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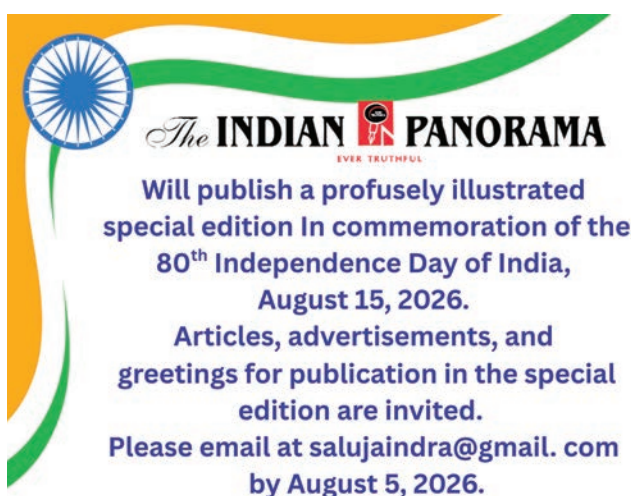
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VOL 20 ISSUE 29 • NEW YORK / DALLAS • JULY 17 - 23, 2026

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Trump accuses China of 2020 voting interference, contradicting US intelligence findings

Republicans facing difficult political environment as midterms approach

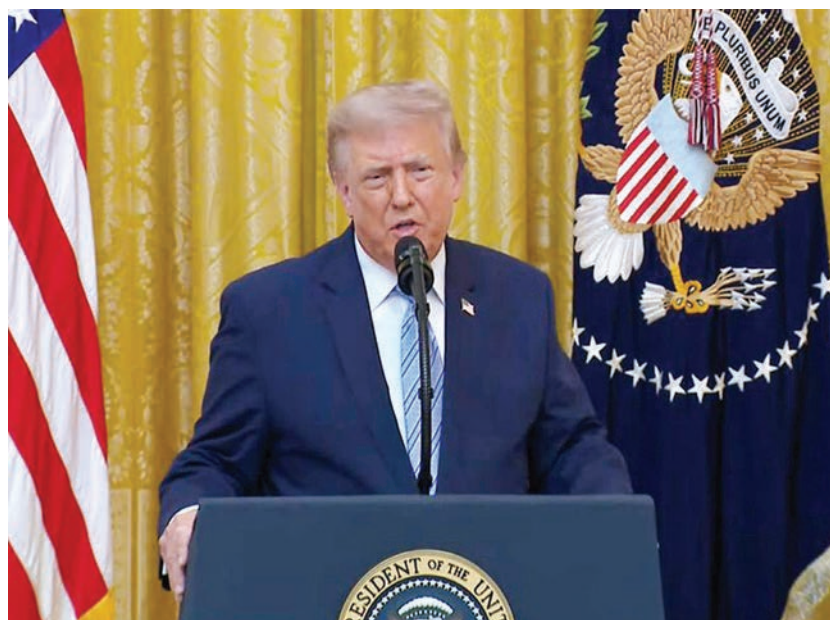
**JULY 17, 2026
WASHINGTON, D.C. (TIP)**

US President Donald Trump declassified intelligence on Thursday, July 16, that he said showed Chinese interference in US elections, reviving his long-running attacks on election security despite a US intelligence assessment that found no evidence Beijing affected the 2020 vote that he lost, says a Reuters report.

The 25-minute prime-time address underscored Trump's effort to make election security a central political issue ahead of November's midterm elections, when his fellow Republicans will be defending their slender congressional majorities.

Trump used his remarks to again press Republicans in Congress to pass legislation imposing new voter identification and citizenship

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US President Donald Trump speaks about election security during an address to the nation from the East Room of the White House in Washington, DC, US, on July 16, 2026. -Photo / Reuters

As Wangchuk's health worsens, Delhi High Court orders regular monitoring



Activist Sonam Wangchuk gestures during his hunger strike

Photo Credit: Shashi Shekhar Kashyap

**JULY 17, 2026
NEW DELHI (TIP)**

With activist Sonam Wangchuk's health condition worsening on the 19th day of his indefinite hunger strike at Jantar Mantar, the Delhi High Court ordered the Union and Delhi governments to ensure regular monitoring of his health. Doctors warned on Thursday, July 16, 2026, that Mr. Wangchuk's health condition had entered a critical stage. Satish Lamba, a doctor who has

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Trump's Board of Peace drops full Gaza recovery plan in favor of tiny pilot scheme



The aftermath of Israel's air and ground offensive in Rafah, Gaza, photographed in January 2025.

Photograph: Jihad Alshrafi/AP

**JULY 16, 2026
JERUSALEM (TIP)**

The Gaza recovery plan being pursued by Donald Trump's Board of Peace (BoP) has shrunk dramatically from an ambitious blueprint for the reconstruction of the whole territory to a small pilot project in the south of the strip. Even the envisaged pilot scheme - involving a temporary camp for a tiny fraction of Gaza's 2 million displaced people, with a Palestinian administration,

CONTD ON PAGE 36

CLASH OF TITANS: REIGNING CHAMPIONS TO FACE ASPIRING CHAMPIONS

**BY PRABHJOT SINGH
JULY 17, 2026
NEW YORK (TIP)**

On Sunday, July 19, when the fight for world soccer supremacy takes place at New York New Jersey Stadium (MetLife Stadium), reigning champions Argentina, looking for their seventh World Cup title, will take on the European champions and strong aspirants for the World Cup title, Spain.

Argentina staged yet another magnificent comeback to defeat England 2-1; Spain got the better of pre-tournament favorites France in the other semifinal.

(READ MORE FIFA REPORTS ON PAGE 38)



Reigning champions Argentina will face the aspiring champions Spain for the FIFA World Cup title on Sunday, July 19 at New York New Jersey Stadium (MetLife Stadium).

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COMMENT

NEVER BAN HISTORY

Every nation has chapters in its history that inspire pride, and chapters that evoke pain. The measure of a mature democracy is not whether it possesses a flawless past, but whether it has the courage to confront that past honestly. Democracies grow stronger by examining their mistakes, learning from them, and ensuring that they are never repeated. That is why the censorship of books, films, and other works of art dealing with historical events should concern every citizen who values freedom, justice, and democracy.

History is not propaganda. It is not meant merely to glorify rulers, governments, or institutions. History is a teacher. It records human achievements as well as human failures. It reminds us that societies progress not by pretending that injustice never occurred, but by acknowledging it and resolving never to permit its recurrence.

Art performs a similar function. Great literature, cinema, theatre, and painting often compel us to confront difficult truths. They stir emotions, provoke debate, and encourage reflection. They do not exist merely to entertain. Their higher purpose is to deepen our understanding of the human condition. A democracy that begins to fear its artists or historians risks losing confidence in itself.

The recent controversy surrounding the Punjabi feature film Sutlej raises precisely these larger questions. The film revisits one of the darkest and most painful periods in Punjab's contemporary history, when the Khalistan movement and the government's counterinsurgency campaign left deep scars upon society. It was a time marked by violence from multiple quarters, fear among ordinary citizens, and immense human suffering.

Among the names that emerged during those troubled years was that of Jaswant Singh Khalra, a human rights activist whose work became known throughout India and beyond. Through painstaking research, he examined records maintained by cremation grounds and alleged that numerous unidentified bodies had been cremated after individuals had disappeared while in police custody. His investigations drew national and international attention to allegations of human rights abuses. Khalra himself was later abducted and murdered, and several police officials were subsequently convicted in connection with that crime.

These are matters of historical record. They form part of India's democratic journey-painful, controversial, but undeniably significant. They deserve to be examined, debated, researched, and

remembered.

Whether one agrees entirely with the interpretation presented by Sutlej is almost beside the point. Films are works of artistic expression. They inevitably reflect the perspective of their creators. Historians may dispute details. Critics may disagree with interpretations. Viewers may accept or reject the narrative. That is precisely how a free society functions. Ideas compete. Evidence is examined. Debate enriches public understanding.

The answer to a controversial film is not a ban.

Reports indicate that the film initially faced difficulty in obtaining certification, that extensive edits were sought, and that after certification it was nevertheless prevented from being exhibited. The justification offered was that it might hurt the sentiments of a section of society and that its exhibition was allegedly not in the national interest.

Such reasoning deserves careful reflection.

If the possibility of offending someone's sentiments becomes the standard for suppressing artistic expression, very little history would remain available for public discussion. Almost every major historical event has winners and losers, heroes and villains, supporters and critics. Every honest account of history is likely to discomfort someone.

That discomfort alone cannot become sufficient reason for censorship.

The phrase "national interest" also deserves careful use. The national interest is served not by concealing uncomfortable truths but by strengthening the institutions that allow citizens to examine them responsibly. Confidence in a democracy grows when governments trust their people with facts, not when they assume that citizens cannot distinguish between history, interpretation, and propaganda.

No nation is diminished because it acknowledges its mistakes.

Germany does not become weaker because it teaches the horrors of Nazism. South Africa does not become weaker because it confronts the legacy of apartheid. The United States continues to examine slavery, racial segregation, the Vietnam War, and other difficult chapters in its history through books, museums, films, and public debate. These discussions are often uncomfortable. Yet they are also evidence of democratic resilience.

India, the world's largest democracy, should possess the same confidence.

This is not an argument for absolute freedom without responsibility. No civilized society should permit deliberate incitement to violence,

BY INDRAJIT
SALUJA

hatred, or lawlessness. Nor should knowingly false material presented as fact enjoy immunity from scrutiny. Every democracy recognizes reasonable legal limits where public safety or direct incitement is involved.

But there is an equally important distinction between incitement and inquiry.

A film portraying historical events, however uncomfortable those events may be, belongs within the realm of democratic discussion. The proper response is criticism if criticism is deserved, scholarly rebuttal if facts are disputed, or alternative films and books presenting different perspectives. The answer to expression should ordinarily be more expression-not prohibition.

History belongs neither to governments nor to political parties. Governments administer the present; history belongs to the people. Every generation has the responsibility to examine it afresh, armed with new evidence, broader perspectives, and greater understanding. Attempts to suppress history seldom erase it. More often, they intensify public curiosity and weaken confidence in the institutions imposing the ban.

A confident democracy has nothing to fear from books, films, or ideas.

Indeed, it is precisely because history can be painful that it must remain accessible. When societies forget their mistakes, they risk repeating them. When they remember them honestly, they strengthen the foundations of justice, accountability, and the rule of law.

India's civilizational heritage is one of dialogue, debate, and intellectual inquiry. From the Upanishads to the courts of great emperors, from philosophical schools that challenged one another to the framing of our Constitution, our tradition has valued argument over suppression and persuasion over coercion. That tradition deserves to be preserved.

The greatness of a nation is measured not merely by its economic strength or military power, but by its confidence in the intelligence of its own citizens. Let people watch a film. Let them read a book. Let them question, analyze, agree, disagree, and arrive at their own conclusions.

Democracy demands nothing less.

History is not our enemy. History is our teacher. It reminds us where we have succeeded, where we have failed, and how we may build a more humane future. To silence history is to silence one of the nation's wisest instructors.

Let history speak.

Let art illuminate.

Let citizens judge.

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India Home Opens First Senior Center in Hicksville, Long Island with Support from AIA National, Guru Krupa Foundation, and The New York Community Trust



AIA Past Presidents and NEC Members Presenting a \$35,000 Check to India Home. Standing (Left to Right): Dr. Urmillesh Arya, Sushma Kotahwala, Uma Swaminathan, Jyoti Gupta, Gobind Bathija, Gobind Munjal, Dr. Narinder Kukar, Dr. Vasundhara Kalasapudi, Mukund Mehta, Dr. Usha Bansal, and Suman Munjal.

HICKSVILLE, N.Y.

India Home celebrated the grand opening of its first Senior Center in Hicksville, Long Island, marking a significant milestone in expanding culturally sensitive services for the region's rapidly growing South Asian senior community.



Assemblyman Charles Lavine Presenting a Citation to India Home. Standing (Left to Right): Mukul Mehta, Assemblyman Charles Lavine, Dr. Vasundhara Kalasapudi, and Gobind Munjal.

The new center will provide seniors with opportunities for social engagement, health and wellness programs, educational workshops, cultural activities, recreation, and supportive services in a welcoming environment. The inauguration drew more than 200 attendees, including elected officials, community leaders, India Home and Association of Indians in America (AIA) members, donors, volunteers, and representatives of numerous community organizations.



India Home Members Performing a Cultural Dance

Opening the ceremony, Mukund Mehta, President of the Board of Directors of India Home, reaffirmed the organization's commitment to improving the quality of life of South Asian seniors through compassionate care and meaningful programming. He thanked AIA National, Guru Krupa Foundation, The New York Community Trust, donors, volunteers, and supporters whose generosity made the center possible.

Among the featured speakers was Gobind Munjal, Immediate Past National President and Member of the Board of Trustees of the Association of Indians in America (AIA). He described the opening of the Senior



AIA NEC Members with India Home Leadership. Standing (Left to Right): Dr. Narinder Kukar, Jyoti Gupta, Dr. Vasundhara Kalasapudi, Gobind Munjal, Mukund Mehta, Suman Munjal, and Gobind Bathija.

Center as the realization of a shared vision to provide Long Island seniors with friendship, dignity, purpose, and a strong sense of community.

Mr. Munjal noted that during his tenure as AIA National President (2022-2025), he worked closely with Dr. Vasundhara Kalasapudi, Founder and Executive Director of India Home, to address the growing need for a culturally appropriate senior center on Long Island. While India Home successfully operates six senior centers in Queens, along with affordable senior housing, home care services, and other programs, Long Island's expanding South Asian senior population had long lacked a culturally responsive center to meet its unique needs.

Recognizing this need, the AIA National Executive Committee unanimously approved a \$35,000 grant to help establish India Home's first Senior Center on Long Island. During the ceremony, Mr. Munjal invited AIA Board of Trustees, current and past Presidents, and National Executive Committee members to join him in presenting a ceremonial check to India Home. The check was accepted by Dr. Kalasapudi and Mr. Mehta on behalf of the organization.

Mr. Munjal thanked the AIA Board of Trustees, National Executive Committee, Life Members, donors, and supporters for their confidence in the project and congratulated India Home's leadership, volunteers,



A view of the gathering



Gobind Munjal Addressing the Gathering

sponsors, and donors for transforming a long-held vision into reality.

Mukund Padmanabhan of the Guru Krupa Foundation reaffirmed their commitment to supporting programs that promote the health, dignity, independence, and well-being of senior citizens.

Assemblyman Charles Lavine congratulated India Home on opening the new center and praised the organization for creating an inclusive, culturally responsive environment that will benefit seniors across Long Island.

Dr. Kalasapudi expressed gratitude to the organization's donors, volunteers, elected officials, community organizations, and principal supporters—especially AIA National, Guru Krupa Foundation, and The New York Community Trust—for helping make the center possible. She reaffirmed India Home's mission of enabling seniors to age with dignity, independence, and purpose while remaining connected to their cultural heritage and community.



Members in Attendance. Standing (Left to Right): Indu Jaiswal, Rekha Chachera, Beena Kothari, Sushma Kotahwala, Gobind Munjal, Uma Swaminathan, Bina Sabapathy, Sudhir Vaishnav, Anila Middha, Dr. Usha Bansal, and Swati Vaishnav.

The Hicksville Senior Center will be open free of charge every Tuesday and Friday from 10:00 a.m. to 3:00 p.m., with a complimentary lunch served each program day. The celebration concluded with cultural performances and a sumptuous community luncheon.

Mr. Munjal also acknowledged the media coverage provided by News Channel 12 Long Island, Jus Broadcasting TV, South Asian Times, Indian Panorama, The Indian Eye, News India Times, India Abroad, Hum Hindustani, and South Asian Insider.

The opening of the Hicksville Senior Center represents another important milestone in India Home's mission to enrich the lives of South Asian seniors through compassionate care, cultural understanding, and community collaboration. Supported by AIA National, Guru Krupa Foundation, The New York Community Trust, and numerous community partners, the center will serve as a lasting investment in the health and well-being of Long Island's senior community.

(Based on a Press Release issued by Gobind Munjal)

A Historic Visit, A New Beginning: India and Moldova Chart the Future Together

BY DR.
MANOJ KUMAR
MOHAPATRA



The forthcoming State Visit of the Hon'ble President of India to the Republic of Moldova from 19-21 July 2026 marks a truly historic moment in the relationship between our two countries. It will be the first-ever visit by an Indian Head of State to Moldova since the establishment of diplomatic relations in 1992. More than a ceremonial occasion, this landmark visit reflects the importance India attaches to its friendship with Moldova and our shared aspiration to build a forward-looking partnership for the twenty-first century.

Although separated by thousands of kilometers, India and Moldova are brought together by values that transcend geography, united by common values democracy, pluralism, respect for international law, and the belief that development should improve the lives of ordinary people. These shared principles provide a strong foundation upon which our bilateral relationship continues to grow. The world today is undergoing profound geopolitical and economic transformation. Nations are seeking trusted partners, resilient supply chains, technological innovation and sustainable growth. India and Moldova, each in its own way, are navigating this changing global landscape with optimism and determination. Our partnership is therefore not merely timely; it is full of promise.

India today is one of the largest economies of the World and the fastest-growing major economy. Home to over 1.4 billion people, India has become a global center of innovation, entrepreneurship, digital transformation and manufacturing. Guided by the vision of Viksit Bharat 2047, a developed India by the centenary of our independence, our country is investing heavily in infrastructure, clean energy, education, advanced manufacturing, artificial intelligence and human capital.

Moldova, too, is writing a remarkable story of resilience and transformation. As the country deepens its economic reforms and strengthens its engagement with European institutions, new opportunities are emerging across technology, agriculture, education, renewable energy, healthcare and innovation. India views Moldova as an important partner in Eastern Europe and is committed to supporting this journey through mutually beneficial cooperation.

Economic relations between our countries have grown steadily in recent years, but they remain far below their immense potential. India's exports to Moldova include pharmaceuticals, engineering products, machinery, chemicals, textiles, tea and coffee, while Moldova is well positioned to expand exports of high-quality agricultural products, processed food, fruits, edible oils and wines to the Indian market, subject to completion of the necessary regulatory procedures.

Agriculture offers particularly exciting opportunities. Moldova's internationally recognized fruit and wine industries complement India's vast consumer market. As technical discussions on phytosanitary standards continue, I am



Her Excellency Droupadi Murmu, Hon'ble President of the Republic of India is to visit the Republic of Moldova from 19-21 July, 2026. It will be the first-ever visit by an Indian Head of State to Moldova since the establishment of diplomatic relations between the two countries in 1992.

confident that greater market access will open new avenues for farmers, exporters and businesses in both countries.

Healthcare and pharmaceuticals constitute another important pillar of our partnership. India is widely recognized as the "Pharmacy of the World," supplying affordable, high-quality medicines and vaccines to more than 200 countries and territories. During the COVID-19 pandemic, India demonstrated its commitment to global solidarity by supplying medicines and vaccines to partner countries around the world. We look forward to expanding pharmaceutical cooperation with Moldova through greater trade, investment and knowledge exchange.

Education remains one of the strongest bridges connecting our peoples. Around 2,000 Indian students are pursuing higher education in Moldova, particularly in medicine. Many have returned to India not only with professional qualifications but also with a deep appreciation of Moldovan culture, hospitality and friendship. These graduates have become lifelong ambassadors of goodwill between our two nations. The proposed cooperation in education during the Presidential Visit will further strengthen institutional partnerships between universities, promote academic exchanges, encourage joint research and create new opportunities for students and young scholars. Investing in education is ultimately an investment in the future of our bilateral relationship.

Technology is another area where enormous opportunities await us. India's Digital Public Infrastructure has transformed the delivery of public services on an unprecedented scale. More than 1.4 billion digital identities have been created through Aadhaar, while the Unified Payments Interface processes over 18 billion digital transactions every month, making India one of the world's leading digital economies. DigiLocker securely stores billions of digital documents, enabling efficient and transparent governance.

India stands ready to share its experience with friendly countries based on their priorities and requirements. Moldova's growing digital economy, vibrant information technology sector and innovation ecosystem create natural opportunities for cooperation in digital governance, cybersecurity, artificial intelligence, fintech, digital payments and start-up collaboration. Innovation is today one of India's greatest strengths. Our start-up ecosystem has grown to more than 180,000 recognized start-ups, making it the third largest in the world. Young entrepreneurs are developing solutions in artificial intelligence, biotechnology, space technology, fintech, agritech and clean energy. Connecting innovators, universities and technology companies from India and Moldova can generate new ideas, new investments and new opportunities for our youth.

Climate change is another challenge that no country can address alone. India

and Moldova have both joined the International Solar Alliance, reaffirming our shared commitment to sustainable development and renewable energy. India has launched ambitious initiatives in solar energy, green hydrogen, biofuels and sustainable infrastructure. We see tremendous scope for collaboration in renewable energy, climate-smart agriculture, energy efficiency and green technologies that will benefit future generations.

Culture has always played a special role in bringing our peoples closer together. Yoga, Ayurveda, Indian cinema, dance and music enjoy growing popularity in Moldova, while Indian audiences are increasingly discovering Moldova's rich cultural traditions, music and artistic heritage. Cultural exchanges nurture mutual understanding in ways that political dialogue alone cannot achieve.

Our people-to-people ties continue to expand through students, professionals, entrepreneurs, artists and visitors. These personal connections are creating lasting friendships and strengthening mutual trust. The Indian community, though modest in size, contributes positively to Moldovan society, while Moldovan graduates of Indian educational institutions and Indian alumni of Moldovan universities form a valuable network linking our countries.

As democracies committed to peace, dialogue and international cooperation, India and Moldova share a belief that global challenges can best be addressed through partnership rather than confrontation. We support a rules-based international order founded on the principles of the Charter of the United Nations and believe that sustainable peace can only be achieved through dialogue, diplomacy and mutual respect.

The visit of the Hon'ble President of India offers a unique opportunity to elevate our bilateral relationship to a new level. It will bring together political leaders, parliamentarians, business communities, academics and young people to shape an ambitious agenda for future cooperation. We hope to deepen collaboration in trade, education, agriculture, pharmaceuticals, digital technologies, renewable energy, culture, traditional medicine and capacity building.

India's engagement with Moldova is guided not by short-term interests but by a long-term vision of partnership. We believe that countries of different sizes can work together effectively when they are united by shared values, mutual respect and common aspirations for prosperity. The first visit of an Indian President to Moldova is therefore not simply the celebration of a diplomatic milestone. It is the beginning of a new chapter; one built on friendship, trust, innovation and shared progress. As India and Moldova look to the future with confidence, I am convinced that the best years of our partnership still lie ahead.

(Dr. Manoj Kumar Mohapatra is India's Ambassador to Romania and Moldova)

IOC USA Launches Michigan Chapter, Appoints Leadership for Seven New Chapters Across the United States



Indian Diaspora to uphold democracy, values, and public service

**JULY 8, 2026
NEW YORK (TIP)**

Sam Pitroda calls on Indian diaspora to uphold democracy, constitutional values and public service with a call to strengthen democracy, constitutional values, and the engagement of the Indian diaspora, the Indian Overseas Congress (IOC) USA formally launched its Michigan Chapter and announced the appointment of presidents for seven new chapters across the United States during a grand ceremony held at St. Toma Hall, Farmington Hills, on Friday evening.

The event, attended by nearly 700 members of the Indian American community, community leaders, professionals and supporters from Michigan and neighbouring states, marked one of the most significant organizational expansion initiatives undertaken by IOC USA in recent years.

fostering inclusive leadership, and reinforcing the enduring relationship between India and the global Indian community through public service and civic engagement.

"Our responsibility is to strengthen democratic institutions, promote inclusive leadership, and reinforce the enduring ties between India and the global Indian community through public service and civic engagement," he said.

Pitroda further encouraged the newly appointed office bearers to lead with commitment, integrity and humility while remaining closely connected with their communities. He said the Indian Overseas Congress has an important role in promoting democratic participation, encouraging inclusive dialogue, and serving society. Wishing the newly appointed leaders' success in their responsibilities, he expressed confidence



Raya Das (Roy) Manthena

The highlight of the evening was the virtual keynote address by Indian Overseas Congress Global Chairman Sam Pitroda, who joined the gathering from Iceland. Congratulating the newly constituted Michigan Chapter and welcoming its President Sridhar Patel and his office bearers, Pitroda expressed confidence that the new leadership would strengthen the organization and inspire greater participation among the Indian diasporas. Calling upon overseas Indians to remain committed to democratic ideals, he emphasized the importance of democracy, unity, liberty, and constitutional values in shaping a vibrant and inclusive society.

