decide the Group leader.

Some sheen of the historic and superb win was slightly tarnished when Koné was carried off the field on a stretcher with a left leg injury suffered in the 51st minute. Qatar midfielder Assim Madibo was issued a red card leaving the team down two men.

There was an electric atmosphere in the building for Canada's first match in Vancouver. Before the game, fans dressed in red jerseys while waving Maple Leafs sang along to Bryan Adams "Summer of 69" then belted out O'Canada.

An avalanche of cheers and chants of "Ca-Na-Da" greeted the team when it stepped on the field.

In the sea of red was an island of white where Qatar fans dressed in traditional robes, waved flags and cheered their team.

The victory came in front of a lively red-clad crowd of 52,497 at BC Place, where spectators included Prime Minister Mark Carney, B.C. Premier David Eby, FIFA President Gianni Infantino and Vancouver Mayor Ken Sim. The Canadians, dressed in their

black uniforms, controlled most of the early stages of the match. Their first good chance came in the seventh minute when David blasted a shot from the side of the net that goalkeeper Mahmoud Abunada handled.

The energy that had been building in the stadium exploded when Larin gave the Canadian fans what they came to see. David started the play with a shot that Abunada blocked. Larin, the hero of Canada's opening 1-1 draw against Bosnia-Herzegovina, banged the loose ball in for a 1-0 lead.

David put Canada ahead 2-0 with a right-footed shot from about 15 metres out that curled inside the post.

Larin and David combined again in first-half extra time. Larin took a shot that was stopped but David put in the rebound for a 3-0 lead.

There was controversy in the 31st minute when forward Tajon Buchanan was hauled down by defender Homen Ahmed. At first it looked like Canada would be awarded a penalty kick but VAR overruled the decision. Ahmed was shown a red card, leaving Qatar a man down.

Canada was awarded a free kick but David sent the ball over top of the net.

Just a few minutes later, Buchanan had a shot but a Qatar defender cleared it off the line.

Saliba's goal came off a free kick with a shot that hit the post and went in.

Shaffelburg added another nail in the coffin with a strike that deflected in off a Qatar player.

Earlier in the day, Switzerland defeated Bosnia-Herzegovina 4-1 in Los Angeles. In eight games over three World Cups, Canada has one win, six losses and a draw. Canada didn't score a goal in its first World Cup appearance in 1986 in Mexico and managed just one at the 2022 World Cup in Qatar.

Canada is 30th and Qatar 49th in FIFA world rankings.

(Prabhjot Singh is a Toronto-based senior journalist who writes on Sports, politics and community.

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days after its release, the film seems almost prophetic, with Argentina's number 10 touching down in the city and beginning his sixth FIFA World Cup campaign with an out-of-this-world performance that once again defied the laws of football, logic and time.

Argentina began the defence of its crown with the authority of reigning champions. La Albiceleste reduced a brave Algerian side to a mere supporting role and unlocked the decisive edge

thanks to the captain's genius in another feat for the annals of his indelible legend.

Messi broke the deadlock in the 17th minute with an unstoppable left-footed strike from distance, doubled the lead with a composed finish on the hour-mark and then, with 14 minutes remaining, dashed any Algerian hopes with an exquisite shot into the bottom corner of Luca Zidane's goal from the edge of the box.

"Class is permanent," conceded defeated Algeria coach Vladimir

Petkovic. "We are not talking about just any footballer. He's been doing incredible things for many years, for decades."

Interestingly, as the FIFA World Cup is nearing the end of its first week, competitions are becoming fierce, absorbing with some throwing up exciting results. Spain being held to a goalless draw Cabo Verde, a name not many may have heard even, was among the surprises. And on June 15, all four matches - Spain vs Cabo Verde (0-0), Belgium vs Egypt (1-1), Saudi Arabia vs

Uruguay (1-1), and Iran vs New Zealand (2-2) - ended in a draw, a feat that has not been repeated in the last 60 years.

Brazil had a subdued start in the tournament after playing its first game against Morocco that ended in 1-1 draw. Another South American challenger this time appears to be Colombia that has in wake of the FIFA World Cup campaign virtually unified the country with expectations running high from the team, a blend of youth and experience.

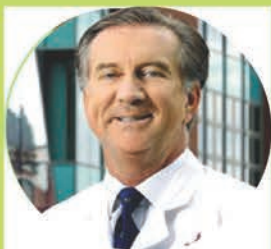
England put aside a determined fight by Croatia to emerge winners at 4-2.



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Peter J McDonnell, MD Director Wilmer Eye Institute, Johns Hopkins



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