"The Michigan Chapter will strengthen our organization and inspire greater participation among the Indian diaspora," Pitroda said.

He urged members to work towards strengthening democratic institutions,

that they would make a meaningful contribution to the continued growth of the organization.

The program was presided over by Mohinder Singh Gilzian, President of Indian Overseas Congress USA, and attended by Patel Ramesh Reddy, Chairman of the Telangana Tourism Development Corporation, George Abraham, Vice Chairman of IOC USA, Baldev Randhawa, Vice President, John Joseph, Secretary General IOC USA, Pradeep Samala, Working President (North-East Region), Dr. Joshua JayaSingh National Treasurer, and several national and regional office bearers. Addressing the gathering, Gilzian described the Congress as "not merely a political party, but a global movement rooted in the ideals of democracy, justice and public service." He announced the organization's ambitious goal of developing 100 strong



Sridhar Patel



John Joseph

leaders across the United States by December 2026 under the guidance of

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CONTD FROM PAGE 5

IOC USA Launches Michigan Chapter, Appoints Leadership for Seven New Chapters Across the United States

worked tirelessly and made significant contributions toward the grand success of the event. IOC USA sincerely thank each team member for their dedication,



Dheeraj Gahtori



Rupinder Sahoke

Global Chairman Sam Pitroda. Describing the simultaneous launch of seven new IOC USA chapters as a significant milestone, Gilzian said the expansion would strengthen the organization nationwide while bringing together members of the Indian diaspora around the shared values of democracy, secularism and inclusive leadership. He urged the newly appointed office bearers to work collectively, expand grassroots outreach and remain committed to community service.

A major highlight of the evening was the appointment of new chapter

Maharashtra Chapter, while Mr. Joseph John Joseph was appointed Secretary General of IOC USA.

The appointment letters, signed by IOC USA President Mohinder Singh Gilzian, took immediate effect for a two-year term under the IOC USA Bylaws and provide for a six-month performance review in accordance with the organization's guidelines.

Addressing the gathering, Patel Ramesh Reddy, Chairman of the Telangana Tourism Development Corporation, lauded the enthusiastic participation of the Indian diaspora and emphasized the



Ilias Mohammed



Rupal Rajendra Shirpurkar

presidents across the United States. Mr. Sridhar Patel was appointed President of the Michigan Chapter. Other appointments included Mr. Rupinder Sahoke as President of the Indiana Chapter, Mr. Vidyasagar Vangala as President of the North Carolina Chapter, Mr. Dheeraj Gahtori as President of the Colorado Chapter, Mr. Ilyas Mohammed as President of the Houston Chapter, Mr. Rayadas (Roy) Manthena as President of the Vermont Chapter, Mrs. Rupal Rajendra Shirpurkar as President of the

important role overseas Indians play in maintaining strong ties with their homeland. Highlighting the Telangana Government's welfare and development initiatives, he outlined the efforts being made to promote the state's tourism potential at the national and international levels. Congratulating the newly appointed IOC USA chapter presidents, Reddy expressed confidence that their leadership would further strengthen the organization and deepen the engagement of the Indian diaspora with India.



Honouring President IOC USA

The program also featured addresses by George Abraham, Pradeep Samala, Sharath Chandra Vemuganti, and other senior leaders, who highlighted organizational unity, leadership development and greater participation of overseas Indians in democratic and community-oriented initiatives.

The formal presentation of appointment letters to the newly elected office bearers was among the key

commitment, and hard work in making this event a great success.

Event Organizing team: Sridhar Patel, Vinod Kukunoor, Venkat Bollavaram, Devanand Ale, Mathew Varughese, Venkat Nataka, Anil Kurapati, Shanthan Kancharla, Yogesh Duraisamy, Yogesh Kollu, Chandan Reddy Mali, Ravi BommaReddy, Arha BommaReddy, Padma Patel, Mounika Kancharla, Vinodha Nalamolu, Srinivas Bandi.



Vidya Sagar Vangala

highlights of the evening and was greeted with enthusiastic applause from the audience.

The launch of the Michigan Chapter, coupled with the appointment of leadership for seven new chapters across the United States, represents a significant milestone in IOC USA's continued expansion. The newly constituted leadership is expected to strengthen the organization's nationwide network, expand community outreach, and enhance the participation of the Indian diaspora in promoting democratic values, public service and closer engagement with India.

The following Michigan Chapter team

MC: Srilatha Peri, Krishna Chellemella

Cultural: Suseela Vathyam, Kalyani Matripragada, Kranthi Bhagirthi, Pooja Cherukuri, Usha Kompella, Gouthami Polina

Kerala Music Team (Chanda Mela): Bobby Thomas Alappatt

Publicity: www.MIIndia.com

Media: Sridhar Chillara, Prasantha Yelagani, Sai Srikar

DJ: Srinivasa Raju Denuvakonda

The program concluded with a vote of thanks, reaffirming the organization's commitment to democracy, secularism, social justice, inclusive leadership and service to the community.

Mahmoud Khalil sues Trump officials and pro-Israel groups over 'conspiracy' to target him

Lawsuit alleges administration coordinated with online surveillance groups to 'criminalize solidarity with Palestine'



Mahmoud Khalil speaks at a news conference in New York on Tuesday, July 14. Photograph: Seth Wenig/AP

**JULY 15, 2026
NEW YORK (TIP)**

Mahmoud Khalil filed a lawsuit on Tuesday against Trump administration officials and several pro-Israel groups, accusing them of conspiring to target him and others as punishment for their support of Palestinian rights.

The former Columbia University graduate student became the face of the Trump administration's crackdown on pro-Palestine speech after he was detained last year. A permanent US resident, Khalil is also fighting in court against the government's effort to deport him.

The lawsuit, filed by the Center for Constitutional Rights on behalf of Khalil, alleges that the Trump

administration coordinated with Betar and Canary Mission, two pro-Israel online surveillance groups, in selecting "targets of the conspiracy".

"This case is about far more than what was done to me. It's about a coordinated, ongoing campaign to punish, silence and intimidate anyone who dares to speak out for Palestinian liberation," Khalil said on Tuesday at a press conference announcing the lawsuit.

"It's about exposing the network of organizations, political actors and institutions that work together to criminalize solidarity with Palestine and to make an example of those who refuse to stay silent."

Betar US publicly claimed credit for Khalil's arrest, and the Guardian reported last year that the group had said it had submitted "thousands of names" to the administration for similar treatment. More information about the government's reliance on the groups emerged last year during a trial surrounding the government's campaign against pro-Palestinian scholars.

Khalil's lawsuit, filed in Manhattan federal court on Tuesday, names several top Trump officials, including White House senior adviser Stephen Miller, Secretary of State Marco Rubio and former homeland security secretary Kristi Noem, as defendants, as well as the conservative thinktank the Heritage Foundation, Canary Mission and Betar.

The suit alleges the Heritage Foundation and two of its leaders led the formulation of "Project Esther", an effort the lawsuit claims "served as the blueprint" for what became a "public-private partnership" working to defeat the growing movement for Palestinian rights.

(Read full story at www.theindianpanorama.news)

Tom Suozzi takes on a key role in the Indian American Caucus

The New York Congressman has been named Democratic Vice-Chair of the bipartisan Congressional Caucus on India and Indian Americans

**JULY 10, 2026
GLEN COVE, NY (TIP)**

US-India relations have gained another prominent voice on Capitol Hill after Congressman Tom Suozzi was appointed Democratic Vice-Chair of the bipartisan Congressional Caucus on India and Indian Americans. The move places the New York lawmaker in a key leadership position as the caucus continues its work to strengthen engagement between Washington and New Delhi.



Tom Suozzi has been named Democratic Vice-Chair of the Congressional Caucus on India and Indian Americans
X handle/ @PollTracker2024

The New York Congressman has long worked on strengthening US-India relations.

He was the first sitting US Congressman to visit the Kartarpur Corridor.

Immensely popular with the Indian American community, he has always received the community's support and has equally supported the community.

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What makes 'Satluj' so special

The film does not frame its narrative around separatism or religious identities

BY SURINDER
S JODHKA



"The context of the movie is indeed the "Khalistan movement" in Punjab. Yet, as the title, Punjab '95, suggests, the movie is not about the violence over the "Khalistan movement". Nor does it give centrality to any popular leaders associated with the militancy movement. It barely ever mentions their names. The word "Khalistan" is hardly mentioned in the movie, too. The plot also does not center on Operation Bluestar or the anti-Sikh violence of 1984. Instead, the context of its narrative is the police excesses in Punjab under the direct patronage of the local state."

After nearly four years of waiting before the Central Board of Film Certification, Honey Trehan's movie starring Diljit Dosanjh in the lead role, Punjab '95, was released on an OTT platform in the first week of July under the altered title, Satluj. For the Indian audience, it was available for only two days. Many in India knew about the movie and the troubles its makers were having with the censor authorities about its certification. However, after its brief online release, the movie has gained unprecedented popularity, particularly among Sikhs and Punjabis.

The movie is no longer available for screening in cinemas or on the OTT platform. But its pirated/downloaded version is doing the rounds and it is being screened in gurdwaras and community centers across villages and cities in Punjab and other states in northwest India. The Delhi Sikh Gurdwara Management Committee organized its screening at Rakab Ganj Gurdwara, located in the center of the national capital.

How do we make sense of such extraordinary enthusiasm among a cross-section of Punjabis for what is essentially a mainstream Bollywood film?

NOT ABOUT "KHALISTAN"

For those who have lived through the 1980s, the movie evokes memories of the "Khalistan movement". The decade witnessed violence of different kinds: mindless killings of innocents by militants, the tragic assault on the Golden Temple by the Army in June 1984, the murder of Prime Minister Indira Gandhi by her Sikh bodyguards in October 1984, followed by large-scale violence against Sikhs in Delhi, that killed thousands of residents and altered the lives of entire families within the capital city. Many other cities also reported the killings of Sikhs in November 1984. The crisis continued for around 15 years: from the late 1970s to the early 1990s.

The context of the movie is indeed the "Khalistan movement" in Punjab. Yet, as the title, Punjab '95, suggests, the movie is not about the violence over the "Khalistan movement". Nor does it give centrality to any popular leaders associated with the militancy movement. It barely ever mentions their names. The word "Khalistan" is hardly mentioned in the movie, too. The plot also does not center on Operation Bluestar or the anti-Sikh violence of 1984. Instead, the context of its narrative is the police excesses in Punjab under the direct patronage of the local state.

As is widely known, in 1988, the Punjab government appointed KPS Gill as the Director General of Police of Punjab and gave him a free hand to deal with the militants, with the assurance that he would not be

asked any questions about his methods. With unlimited power at his disposal, he pursued a policy of ruthless suppression. The Punjab police soon gained the upper hand vis-à-vis the militants.

However, the police repression did not stop after confronting militant violence. A section of the police personnel turned it into a bloody enterprise. Killing a militant fetched a reward, monetary and otherwise. Those who could show a higher number of militants killed by their guns were given quick out-of-turn promotions.

When no militants were left to be killed, they began abducting innocent young men, demanding ransom from their parents for their release. Many young men,

The movie portrays Khalra's struggle in the language of rights, as enshrined in the Indian Constitution. He is also shown to have full faith in the Indian judicial system and seeks an inquiry by a Union government agency. The movie also shows how a cigarette-smoking (a taboo for the Sikhs) police officer from a central agency eventually exposes the crimes of the Punjab police, leading to the marginalization of the top cop.

Produced jointly by Ronnie Screwvala, Abhishek Chaubey, and Honey Trehan, Satluj clearly belongs to the mainstream of Bollywood cinema in terms of its plot and cinematography. Though it does not have a romantic love angle anywhere in the story, its genre is typical of a biopic of a celebrated hero. Police brutality



Access: The movie is being screened in gurdwaras and community centers across villages and cities in Punjab.

Photo/ PTI

mostly Sikhs, were killed during this period.

The police kept no records of these killings. The victims just disappeared. Their bodies were quietly cremated or simply thrown into canals criss-crossing the state. The movie claims that the number of such killings could have been as high as 25,000.

It was in this context that a bank officer, Jaswant Singh Khalra, decided to follow up on the disappearance of someone he knew well. As he explores the case, he uncovers an entire system of unjust and unrecorded killings. While he succeeds in bringing to light the disappearance of young men and exposing the direct role of the Punjab police in them, he himself becomes its victim.

Khalra is advised against pursuing the case and is threatened with dire consequences, but he persists with his mission. As a consequence, he, too, is kidnapped, tortured, and eventually killed by the police.

NOT ABOUT SEPARATISM

Popular narratives on the Punjab crisis of the 1980s present it as a struggle for secession from the Indian Union. Though the movement never received popular support, the militants did think along those lines.

However, the film does not frame its narrative around separatism or religious identities. A large majority of the policemen shown in the movie are also turban-wearing Sikhs, as are their victims. The movie avoids presenting it purely as a Sikh cause. Instead, it focusses on unveiling the 'truth'. As the main protagonist puts it somewhere in the movie: we are not 'attwadis' (terrorists), we are 'satwadis' (protectors of truth/righteous).

has often been a part of Hindi movies as well as those made in other languages in India and abroad.

Its political message is also not out of the ordinary. It is merely asking for justice and judicial accountability, which have long been recurring themes everywhere. Nowhere does it challenge the legitimacy of the Indian state, its foundational imagination, or its structure.

On the contrary, it calls for strict adherence to the constitutional mandate. It shows how a deviation, even when motivated by good intentions, can produce disastrous outcomes. And how a move of this kind could transform institutions, such as the police force, into a rent-seeking, anti-citizen, oppressive agency. It is surprising that its certification from the authorities concerned in India has become an issue.

For the Sikhs and Punjabis, it is a movie that they see as truthfully presenting their experiences of the 1980s and 1990s. It depicts their memories of suffering and pain without labelling them anti-national ("Khalistani"). It is their story in a language that doesn't "target" them. The binary it presents is not that of terrorist/separatist versus nationalist, but that of 'attwadis' versus 'satwadis'.

Perhaps most importantly, they have endorsed the movie because even when it presents them as suffering, they are not shown merely as victims languishing in hopelessness. Its protagonist is loved because he shows the courage to fight back, even when he knows that it would lead to his 'shahadat' (martyrdom).

(Surinder S Jodhka is a sociologist who worked formerly with JNU)

Why does the US want to 'dismantle' the international criminal court?

BY KENNETH
ROTH



Marco Rubio has offered nonsensical rationale in attacking the court. The Trump administration's real goal is impunity.

With the pointless war of choice in Iran going poorly, the Trump administration has declared a virtual war on the international criminal court (ICC). Secretary of state, Marco Rubio, vowed on Monday to "dismantle" the court as a supposed threat to US sovereignty. His rationale is laced with sophistry. The administration's real goal is to secure impunity for war crimes, even those committed on the territory of ICC member states.

In a Wall Street Journal op-ed and a video posted on X, Rubio conjures up a dystopia in which local American officials such as police officers or border patrol agents "could be dragged before an international court, tried by judges from random countries across the globe, found guilty under international laws we neither consent to nor control, and then imprisoned thousands of miles from America".

This is utter fiction. The ICC has no jurisdiction over crimes committed in the United States. Unless Donald Trump were to start deploying police officers or border patrol agents abroad, the ICC would have no capacity to charge or prosecute them.

Nor can the US government claim not to have consented to the laws applied by the court. They are drawn from treaties such as the genocide convention and the Geneva conventions and protocols that the US government has either ratified or incorporated into its military manuals. Is it really un-American to outlaw genocide?

While Rubio complains that the US government cannot "control" international law, no one should be able to. Law is meant to bind people, not be controlled by them. Although Trump has said "I don't need international law," that is a vision no decent leader should embrace.

Ironically, Rubio attacked international law just as he was invoking it. He said it was illegal for Iran to charge fees for ships passing through the strait of Hormuz (as Trump was briefly threatening to do precisely that). That sums up the Trump administration's view of international law - to be weaponized when convenient and ignored when applied to its own conduct.

Rubio describes the court as "run" by "hostile Third World governments united by their enmity toward the U.S.". That would surprise, say, the governments of Europe, virtually all of which are among the ICC's 125 members. The most abusive governments tend to avoid signing up because their officials would then become subject to prosecution. Their domestic atrocities can be reached only by resolution of the UN security council, where the US government has a veto.

Behind its overblown rhetoric, the Trump administration's real objection is to the court's power to prosecute war crimes and other mass atrocities committed on the territory of its member states when the perpetrator is a

THE ADMINISTRATION'S REAL GOAL IS TO SECURE IMPUNITY FOR WAR CRIMES, EVEN THOSE COMMITTED ON THE TERRITORY OF ICC MEMBER STATES.

national of a non-member state. Trump wants to be able to commit war crimes anywhere in the world with impunity.

Rubio talked breathlessly about the ICC threatening American sovereignty, as if the Trump administration has a sovereign right to commit war crimes. But what about the sovereignty of other nations that seek protection against crimes committed on their territory by joining the ICC? Recognizing their sovereign right is apparently inconsistent with Trump's might-makes-right worldview.

The love affair was short-lived. When in November 2024 the ICC charged Israeli prime minister Benjamin Netanyahu and former defense minister Yoav Gallant, the Israel exception to international law kicked in and the Biden administration was outraged. But the court had used the same territorial jurisdiction as for Putin - Israel had not joined the court, but Palestine, the locus of Israeli crimes (in Gaza), had. When Trump took office two months later, he imposed sanctions on certain court judges and prosecutors.

genocidal Rapid Support Forces in Sudan, where the ICC has jurisdiction by virtue of a UN security council resolution.

But what worries Trump officials most is the prospect that territorial jurisdiction could be used to prosecute them. For example, the court could reach the summary executions of people in suspected drug boats if any of these potential crimes against humanity took place in the territorial waters of Venezuela or Colombia, both ICC members. Trump (as well as Biden) officials could be prosecuted for aiding and abetting Israel's genocide in Gaza by continuing to provide arms and military aid as it unfolded. And Trump might be prosecuted for obstructing justice (under article 70 of the ICC's founding Rome

What worries Trump officials most is the prospect that territorial jurisdiction could be used to prosecute them.'



Trump is not alone in this selective conception of sovereignty. At the ICC's founding in 1998, Bill Clinton's administration voted against territorial jurisdiction - and lost overwhelmingly, by a vote of 120 to seven. Yet when territorial jurisdiction was used in March 2023 to charge Russian president Vladimir Putin for kidnapping Ukrainian children, the US government changed its mind. Russia had never joined the court, but Ukraine had, so the ICC had jurisdiction because the children were kidnapped from Ukrainian territory. Suddenly, the US government loved the ICC's territorial jurisdiction.

Joe Biden called the charges "justified". Even Senator Lindsey Graham, an influential foreign policy voice, applauded. The South Carolina Republican, who died this weekend, engineered a unanimous Senate resolution supporting the ICC.

There is nothing extraordinary about territorial jurisdiction, except in the minds of US officials who want to operate above the law. If I were to murder someone on the streets of Paris, Tokyo or São Paulo, the US government could hardly object if French, Japanese or Brazilian officials prosecuted me. So why is it objectionable if I were to commit war crimes on their territory, and instead of charging me themselves, they deferred to the ICC?

Beyond Putin and Netanyahu, territorial jurisdiction is the key to justice for some of today's worst atrocities. It is needed to prosecute officials from Rwanda, which is not an ICC member, for mass atrocities of their M23 militia committed in neighboring Democratic Republic of the Congo, which has joined the court. It is essential for prosecuting officials from the United Arab Emirates, also not an ICC member, for sending arms and mercenaries to the

Statute) for having imposed sanctions on ICC officials because they pursued the case against Israeli officials in Gaza; in his Journal op-ed, Rubio mentioned my earlier Guardian column advocating that possibility.

Rubio has promised a frontal assault on the ICC, with new sanctions on court personnel and pressure on governments that cooperate with the court. He plans to highlight "the risks posed to Americans". That is unlikely to convince anyone. What he really means is the risk that Trump officials might be brought to justice for war crimes committed in ICC states. God forbid!

(Kenneth Roth is a Guardian US columnist, visiting professor at Princeton University's School of Public and International Affairs, and former executive director of Human Rights Watch. He is the author of *Righting Wrongs: Three Decades on the Front Lines Battling Abusive Governments*)

Ram Mandir theft tests Hindutva plank

Onus on Opposition to corner the BJP in the upcoming session of Parliament

BY RADHIKA
RAMASESHAN



The history of Ayodhya's Ram Mandir - one of India's most iconic places of worship - is shrouded in intrigue, communal conflict, opposing interpretations of past chronicles and intra-religious as well as political rivalry. The last aspect became more pronounced as the temple reshaped the country's political destiny, with the Rashtriya Swayamsevak Sangh (RSS) pulling the strings.

in Uttar Pradesh, the epicenter of temple-mosque polemics and clashes, it seems that for once the RSS, the BJP and the VHP are in a fix over an episode ostensibly of their own making. There is no Nehru, Muslim community, or the Opposition to blame for the alleged embezzlement of donations and theft of jeweler that came to the temple as offerings from Rama's devotees.

It's not that the temple project was ever

those who questioned "corruption" in the temple's management had "put a question mark over the entire Hindu community", but added that he was not defending the thieves.

The RSS finally sought to put a lid on the controversy as its general secretary, Dattatreya Hosabale, emphasized, "It is essential to ensure that anyone found guilty after the investigation faces severe punishment." Those were harsh words,

construction.

Amplifying or deflating an issue depends as much on the ruling establishment's skill in countering the charges levelled against it as the Opposition's ability to inflate its campaign to a degree where the party in power is ambushed. That hasn't happened so far. Doubtless, the SP, playing for high stakes, raised and sustained the theft issue for a while, but

Donation Theft Row: The Shri Ram Janmabhoomi Teerth Kshetra Trust is under scrutiny months before the UP polls.

Photo / ANI



At the temple site stood the Babri Masjid, constructed in the 16th century on the orders of the Mughal Emperor Babur. It functioned as a mosque, although even then Ayodhya's Hindu clerics spread the word that it was built on Rama's "birthplace". To bolster the belief, an idol of an infant Rama was placed inside the mosque's central dome on the night of December 22-23, 1949, by Abhiram Das, a sadhu of the powerful Nirmohi Akhara, and his aides, signaling a virtual takeover of the mosque, which was then shut for prayers.

Decades later, an RSS-sponsored campaign led by the Vishwa Hindu Parishad (VHP) was adopted and weaponized by the BJP to counter "divisive" caste politics in the Mandal era. The judiciary stamped the seal of endorsement in 2019, declaring the site to be a temple, 27 years after the mosque was razed.

Few questioned the dubious circumstances that culminated in the appropriation and conversion of a mosque site. The Opposition parties which ventured into tricky terrain - the Samajwadi Party (SP) was upfront, while the Congress joined half-heartedly - were eclipsed in the elections that heralded the arrival of the BJP as a major force in the 1990s.

Months before the 2027 Assembly polls

short of funds. Every campaign that the VHP launched in the prelude to its consecration in 2024 saw money and material pour in, but there was never an insinuation of malfeasance. Not until June 5 this year, when some temple employees were caught by security guards with cash in their pockets. An employee accused the State Bank of India (where the money was deposited) staff of miscounting the cash and deleting the CCTV footage to avoid being caught.

Things got murkier after Santosh Dubey, a former kar sevak, alleged on social media that several gold bricks that came as contributions had disappeared. The Sangh could not dismiss Dubey's voice. Vinay Katiyar, previously a BJP big leaguer who was the Faizabad MP and UP party chief, stated that while "thousands had made sacrifices for Rama", money was never stolen.

In the tangled web of claims and counter-claims that the temple was enmeshed in after the "Pran Pratishtha" ceremony in January 2024, the crux lies in who now calls the shots in its administration and functioning: Delhi or Lucknow?

The Sangh-BJP's dilemma in framing a cogent and credible response was reflected in a statement by the UP Speaker, Satish Mahana, in the Assembly on Wednesday. Mahana remarked that

especially after the Parivar's long-time savant, S Gurumurthy, who chairs the Vivekananda International Foundation (a strategic think tank), claimed in an article that the Ram Mandir Trust's "unprecedented actions also clearly imply that this was a low-level theft, not a high-level scam". It was an attempt at whitewashing the offence.

The Trust, which was headed by a former PMO official and PM Modi confidant Nripendra Misra, ensured that two key members - general secretary Champat Rai and trustee Anil Mishra - resigned once the needle of suspicion pointed towards them.

While Modi, who saw to it that the Trust was controlled by Delhi, remained silent, CM Yogi Adityanath swung into action. He constituted a special investigation team whose preliminary report became the basis for the arrest of eight persons and the resignations of Rai and Mishra. Yogi - whose mentor Mahant Avaidyanath once spearheaded the temple Trust - doubled down to steer the narrative from the theft to Hindutva by recalling the firing and killing of kar sevaks during the rule of Akhilesh Yadav's father Mulayam Singh Yadav in 1990. He alleged that as CM, Akhilesh allowed Muslims to recite prayers at a spot close to the Ram Temple; he also accused the Congress, an SP ally, of employing tactics to delay the temple's

when Adityanath flagged Hindutva, Akhilesh became defensive.

It's not as if the Ayodhya region is a no-go for the SP or the Opposition. The SP's Awadhesh Prasad wrested the Lok Sabha seat from the BJP in 2024; the SP also won the Ayodhya Assembly seat in 2012, ending the BJP's long run.

The Opposition, especially the SP and the Congress, faces its first major test on the temple theft issue in the monsoon session of Parliament. Already crumbling under pressure from the BJP, some of the present and erstwhile INDIA constituents are being worked upon to support the 131st Constitution Amendment Bill, which fell through during Parliament's sitting in April. The Opposition suspected that under the guise of bringing in women's reservation in Parliament and the legislatures, the proposed legislation would pave the way for delimitation and gerrymandering of constituencies to help the ruling party.

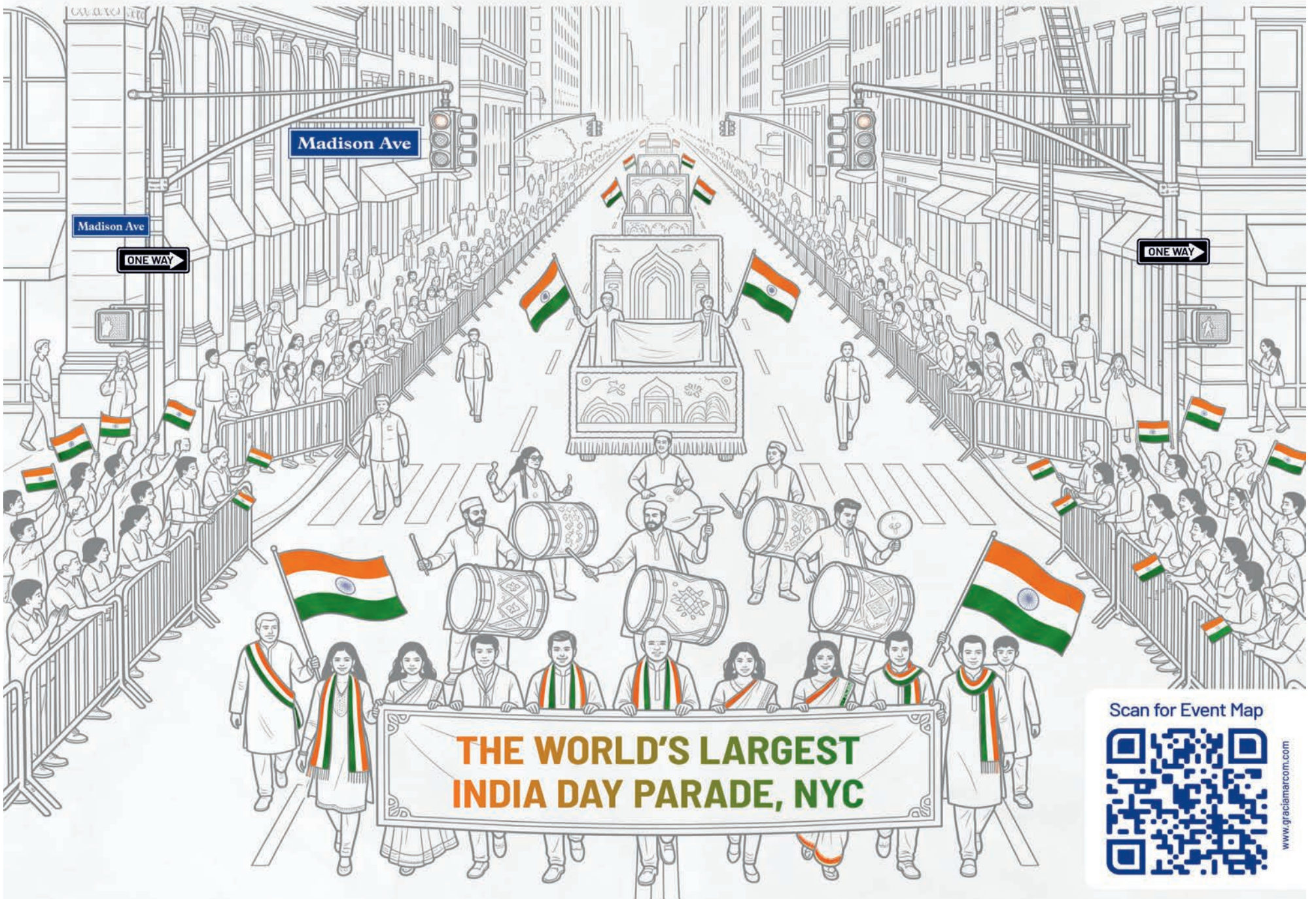
As of now, an objective assessment from UP is that while the BJP's credibility has been dented by the temple theft, Modi and Yogi can be counted on to salvage the situation before the Assembly polls.

(Radhika Ramaseshan is a senior journalist based in New Delhi and former Political Editor at The Telegraph. Her X handle is @Radrama)



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White House overturns DHS halt to ICE traffic stops despite killings of two men

Move comes after Trump rebuked his own homeland security department and insisted ICE maintain policy

JULY 15, 2026
WASHINGTON, D.C. (TIP)

The White House overturned a one-day old homeland security department (DHS) memo that said they would be halting traffic stops in the wake of recent stops that left two men killed in the space of a week on Wednesday morning, hours after Donald Trump insisted ICE keep making them.

On Tuesday, federal officers across the US had been told to temporarily stop pulling drivers over. That directive came after ICE agents fatally shot Lorenzo Salgado Araujo in Houston on 7 July and Joan Sebastián Durán Guerrero in Maine on Monday. Both men were unarmed, neither was the intended target of the operation that killed him, and in both cases the agents involved wore no body camera to record what had happened.

The president's Wednesday, July 15, declaration made no mention of either killing.

In a Truth Social post, Trump insisted that "we must be strong, tough, and smart, and we CANNOT give up one of I.C.E.'s most important and effective Crime Fighting tools, THE TRAFFIC STOP! Once we do, we are playing right into the criminal's hands."

He added that the partial rein-in "won't happen on my watch".

The whiplash from the post initially rebuked his own homeland security department, which had just spent a day trying to contain the fallout from back-to-back killings. Trump used the moment to credit ICE with falling crime rates, repeated his inflated claim that



Demonstrators hold signs during a protest against the ICE for the killing of Lorenzo Salgado Araujo, in Houston, Texas, on Tuesday, July 14. -Screenshot

"25,000,000 people" crossed the border unchecked under Joe Biden, and instructed agents to "keep those Crime Stat Records coming".

He concluded by telling officers they are "loved and respected in America" though no reassurance was offered to the families of the men they killed.

In a statement to the Guardian, secretary of homeland security Markwayne Mullin said: "Our #1 goal is to keep our officers safe and get criminals OFF our streets."

He said: "Illegal aliens will be arrested and deported wherever they are. 'If you are here illegally, LEAVE NOW.'"

He added that "we remind illegal aliens attempting to evade arrest is dangerous,"

while the department chimed in on social media to say they would offer a \$2,600 check to undocumented people to leave the country.

Before it was rescinded, the DHS had struggled to settle on an explanation for its own order. Trump's border czar, Tom Homan, described the pause as temporary, pending a review and possible retraining of agents, while a department spokesperson would say only that officials are "always evaluating our procedures to keep our officers safe and criminals off our streets" and would not discuss tactics.

Fox News reported the halt carved out an exception for "the most egregious criminal aliens", meaning it was never

the blanket ban Trump's post implies he is fighting to prevent.

Five of the 11 people shot dead by federal immigration officers since Trump's second term began were in their vehicles at the time, and the DHS's standard justification - that occupants had "weaponized" their vehicles against agents - has repeatedly been undercut by witness video.

In Houston, the men in Salgado's van told their attorney no officer was ever in the vehicle's path and that shots came from its sides. In Maine, Durán's wife and young daughter, who was wearing pyjamas, reportedly witnessed the aftermath after he told agents he had tried to stop the car.

Civil rights groups have called both shootings extrajudicial killings. Lauren Bonds of the National Police Accountability Project said bystander footage from Maine showed "another extrajudicial public execution" and urged Congress to freeze ICE's funding and narrow its jurisdiction. Angelica Salas of the Coalition for Humane Immigrant Rights went further, calling the pattern "state violence with the direct intent of terrorizing communities through fear, intimidation, and deadly violence".

None of that appears to have registered with the Trump, who instead said that attempt to hold ICE accountable should be blamed on "Radical Left Democrats".

"I.C.E., be judicious, fair and smart, and go back and do your very important job," he posted. "Keep those Crime Stat Records coming!"

West Asia War: US expands its airstrike campaign against Iran by hitting more bridges

US military targets dozens of sites in Iran as fighting intensifies over Strait of Hormuz, with Tehran warning of broader strikes on regional infrastructure

JULY 17, 2026
WASHINGTON, D.C. (TIP)

The United States expanded its airstrike campaign against Iran early Friday by increasingly hitting bridges, part of President Donald Trump's threats to start striking infrastructure to pressure Tehran to ease its chokehold on the Strait of Hormuz. Iran launched new missile attacks against US-allied nations in the Middle East and warned that its attacks would escalate.

The US military's Central Command said it hit dozens of targets in its latest airstrikes, which concluded at dawn Friday, the sixth night in a row of American attacks.

In Qatar, authorities warned the public to take shelter as a barrage of Iranian missiles targeted the nation. People heard explosions overhead as air defenses fired to intercept the missiles.

Qatar is a key mediator with Pakistan in trying to reach an end to the Iran war.

But talks have broken down over Iran's chokehold on the Strait of Hormuz.

Iran earlier targeted Bahrain and Kuwait over US airstrikes hitting bridges in the Islamic Republic overnight.

CEASEFIRE IN IRAN WAR HAS COLLAPSED

The interim ceasefire agreed to last month has collapsed, and the region has endured days of back-and-forth attacks by the US and Iran as they battle for control of the strait. Iranian officials say US strikes have killed more than 35 people and wounded over 300 others, with new casualties reported in Friday's strikes.

When the US and Israel launched the war on Iran on Feb. 28, Tehran effectively closed the strait to shipping traffic, a move that sent the price of oil soaring and gave Iran major leverage in negotiations.

Speaking in a primetime address to the American public, Trump insisted the war was going well.

"We are likewise winning big in Iran, and you will see the fruits of that labor very, very shortly," Trump said.

Col. Ebrahim Zolfaghari, a spokesperson for the Iranian military's Khatam al-Anbiya Central Headquarters, earlier threatened that Iran could launch widespread attacks on "all the infrastructure in the region" if the US acted on Trump's repeated warnings that America could hit Iranian bridges and power plants.

"Under no circumstances and in no way will we allow America, as a foreign and extraregional country, to interfere in the Strait of Hormuz," he added. "This is Iran's invincible red line."

US AIRSTRIKES HIT BRIDGES IN IRAN

The US airstrikes hit bridges overnight into Friday in Iran's southern



The United States expanded its airstrike campaign against Iran early Friday by increasingly hitting bridges.

Photo for representation only

Hormozgan province, killing at least seven people, Iranian state television reported. The attacks hit Bandar Khamir, a city on Iran's coast on the Strait of Hormuz.

Iranian state media said the US strikes Thursday hit around Tehran and Semnan province, home to Iran's ballistic missile production and space program.

Trump has returned in recent days to his threats to target Iranian power stations and bridges to try to compel Iran to loosen its hold on the strait, through which about a fifth of all oil and natural gas traded once passed in peacetime.

(Read full story at
www.theindianpanorama.news)

AAPI & Reliance Foundation: A New Dawn for Indo-American Health Collaboration

**JULY 4, 2026
TAMPA (TIP)**

When the American Association of Physicians of Indian Origin (AAPI) convened in Tampa from July 2-5, 2026, the air was already electric. The annual convention - a gathering of thousands of physicians, innovators, and global health leaders - had reached an unprecedented milestone. As AAPI President Dr. Amit Chakrabarty announced, the event was "officially SOLD OUT... a milestone made possible by the steadfast support and engagement of our members." It was a moment that reflected not just numbers, but the rising influence and unity of the Indian-origin medical community in the United States.

Yet, amid the packed sessions and celebrations, one moment stood out: Nita Ambani, Founder and Chairperson of the Reliance Foundation, receiving the AAPI Humanitarian Award on July 2nd, 2026. The recognition was more than ceremonial - it marked the beginning of a powerful new chapter in Indo-American collaboration.

A MOMENT OF RECOGNITION, A VISION FOR THE FUTURE

Ambani's work in India - spanning rural health, women's empowerment, education, sports, art, and disaster relief - has long been admired globally. But her presence in Tampa during the 44th annual convention of AAPI carried a deeper significance. As she accepted the award, she spoke directly to the heart of AAPI's mission.

"AAPI represents the finest of Indian-origin medical leadership in the United States. Your dedication to healing, service, and global health inspires millions. I am honored to receive this recognition from an organization that continues to strengthen the bridge between India and the United States," she said, her words resonating across the hall.

Her message was clear: the relationship between India and the U.S. is not just diplomatic - it is human, professional, and deeply collaborative.

"The relationship between India and the United States has always been strengthened by people - by professionals, by innovators, by physicians like those in AAPI. This collaboration is a testament to what our two nations can achieve when we unite knowledge with purpose," she added.



AAPI Reliance Foundation A New Dawn for Indo-American Health Collaboration. How Nita Ambani's Humanitarian Award in Tampa Sparked a Transformative Partnership Vision for AAPI

AAPI'S EMOTIONAL FAREWELL AND A NEW BEGINNING

For Dr. Chakrabarty, the convention is also a personal milestone - the final days of his presidency. His message was one of the most heartfelt moments of the event.

"Leading this organization has been more than a role; it has been a calling, a privilege, and a bond with people who trusted me enough to let me serve them... This farewell is tender, but it is also powerful, because it comes from a place of having given everything," he reflected.

It was a reminder that leadership in healthcare is not just administrative - it is emotional, communal, and deeply human.

THE PARTNERSHIP THAT COULD REDEFINE GLOBAL HEALTH

Against this backdrop of celebration and reflection, Ambani called for deeper collaboration between AAPI and the Reliance Foundation, exploring a landmark strategic partnership. The collaboration aims to combine AAPI's global medical expertise with the Reliance Foundation's expansive grassroots reach across India.

THE PROPOSED INITIATIVES ARE AMBITIOUS AND FAR-REACHING:

Rural and community health transformation
Preventive and integrative medicine outreach

Women's and children's health programs
Telemedicine and digital health expansion
Medical education, training, and capacity building
Disaster response and humanitarian assistance
Ambani articulated the partnership's potential with clarity and compassion:

"India's health challenges and opportunities are vast - and together, AAPI and the Reliance Foundation can create scalable solutions that uplift women, children, and underserved communities. Our partnership is rooted in compassion, innovation, and a shared belief that healthcare must reach every corner of society."

Her words echoed the aspirations of both organizations: to build a bridge of care that spans continents.

WHY THIS PARTNERSHIP MATTERS

When formalized, the AAPI-Reliance Foundation alliance could become one of the most significant Indo-American health collaborations in history. It reflects a broader movement toward global Indian partnerships that blend professional excellence with social responsibility.

For AAPI, the partnership reinforces its role as a global health influencer. For the Reliance Foundation, it amplifies its mission to create inclusive, transformative change at scale. Preliminary discussions have already highlighted shared values, complementary strengths, and a mutual desire to create sustainable impact.

THE ROAD AHEAD

Formal proposals, pilot programs, and collaborative frameworks are expected in the coming months. Both organizations have committed to ensuring that the partnership remains community-centric, evidence-based, and aligned with national health priorities.

"As the AAPI convention 2026 begins, one thing is clear" said Dr. Chakrabarty. "The Humanitarian Award was not just an honor - it was a catalyst. It sparked a vision of what India and the United States can achieve together when compassion meets expertise, and when two powerful institutions unite for the greater good. This is more than a partnership. It is a promise - one that could reshape the future of global health."

For more details on AAPI and its many initiatives, please visit: www.aapiusa.org

AAPI Honors Three Trailblazing Physicians at the 44th Annual Convention in Tampa



**JULY 12, 2016
TAMPA, FLA (TIP)**

At the 44th Annual Convention and Scientific Assembly of the American Association of Physicians of Indian Origin (AAPI), held July 2-5, 2026, in Tampa, Florida, three extraordinary physicians were honored with the Most Distinguished Physicians Award - a recognition reserved for leaders whose works have shaped medical practice, education, and community service across continents.

DR NAVIN C. SHAH

Dr. Navin C. Shah was conferred with the Architect of AAPI and Champion of Foreign Medical Graduates Equality Award. Dr. Ashok Fulambarker was honored for a Lifetime of Service to Veterans and Pulmonary Medicine. Dr. Ishita Gupta received the MSRF Award for being a Rising Global Voice in Internal Medicine and



Research. Dr. Vandana Agarwal, Chair of the AAPI Awards Committee 2026, along with the members of the Awards Committee, worked diligently in selecting these awardees from a group of highly competent nominees.

Dr. Vandana Agarwal, Chair of the AAPI Awards Committee 2026, led the committee with exceptional diligence, guiding a rigorous and thoughtful selection process that identified these honorees from an impressive field of highly accomplished nominees.

The convention, described by AAPI leadership as the organization's "real stage" for excellence and unity, brought together more than a thousand physicians, researchers, and healthcare innovators for four days of scientific exchange and celebration.

Few honorees embody AAPI's founding spirit as profoundly as Dr. Navin C. Shah, M.D., M.S., F.A.C.S., F.I.C.S., F.A.C.I.P., whose vision in the early 1980s led to the



creation of AAPI itself. As president of the Indian Medical Association of Washington, D.C., Dr. Shah issued a nationwide appeal through India News urging Indian medical groups to unite. "I appealed... to all existing Indian medical associations to form a national body of Physicians of Indian origin... and in 1982 AAPI was formed," he recalls.

AAPI's founding mission - ending discrimination against Foreign Medical Graduates (FMGs) and strengthening medical education in India - became Dr. Shah's lifelong crusade. He mobilized FMGs from 108 countries, hired lobbyists, and helped create a national PAC. His efforts contributed to legislative reforms that ultimately abolished FMG discrimination, a struggle documented in Fight for Equality by Shawn McMahon.

Read full story at www.theindianpanorama.news

Young Minds Explore Medicine at Suvidha's Gateway to Medicine Camp



JULY 10, 2026
SAN FRANCISCO (TIP)

Suvidha International Foundation (<https://suvidhainternational.org/>), a California 501(c)(3) nonprofit organization, successfully completed its 2026 Gateway to Medicine Summer Camp at the Granite Bay Library on June 28 and 29. Building on the success of the inaugural camp held in 2025, this year's two-day, 12-hour program provided 40 middle and high school students with an opportunity to explore careers in medicine through interactive workshops, presentations by healthcare professionals, peer-to-peer learning, and CPR, AED, and First Aid certification. Designed to inspire the next generation of healthcare leaders, the camp presented complex medical topics in a clear, engaging, and supportive environment.

A defining feature of the Gateway to Medicine Camp was that it was planned and led by young aspiring healthcare professionals. Granite Bay High School students Sriram Vempati, a rising senior, and Arjun Dhulipala, a rising junior, worked alongside Abhiram Dhulipala, a rising sophomore at the University of Pittsburgh, to organize and deliver the camp. Drawing from their own academic journeys and interest in medicine, they designed an engaging program that was relevant to students. Their energy and peer-to-peer approach helped create a welcoming and inspiring learning environment.

Participants came from a wide geographical area, including schools across Sacramento, Folsom, Rancho Cordova, Roseville, Rocklin, Granite Bay, Elk Grove, Eldorado Hills, Shingle Springs, and Tracy. Schools represented included Folsom High School, Granite Bay High School, John C. Kimball High School, Mira Loma High School, Pleasant Grove High School, Ponderosa High School, Vista del Lago High School, West Park High School, Western Sierra Collegiate Academy, Whitney High School, Chilton Middle School, Folsom Middle School, Sutter Middle School, and Valley View Charter Montessori. The diverse cohort fostered a sense of community among students united by a shared passion for healthcare and a desire to explore medical careers.

The camp offered an array of hands-on medical learning experiences designed to simulate real-life clinical scenarios. The three-hour long CPR AED and First Aid conducted by NorCal Emergency Medical Training provided students with the opportunity to recognize signs of cardiac arrest and perform chest compressions using professional-grade manikins. The importance of early intervention and proper technique was emphasized, giving students a tangible sense of the life-saving potential of medical training. All the students received CPR Certification.

In another interactive session, Dr. Deepika Goshike introduced students to suturing techniques. Using synthetic skin pads and surgical tools, participants practiced stitching wounds under guided supervision, gaining insight into surgical precision and the patience required for procedures.

The student leaders made medical science engaging through a hands-on lung model created with balloons and everyday household items. By observing airflow, lung expansion, and the mechanics of breathing, students developed a better understanding of respiratory function, lung capacity, and conditions such as asthma.

Participants also gained practical experience with common diagnostic instruments. They practiced taking blood pressure with a manual cuff and stethoscope, measuring pulse and oxygen saturation with a pulse oximeter, and listening to heart and lung sounds. The session allowed students to use real medical equipment



and connect classroom concepts with clinical practice.

A particularly popular activity was the Medical Scavenger Hunt. This gamified learning exercise encouraged students to match 18 medical instruments including a thermometer, reflex hammer, stethoscope, otoscope, surgical mask, hemostat, ECG machine, syringe, forceps, tongue depressor, laryngoscope, spirometer, bandage, and blood pressure monitor to their correct uses and functions. This activity reinforced students' understanding of basic medical instruments while promoting teamwork, observation, and applied thinking.

The educational journey was deepened further by expert talks from accomplished doctors who shared both technical knowledge and human stories from their medical careers. Dr. Sridevi Garapati, an internal medicine physician, contributed to the camp with an insightful session on what it takes to become a successful physician. She emphasized the importance

of strong clinical knowledge, effective communication skills, compassion, empathy, and teamwork. She also engaged students with real-world clinical scenarios, including the case of a 62-year-old male smoker who presented with fatigue, excessive thirst, and frequent urination over several weeks. Through these examples, students learned how physicians gather information, consider possible diagnoses, and develop an appropriate care plan. She concluded her talk with a powerful quote by William Osler: "The good physician treats the disease; the great physician treats the patient who has the disease."

Dr. Alok Krishna introduced students to the field of Addiction Medicine. He discussed the science behind substance abuse, the challenges faced by individuals with addiction, and the importance of empathy in their treatment. He also explained how different substances can affect a person's health and life, encouraged students to stay away from addictive substances, and shared ways to resist peer pressure. His talk emphasized that medicine is not only about science, but also about compassion, understanding, and service.

Dr. Abhishek Rai addressed mental health, a critical yet often overlooked area of medicine. He discussed anxiety, depression, and burnout among both patients and medical professionals, while encouraging students to prioritize their emotional well-being. He also shared insights into his daily work as a psychiatrist and explained the differences between the roles and responsibilities of psychiatrists and therapists. His open and honest presentation resonated with students and created a safe space for questions about stress, coping strategies, and resilience.

Cardiologist Dr. Sandhya Venugopal captivated the audience with an informative session on the daily life of a cardiologist, the educational pathway to becoming one, and the various specialties within cardiology and their responsibilities. She explained heart anatomy, common heart-related health conditions, disease prevention, and practical ways to maintain good heart health. She also emphasized the importance of reaching the hospital quickly during a cardiac emergency and explained how timely CPR can maintain blood flow to the heart and brain, reduce damage to the heart muscle, and significantly improve a patient's chances of survival.

Dr. Priya Upadrasta introduced students to the field of dentistry, explained the educational pathway to becoming a dentist, and emphasized the importance of maintaining good oral health. She also highlighted the role dentists play in preventing, diagnosing, and treating dental conditions while promoting lifelong healthy habits.

Offering students an authentic view of the path to medicine, medical student Vishrut Nagam shared both the academic and emotional aspects of his journey. He discussed MCAT preparation, the medical school application process, and the importance of perseverance. His advice to find mentors, stay focused, and develop meaningful experiences from high school onward connected strongly with aspiring physicians.

Venkat Nagam led an informative session on BS/MD programs, which offer qualified students a pathway from high school into undergraduate study with conditional admission to medical school. He discussed the competitive nature of these programs and explained how students can strengthen their applications through academic excellence, leadership, service, meaningful medical experiences, and a genuine passion for healthcare. His guidance on planning, application deadlines, and personal essays gave families valuable insight into opportunities they may not have previously considered.

Doctors and mentors consistently inspired students to ask questions, stay committed to their goals, and serve others through medicine. Their personal stories of setbacks, growth, and success helped students understand that a medical career is a long and challenging path, but one filled with purpose and fulfillment for those who combine intellectual ability with empathy and dedication.

Read full story at www.theindianpanorama.news



Ambassador of India visits Satu Mare, Maramures, Salaj, Sibiu, Alba, and Bihor Counties to Strengthen India-Romania Regional and Academic Partnerships

JULY 8, 2026
BUCHAREST (TIP)

Dr. Manoj Kumar Mohapatra, Ambassador of India to Romania, undertook an official tour of northwestern and central Romania, visiting Satu Mare; Baia Mare in Maramures County; Zalau in Salaj County; Sibiu; Alba Iulia in Alba County; and Oradea in Bihor County.

The tour included high-level engagements with regional and local authorities, as well as leading academic institutions, reaffirming the shared commitment of India and Romania to deepen bilateral cooperation at both national and regional levels. Discussions focused on expanding collaboration in trade, investment, tourism, culture, innovation, and higher education, while highlighting the growing importance of regional partnerships and people-to-people exchanges.



Ambassador of India meets with dignitaries of County Council and Municipality of Satu Mare

EXPANDING REGIONAL COOPERATION IN SATU MARE

In Satu Mare, the Ambassador met Mr. Pataki Csaba, President of the County Council; Mr. Altfatter Tamás Ferenc, Prefect of the County; and Mr. Kereskényi Gábor, Mayor of Satu Mare. Discussions focused on strengthening regional engagement and identifying new opportunities for institutional cooperation, economic partnerships, and people-to-people exchanges. The local leadership highlighted Satu Mare's strategic location, dynamic business environment, and potential to attract Indian investment in manufacturing, logistics, tourism, and innovation.

The Ambassador welcomed the County's interest in expanding cooperation with India and emphasized the growing momentum in India-Romania relations. Both sides discussed closer collaboration in trade, education, culture, and innovation, including enhanced interaction among businesses,



Ambassador's meeting with the dignitaries of County Council of Alba and the Mayor of Alba Iulia



Ambassador of India meets with dignitaries of County Council of Maramures and Mayor of Baia Mare.

academic institutions, and local communities.

PROMOTING HERITAGE AND ECONOMIC PARTNERSHIPS IN MARAMURES

In Baia Mare, the Ambassador met Mr. Gabriel Valer Zetea, President of the Maramures County Council; Mr. Rudolf Stauder, Prefect of the County; and Mr. Ioan Doru Dancus, Mayor of Baia Mare. The discussions focused on strengthening regional cooperation, expanding economic engagement, exploring investment opportunities, and promoting tourism through Maramures's rich cultural heritage and natural attractions. The two sides also considered cooperation in culture, education, and people-to-people exchanges.

The Ambassador expressed appreciation for the warm hospitality extended by the local authorities and welcomed their interest in deepening ties with India. Traditional gifts were exchanged as a symbol of the



Ambassador's meeting with the dignitaries of County Council of Bihor and the Municipality of Oradea

longstanding friendship and mutual respect between the two countries.

BUILDING PARTNERSHIPS FOR SHARED GROWTH IN SALAJ

In Zalau, the Ambassador met Mr. Dinu Iancu-Salajanu, President of the Salaj County Council; Mr. Cristian-Claudiu Birisan, Prefect of Salaj County; and Mr. Florin Florian, Mayor of Zalau. The discussions focused on enhanced regional cooperation, particularly in investment, tourism, and cultural exchanges. Both sides explored opportunities to expand economic engagement and institutional partnerships, while encouraging closer collaboration among businesses, educational institutions, and local communities.

The Ambassador welcomed the local authorities' interest in closer ties with

India and highlighted the role of regional cooperation in complementing the broader bilateral partnership. Both sides reaffirmed their commitment to initiatives that support sustainable economic development, cultural understanding, and enduring people-to-people connections.

STRENGTHENING MUNICIPAL PARTNERSHIPS IN SIBIU

In Sibiu, the Ambassador met Mr. Paul Kuttesch, Vice President of the Sibiu County Council; Ms. Andra-Maria Albu, Subprefect of Sibiu County; and Mr. Helmut Lerner, Deputy Mayor of Sibiu. Their discussions focused on investment, innovation, tourism, sustainable urban development, education, culture, and people-to-people exchanges. The Ambassador noted Sibiu's vibrant economic environment,



Ambassador's meeting with dignitaries of County Council of Salaj and Mayor of Zalau.

rich cultural heritage, and strong international outlook, underlining its potential as a partner for deeper bilateral engagement.



Ambassador's meeting with dignitaries of County Council & Municipality of Sibiu

CONCLUDING THE REGIONAL TOUR IN ORADEA

The regional tour concluded in Oradea, where the Ambassador met Mr. Horea Florian Abrudan, Vice President of the Bihor County Council; Mr. Marcel Daniel Dragos, Prefect of Bihor County; and Mr. Teofil Filimon, Deputy Mayor of Oradea. The discussions focused on investment, economic partnerships, tourism, innovation, and cultural exchange. The Ambassador appreciated Oradea's dynamic development, strategic importance, architectural heritage, and potential as a center for regional cooperation. Both sides explored closer collaboration among local authorities, business communities, and institutions in India and Romania, including in sustainable urban development, education, technology, tourism, and cultural cooperation.

EXPANDING ACADEMIC COOPERATION AT THE UNIVERSITY OF ORADEA

The Ambassador also visited the University of Oradea, where he met Prof. univ. dr. habil. Constantin Bungau, Rector of the University of Oradea; Prof. univ. dr. habil. Gabriel-Valentin Bendea, Vice-Rector for Academic Management; and Prof. univ. dr. Sanda-Monica Filip, Vice-Rector for Research Management. The discussions focused on strengthening India-Romania academic cooperation and identifying new opportunities in higher education, research, innovation, and student exchanges. The Ambassador appreciated the University's contribution to the regional academic landscape and emphasized the vital role of universities in building lasting connections between India and Romania. Both sides exchanged views on institutional partnerships, joint research initiatives, academic mobility, and stronger links between universities and research communities.

The Ambassador's tour reaffirmed India's commitment to broadening engagement with Romania through partnerships with regional administrations, municipalities, businesses, and academic institutions. It underscored the shared resolve to advance practical, mutually beneficial cooperation and to further strengthen the longstanding friendship between India and Romania.

(Based on a Press Release issued by Embassy of India in Bucharest)

Ambassador of India's Visit to Vaslui and Botosani Strengthens India-Romania Regional Cooperation and Economic Partnerships



Ambassador meeting with Mayor of Botosani Cosmin Ionut Andrei and his team.

**JULY 4, 2026
BUCHAREST (TIP)**

The Ambassador of India to Romania undertook an official visit to Vaslui and Botosani Counties on 2-3 July 2026, holding a series of high-level engagements with regional and local authorities aimed at strengthening India-Romania cooperation in agriculture, trade, investment, and regional development. The visit reflected India's growing engagement with Romania's regions and underscored the importance of local partnerships in advancing the broader bilateral relationship.

STRENGTHENING AGRICULTURAL AND ECONOMIC COOPERATION IN VASLUI

The visit commenced in Vaslui County, where the Ambassador met with H.E. Mr. Andrei Serban, Prefect of Vaslui County, and Mr. Mihai-Catalin Botez, Member of the Chamber of Deputies, to discuss regional development and opportunities to deepen India-Romania cooperation in agriculture, livestock, and food production. The discussions highlighted the strategic importance of the agri-food sector in both countries and explored avenues for collaboration in sustainable farming, modern livestock management, food processing, and agricultural innovation, recognizing the sector as an important driver of economic growth



Ambassador visited Fermele Moraru's poultry farm and slaughterhouse in Vaslui, alongside Vaslui Prefect Mr. Andrei Serban and Mr. Mihai-Catalin Botez, MP

and rural development.

Following the meeting, the Ambassador visited Fermele Moraru, one of the region's leading integrated poultry farming and processing enterprises. The visit offered valuable insights into the company's modern production facilities, advanced livestock management practices, and high standards in food processing. Discussions focused on opportunities for collaboration between Indian and Romanian companies in poultry production, agricultural technology, veterinary sciences, food processing, and supply chain development. The Ambassador noted that India's extensive expertise in agriculture and agri-technologies, combined with Romania's strong agricultural potential, creates significant opportunities for building resilient agri-business partnerships, enhancing food security, promoting sustainable production, and expanding bilateral trade in agricultural and food products.

MEETINGS WITH REGIONAL LEADERSHIP AND BUSINESS COMMUNITY

The Ambassador also held a joint meeting with Mr. Ciprian-Ionut Trifan, President of the Vaslui County Council; Mr. Ionel Constantin, President of the Vaslui Chamber of Commerce and Industry; and Mr. Valeriu Caragata, Vice Mayor of Vaslui. Discussions focused on strengthening regional cooperation, promoting bilateral trade and investment, and encouraging greater engagement between Indian businesses and the local business community.

The participants exchanged views on opportunities for cooperation across a range of sectors, including manufacturing, agriculture, renewable energy, information technology, and logistics. The Ambassador emphasized India's rapidly growing economy and encouraged closer business-to-business interactions as a means of translating the strong political relationship between India and Romania into tangible economic partnerships. Both sides agreed that regional cooperation will play an increasingly important role in expanding bilateral trade and attracting new investments.

REGIONAL DEVELOPMENT AND STRATEGIC COOPERATION IN BOTOSANI

On 3 July, the Ambassador continued his



Ambassador meeting with Ms. Raluca Curelariu, Prefect of Botosani County, and Mr. Constantin Bursuc, Vice President of the Botosani County Council



Ambassador meeting with Mr. Ionel Constantin, President of the Vaslui Chambers, Mr. Valeriu Caragata, Vice Mayor of Vaslui, and Mr. Ciprian-Ionut Trifan, President of the Vaslui County Council.

engagements in Botosani County, where he met with H.E. Ms. Raluca-Stefania Curelariu, Prefect of Botosani County, and Mr. Constantin Bursuc, Vice President of the Botosani County Council. Discussions focused on regional development priorities and identifying new opportunities for cooperation between India and Romania at the local level.

The Ambassador highlighted India's interest in expanding partnerships with Romanian regions in areas such as infrastructure, agriculture, education, investment promotion, and capacity building. Both sides discussed the importance of strengthening institutional dialogue and facilitating exchanges that would contribute to sustainable regional development and greater economic connectivity.

MEETING WITH THE MAYOR OF BOTOSANI

The Ambassador also met with H.E. Mr. Cosmin Ionut Andrei, Mayor of Botosani, and members of the municipal administration. Discussions centered on investment opportunities, urban development, and the city's strategic geographic position near the borders with the Republic of Moldova and Ukraine.

The Mayor presented Botosani's economic potential and highlighted the municipality's growing attractiveness for international investors. Particular attention was given to the city's strategic role as a future logistics and economic hub supporting the reconstruction and economic recovery of Ukraine. The Ambassador welcomed these perspectives and noted that Indian companies possess considerable expertise in infrastructure development, engineering, construction, renewable energy, and manufacturing, positioning them well to contribute to future regional development initiatives.

Both sides expressed interest in strengthening cooperation between Indian businesses and local authorities, with a view to exploring mutually beneficial investment opportunities that would contribute to economic growth, employment generation, and regional prosperity.

The visit to Vaslui and Botosani reaffirmed India's commitment to broadening its engagement with Romania beyond the national level by fostering partnerships with regional administrations, business communities, and local institutions. It also reflected the growing recognition of Romania's regions as important partners in advancing bilateral trade, investment, agricultural cooperation, and sustainable development. Through continued dialogue and practical collaboration, India and Romania are laying the foundations for a stronger, more diversified, and future-oriented partnership.

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

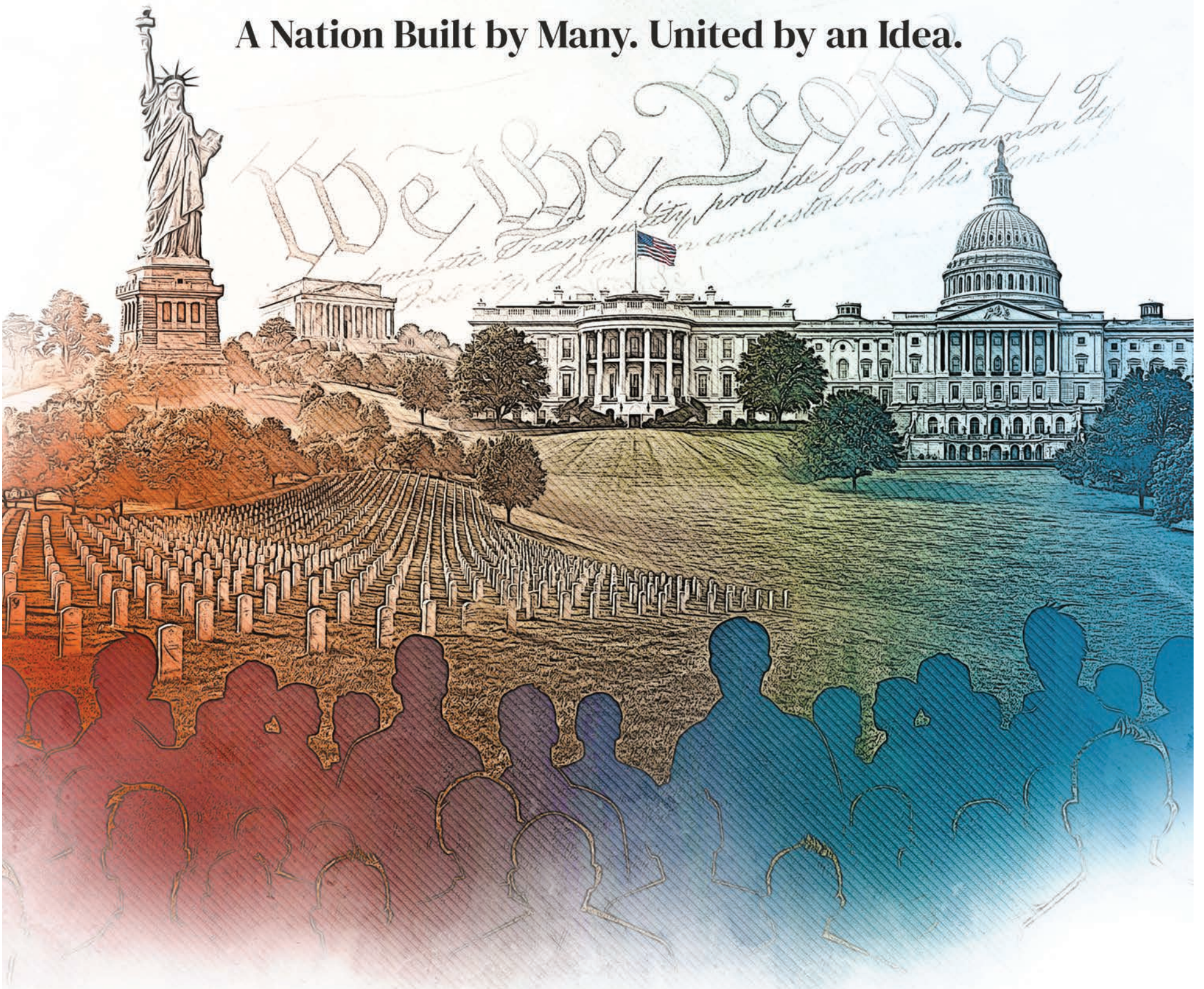
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SPECIAL COMMEMORATIVE EDITION

4 Rafales make 'Pitch Black' debut as India deepens defence ties with Australia

JULY 17, 2026

NEW DELHI (TIP): In the morning of July 17 four Indian Air Force Rafale fighter aircraft touched down at Australia airbase for Exercise Pitch Black — 2026. The premier biennial multinational air combat exercise brings together Air Forces of 19 nations.

About a 100 aircraft and over 2,500 personnel are participating in the drill being held from July 20 to August 7. It provides a unique platform to enhance interoperability and strengthen operational cooperation, besides exemplifying the deepening strategic partnership between New Delhi and Canberra. Prime Minister Narendra Modi had visited Australia in July, where he had announced strategic agreements covering nuclear energy and defence.

"Flying the formidable Rafale, the IAF will train alongside friendly Air Forces. The exercise will sharpen operational synergy and facilitate the exchange of best practices," the IAF said on Friday. The exercise focuses on advanced air combat tactics, integrated mission planning and practices offensive and defensive aerial manoeuvres in a simulated war environment under different operational scenarios.

Supported by the IL-78 midair refuellers and accompanied by two C-17 strategic heavylifters and 120 personnel, the fighters flew south-eastwards across the Indian Ocean and the Timor Sea to the Royal Australian Air Force (RAAF) Base at Darwin on the northern coast in the province of Northern Territory. It is one of Australis's main forward mounting bases, which shares the runway with Darwin International Airport.

This is for the first time that Rafales are participating in the biennial exercise, in which the IAF has been participating in 2018. In earlier editions of the drill, the IAF had fielded Su-30 MKI fighters, along with C-17 and C-130 aircraft. Besides the Rafales, other fighters from different countries participating in the drill include the US F-35 Lightning, F/A-18 Super Hornet, EF-2000 Typhoon and the F-16 Fighting Falcon. In addition, special mission and support aircraft include the EA-18G Growler, E-7A Wedgetail, C-130J Super Hercules and KC-135.

"Over the next three weeks, our Air Warriors will fly alongside counterparts from participating nations towards enhancing interoperability, sharpening combat flying skills, strengthening relationships and building ever lasting bonds," the Indian High Commission in Canberra posted on its X handle.

The first Pitch Black exercise was held in 1981, which was an internal RAAF event. International participation began in 1983 with the USA, followed by Singapore in 1990, which several countries joining further down the course.

Congress plans to corner govt in Parliament over paper leaks, Ram Temple theft, inflation

JULY 17, 2026

NEW DELHI (TIP): The Congress on Thursday, July 16, announced an aggressive offensive against the Prime Minister Narendra Modi-led government during the monsoon session of Parliament, saying it would raise issues ranging from the alleged 'chanda chori' at the Ram Temple, paper leaks and inflation to foreign policy, while opposing the Centre's renewed push for the delimitation law and other key legislations.

The strategy was finalised at a meeting of the Congress Parliamentary Party (CPP), chaired by CPP chairperson Sonia Gandhi at her 10 Janpath residence. Congress president and Rajya Sabha Leader of Opposition Mallikarjun Kharge, Lok Sabha Leader of Opposition Rahul Gandhi and other senior leaders, including KC Venugopal, Shashi Tharoor, Jairam Ramesh and Manish Tewari, attended the meeting.

Soon after the meeting, Kharge wrote to the PM urging him to convene an all-party meeting before the government reintroduces the proposed Constitution (131st Amendment) Bill on delimitation during the session.

Kharge reminded the PM that he had repeatedly sought an all-party meeting in March and April to discuss the government's delimitation proposals, but those requests were not accepted. He also pointed out that the Constitution (131st Amendment) Bill, 2026, had failed to secure the mandatory two-thirds majority in the Lok Sabha on April 17.

Referring to media reports that a revised Bill would now be introduced, Kharge said political parties should first be given sufficient time to study the revised proposals before Parliament takes them up.

In a post on X, Kharge said the Congress would hold the government accountable on what he described as issues directly affecting people's lives. These include the alleged



'chanda chori' in the Ram Temple, paper leaks and the decline in the education system, institutional capture, political defections, corruption allegations, soaring prices, foreign policy failures, ethanol blending affecting crores of vehicle owners, deforestation and the alleged continued erosion of the rights of the Scheduled Castes, Scheduled Tribes, Other Backward Classes and minorities.

Addressing a press conference, Congress general secretary (communications) Jairam Ramesh said the party had learnt that the Centre was preparing to bring back the delimitation Bill after failing to get it passed in April.

He said the Congress would oppose the Bill "with full strength" and work to keep the Opposition united on the issue. The party would also resist the proposed constitutional amendment relating to the removal of ministers and Chief Ministers facing prolonged judicial custody, he added.

Ramesh said discussions at the CPP meeting also covered the proposed 'One Nation, One Election' legislation, which is being examined by a Joint Parliamentary Committee.

JULY 17, 2026

JIND (TIP): Prime Minister Narendra Modi on Friday, July 17, flagged off India's first hydrogen-powered train connecting Jind and Sonapat from the Jind railway station, marking a major milestone in the country's push towards clean and sustainable rail transport.

With the launch, India joins a select group of nations operating hydrogen-powered trains. The service is expected to accelerate the adoption of green mobility in the railway sector.

The train will cover the 89-km Jind-Sonapat route in about two hours, stopping at 12 intermediate stations.

Railway Minister Ashwini Vaishnaw, Haryana Governor Ashim Kumar Ghosh and Chief Minister Nayab Singh Saini were present at the flagging-off ceremony. The Prime Minister waved to passengers, including several schoolchildren on board, as the train departed from Jind railway station.

The Modi also laid the foundation stone for various development projects worth Rs 15,000 crore in Jind.

After this, the Prime Minister travelled to Chandigarh, where he inaugurated and lay the foundation stones of projects worth Rs 4,736 crore at Punjab Engineering College. The projects focus

India gets its 1st hydrogen-powered train, to run on 89-km Jind-Sonapat route



PM Modi flags off India's first hydrogen-powered train from Haryana's Jind. Video grab.

on strengthening road connectivity, healthcare facilities and educational infrastructure.

Later in the day, Modi visited Jalandhar to inaugurate and lay the foundation stones of projects worth Rs 5,470 crore and flag off the Amritsar-

Varanasi Express from the redeveloped Jalandhar Cantonment railway station. The visit marks his second trip to Jalandhar in five months, with both visits centred around Dera Sachkhand Ballan, a prominent religious centre for Punjab's large Ravidassia community.

2020 riots case: HC notice to Delhi Police on bail plea by Sharjeel Imam in UAPA case

JULY 17, 2026

NEW DELHI (TIP): The Delhi high court on Friday, July 17, issued notice in the bail application filed by student activist Sharjeel Imam in the larger conspiracy case linked to the February 2020 Delhi riots.

A bench of justices Prathiba M Singh and Vikas Mahajn sought Delhi Police's response and fixed August 27 as the next date of hearing.

"Issue notice. List on August 27," the court said in its order.

Sharjeel through his lawyer Ibrahim and Talib Mustafa moved the high court against the trial court's July 4 order.

The trial court on July 4 had denied Sharjeel and Umar Khalid's bail holding that there were no grounds to "entertain" the fresh plea as it could not even examine whether circumstances had changed since the Supreme Court rejected their pleas in January.

Additional sessions judge (ASJ) Sameer Bajpai of the Karkardooma Courts, observed that the divergence of opinion between the January 5 Supreme Court judgment in the Gulfisha Fatima case and the subsequent ruling in the case involving Syed Iftikhar Andrabi had already been referred to a larger bench of the apex court. Until that issue is settled, the trial court said, it could not consider the fresh applications on any ground.

Govt plans Bill to punish those who insult, obstruct 'Vande Mataram'

JULY 17, 2026

NEW DELHI (TIP): The Centre is set to introduce a Bill in the Lok Sabha during the Monsoon Session of Parliament beginning July 20 that seeks to make insulting or obstructing the singing of 'Vande Mataram' a punishable offence, marking a significant step towards strengthening legal protection for India's national symbols.

The proposed Prevention of Insults to National Honour (Amendment) Bill, which has already received the approval of the Union Cabinet, aims to amend the existing Prevention of Insults to National Honour Act, 1971 by extending its provisions to cover the national song. At present, the Act primarily provides legal safeguards against disrespect shown to the National Flag and the National Anthem.

According to the legislative agenda for the upcoming session, the Bill will be among several important pieces of legislation slated for introduction in the Lok Sabha.

The proposed amendment follows guidelines issued earlier by the Ministry of Home Affairs (MHA), which made it mandatory for 'Vande Mataram' to be played or sung at official government functions where the National Anthem, 'Jana Gana Mana', is performed. The government has maintained that the move is intended to accord greater respect to the national song and ensure uniform observance of official ceremonial protocols across the country.

The amendment is expected to make deliberate acts of insulting the national song, preventing its rendition, or obstructing those participating in its singing punishable under law. While the exact provisions of the Bill will become clear once it is introduced in Parliament, officials indicated that it seeks to place the national song within the broader legal framework protecting India's national honours.

The government believes the legislation will reinforce respect for national symbols and provide legal clarity regarding conduct during official ceremonies.

The Prevention of Insults to National Honour Act, 1971 currently criminalises intentional insults to the National Flag, the Constitution of India and the National Anthem.



Violations can attract imprisonment, fines or both.

By incorporating provisions relating to 'Vande Mataram', the government seeks to bridge what it views as a legal gap in the protection available to one of India's most revered patriotic compositions.

Written by Bankim Chandra Chattopadhyay in the 1870s and later included in his novel Anandamath, 'Vande Mataram' played a pivotal role during India's freedom movement and inspired generations of nationalist leaders and freedom fighters. It was accorded the status of the National Song by the Constituent Assembly in 1950, while 'Jana Gana Mana' was adopted as the National Anthem.

The proposed legislation follows recent government directives requiring the national song to be sung or played at official events alongside the National Anthem. The Home Ministry's guidelines were issued to ensure greater uniformity in official ceremonies and to promote awareness of the national song's historical significance.

Government sources said the amendment would complement these administrative instructions by providing statutory backing against acts deemed disrespectful to 'Vande Mataram'.

SC says murder accused can be convicted even if victim's body never found

JULY 17, 2026

NEW DELHI (TIP): A missing body is not a missing murder. The Supreme Court has ruled that an accused can be convicted of murder even if the victim's body is never recovered, saying the law requires proof that a crime was committed -- not production of the corpse and warning that any such requirement would allow killers who successfully dispose of a body to escape justice.

The verdict came as a bench of justices Sanjay Karol and Prasanna B Varale upheld the life sentence of an Assam man convicted of killing a 10-year-old adopted girl whose body was allegedly thrown into a river and could never be traced.

The court upheld the concurrent findings of the trial court and the Gauhati high court, ruling that the prosecution had established the offence through credible evidence despite the absence of the body.

"A person can be convicted of murdering another even if the latter's body has not been recovered," held the bench in its judgment released on Wednesday, clarifying that "corpus delicti means that the offence has been committed and not that the dead body of the murdered person has been recovered."

The ruling came in an appeal filed by Debojit Pankika of Assam, who challenged his conviction under Sections 302 (murder) and 201 (causing disappearance of evidence) of the Indian Penal Code in the 2015 case. The prosecution case was that the



deceased child, who had been living with the appellant and his mother -- the girl's aunt, after being adopted, disappeared after the mother left home for medical treatment, leaving the child in the appellant's exclusive care.

The prosecution relied principally on the testimony of a witness who stated that the appellant had

confessed that the child caught fire after being accused of stealing ₹40 and had then forced him, at knifepoint, to help transport the body wrapped in a sack towards the Teok river for disposal. The investigating agency failed to recover the body from the river.

Rejecting the defence argument that non-recovery of the body fatally undermined the prosecution case, the Supreme Court said the case squarely fell within the category governed by the principle of "corpus delicti". The doctrine, it explained, has two components in a murder case -- proof of death and proof that the death resulted from the criminal act of another. While one may be proved directly, the other can be established through circumstantial evidence.

The bench referred to earlier decisions to hold that insisting on recovery of the body as an absolute prerequisite would allow offenders who successfully dispose of a corpse to escape punishment.

The bench also found the testimony of the prosecution's key witness to be reliable despite allegations of previous hostility with the accused. The witness had consistently maintained that he was threatened with a dagger and compelled to accompany the appellant while the body, tied in a sack, was carried on a bicycle. The fact that he did not falsely claim to have witnessed the actual murder enhanced rather than diminished his credibility, the court observed.

An additional incriminating circumstance, according to the bench, was the appellant's complete failure to explain the child's disappearance for 22 days.

India in history this Week

JULY 17 TO JULY 23

JULY 17, 1917**Birth of M.G. Ramachandran (MGR)**

Marudur Gopalan Ramachandran, popularly known as M.G. Ramachandran (MGR), was born in Kandy, Ceylon (now Sri Lanka). A legendary Tamil actor and founder of the AIADMK, MGR served as the Chief Minister of Tamil Nadu from 1977 until his death in 1987. His welfare-oriented policies, including the expansion of the nutritious midday meal scheme, transformed the state's social landscape. Revered by millions, he remains one of India's most influential political leaders and cinema icons.

JULY 18, 1947**The Indian Independence Act receives Royal Assent**

The Indian Independence Act, 1947, passed by the British Parliament, received Royal Assent from King George VI. The Act paved the way for the creation of the independent Dominions of India and Pakistan on August 15, 1947, ending nearly two centuries of British rule. It also provided for the partition of British India and the transfer of power to Indian leaders.

JULY 19, 1827**Birth of Mangal Pandey**

Mangal Pandey, one of the earliest heroes of India's First War of Independence in 1857, was born on this day according to several historical records. A sepoy in the 34th Bengal Native Infantry, his rebellion against British authority became a symbol of resistance against colonial rule. (Some historical sources cite different birth dates.)

JULY 19, 1969**Nationalisation of 14 Major Commercial Banks**

Prime Minister Indira Gandhi nationalised 14 major commercial banks through an ordinance. The move sought to expand banking services into rural India, increase agricultural lending and ensure that financial



institutions served national development priorities. It remains one of the most significant economic decisions in independent India's history.

JULY 20, 1905**Birth of Durgabai Deshmukh**

Freedom fighter, lawyer and social reformer Durgabai Deshmukh was born in Rajahmundry, Andhra Pradesh. She actively participated in the freedom movement, was a member of the Constituent Assembly and later founded the Andhra Mahila Sabha, dedicating her life to women's education and social welfare.

JULY 20, 1969**Apollo 11 Moon Landing Inspires India**

As Apollo 11 astronauts became the first humans to land on the Moon, the achievement inspired Indian scientists and policymakers to strengthen the country's space programme. In the following decades, India established itself as a major spacefaring nation through ISRO's successful satellite launches and lunar missions.

JULY 21, 1658**Aurangzeb Formally Ascends the Mughal Throne**

Following a bitter war of succession, Aurangzeb was formally crowned Mughal Emperor. His reign profoundly influenced Indian history through territorial expansion, administrative changes and religious policies that continue to be debated by historians.

JULY 21, 2007**Pratibha Patil Elected India's First Woman President**

Pratibha Devisingh Patil won the presidential election, becoming the first woman President of India. She assumed office on July 25, 2007, marking a historic milestone in the country's constitutional and political

history.

JULY 22, 1947**The National Flag of India is Adopted**

One of the most significant moments in India's journey to independence occurred when the Constituent Assembly adopted the Tricolour as the National Flag of India. Designed by Pingali Venkayya, the flag retained the saffron, white and green colours while replacing the spinning wheel with the navy-blue Ashoka Chakra, symbolising law, progress and righteousness.

JULY 22, 1908**Lokmanya Bal Gangadhar Tilak Sentenced for Sedition**

Freedom fighter and nationalist leader Bal Gangadhar Tilak was sentenced to six years' transportation by a British court on charges of sedition for articles published in his newspaper Kesari. He was deported to Mandalay in Burma (Myanmar), where he later wrote his celebrated work, Gita Rahasya.

JULY 22, 1948**Birth of Jayant Narlikar**

Internationally acclaimed astrophysicist Dr. Jayant Vishnu Narlikar was born in Kolhapur, Maharashtra. Known for his pioneering work in cosmology and science communication, he played a key role in promoting scientific temper in India.

JULY 23, 1856**Birth of Bal Gangadhar Tilak**

One of India's greatest freedom fighters, Lokmanya Bal Gangadhar Tilak was born in Ratnagiri, Maharashtra. His slogan, "Swaraj is my birthright, and I shall have it," inspired millions during the struggle against British rule. Tilak transformed Ganesh Chaturthi and Shivaji Jayanti into public festivals that became platforms for nationalist awakening.

JULY 23, 1906**Birth of Chandrashekhar Azad**

Legendary revolutionary Chandrashekhar Azad was born in Bhabra (now Chandrashekhar Azad Nagar), Madhya Pradesh. A fearless member of the Hindustan Socialist Republican Association, he played a crucial role in the Kakori Conspiracy and the Lahore Conspiracy. He vowed never to be captured alive and fulfilled that pledge during a gun battle with British police at Alfred Park, Allahabad, in 1931.

JULY 23, 1898**Birth of Tarashankar Bandyopadhyay**

Renowned Bengali novelist Tarashankar Bandyopadhyay, winner of the Jnanpith Award and Padma Bhushan, was born on this day. His novels, including Ganadevata and Hansuli Banker Upakatha, are considered classics of Indian literature.

JULY 23, 1927**Birth of Shankar Dayal Sharma**

Former President of India Dr. Shankar Dayal Sharma was born in Bhopal. He served as India's ninth President from 1992 to 1997 and was known for his deep understanding of constitutional principles and parliamentary democracy.

NEWARK PREPARES FOR BRINGING TOGETHER FILM TELEVISION & POP CULTURE

BY MABEL PAIS

New Jersey gets ready for the inaugural Viewer Con! It's an all-day program on July 18, 2026, starting at 10 am. It's the inaugural entertainment and fandom experience, built for fans and powered by viewers, bringing together talent, creators, executives, and audiences for a day of panels, screenings, and cultural conversations featuring the cast of Power Book III: Raising Kanan, Joy Reid, Taye Diggs, Bevy Smith and more, culminating with the first fan screening of 50 Cent's highly anticipated new STARZ drama Fightland.

This promises to be an unforgettable day celebrating the best of television, film and pop culture at the inaugural ViewerCon. One ticket gives attendees access to a full day of exclusive conversations, celebrity appearances, behind-the-scenes stories, special screenings and unforgettable experiences with the stars and creators behind some of today's biggest shows and films.

This year's lineup features Taye Diggs ("The Best Man," "Stepfather"), Joy Reid in conversation with Mayor Ras J. Baraka on Newark's rise as a destination for film, television and the creative economy, Karamo Brown ("Queer Eye," "Karamo"), Bevy Smith (host of "In Bed with Bevy" and star of "Harlem"), KeiLyn Durrell Jones (Bill Bray in "Michael") and Lamar Richardson, the three-time Tony Award-winning Broadway, film and television producer who made history as the youngest Black lead producer to win a Tony Award.

The Ultimate Raising Kanan Series Finale Panel, bringing together GRAMMY® and Tony Award winner Patina Miller (Raquel), Mekai Curtis (Kanan), London Brown (Marvin), Leslie Grossman and series creator Sascha Penn, the visionary behind Raising Kanan and Power: Origins, for an exclusive conversation celebrating one of television's most talked-about dramas.

As a special can't-miss event, ViewerCon attendees will be among the first fans anywhere to experience a special screening of "Fightland," the highly anticipated new STARZ series executive produced by 50 Cent and starring Howard Charles.

More than a convention, ViewerCon is where fans and the entertainment industry come together. Throughout the day, attendees will experience inspiring conversations, behind-the-scenes stories, networking opportunities, immersive activations and exclusive moments that celebrate the people and projects shaping the future of entertainment. This unique experience will be appreciated by a devoted TV fan, an aspiring filmmaker or creator, or simply by those who love great storytelling.

Schedule**

DOORS OPEN

10:00 AM – 10:30 AM
DJ Set • Networking • Seating

UNSCRIPTED WITH JOY REID

10:30 AM – 11:00 AM
Featuring: Joy Reid

NBC News Entertainment Contributor and ViewerCon Founder Chris Witherspoon sits down with Joy Reid for an intimate conversation about her groundbreaking career, becoming the first Black woman to anchor a primetime cable news program, and the unconventional path that made her one of America's most influential voices.

HOLLYWOOD EAST

11:00 AM – 11:25 AM
Featuring: Mayor Ras J. Baraka and Joy Reid

A conversation on Newark's rise as one of America's fastest-growing destinations for film, television, technology, and the creative economy.

SPECIAL CONVERSATION

11:30 AM – 11:55 AM
Guest Announcement Coming Soon

An intimate conversation with one of today's most exciting voices in entertainment, culture, business, or



ViewerCon presenters. Credit: www.njpac.org.

media. Additional details to be announced.

BEVY SMITH: FROM HARLEM TO HOLLYWOOD

12:00 PM – 12:25 PM

Featuring: Bevy Smith

A candid conversation about reinvention, entrepreneurship, media, and building a career on your own terms.

THE FUTURE OF STORYTELLING WITH TAYE DIGGS & MICROHOUSE FILMS

12:30 PM – 1:15 PM

Featuring: Taye Diggs, Troy Brookins, and Shelby Stone

From premium television and feature films to the rapidly growing world of microdramas, Taye Diggs and his MicroHouse Films partners discuss entrepreneurship, ownership, and why the next generation of entertainment belongs to creators willing to bet on themselves.

THE NEXT GENERATION OF HOLLYWOOD

Celebrating a new generation of actors redefining film and television.

1:20 PM – 1:40 PM

KeiLyn Durrell Jones

Actor, Michael, How to Die Alone

1:40 PM – 2:00 PM

Xavier Smalls

Actor, Beauty in Black, Madea's Destination Wedding

THE ART OF REINVENTION WITH KARAMO BROWN

2:00 PM – 2:30 PM

Featuring: Karamo Brown

A conversation about hosting, producing, writing, entrepreneurship, and building an authentic personal brand.

NATURI NAUGHTON: BUILDING AN EMPIRE

2:40 PM – 3:10 PM

Featuring: Naturi Naughton

A conversation about ownership, entrepreneurship, and creating opportunities beyond acting.

SPOTLIGHT CONVERSATION

3:15 PM – 3:45 PM

Special Guest (to be Announced Soon)

An intimate conversation with a special guest from the worlds of entertainment, media, sports, or culture.

STARZ PRESENTS: POWER BOOK III: RAISING KANAN

4:00 PM – 4:45 PM

Featuring: Patina Miller, Mekai Curtis, London Brown, Leslie Grossman, and Sascha Penn

A behind-the-scenes conversation celebrating the series finale, the legacy of the Power Universe, and what's next.

EXCLUSIVE ADVANCE SCREENING: STARZ'S FIGHTLAND

5:00 PM – 5:50 PM

Be among the first fans anywhere to experience STARZ's highly anticipated new series before its official premiere.

Programming Note: Schedule, talent, and appearances are subject to change. Additional guests and special presentations will be announced in the coming weeks.

**Panelists and times are subject to change

Additional guests, programming and special surprises will be announced leading up to the event.

TICKETS AND VIP PASSES

For Tickets and VIP Passes for the ultimate ViewerCon experience, including access to the exclusive VIP Lounge and opportunities to connect with talent, creators, industry executives and fellow VIP guests, visit www.Ticketmaster.com.

VIEWERCON

ViewerCon is a first-of-its-kind entertainment and media festival bringing together fans, press, tastemakers, creators, and industry leaders for powerful conversations, exclusive screenings, immersive activations, and unforgettable cultural moments. Founded by Chris Witherspoon, CEO of PopViewers and NBC News Entertainment Contributor, in partnership with STARZ, ViewerCon celebrates the intersection of television, film, culture, and fandom through star-powered programming, behind-the-scenes insights, live experiences, and community-driven engagement that merge entertainment and community.

POPVIEWERS

PopViewers is a leading entertainment media platform and events company dedicated to connecting audiences with the television, film, and cultural conversations shaping what's next. Founded by entertainment journalist and NBC News Entertainment Contributor Chris Witherspoon, PopViewers reaches millions of consumers through original editorial content, celebrity interviews, red carpet coverage, social media, live events, and industry conversations. Through its signature event series, Vibes & Views, and its flagship entertainment festival, ViewerCon, PopViewers creates unique opportunities for fans, creators, talent, executives, and brands to engage in meaningful dialogue around storytelling, culture, innovation, and the future of entertainment. With a growing footprint in Newark, New York, Los Angeles, and beyond, PopViewers is committed to building community through content while amplifying diverse voices and the stories that move audiences.

THE NEW JERSEY PERFORMING ARTS CENTER (NJPAC)

NJPAC, located in downtown Newark, New Jersey, is among the largest performing arts centers in the United States. It is the artistic, cultural, educational and civic center of New Jersey — where great performances and events enhance and transform lives every day.

As New Jersey's anchor cultural institution, NJPAC brings diverse communities together, providing access to all and showcasing the state's and the world's best artists while acting as a leading catalyst in the revitalization of its home city.

Through its extensive Arts Education programs, NJPAC is shaping the next generation of artists and arts enthusiasts. NJPAC has attracted more than 12 million visitors (including more than two million children) since opening its doors in 1997 and nurtures meaningful and lasting relationships with each of its constituents. Visit www.njpac.org for more information @njpac

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

MUSICAL ICON HERBIE HANCOCK AND HIS ORCHESTRA PERFORM IN NEW JERSEY

BY MABEL PAIS

Legendary musician **Herbie Hancock**, one of the most influential musicians of our times, will present his unique artistry at the New Jersey Performing Arts Center (NJPAC) on Friday, July 31, 2026 at 8 pm.

Joining Hancock will be his acclaimed band:

Terence Blanchard - trumpet

James Genus - bass

Lionel Loueke - guitar

Jaylen Petinaud - drums

Herbie Hancock, during his five-decade legacy, has transcended limitations and genres, all while maintaining his unmistakable voice and vision. A true innovator, Hancock has pioneered new directions in jazz, composing enduring standards like "Watermelon Man" and "Cantaloupe Island." His influence stretches across jazz, R&B, funk, and hip hop, inspiring generations of artists.

Watch Herbie and his band play "Cantaloupe Island" - https://youtube.com/watch?v=15k-TE_Z3GE

HERBIE HANCOCK

With a remarkable five-decade legacy, Hancock has garnered 14 GRAMMY Awards — including Album of the Year for the groundbreaking "River: The Joni Letters" — and continues to amaze audiences worldwide with his innovative spirit and creative mastery. Among his many accolades are a GRAMMY® Lifetime Achievement Award, the NEA Jazz Master honor, an Academy Award, Kennedy Center Honors, and in 2025, the prestigious Polar Music Prize — often called the "Nobel Prize of Music."

Herbie Hancock's journey began as a child prodigy, performing a Mozart piano concerto with the Chicago Symphony Orchestra at age 11. Drawn to jazz in high school, he was influenced by Oscar Peterson and Bill Evans before being discovered by trumpeter Donald Byrd. After session work with Byrd, Phil Woods, and Oliver Nelson, Hancock signed with Blue Note Records and released his debut album "Takin' Off" in 1963, featuring the hit "Watermelon Man."

That same year, Hancock joined the Miles Davis Quintet, collaborating on iconic albums such as "ESP," "Nefertiti," and "Sorcerer." He later contributed to Davis' revolutionary "In a Silent Way." Hancock's own band, The Headhunters, released the chart-topping album "Head Hunters" in 1973, featuring the crossover hit "Chameleon," making it the first jazz album to go platinum. By the mid-1970s, Hancock was filling stadiums worldwide and had multiple albums on the pop charts simultaneously. His critically acclaimed album "The Imagine Project" won two 2011 GRAMMY® Awards, giving him the status of a musical visionary.

Off stage, Hancock continues to shape the future of jazz as Creative Chair for Jazz at the Los Angeles



Herbie Hancock. - Credit: www.njpac.orga

Philharmonic and Institute Chairman of the Herbie Hancock Institute of Jazz, the premier organization for jazz performance and education. He is also a founder of the International Committee of Artists for Peace and was honored as "Commandeur des Arts et des Lettres" by France. He is a Nobel Professor of Poetry at Harvard University.

TICKETS

For tickets to experience Herbie Hancock, the icon of modern music, visit www.NJPAC.org or the NJPAC Box Office at 1 Center Street, Newark or call 888.GO.NJPAC (888.466.5722).

ORCHESTRA ARTIST BIOS

TERENCE BLANCHARD

Terence Blanchard has been a consistent artistic force for making powerful musical statements concerning painful American tragedies – past and present. A true "Renaissance" man, Blanchard stands tall as one of jazz's most-esteemed trumpeters and defies expectations by creating a spectrum of artistic pursuits. Boundary-breaking and genre-defying, Blanchard is recognized globally as a dazzling soloist and a prolific composer for film, television, opera, Broadway, orchestras and for his own ensembles.

Leading theater magazine TheaterMania recently cited Blanchard as "the most exciting American composer working in opera today."

The New York Times said of Blanchard, "Blanchard's body of work

is one of the broadest and most imposing of any living jazz musician."

An eight-time Grammy Winner and twice Oscar-nominated film composer, Blanchard became only the second African-American composer to be nominated twice in the original score category at the 2022 Academy Awards, duplicating Quincy Jones' feat from 1967's *In Cold Blood* and 1985's *The Color Purple*. Blanchard's work has placed him at the forefront of giving voice to human rights, civil rights, and racial injustice, including the 2016 album "Breathless," an elegy for Eric Garner, who was killed by police and whose words, "I can't breathe," became a civil rights rallying cry.

JAMES GENUS

James Genus is an American jazz bassist. He plays both electric bass guitar and upright bass and currently plays in the Saturday Night Live Band. He also occasionally fills in for Mark Kelley of the hip hop band The Roots. Genus has performed as a session musician and sideman throughout his career, having worked with an extensive list of artists.

Genus was born in Hampton, Virginia. He began on guitar at age six and switched to bass at 13. He studied at Virginia Commonwealth University from 1983 to 1987 and played for a summer at Busch Gardens Williamsburg. Then he moved to New York City, where he quickly began working with many noted players on the city's jazz scene.

LIONEL LOUEKE

Lionel Loueke is a guitarist and

vocalist born in Benin, West Africa. He moved to Ivory Coast in 1990 to study at the National Institute of Art.

He also studied at the American School of Music in Paris from 1994 to 1998, Berklee College of Music from 1999 to 2001, and the Herbie Hancock Institute of Jazz (previously the Thelonious Monk Institute) from 2001 to 2003.

He got his first professional job at a club when during a break he took a guitar from the bandstand and started playing it. The club's manager heard him and offered him a job. He played African pop music, but he discovered jazz when a friend returned from Paris with a copy of an album by George Benson. This inspired Loueke to study jazz in Paris. He auditioned for the, then, Thelonious Monk Institute of Jazz at the University of California Los Angeles. He was selected in a worldwide search by a panel of judges, including jazz musicians Herbie Hancock, Terence Blanchard, and Wayne Shorter.

Loueke recorded with the Australian band The Vampires on their album "The Vampires Meet Lionel Loueke." The album was nominated for the 2017 ARIA Music Award for Best Jazz Album.

JAYLEN PETINAUD

Jaylen Petinaud is one of the most sought-after drummers in the entertainment industry. Most recently, Jaylen was nominated for Best Jazz Drummer by Modern Drummer Magazine's 2024 Readers Poll.

He is currently on tour with Herbie Hancock, and is the drummer for Alicia Keys' Tony and Grammy Award-winning musical, "Hell's Kitchen" on Broadway, which also hit #1 on Billboard's Top Cast Albums chart.

Jaylen frequently plays with artists such as Kenny Garrett, Keyon Harrold, and Terrance Blanchard / The E- Collective. In 2024, he had the pleasure of playing on Keyon Harrold's NPR Tiny Desk performance, which featured Robert Glasper, PJ Morton, and more. Jaylen's style and execution formulate an unleashed technique that uplifts soulful harmonies. His infusion of worldbeat rhythms into contemporary funk celebrates a revolutionary tune. Jaylen is versed in multiple genres such as jazz, gospel, pop, classical, hip-hop, and r&b but is ready to produce a brand of his own.

Jaylen has also served as faculty at NYU Tisch School of the Arts Dance & SUNY Purchase Conservatory of Dance serving as an accompanist for Ballet, African, Horton and Graham classes.

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

VISION MAKER MEDIA CONTINUES 50TH ANNIVERSARY CELEBRATION IN JULY THEME: EVERYTHING IS CONNECTED

BY MABEL PAIS

Vision Maker Film Festival Presents: Everything is Connected

In honor of Vision Maker Media's (VMM) 50th anniversary, the 2026 festival runs all year long with the theme "Everything is Connected," an expression that reflects the harmony, balance, and interconnectedness of life. "Everything is Connected" is a core concept in many Indigenous practices, reflecting the belief that land, sky, environment, and people exist in interwoven relationship – not as separate entities, but as a balanced, co-existing whole. Each month brings a new selection of powerful films.

Vision Maker Media (VMM), the Native American Media which has existed from 1976 brings the world films and events every month during its fiftieth anniversary celebration. A new set of films can be viewed every month.

Vision Maker Media is Native American Media which has been empowering and engaging Native people to share stories since 1976.

A world changed and healed by understanding Native stories and the public conversations they generate.

Vision Maker Media's films do more than tell stories — they open pathways to learning, reflection, and connection. By centering Native voices, lived experiences, cultural knowledge, and contemporary community issues, VMM films help audiences see Indigenous peoples not as subjects of the past, but as storytellers, leaders, artists, educators, and innovators shaping the world today. In classrooms, libraries, community screenings, and homes, these films invite viewers of all ages to ask deeper questions, challenge stereotypes, and build a more informed understanding of Native histories, cultures, and futures.

During the month of July, new videos can be viewed. Each month brings a new selection of powerful American Indian and Alaska Native films, available through in-person screenings at The Ross Theater in Lincoln, NE, and streaming free online worldwide. Join VMM and discover Indigenous stories, heritages, and perspectives that connect us all.

Check back at the start of each month for new titles to stream.

JULY FILMS

This month, explore stories of determination, endurance, and cultural pride through three powerful documentaries that showcase sports performed in some of the world's most demanding conditions.

The month opened with episodes from *Growing Native Northwest: Coast Salish*, where young viewers discover the profound role salmon plays in the heritage and daily life of the region's people. In the second half of July, the series changes to *Indigenize the Plate*, where Indigenous communities revive ancestral knowledge about seeds and food to cultivate healthier living.

Watch the below two films:

Viewer Discretion Advised!

THE BEARS ON PINE RIDGE: HOPE, RESILIENCE & YOUTH MENTAL HEALTH

The Pine Ridge Reservation in South Dakota is under a declared "State of Emergency," after a devastating rash of youth suicides tragically reaches the highest levels in the country. Due to inadequate federal assistance, residents have taken prevention efforts into their own hands. The Oglala Sioux Tribe's suicide prevention team (The Sweetgrass Project) is a small unit, working around the clock to manage the crisis. Learn more @ <https://visionmakermedia.org/vision-maker-film-festival-everything-is-connected-july-streaming>

Themes: Connected by Community; Connected by Health & Wellness

Watch @ <https://youtu.be/Q9uON49cvp0>



Community Credit : visionmakermedia.org

STORY POLE

Story Pole: From struggling on the streets to teaching in the public school district, Jason LaClair's recovery from opioid addiction is remarkable. Jason received the charge to complete the carving of a "Story Pole." LaClair's restoration and completion of the story pole reflect the redemption of his own life. He's now taken on the mantle of an educator, mentor, and acclaimed artist.

Themes: Connected by Community; Connected by Heritage

Watch @ <https://youtu.be/l-h14waAedE>

Search both film titles at PBS.org to stream for free.

SKINDIGENOUS: SEASON 3

NATIONAL TATTOO DAY - JULY 17

National Tattoo Day celebrates the art, history, and cultural significance of tattooing around the world and Vision Maker Media highlights "Skindigenous," a captivating documentary series that explores Indigenous tattoo traditions and the artists working to revitalize them. The series follows practitioners from communities around the globe who reclaim ancestral practices and preserve cultural knowledge through tattoo art.

INATIVE SHORTS FOR KIDS

Study the series with activity sheets on the iNative Shorts for Kids YouTube channel and subscribe for new videos that premiere on the 1st and 3rd Mondays of every month.

Explore all series at:

<https://youtube.com/@iNativeShortsforKids>

VISION MAKER MEDIA

Vision Maker Media (VMM) is the premier source of media by and about Native Americans and Alaska Natives. Since 1976, VMM has been dedicated to amplifying Indigenous voices by funding producers to develop, produce impactful programs for PBS distribution, and by investing in training programs that increase the number of next generation Native media makers. VMM's mission is "empowering and engaging Native people to share stories," guided by a vision of "a world changed and healed by understanding Native stories and the public conversations they generate."

VISION MAKER FILM FESTIVAL PRESENTS: EVERYTHING IS CONNECTED

In honor of Vision Maker Media's 50th anniversary, the 2026 festival runs all year long with the theme "Everything is Connected," an expression that reflects the harmony, balance, and interconnectedness of life. "Everything is Connected" is a core concept in many Indigenous practices, reflecting the belief that land, sky, environment, and people exist in interwoven relationship – not as separate entities, but as a balanced, co-existing whole. Each month brings a new selection of powerful films.



Environment is Sacred. Credit : visionmakermedia.org

WAYS NATIVE AMERICANS ARE CONNECTED:

Connected by Heritage: Heritage refers to the ways of life, knowledge, and practices that are passed down and actively carried forward by a community. It includes language, art, stories, ceremony, and ways of knowing that connect people to their ancestors, land, and values. Through heritage, communities honor their past by continuing traditions, reinforcing their identity, and strengthening who they are.

Connected by Generations: Generational connection links ancestors, the present, and those yet to come. It reflects responsibility, reciprocity, and balance—ensuring knowledge, values, and cultural continuity are protected for future generations.

Connected by Resilience: Resilience reflects the strength of Native peoples in the face of colonization, displacement, and cultural suppression. It lives in language preservation, cultural survival, family and community bonds, and the ongoing defense of identity, sovereignty, and traditional knowledge.

Connected by Subsistence: Subsistence activities — like hunting, fishing, gathering, and farming — do more than feed people. They connect communities to seasons, land, and knowledge passed down over generations. These practices sustain both daily life and cultural identity.

Connected by Holders of Knowledge: Elders and cultural knowledge keepers carry language, stories, and teachings that guide community life. Their wisdom is honored, and through their mentorship and care, cultural practices and responsibilities are passed on.

Connected by Health & Wellness: Health is understood holistically — spiritually, mentally, emotionally, and physically. Wellness is supported through community, cultural foodways, ceremonies, traditional healing, and relationships with the land.

Connected by Community: Community is rooted in shared identity, mutual responsibility, and interdependence. Families, clans, and tribal networks support one another, uphold cultural values, share knowledge, and work together for collective well-being.

Connected by Experience: Knowledge is shaped through lived experiences and collective histories. These shared experiences encompass both struggle and perseverance, help teach identity, encourage agency and self-determination, and affirm a community's right to represent themselves.

Connected by Relationships to Land & Place: Indigenous peoples often describe land as a relative rather than a resource. Land holds history, identity, and responsibility. This connection is ancestral and spiritual, reflecting a relationship built on care, reciprocity, and belonging.

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Ajay Devgn's film joins Rs 100 crore club in India

Actor Ajay Devgn's film *Dhamaal 4* has joined the Rs 100-crore club in India on its sixth day in cinemas. According to trade website Sacnilk, the film collected a nett of Rs 6.50 crore on Day 6 across 11,137 shows. That took its total India gross to Rs 107.11 crore, while its total India nett (gross minus taxes) stood at 89.75 crore.

The film also added Rs 1.25 crore overseas on Day 6, taking its total overseas gross to Rs 17.25 crore. Its worldwide gross collection now stands at Rs 124.36 crore. The sixth-day figure came after a strong start over the weekend and a drop in collections during the weekdays.

Dhamaal 4 opened with Rs 14 crore on Day 1, Friday. It then saw a jump over the weekend, earning Rs 22.50 crore on Day 2, Saturday, and Rs 28.50 crore on Day 3, Sunday. Collections fell to Rs 8.75 crore on Day 4, Monday, before rising to Rs 9.50 crore on Day 5, Tuesday. On Day 6, Wednesday, it earned Rs 6.50 crore, taking its six-day India net total to Rs 89.75 crore.

Directed by Indra Kumar, the film released on July 10. It stars Ajay Devgn, Riteish Deshmukh, Arshad Warsi, Jaaved Jaferi, Sanjay Mishra, Sanjeeda Shaikh, Anjali Anand, Upendra Limaye, Vijay Patkar and Ravi Kishan in key roles. The makers have also confirmed that *Dhamaal 5* is in the works.

Alia Bhatt joins Tumbbad 2 with Sohum Shah and Nawazuddin

Alia Bhatt has confirmed that she is joining the *Tumbbad* franchise. The actor will star alongside Sohum Shah and Nawazuddin Siddiqui in the sequel, *Tumbbad 2*.

The casting update was shared by Shah on social media. Welcoming Alia onboard, he wrote, "A new chapter unfolds. Welcome to #Tumbbad2, @aliaabhatt #PralayAayega."

With Alia Bhatt joining the cast, another major name has come on board the sequel to the 2018 cult fantasy-horror film *Tumbbad*. The original film, led by actor-producer Sohum Shah, gained a dedicated following over the years and enjoyed renewed commercial success during its theatrical re-release.

Sharing her excitement about joining the project, Alia Bhatt said in a statement, "*Tumbbad* has stayed with me ever since I first watched it. Very few films create a world that feels this original and immersive, and even fewer continue to grow in people's imagination years after they've released. That's what makes this opportunity so exciting."

Referring to the film, Alia said, "To now become a part of that world is incredibly special. I'm looking forward to working with Sohum and Nawaz, two artists I've admired for a long time, and to exploring a character that belongs to a story as rich, mysterious and unforgettable as *Tumbbad*. I can't wait for audiences to experience what we're creating together."

Tumbbad 2 is being produced by Sohum Shah under the Sohum Shah Films banner in collaboration with Pen Studios, headed by producer Dr



Jayantilal Gada. The sequel is directed to release in theatres on December 3, by Adesh Prasad. The film is scheduled 2027.

Ranbir Kapoor's Ramayana trailer gets U certificate; runtime out

The Central Board of Film Certification (CBFC) has cleared the trailer of *Ramayana* with a 'U' certificate on July 15, ahead of its worldwide launch on July 24, 2026. The certification details show that the trailer is longer than a typical early promotional cut, with one version running for 4 minutes and 15 seconds.

The CBFC website also lists another certified trailer for the film, suggesting that two versions have been approved. One runs for 4 minutes and 15 seconds, while the other is 4 minutes long. It is not yet clear which version will be released digitally. *Ramayana* is the first part of Nitesh Tiwari's two-film saga, with Part 1 set for Diwali 2026 and Part 2 scheduled for Diwali 2027.

According to the CBFC website, the two entries are titled 'Trailer - *Ramayana* 3D' and 'Theatrical Trailer - *Ramayana* 3D'. The first has a duration of 4 minutes and 15 seconds, while the second runs for 4 minutes. Both have received a 'U'



certificate.

The makers have already announced that the *Ramayana* trailer will premiere worldwide on July 24, 2026, marking the start of the film's promotional campaign.

The trailer launch is slated to be held in New Delhi, where director Nitesh Tiwari, producer Namit Malhotra and several cast members are expected to attend.

Earlier this year, on April 2, the makers released an introduction teaser titled *Rama* on the occasion of Hanuman Jayanti. The video focused on the lead character of Lord Rama, played by Ranbir Kapoor, and had a run time of 2 minutes and 38 seconds. That teaser also received a 'U' certificate.

Ramayana stars Ranbir Kapoor as Lord Rama, Sai Pallavi as Sita, Ravie Dubey as Lakshman, Yash as Ravana and Sunny Deol as Lord Hanuman. The film also features Rakul Preet Singh as Surpanakha and Kunal Kapoor as Lord Indra. It is directed by Nitesh Tiwari and produced by Namit Malhotra's Prime Focus Studios in association with DNEG and Yash's Monster Mind Creations. The music is composed by A R Rahman and Hans Zimmer.

The two-part epic will release in IMAX worldwide, with Part 1 arriving on Diwali 2026 and Part 2 on Diwali 2027. The film reportedly has a Rs 4,000 crore budget.



I Play Rocky: Anthony Ippolito turns Sylvester Stallone in underdog story

Actor Anthony Ippolito will play actor Sylvester Stallone in Peter Farrelly's upcoming biographical drama *I Play Rocky*, a behind-the-scenes dramatisation of how the 1976 sports film *Rocky* was made. The film is set to explore how Stallone became *Rocky*, with Ippolito, known for *Grand Army*, taking on the lead role.

The trailer depicts Ippolito as Stallone trying to convince studio owners to let him play the lead role in the *Rocky* script written by himself.

Going by the soul of *Rocky* franchise, the actor challenges stereotypes about his talent and says, "This movie is about having belief in yourself. It is about going the distance. I put my heart and soul on the page. If I am not going to live up to what I wrote, then what is the point? So do you believe in me or not?"

According to the official synopsis from Amazon MGM, the film tells the true story of Stallone and his "unshakable belief that he wasn't just meant to write *Rocky*, he was meant to be *Rocky Balboa*". The film centres on Stallone's determination to play the character he created.

The supporting cast includes actor Stephan James as Carl Weathers, alongside actors Anna Sophia Robb, Matt Dillon, Toby Kebbell, Tracy Letts, Jay Duplass and Robert Morgan. Farrelly, who directed Best Picture winner *Green Book*, returns to more dramatic territory with *I Play Rocky* after his R-rated Amazon comedies *Ricky Stanicky* and *Balls Up*.

Ippolito has previously played a major acting figure from the 1970s. He featured as Al Pacino in the Paramount+ limited series *The Offer*, which recounted the making of *The Godfather*. In *I Play Rocky*, he now takes on Stallone, who famously got *Rocky* made for under \$1 million.

The original *Rocky* went on to become the biggest box office hit of 1976 and won the Oscar for best picture. It later secured its place in Hollywood history, spawning several sequels as well as the *Creed* spin-off series, while *I Play Rocky* revisits the story behind its making.

The Odyssey review: Splendid horror is Nolan's magnum opus, Pattinson is sublime

There are moments in Christopher Nolan's adaptation of Homer's *Odyssey* where we, the viewers, are confronted with the horrors of the real world - the darkest, most repulsive truths that we want to turn away from. And every time we feel we have the lay of the land and can recognise the monster lurking beneath, the narrative peels back another layer, revealing who the true monsters are. To take a story that has been told and retold countless times over three millennia and give it their own touch is an unenviable task. To do so in a manner that probably even elevates some elements of the original is mind-boggling. But the master filmmaker that Christopher Nolan is, he does it. With elan. *The Odyssey* is just the latest film that will again spark debate about which is Nolan's best work. It is a sprawling saga blending modern sensibilities with timeless motifs, aided by unprecedented camera work and an impeccable score. On top of that are the performances from a solid cast, some of whom have given their best work ever here.

The Odyssey begins eight years after the end of the Trojan War. The Greeks were victorious, and all the triumphant kings have long returned to their kingdoms with the spoils of war, save for one. Odysseus of Ithaca has not been seen since the war, nor have his men. In Ithaca, his queen Penelope (Anne Hathaway) is fighting hard to keep suitors at bay, dozens of



men who have camped in the king's palace, urging the queen to remarry and give Ithaca a new king. Her son Telemachus (Tom Holland) has not given up hope and vows to find Odysseus before Antonius (Robert Pattinson), the wildest of these suitors, breaks down his mother's resolve. Odysseus (Matt Damon) is trying to get home, but is caught up in everything from a confrontation with the realities of life and the wild ways of the sea.

The trailers lied to you. They were a Trojan horse. This is no epic fantasy, no war drama, and certainly no

coming-of-age feature. Nolan's *Odyssey* is a gothic horror. Everything from the framing to the sound design and the treatment of the characters screams eeriness. And *The Odyssey* does not shy away from being heavy for the viewer. It gets loud, visceral, gory, and even discomfiting at times, in a rather Mike Flanagan-meets-Ridley Scott sort of territory. But it is never repulsive. And it never loses its aura of spectacle. Nolan's debut in horror is splendid, a testament to how a good filmmaker can always cross genres when they wish.

The Vampire Diaries star Paul Wesley marries for 3rd time

Paul Wesley has married again. The *Vampire Diaries* star has exchanged vows with model Natalie Kuckenburt in an intimate ceremony, marking his third marriage.

Keeping the celebrations away from the public eye, the couple chose a private wedding with only their closest family and friends in attendance.

Natalie shared photos from the wedding on Instagram and wrote, "Mr and Mrs and the Best Boy Greg."

Natalie looked elegant in a minimalist white gown by Galia Lahav. The dress featured delicate spaghetti straps, a subtle sweetheart neckline and a sleek floor-length silhouette.

Paul Wesley kept things equally classic, wearing a tailored blue suit with a crisp shirt and a black tie.

Paul and Natalie got engaged during a romantic holiday in Italy in 2025. Sharing the happy news at the time, Natalie posted a picture of her engagement ring with the simple caption, "Yes," followed by the words "Always and forever."

This is Paul Wesley's third marriage. The actor was previously married to actor Torrey DeVitto from 2011 to 2013. He later married Ines de Ramon in 2019, and the two divorced in 2022.



Former Nepal ministers jailed in fake Bhutanese refugee scam

JULY 17, 2026

KATHMANDU (TIP): A court in Nepal has sentenced two former cabinet ministers and 14 others to prison after convicting them in one of the country's biggest political corruption scandals, involving the creation of forged documents that falsely identified Nepali citizens as Bhutanese refugees to facilitate their resettlement in the United States.

The Kathmandu District Court delivered the verdict after finding the accused guilty of participating in a fraudulent network that fabricated official documents and manipulated refugee records. According to court records and lawyers involved in the case, the scheme enabled ineligible Nepali nationals to pose as displaced Bhutanese refugees in hopes of securing entry to the United States under international refugee resettlement programmes.

The case has shaken Nepal's political establishment, as it implicated several high-profile figures, including former ministers and senior government officials, exposing alleged abuse of public office and weaknesses in the country's administrative system.

Investigators said the accused collaborated to prepare fake identity papers, refugee registration documents and official recommendations to falsely establish applicants as members of the Bhutanese refugee community.

Iran launches fresh attacks after sixth day of US strikes

JULY 17, 2026

DUBAI (TIP): Iran said it launched fresh attacks on U.S. facilities in the Gulf on Friday after a sixth consecutive night of U.S. strikes on Iranian military facilities, as last month's truce descended into daily attacks and counterattacks.

The U.S. military said it completed another night of strikes on Iran "to further degrade Iranian military capabilities", including on Qeshm Island and near Bandar Abbas, home to Iran's largest port and key navy and Revolutionary Guards facilities.

"U.S. forces, including fighter jets, aerial drones, and warships, launched precision munitions that hit dozens of Iranian military targets such as coastal surveillance and air defense sites, military logistics infrastructure, and maritime capabilities," the U.S. Central Command said in a statement.

Iran has fired missiles and drones at U.S. military bases in neighbouring states, including an air base in Jordan.

In the early hours of Friday, Iran's military said it had attacked U.S. facilities in Bahrain and Kuwait. Several explosion-like sounds were heard in the Qatari capital Doha, according to a witness, and the Ministry of the Interior said a child was injured by shrapnel.

Iranian media reported that five bridges were hit in the latest round of U.S. strikes, as well as the train station in coastal Bandar Khamir and Iranshahr Airport in southeastern Iran. Seven people were killed in U.S. attacks on bridges in Bandar Khamir, a port city in southern Iran, state news agency IRNA reported.

Reuters could not immediately verify the reports.

SHIPPING HALTED AGAIN IN STRAIT OF HORMUZ

The escalation has once again largely halted traffic through the Strait of Hormuz, the world's most important shipping route for oil and gas, pushing up global energy prices.



Smoke rises following a strike at an unknown location during what the U.S. military says is its latest wave of strikes on Iran. REUTERS

Tehran resumed its blockade of the strait and Washington again blockaded Iranian ports from Wednesday.

Iran has signalled it could prod its Houthi allies in Yemen to close another key strait: the Bab al-Mandeb at the mouth of the Red Sea, sources told Reuters, if Washington attacks Iran's infrastructure.

Iran last week hit ships moving through a corridor in the strait. Karoline Leavitt, White House press secretary, told a briefing on Thursday that U.S. President Donald Trump would not "sit by and allow these active acts of terrorism to take place in the strait without ensuring Iran pays consequences for that."

But she added the president was "always open to diplomacy at the very same time."

Iranian sources told Reuters that Iran's aim was to establish its authority over the strait, although Tehran was not keen on an escalation that would torpedo June's memorandum of understanding, which it still regards as giving it most of what it sought.

JULY 17, 2026

TOKYO (TIP): Japan has approved long-debated changes to its imperial succession framework aimed at ensuring the stability of the world's oldest hereditary monarchy, but lawmakers stopped short of allowing women to inherit the Chrysanthemum Throne, leaving the country's centuries-old male-only succession rule intact.

The revised legislation, passed after months of political consultations, focuses on preserving the shrinking imperial family by permitting female members of the royal household to retain their imperial status after marriage under certain conditions and by introducing measures to strengthen the number of working royals. However, the law does not amend the post-war Imperial House Law of 1947, which restricts succession to male descendants in the paternal line.

The decision means that Japan will continue to exclude women from becoming emperor despite repeated public opinion polls showing strong support for allowing a reigning empress or permitting succession through the female line.

The succession issue has become increasingly urgent because the imperial family has steadily declined in size. Under existing rules, female royals lose their imperial status when they marry

commoners, resulting in fewer members available to carry out official duties. The shrinking household has raised concerns over the long-term sustainability of the monarchy.

At present, Crown Prince Akishino, the younger brother of Emperor Naruhito, remains first in line to the throne, followed by his son, Prince Hisahito, who is currently the only young male heir in the imperial family. Emperor Naruhito's only child, Princess Aiko, is ineligible to succeed because the law bars women from ascending the throne.

The latest reforms are seen as a compromise between conservatives, who insist on maintaining an unbroken male imperial lineage dating back centuries, and reform advocates who argue that allowing women to reign is essential for the monarchy's survival in modern Japan.

Government officials said the amendments are intended to secure the imperial family's ability to perform public and ceremonial duties without altering the traditional succession system. The reforms also explore mechanisms to allow former male

Japan revises imperial law but retains male-only succession, women still barred from throne



The provision that only males with an emperor in their paternal lineage can ascend the throne remains unchanged. PHOTO: REUTERS

members of collateral imperial branches, who lost royal status after World War II, to rejoin the imperial household, potentially expanding the pool of male successors.

Supporters of the male-only system argue that preserving patrilineal succession protects the historical continuity of the imperial institution, which they regard as a cornerstone of Japan's national identity. Critics, however, contend that the policy reflects outdated gender norms and ignores

changing public attitudes toward gender equality.

Opinion surveys conducted over the past two decades have consistently shown that a majority of Japanese citizens would support a woman ascending the throne. The debate intensified in the early 2000s when concerns grew over the lack of male heirs before the birth of Prince Hisahito in 2006 temporarily eased the succession crisis.

Political analysts say the latest legislation addresses the immediate challenge of maintaining enough working members of the imperial family but leaves unresolved the broader question of long-term succession. With only a handful of male heirs remaining, experts believe pressure for more comprehensive reforms is likely to return in the coming years.

For now, Japan's imperial institution will continue to operate under the traditional male-only succession system, reflecting a cautious political consensus that prioritises preserving historical precedent while making limited adjustments to address practical challenges facing the royal household.

Fire at orphanage in Algeria kills 11 people, including children

JULY 17, 2026

ALGIERS (TIP): A fire at a child welfare facility in Mohammadia, east of Algiers, has killed 11 people, including children, and injured 19, according to emergency services and local media reports.

The state Civil Protection agency said the blaze broke out at approximately 3:30am local time (02:30 GMT) on Thursday inside the Childhood Relief Institution. The state-run institution operates as a residential care centre and sanctuary, providing shelter, medical care, and social support to orphans, abandoned minors, and children with special needs.

First responders treated 10 people for burns of varying severity and two for severe respiratory distress from smoke inhalation, according to a Civil Protection statement. Seven others were treated for severe psychological shock. Field teams evacuated five residents with special needs to a safe location. Bystander video footage shared online showed dozens of residents gathered at the scene to follow rescue efforts. Official images released by the Civil Protection showed emergency responders working amid heavy smoke to contain the fire in the corridors of the building and evacuate residents. Algerian President Abdelmadjid Tebboune offered condolences in a social media post, saying he had received news “of the deaths of children and the injuries of others”. Prime Minister Sifi Ghrieb visited the Mustapha Pacha University Hospital in Algiers to check on the condition of the injured and oversee their medical treatment, Algerian newspaper *Algerie Patriotique* reported.

Firefighting and search operations have concluded, and security and judicial authorities have launched an investigation to determine the cause of the fire, local media reported.

Kyiv reels after Zelenskyy ousts popular defense minister over clash with top general

JULY 17, 2026

KYIV (TIP): There couldn't be a worse moment for an internal brawl in Ukraine. Instead of discussing how to maintain the wartime initiative it has enjoyed over Russia this year, Kyiv is fuming over President Volodymyr Zelenskyy's decision to oust 35-year-old tech prodigy and reformer Mykhailo Fedorov, who is admired by Ukraine's partners and people, as defense minister.

The reason: Fedorov's acrimonious relationship with Ukraine's Army Commander Gen. Oleksandr Syrskiy, which spilled into public view during a series of briefings Thursday that highlighted tensions in Zelenskyy's top team.

“Those two could not work together. A wartime president must not face such choices, honestly. I want unity, but the sides did not find it. I respect both,” Zelenskyy said at a press conference in Kyiv on Thursday, July 16.

“They even refused to sit at the same table without me,” he added. “I had to make a choice.”

That decision, to get rid of Fedorov, who in his six months in office has made changes in the army, shocked many prominent Ukrainian service members and watchdogs — and surprised the country's foreign partners.

Ukrainians held another so-called cardboard protest on Thursday to demand that Zelenskyy return Fedorov to the ministry. In the evening Zelenskyy announced that spy chief Yevhenii Khmara, who is acting head of Ukraine's SBU intelligence agency, will fill the vacancy — but only in an acting capacity until he can formally resign from the military to take up the civilian role. Fedorov said Syrskiy had forced Zelenskyy to push him out, although Fedorov himself has reportedly been urging Syrskiy's removal for some time.

The general, whose nickname is “Butcher,” is seen by some as a Soviet-style leader who rewards loyalists and discourages field commanders from showing initiative.

“When the president said he has no plans to fire [Syrskiy], I accepted and was ready to learn how to work with him, because we both have one goal — to serve the Ukrainian people. But what we faced was that all our initiatives were blocked. Syrskiy was not ready to openly discuss problems, but was instead plotting against us and finally set an ultimatum for me to be out,” Fedorov said at a press conference in Kyiv on Thursday, July 16.

“Instead of figuring out how to asymmetrically defeat Russia, which is the task of the commander-in-chief, he figured out how to split the country,” Fedorov added.

He did praise Syrskiy's military talent but said the general



People gather in Kyiv to protest against Volodymyr Zelenskyy's decision to dismiss Mykhailo Fedorov, on July 16, 2026. | AFP via Getty Images

wants to keep fighting an outdated style of conflict, while war is rapidly changing and becoming more technological.

Syrskiy responded by saying it's only because of his past successes, such as in the battle for Kyiv in 2022, that Fedorov can now speak freely in the Ukrainian capital.

“We managed to defend our capital, and now briefings can be held in this city, visions can be formed, decisions can be made. I will make every effort to ensure that similar events can take place in a free and independent Ukraine. To do this, we need to focus on the war and on an effective strategy that is now demonstrating concrete results,” Syrskiy said in a social media post.

Serhii Koretskyi Appointed As Ukraine's Prime Minister

Ukraine's parliament on Thursday approved Serhii Koretskyi as the country's new prime minister, in the latest government reshuffle. During a parliamentary session in the Verkhovna Rada, a total of 289 deputies voted to support Koretskyi's candidacy for the post, which was vacated by Yulia Svyrydenko who resigned after President Volodymyr Zelenskyy announced plans to replace the Cabinet over the weekend.

Svyrydenko's resignation was supported by the parliament in a vote on Tuesday, triggering the resignation of the entire Cabinet under Ukrainian law.

According to parliamentary speaker Ruslan Stefanchuk, Zelenskyy submitted Koretskyi's nomination for prime minister to the Verkhovna Rada later that day.

Koretskyi had been serving as CEO of Naftogaz, Ukraine's national oil and gas company, since May 2025.

Myanmar: More than 500 feared dead in capsized refugee boats

JULY 17, 2026

KYIV (TIP): More than 500 people are feared dead after reports that two boats carrying members of Myanmar's persecuted Rohingya minority have capsized in the Bay of Bengal, officials said Thursday, July 16.

According to preliminary information, the two boats left Myanmar's western state of Rakhine in late June carrying mostly Rohingya passengers, including some who had traveled from refugee camps across the border in Bangladesh, according to a statement from the International Organization for Migration and the United Nations High Commissioner for Refugees.

One boat, believed to have been carrying around 250 people, lost contact shortly after departure. A second boat, reportedly carrying 280 people, is believed to have sunk off Myanmar's Ayeyarwady coast on July 8.

“While the incidents and casualty figures have yet to be officially confirmed, UNHCR and IOM are gravely concerned by the potentially devastating loss of life,” the agencies said.



Acting police Brig. Gen. Soe Lin Aung, the spokesperson for Myanmar's Ministry of Home Affairs, declined to comment. Spokespeople for Myanmar's president and the Ayeyarwady region's government did not respond to requests for comment.

The Rohingya, who have in recent years fled both Myanmar and Bangladesh's squalid refugee camps by the thousands, typically avoid such boat journeys at this

time of year, when monsoons are frequent and conditions at sea are particularly dangerous. The UNHCR and IOM noted this in their statement, saying that recent torrential rain and flooding across the region would have made such journeys especially risky.

Around 1.2 million stateless, predominantly Muslim Rohingya remain trapped in overcrowded refugee camps in Bangladesh after fleeing waves of violence by Myanmar's security forces.

The refugees have no way to safely return to Myanmar, where the military that killed thousands of Rohingya in 2017 during what the United States declared a genocide remains in charge of their homeland. The Rohingya still living in Myanmar face severe restrictions and many are confined to internment camps.

Steep cuts to foreign aid by the U.S. and other countries have led to ration cuts in Bangladesh's refugee camps, while the ruling military and an ethnic armed organization in Rakhine have fought for control of the region.

Source: AP

Pakistan lodges protest with Japan over reference to cross-border terrorism in India-Japan joint statement

JULY 17, 2026

ISLAMABAD (TIP): Pakistan has formally lodged a strong diplomatic protest with Japan over its decision to explicitly refer to "cross-border terrorism from Pakistan" in the India-Japan Annual Summit Joint Statement, underscoring Tokyo's growing alignment with New Delhi's long-standing position on terrorism emanating from across the border.

Confirming the development on Thursday, July 16, Pakistan Foreign Office spokesperson Ambassador Tahir Andrabi said Islamabad had made a strong démarche to the Japanese government, objecting to the language used in the joint statement issued after the 16th India-Japan Annual Summit earlier this month.

"We have expressed our concerns to Japan through diplomatic channels. In fact, a strong démarche has been made," Andrabi said during the weekly media briefing in Islamabad.

"The Japanese government's endorsement of such one-sided formulations ignores the undeniable contribution and sacrifices made by Pakistan," Andrabi said, while adding that Japanese officials had assured Islamabad there was "no shift" in Tokyo's policy towards Pakistan.

The diplomatic protest came at least a fortnight after India and Japan issued a joint statement on July 2 during Prime Minister Sanae Takaichi's visit to New Delhi that carried one of the strongest formulations yet by Japan on terrorism affecting India.

The two leaders -- Prime Minister Narendra Modi and his Japanese counterpart Takaichi -- had unequivocally and strongly condemned terrorism and violent extremism in all its forms and manifestations, including "cross-border terrorism from Pakistan".

They also strongly condemned the April 22, 2025 terrorist attack in Pahalgam and the November 10, 2025 terror attack in Delhi, while taking note of the UN Security Council Monitoring Team's reference to The Resistance Front (TRF).

The joint statement called for the perpetrators, organisers and financiers of the attacks to be brought to justice and urged concerted action against UN-designated terrorist groups, including Lashkar-e-Taiba, Jaish-e-Mohammed, Al Qaeda and ISIS. It also stressed the need to eliminate terrorist safe havens, choke terror financing networks and halt the cross-border movement of terrorists.

EU report raises rights concerns as Pak reaps billions in trade benefits

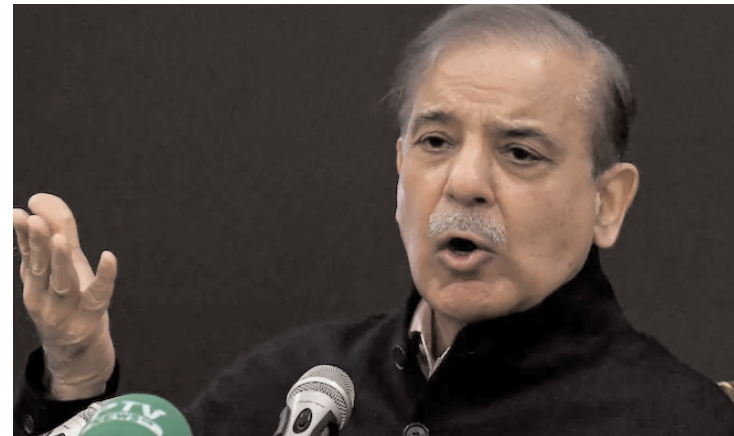
JULY 17, 2026

MUZAFFARABAD (TIP): Pakistan pocketed roughly Euro 732 million in EU tariff exemptions last year as the top beneficiary of Europe's GSP+ trade scheme, but a new joint assessment from the European Commission and the EU's foreign policy arm paints a troubling picture of the human rights record underpinning that privilege, one marked by rising enforced disappearances, extrajudicial killings, and a deepening crackdown on dissent.

The Joint Staff Working Document, dated July 16 and covering the 2023-2025 monitoring period, credits Islamabad with scattered legislative progress, a new National Commission for Minorities, a narrower scope for the death penalty, and the country's first-ever marital rape conviction. But the report's overall verdict is stark: Pakistan has "regressed in a number of areas while positive change was limited," with the deterioration concentrated in exactly the areas the EU considers non-negotiable for continued access to its market. At the center of Brussels' concerns is a surge in enforced disappearances and extrajudicial killings, particularly in Balochistan and Khyber Pakhtunkhwa, occurring without any meaningful accountability. The report notes that Pakistan's own Commission of Inquiry on Enforced Disappearances has closed more than 9,000 cases without ever finding evidence of state involvement and has not produced a single prosecution to date.

Families of the disappeared have received some compensation, the document says, but through no clear or consistent process. Pakistani authorities have told the EU they see no need for standalone legislation criminalising enforced disappearance, insisting existing laws already cover it, a position that runs contrary to repeated recommendations from UN treaty bodies.

Compounding the problem, the report says, are recent amendments to anti-terrorism laws in Balochistan and



Punjab that appear to permit preventive detention without charge, trial, or meaningful judicial oversight. Combined with other security legislation, EU officials warn this blurs the line between ordinary law enforcement and enforced disappearance itself, with a heightened risk of the powers being turned against political dissidents, journalists, human rights defenders, students, and relatives of victims.

Freedom of expression fares little better in the assessment. Despite passage of a law meant to protect journalists, the report finds that Pakistan's media environment has grown more hostile and dangerous, citing intimidation, harassment, and violence against reporters covering sensitive subjects, along with the use of strategic lawsuits to silence journalists and lawyers. Cybercrime, defamation, blasphemy, sedition, and counter-terrorism statutes are described as containing vague provisions that create a chilling effect and are disproportionately wielded against minorities and critics. Internet access was also repeatedly restricted around the 2024 elections, during protests, and in Balochistan, the document notes.

Bangladesh: DB hands over fugitive Retd Major Muzaffar Hossain, accused in ex-President Rahman murder case, to army

JULY 17, 2026

DHAKA (TIP): The Detective Branch (DB) of the Dhaka Metropolitan Police (DMP) has handed over Major (Retd) Muzaffar Hossain (77), a fugitive accused in the assassination case of Former President Ziaur Rahman, to the Army. Earlier, DB arrested him at a residence in Banani in the capital, Dhaka.

According to DB sources, Major Muzaffar Hossain had been in hiding in various locations ever since the assassination of Former President Ziaur Rahman. The Detective Branch tracked down his location using reliable intelligence sources and information technology analysis.

Under the overall guidance of the Additional Commissioner of Police (Detective Branch) of DMP, Md. Shafiqul Islam, BPM, PPM, an operational team conducted a raid and arrested him from a house in Banani last Wednesday (15 July) at 10:10 PM (Local time). Following his arrest, his identity was confirmed through interrogation, and the Armed Forces Division was immediately notified.

"Subsequently, on Thursday (16 July) at 6:10 PM, he was handed over to a team of Military Police from the Dhaka Cantonment following due legal procedures", police said in a statement.

In May 1981, Zia was assassinated by gunfire at the Circuit House in Chattogram.

Due to his connection with the assassination, Major Mojafor Hossain was accused at that time, and he has remained a fugitive since then. The Bangladesh government announced a reward for his capture.

More than 45 years after the assassination, the detective branch announced that they have arrested Major Mojafor.



The former president Ziaur Rahman was the father of the current prime minister of Bangladesh, Tarique Rahman.

President Zia was the husband of Bangladesh's former Prime Minister, Khaleda Zia.

Lieutenant General Ziaur Rahman Bir Uttam (1936-1981) was the founder of the Bangladesh Nationalist Party. He was the Chief of Army Staff and later became the elected President of Bangladesh. He opened up multi-party democracy in Bangladesh and defined Bangladeshi Nationalism.

Ziaur Rahman became Chief Martial Law Administrator on 19 November 1976 when Justice Sayem relinquished his position, and ultimately the President of Bangladesh on 21 April 1977 when President Sayem resigned.

Superfoods every woman should include in her daily diet

While eating healthy is essential for both the sexes, men and women have different dietary requirements. Here are some foods that every woman must include in her diet.

Berries

Why: Ounce for ounce, berries have more protective plant antioxidants than almost any other food. "These compounds not only lower your disease risks, they help prevent memory loss," says Somer.

How Much: Aim for a cup of berries -- any berries, fresh or frozen -- at least three times a week (berry researchers say eat a cup daily). Since berries are high in fill-you-up fiber, they may also help curb weight gain.

Salmon

Why: Sure, salmon is a prime source of omega-3s, the healthy fats that fend off heart disease and maybe more, but are you aware that a mere 3 ounces of the fish serves up 170% of your daily vitamin B12 and more than 80% of your D.

How Much: Aim for two servings a week (and if you substitute tuna for one serving, that's okay).

Leafy Greens

Why: It's almost impossible to meet your nutritional needs without eating dark leafy greens, from spinach and romaine to collard greens and chard. They're huge sources of fiber; vitamins C and K; folic acid (a B vitamin that guards the heart and memory and fights birth defects); lutein, a vision protector; and four essential minerals: calcium, magnesium, iron, and potassium.

How Much: Two servings a day -- and the darker, the better.

Whole Grains

Why: They have up to 96% more fiber, magnesium, zinc, chromium, and vitamins E and B6 than refined grains. This nutritional powerhouse helps prevent the same health problems that refined grains help cause: heart disease, cancer, diabetes, hypertension, and even obesity.

How Much: Ideally, all of the six daily grain servings you need should be whole, unrefined grains, but aim for at least three.

Nuts

Why: They're excellent sources of protein,



magnesium, and B and E vitamins -- trusty fighters in the war against heart disease and cancer. Yes, nuts are high in fat calories, but their fat is the heart-healthy kind. Replace junky snacks with them and you won't gain an ounce.

How Much: Up to five small fistfuls a week (roughly 1/4 cup or about 15-20 almonds, cashews, walnuts, or pecans).

Golden Veggies

Why: Just one serving of fiber-filled, deep-yellow-orange vegetables supplies five times the beta carotene you need daily to lower your cancer risk, defend against colds and other infections, and protect your skin from sun damage. The potassium in these veggies also keeps your heartbeat in sync and your blood pressure down.

How Much: Aim for two half-cup servings a day, the equivalent of one sweet potato, 12 canned apricot halves, or a cup of butternut squash or carrots.

Yogurt

Why: Low- or no-fat plain yogurt is a terrific source of B vitamins, protein, calcium and -- if it has active cultures -- the healthy bacteria known as probiotics, which crowd out disease-causing germs.

How Much: Four or more cups a week, if this is your main dairy source.

How: Cut back on sugar and calories by choosing plain yogurt and adding fruit, especially berries, and some granola.

FOOD CORNER

Dhansak Mutton

Ingredients

- ½ kg mutton
- 1 1/2 cup tur dal preferably wet ½ an hour before cooking
- 2 small brinjals cut into 4 pieces each
- Few mint leaves, coriander leaves and curry leaves
- 1 big tomato diced nicely
- ½ tsp haldi powder
- 1 tsp red chilli powder
- 1 1/2 tsp dhanajeera powder
- 1 1/2 tsp dhansak masala powder
- ½ tsp garam masala
- Salt to taste
- 1 or 2 green chillies slit into 2
- 1 tsp ginger garlic paste
- 1 tsp oil or ghee

Method

- Wash the dal and mutton
- Take oil or ghee in the cooker put curry leaves, mint leaves and Ginger garlic paste and slit green chillies last add nicely diced tomatoes and fry over sim for
- Few moments then add mutton and cook till the mutton is nicely covered in the masalas
- Then add all the dry masalas let the mutton roast for sometime now add the dal and 1 glass Full of water and put the cooker lid on.
- Cook for ½ an hour.
- Open and add finely chopped Coriander leaves.



Homemade de-tan packs to help restore skin's glow



From hiking and spending time on the beach to exploring a city, or just regularly going to school/ office/market exposes us to harmful sunrays.

Be it summers, monsoons or winters, staying outdoors make our skin tanned. The melanin production in our skin increases when our body is exposed to the Ultraviolet radiation of the Sun. Pigmented cells start to accumulate, and the dead cells create a dull, dark and thick layer on the skin.

But don't worry, as we have curated a list of homemade anti tan packs for skin that are pocket-friendly and give your skin the care it deserves.

- Apply tomato juice to your face and wash after 15-20 minutes. Tomatoes are rich in antioxidants and Vitamin C. It will naturally lighten the skin, reduce dark spots, and protect the skin from sunburn.
- Take 2-3 tablespoons of Aloe Vera gel and honey and add a teaspoon of turmeric powder. Apply the paste to your face and wash it after 10-15 mins.
- Take 2-3 tablespoons of milk or curd. Add 2 teaspoons of

gram flour (besan), rosewater, and a pinch of turmeric. Apply the paste to your face and wash it after 15-20 minutes. It will nourish your skin and make it radiant.

- Take some Multani Mitti (Fuller's Earth) and add milk/curd/water. Add a pinch of turmeric and squeeze in a few drops of lemon. Apply the paste to your face and neck. Wash it with lukewarm water after the pack starts to dry. Your skin will feel fresh and oil-free.
- Take equal parts of lemon juice and honey and add in milk powder to make a paste. Apply it to the face and wash it off with cool water after half an hour.
- Potatoes work like a charm on tanned skin. You can slice a potato, make a paste/juice or use the potato peel for your skin. Take potato juice and add lemon juice to it. Leave it on your tanned skin area for half an hour and wash it after 10 minutes.

Tip – Use the de tan packs that suit your skin type. De tan packs won't give you immediate results. Give it a month or two to see the effects on the skin.

Think calcium is enough? Here's what your bones really need

When it comes to bone health, calcium has long been the star of the show. Milk, cheese and calcium supplements are often promoted as the key to preventing weak bones and osteoporosis. While calcium is undoubtedly essential, experts say that healthy bones require much more than a single mineral. In fact, focusing solely on calcium can mean overlooking other nutrients and lifestyle factors that are equally important for building and maintaining strong bones throughout life.

Bones are living tissues that are constantly being broken down and rebuilt. This continuous process, known as bone remodelling, requires a steady supply of nutrients, regular physical activity and hormonal balance. Without these, even a calcium-rich diet may not be enough to keep bones healthy.

Vitamin D: Calcium's Essential Partner

Calcium cannot do its job effectively without vitamin D. This vitamin helps the body absorb calcium from the food you eat and supports proper bone mineralisation. If vitamin D levels are low, the body absorbs less calcium, forcing it to draw calcium from bones to maintain normal blood levels. Vitamin D is naturally produced when the skin is exposed to sunlight, but many people spend most of their time indoors or use sun protection, increasing the risk of deficiency. Fatty fish, egg yolks and fortified dairy products are good dietary sources, while supplements may be recommended for those who are deficient.

Protein Provides the Bone Framework

Bones are not made entirely of minerals. Nearly one-third of bone mass consists of a protein matrix, mainly collagen, which provides strength and flexibility. Protein also supports muscle health, reducing the risk of falls and fractures. Including adequate amounts of protein from sources such as pulses, beans, dairy products, eggs, fish, lean meats, soy products and nuts can help support bone formation and repair.



Magnesium and Vitamin K Matter Too

Several other nutrients play supporting roles in maintaining healthy bones.

Magnesium helps activate vitamin D and contributes to bone structure. It is found in whole grains, legumes, nuts, seeds and leafy green vegetables.

Vitamin K supports proteins involved in bone formation and helps regulate calcium within the body. Foods such as spinach, kale, broccoli and cabbage are excellent sources.

A varied, balanced diet naturally provides many of these nutrients.

Exercise Is One of the Best Bone Builders

No diet can fully compensate for a lack of physical activity. Bones respond to stress by becoming stronger, which is why weight-bearing and resistance exercises are so beneficial. Walking, jogging, dancing, stair climbing, strength training and resistance exercises all stimulate bone growth and help maintain bone density. Activities such as yoga and tai chi can improve balance and coordination, reducing the risk of falls-particularly in older adults.

Cyclospora outbreak: Why US doctors want people to avoid fresh produce

An outbreak in the US causing "explosive diarrhea" has left many hospitalised across 18 states, with Michigan being the worst-hit. The US Centers for Disease Control and Prevention (CDC) is currently investigating more than 5,000 cases of a Cyclospora outbreak that causes an unpleasant gastrointestinal condition called Cyclosporiasis.

The reason for this massive nationwide outbreak has potentially come down to salad greens and lettuce, with many infectious disease specialists in the US urging people to avoid having fresh produce.

It can be contracted by consuming food, typically raw fruits and vegetables, or water contaminated with feces, according to the CDC.

Cyclosporiasis causes general symptoms of diarrhea and abdominal discomfort. However, it differs from cases of food poisoning or intestinal ailments. This is because the Cyclospora infection symptoms tend to remain in the lower gastrointestinal tract and last for a long time, even weeks.

It is different from the most common cases of food poisoning due to E. coli and Salmonella, which make people vomit and feel nauseous, and eventually resolve within a few days.

But with Cyclospora, people don't vomit and could experience watery, sometimes explosive diarrhea that, even though it resolves, returns.

Several infectious disease experts in the US have urged consumers to temporarily avoid some fresh produce, particularly leafy greens, herbs, and berries, until officials identify the source of contamination.

Dr. Peter Chin-Hong, an infectious disease physician at UCSF, told Bon Appetit that he advises cooking vegetables whenever possible, avoiding leafy greens if you are in an outbreak area, since washing alone doesn't remove the Cyclospora parasite; it needs to be cooked. Choose thick-skinned fruits instead, such as oranges and avocados.

While investigations are underway, a Washington Post report has revealed that federal and state agencies are reviewing whether Taco Bell restaurants could be linked to a growing outbreak of the stomach parasite.

Since it is relatively rare, most standard testing panels for infections don't include Cyclospora. Dr. Linda Yancey, an infectious-disease specialist at Memorial Hermann Health System in Texas, told TIME.

Local Covid rise in India prompts caution, not panic

Reports of COVID-19 cases inching up in parts of India have inevitably revived memories of the devastating waves the country witnessed a few years ago.

News of a handful of Covid-19-linked deaths in Andhra Pradesh and rising infections in a few cities has once again triggered concern. But the situation today is markedly different from what India faced during the peak of the pandemic.

As of now, the rise remains localised rather than nationwide. Andhra Pradesh has reported a small increase in cases, including a few COVID-19-related deaths, prompting the state to strengthen surveillance, testing and hospital preparedness.

Similar upticks have been seen in some other cities and states, but hospitals are not witnessing the kind of overwhelming admissions that characterised earlier waves.

Health authorities continue to monitor the situation closely, even as the overall burden of severe disease remains limited.

LIVING WITH THE VIRUS

The biggest difference between now and 2020 or 2021 is that SARS COV-2, the virus behind COVID-19, is no longer an unfamiliar pathogen. It has transitioned into what experts describe as an endemic respiratory infection, meaning it continues to circulate and can be expected to cause periodic increases in cases, much like several other respiratory viruses.

"(The virus) never went away. There is no signal for greater public health concern than many previous waves that we can see on sewage water surveillance," underlined Dr Anurag Agarwal, biologist and dean, biosciences and health research with Ashoka University.

This means occasional spikes should not come as a surprise. Changes in weather, increased travel, festivals, social gatherings and the emergence of newer variants can all contribute to temporary increases in infections. Such fluctuations are not necessarily the beginning of another major wave.

Also, since SARS COV 2 is just like any other influenza virus and will mostly lead to flu-like symptoms, the number of cases are also likely to go up whenever patients with respiratory symptoms are tested specifically for the virus.

As Dr Pradeep Narayan Sahoo, internal medicine specialist with Manipal Hospital, Bhubaneswar, puts it, the current situation should be approached with "caution, not panic." *Source: India Today*

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Pluto's moon charon shows signs of 'despinning', new study finds

New research reveals that Pluto's largest moon, Charon, once spun far faster than it does today. Scientists have found a pattern of ridges and faults stretching across its frozen surface. A study published in Nature Communications analysed images from NASA's New Horizons flyby and found that Charon's geology preserves a record of a dramatic slowdown in its rotation.

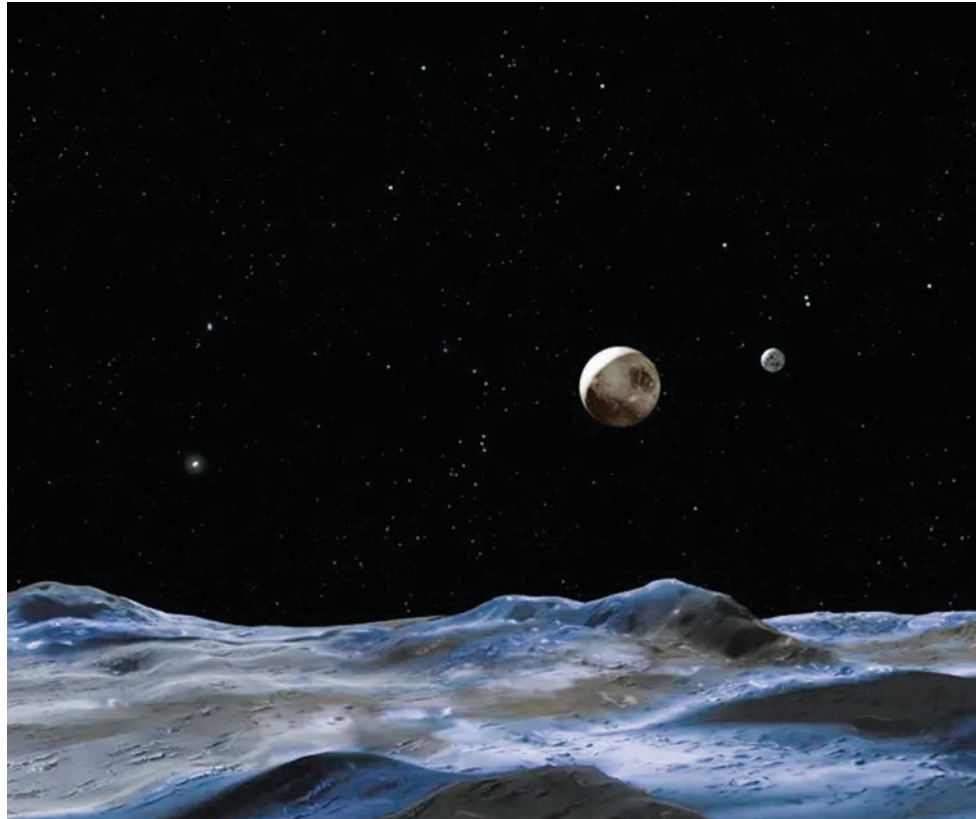
The team, led by Hanzhang Chen of the University of California, Los Angeles, focused on Oz Terra, a region in Charon's northern hemisphere.

They found that there, mountain ranges more than 200 km long show asymmetric slopes and compressional ridges running north-south, along with east-west extensional features near the poles.

That combination isn't random. Modelling indicates it was caused by "despinning", the gradual slowing of Charon's spin due to tidal forces from Pluto. "This study drastically changed our understanding of the geologic history of Charon," Hanzhang Chen, the study's first author, told Gizmodo.

As a body spins down, it becomes less flattened at the equator. The crust shortens and buckles, creating compressional faults. On Charon, the crust near the equator shortened by about 1% during this process.

The models suggest Charon once rotated about once every 14.3 hours. Today, it's tidally locked with Pluto, meaning one rotation takes 153.3 hours,



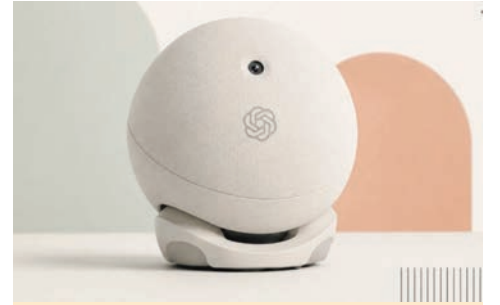
the same as its orbital period. In other words, Charon's day was once more than 10 times shorter than it is now.

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OpenAI is making AI speaker, new report gives inside look at it before launch

OpenAI wants to enter the consumer hardware business. The AI startup has been working on hardware devices for some time now, with former Apple designer Jony Ive. While rumours in the past indicated that the first OpenAI device will be a speaker, a new report has given us some idea about what it might look like – a portable smart speaker without a display.

As per a report from Bloomberg, OpenAI is working on a portable, screenless smart speaker as its first hardware device. The speaker is said to be designed as your AI companion at home.

While the speaker will be the first OpenAI device built in-house, the company did showcase the Codex Micro last month. Codex Micro is a Codex-branded input device built in partnership with accessories company Work Louder.

It is believed that the OpenAI speaker will have a portable formfactor, which will make it easier for users to move it around the house. The report says that instead of having it plugged-in to operate, it can come with a rechargeable battery, adding to the portability factor.

The speaker is not expected to come with a speaker, though it will likely come with a camera and other sensors.

OpenAI may also use mechanical elements for the speaker, which can move on their own, giving it a more lifelike presence.

The report indicates that internally, OpenAI is pitching the device as a humanlike AI companion for home. While it is still in development, it is believed that the speaker will have close ChatGPT integration.

As is the case with most smart speakers, you can expect the OpenAI device to be able to control your smart home appliances, and play media. However, the report indicates that the speaker will likely support a more advanced version of ChatGPT-Live that was launched earlier this month.

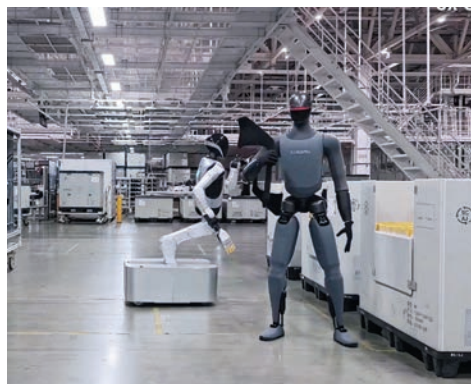
ChatGPT-Live is OpenAI's most advanced voice model which the AI startup says can talk more like a human compared to older versions. If the report is accurate, we can expect even better voice capabilities from the speaker. The rumoured camera and other sensors in the speaker will also help it understand surroundings and context, likely to provide more accurate replies based on the situation.

Xiaomi may soon launch AI robots, CEO shares video showing humanoids working in factory

Xiaomi is already doing big business with its smartphones, smart home devices and electric vehicles, but we may soon see AI-powered robots added to that list. The company's CEO, Lei Jun, recently shared a behind-the-scenes video showing the company's humanoid robots carrying out tasks on an automotive production line, offering a glimpse of how Xiaomi is testing the robots in real factory settings. And this might be the hint towards bigger plans for Xiaomi robotics business.

In a recent post on X, Lei shared an uncut video showing Xiaomi's humanoid robot continuously sorting centre console side covers on an automotive production line.

"One of the toughest challenges for robots in factories is handling large, irregular, flexible parts reliably over long periods," writes Jun. "Here is an uncut video of Xiaomi's humanoid robot continuously sorting centre console side



covers on the production line."

The footage shows the Xiaomi-branded humanoid robot picking up the automotive components and placing them into designated bins, while another wheeled robot with a humanoid upper body can also be seen moving around the factory floor in the background.

While Xiaomi has not announced plans to commercially launch its humanoid robots, the latest video suggests the company is continuing to

expand real-world testing of the technology inside its own manufacturing facilities.

Xiaomi first entered the humanoid robotics space in 2022 and unveiled CyberOne, a full-sized humanoid robot capable of recognising people, perceiving its surroundings and performing simple interactions. At the time, the company described CyberOne as an important step in its robotics ambitions, although it made it clear that the project was still in the research and development stage rather than a commercial product.

Since then, Xiaomi has steadily moved from showcasing the robot on stage to testing it in industrial environments. Earlier this year, the company also revealed that its self-developed humanoid robots had successfully completed three continuous hours of autonomous work inside its electric vehicle factory without human intervention.

Oil prices surge as US-Iran tensions raise fears of Middle East supply disruptions

JULY 17, 2026

VIENNA (TIP): Global oil prices extended their rally on Friday as escalating military tensions between the United States and Iran heightened concerns over potential disruptions to crude supplies from the Middle East, pushing benchmark prices towards their strongest weekly gains in nearly three months.

At around 7 a.m. IST, Brent crude futures climbed \$1.11, or 1.32%, to \$85.34 per barrel, while US West Texas Intermediate (WTI) crude rose \$1.13, or 1.43%, to \$80.08 per barrel.

The latest gains reflect growing unease in energy markets after the worsening geopolitical standoff between Washington and Tehran, prompting traders to factor in the possibility of supply interruptions from one of the world's most critical oil-producing regions.

The Middle East accounts for nearly a third of global crude production, and any escalation involving Iran raises concerns over the security of oil shipments through the Strait of Hormuz, a strategic waterway that handles roughly one-fifth of global oil trade. Any disruption in the passage could significantly tighten global supplies and drive prices even higher.

Analysts said the market is



increasingly pricing in a geopolitical risk premium as investors monitor developments closely. Although oil production has not yet been directly affected, fears of retaliatory attacks, sanctions, or disruptions to shipping routes have encouraged speculative buying.

The surge in crude prices comes after several weeks of relatively stable trading, with both Brent and WTI now on course for their biggest weekly advances since April. The rally has also been supported by expectations of stronger seasonal fuel demand and signs of improving consumption in major economies.

Higher crude prices could have far-

reaching implications for importing nations such as India, where expensive oil raises the country's import bill, fuels inflationary pressures and increases costs for transport and manufacturing sectors. India imports more than 85% of its crude oil requirements, making it particularly vulnerable to prolonged spikes in international energy prices.

Market participants will now closely watch further diplomatic and military developments between the United States and Iran, along with any official statements from major oil producers, for indications of whether the current supply risks could translate into actual disruptions in global crude flows.

Uber to acquire Germany's Delivery Hero in \$14.8 billion deal

JULY 17, 2026

NEW DELHI (TIP): Uber Technologies Inc. has agreed to buy Delivery Hero SE in a deal that values the German food-delivery company at \$14.8 billion.

Uber offered to pay 41.50 (\$47.60) a share and will acquire the bulk of Delivery Hero's global business comprising 50 markets, the company said in a statement on Thursday, confirming an earlier Bloomberg News report.

It's buying out significant Delivery Hero shareholder, Amsterdam-listed Prosus NV, as part of the deal.

As part of the deal, investment firm SSW Partners will acquire 14 markets for about \$1.6 billion. SSW will find buyers for the assets, which include units in Austria, Norway, Spain, and Sweden, separately.

The food delivery market, which boomed during the Covid-19 pandemic and spawned dozens of players, has been rapidly consolidating in recent years. Uber has been making acquisitions overseas to strengthen its position internationally, where hometown rivals like DoorDash Inc. are making similar moves. DoorDash agreed to buy the UK's Deliveroo Plc last year, while Prosus struck a deal to acquire Just Eat Takeaway.com NV.

India smartphone shipments tumble by 10%

NEW DELHI: India's smartphone market is facing a combination of headwinds driven by smartphones becoming more expensive across segments, and a weakening consumer demand as well as discretionary spending, as shipments see the biggest June quarter decline in six years. Counterpoint Research's latest India Smartphone Shipments in Q2 2026 data pegs this decline in shipments at 10% year-on-year. This follows the Q1 decline of 3%, which itself was marked as the weakest quarter in six years.

There isn't much good news awaiting the smartphone market over the horizon too. "We expect India's smartphone market to remain under pressure through the rest of the year, as elevated memory and component costs continue to keep device prices high. Smartphone memory prices have increased nearly 4x since September 2025 and are expected to rise further, potentially reaching 5x in the coming months. As a result, we expect the market to decline by 13% YoY for the full year," says Tarun Pathak, Research Director at Counterpoint.

Rupee gains in early trade, supported by equities

JULY 17, 2026

MUMBAI (TIP): The Indian rupee opened on a positive note against the US dollar on Friday, supported by firm domestic equity markets and improved investor sentiment. However, gains remained limited as elevated crude oil prices and continued foreign institutional investor (FII) outflows kept pressure on the domestic currency.

The rupee appreciated by 14 paise in early trade, recovering some of the losses witnessed in recent sessions. Dealers said buying interest in local equities boosted confidence, but the currency continued to face headwinds from global developments, particularly escalating geopolitical tensions in the Middle East.

The ongoing military standoff between the United States and Iran has pushed international crude oil prices sharply higher, with Brent crude trading above \$85 per barrel. Investors fear that any disruption to oil exports from the Gulf region, especially through the Strait of Hormuz, could tighten global supplies and keep energy prices elevated.

For India, which imports more than 85% of its crude oil requirements, sustained increases in oil prices pose a significant challenge. A higher crude import bill widens the country's trade deficit, increases demand for US dollars by oil marketing companies, and often exerts downward pressure on the rupee. Rising fuel costs can also stoke inflation, potentially complicating the Reserve



Bank of India's monetary policy outlook.

Forex traders said persistent selling by foreign institutional investors also weighed on the domestic currency. Overseas investors have remained cautious amid global uncertainty, preferring safer assets such as the US dollar and US Treasury bonds. Continued capital outflows reduce the supply of foreign currency in the domestic market, limiting the rupee's ability to sustain gains.

Despite these concerns, domestic equities provided support to the local currency. Benchmark indices opened in positive territory amid selective buying in banking, financial and information technology stocks, reflecting optimism over India's economic fundamentals and corporate earnings prospects. A strong equity market generally attracts

investment inflows, helping support the rupee.

The US dollar's movement against a basket of major global currencies also remained in focus. While expectations regarding the US Federal Reserve's future interest rate decisions continue to influence the greenback, geopolitical uncertainty has boosted demand for safe-haven assets, keeping the dollar relatively firm.

Market participants are also watching upcoming macroeconomic data from major economies, including inflation and employment indicators, for clues on the direction of global interest rates. Any indication of prolonged higher interest rates in the United States could strengthen the dollar further and add pressure on emerging market currencies, including the rupee.

Analysts believe the rupee is likely to trade with a cautious bias in the near term. While domestic economic resilience and healthy equity market performance could provide intermittent support, external risks-particularly volatile crude oil prices, foreign fund movements and geopolitical developments in the Middle East-are expected to dictate the currency's direction.

Sikh History This Week

JULY 17 TO JULY 23

JULY 17, 1926

Sardar Teja Singh Samundri passes away



One of the tallest leaders of the Gurdwara Reform Movement, Sardar Teja Singh Samundri died in Lahore Fort prison after prolonged incarceration by the British. He was instrumental in the Akali agitation for liberating Sikh shrines from corrupt mahants. His sacrifice inspired thousands of volunteers, and today the SGPC headquarters at Sri Amritsar is named Teja Singh Samundri Hall in his honor.

JULY 18, 1982

Arrest of Bhai Amrik Singh sparks Dharam Yudh Morcha

The Punjab Police arrested Bhai Amrik Singh, president of the All India Sikh Students Federation (AISSF), along with Baba Thara Singh, after they sought the release of detained Sikh volunteers. The arrests triggered widespread protests led by Sant Jarnail Singh Bhindranwale. Within a week, the Shiromani Akali Dal formally launched the Dharam Yudh Morcha, demanding greater state autonomy and justice for Sikh grievances. The agitation became one of the defining political movements in Punjab's modern history.

JULY 19, 1708

Guru Gobind Singh Ji reaches Nanded



Guru Gobind Singh Ji arrived at Nanded (present-day Maharashtra) during his journey with Emperor Bahadur Shah. Nanded later became one of Sikhism's holiest centres. It was here that Guru Sahib spent the final months of his earthly life, conferred Guruship upon the Guru Granth Sahib, and transformed Nanded into Takht Sri Hazur Sahib, one of the five Takhts of Sikhism.

JULY 20, 1950

Akali Dal decides to function as a separate legislative group

The Shiromani Akali Dal executive resolved that its elected legislators should function as an independent political group in the Punjab Assembly. The decision strengthened the party's political identity and reaffirmed its commitment to representing Sikh interests in independent India.

JULY 21 (6 SAWAN - NANAKSHAHI CALENDAR)

Miri-Piri Diwas

This annual observance commemorates Guru Hargobind Sahib Ji's adoption of the twin swords of Miri and Piri, symbolising temporal and spiritual authority. After the martyrdom of Guru Arjan Dev Ji, the Sixth Guru transformed the Sikh community into the ideal of the Sant-Sipahi (Saint-Soldier), teaching that spiritual devotion must be accompanied by courage and the defence of justice. Gurdwaras worldwide mark the day with kirtan, katha and special diwans.

JULY 21, 1915

Ghadar revolutionaries executed



Several Sikh revolutionaries associated with the Ghadar Movement, including Sardar Chanan Singh, were executed by the British in Lahore for their role in planning an armed uprising against colonial rule during World War I. Their sacrifice became an enduring symbol of Sikh participation in India's freedom struggle.

JULY 22, 1685

Foundation of Paonta Sahib Fort



Guru Gobind Singh Ji laid the foundation of the Paonta Sahib Fort and township on the banks of the Yamuna River at the invitation of Raja Medni Prakash of Sirmaur. Paonta Sahib soon became a major literary and military centre where Guru Sahib composed several works, trained Sikh warriors and held his court. Today, Takht Sri Paonta Sahib is one of the most revered Sikh pilgrimage centres.

JULY 22, 1923

Subedar Amar Singh arrested during the Gurdwara Reform Movement

Freedom fighter and SGPC member Subedar Amar Singh Dhaliwal was arrested by British authorities for his active role in the Gurdwara Reform Movement. His arrest further intensified Sikh protests demanding democratic management of historic gurdwaras.

JULY 23, 1656

Parkash Gurburab of Guru Har Krishan Sahib Ji

Guru Har Krishan Sahib Ji, the eighth Sikh Guru, was born at Kiratpur Sahib. Revered as the Bal Guru, he became Guru at the age of five and is remembered for his extraordinary compassion during the smallpox epidemic in Delhi, where he served the sick without discrimination. His message of humility, seva and kindness continues to inspire Sikhs worldwide. The Parkash Gurburab is celebrated with Akhand Paths, kirtan and langar.

JULY 23, 1627

Baba Atal Rai Ji attains Joti Jot

Baba Atal Rai Ji, the son of Guru Hargobind Sahib Ji, attained Joti Jot at the age of nine. His memory is preserved at the iconic Gurdwara Baba Atal Sahib near the Golden Temple complex in Amritsar, whose nine-storey tower symbolises his nine years of earthly life. (SikhiWiki)

JULY 23, 1707

Guru Gobind Singh Ji meets Emperor Bahadur Shah I

Guru Gobind Singh Ji met the Mughal Emperor Bahadur Shah I at the Red Fort in Delhi. The meeting marked an important political development following the death of Aurangzeb and preceded Guru Sahib's journey to the Deccan, where many significant events in Sikh history later unfolded.

JULY 23, 1914

Guru Nanak Jahaz (Komagata Maru) forced to leave Vancouver

After two months in Vancouver Harbour, the Guru Nanak Jahaz, popularly known as the Komagata Maru, was denied permission to dock and was forced to return to Asia. Led by Baba Gurdit Singh, the ship carried 376 passengers, most of them Sikhs challenging Canada's discriminatory immigration laws. The episode became a landmark in the struggle against racial discrimination and later inspired many participants to join India's freedom movement. Today, many Sikh institutions advocate observing July 23 as Guru Nanak Jahaz Remembrance Day.



BEJAN DARUWALLA AND CHIRAG DARUWALLA

ARIES



Ganesha says Aries people need to bring changes in themselves this week. You can also be a part of some benefits this week by bringing positive changes in various areas of life. At the personal level, you should give full respect to the women of home and office. Those looking for love can find their desired partner. This week, you can shop to your heart's content but do take care of your pocket as well. You will face problems coming into the field firmly. In terms of health, you need to be very careful this week. Due to the changing weather, you may suffer from a cold and fever.

TAURUS



Ganesha says this week can prove to be beneficial for Taurus people in many ways. If you do not panic about problems, then you will be able to solve them easily. A spouse will be with you in married life, and a love relationship will be better than before. However, during this time you have to keep in mind that no old matter should come between you two. If you are looking for a job, then your search may end this week. Employed people can get the full results of their hard work this week. This week, you have to have complete control over your expenses, otherwise, you may become a victim of the financial crisis. This week, apart from paying attention to your mental health, you have to take special care of your eyes.

GEMINI



Ganesha says the advice of elders will help Gemini people to achieve success in life this week. A long-standing problem may end this week. There will be peace and stability in married life. Loving couples will have to stay apart from each other for a few days. You will be appreciated for your intelligence at the workplace. However, do not share your work ideas with anyone. A long-pending legal matter related to finance may get resolved this week. Your expenses may increase this week, so it is better to spend wisely. Talking about your health, you can remain completely fit by taking some precautions.

CANCER



Ganesha says the beginning of this week can be very good for Cancerians. They will get an opportunity to spend more and more time with their favorite person. You can get a chance to spend happy moments with family members.

WEEKLY HOROSCOPE - JULY 20, 2026 TO JULY 26, 2026

BY ASTROLOGER CHIRAG DARUWALLA

The people trying in the direction of the job can get success this week. This week will also prove to be effective for those starting a new business. You will have to work a little hard on the level of love, you can get success if you go with time. Marriage proposals may come from eligible people. Do not be hasty in choosing a life partner, decide after thinking carefully. You can get new opportunities to earn money. Loans given to others can be recovered this week. To stay healthy, you have to change your lifestyle. Ignoring health can land you in trouble.

LEO



Ganesha says the beginning of this week can be very romantic for the people of the Leo zodiac. He can go for a trip to his favorite place at the beginning of this week. This week can prove to be very beneficial for loving couples. This week can be very happy for newly married couples. They can get an opportunity to spend more and more time with their spouse. At the economic level, there can be an increase in your expenses, the effect of which you can see in the future. Due to your intelligence in the workplace, you are likely to get a promotion. Businesspeople can get some good news at the end of this week. There is a need to be careful about health.

VIRGO



Ganesha says this week will give mixed results for the people of Virgo. This week, you may have to eat your words in matters of love. Before expressing your love to someone, do know their mind. There can be a fight between loving couples over something. This week can bring some new good news for married couples. Lending money to someone can be harmful to you. Along with this, investing in property will be beneficial. Those looking for a new job may have to wait a little longer. Employed people may have to make a lot of compromises for promotion. Virgo women will have to pay special attention to their health this week. A little exercise and diet can make a lot of difference in you.

LIBRA



Ganesha says this week there will be an increase in the confidence of the people of the Libra zodiac. Along with this, your positive thinking can also increase. You will love yourself, the effect of which will also be visible in different areas of your life. Will be able to spend happy time with family and friends. Talking about love life, here new lovers will have to make papad to please their partner. Amid bitter and sweet disputes in married life, you can get an opportunity to go somewhere together. Employed people have to be careful at the workplace, someone may try to take credit for your work. Transaction of money should be done carefully, trusting anyone in this matter can prove to be harmful. Some close work can come for financial gain. This is the best time to expand the

business. Be careful about your health, and do not forget to seek medical advice if needed.



SCORPIO

Ganesha says this week will prove to be moderately fruitful for the people of the Scorpio zodiac. Where they will get success in some areas, there may be losses in some areas. This week, instead of spending on the means of luxury, you should add money for your future. You will also have to discharge your responsibilities towards the family. In the matter of love, you should respect the words of your lover; otherwise, there may be bitterness in the relationship. In married life, you can get an opportunity to enjoy leisure time with your spouse. Do not let any differences arise between you under any circumstances. Employed people will have to work hard to achieve success in the workplace. People associated with government jobs may get transferred this week. People associated with business and personal business can get benefit from expanding the business with a lot of thought. If seen from the point of view of health, this week can prove to be beneficial for the people of the Scorpio zodiac.

SAGITTARIUS



Ganesha says this week can prove to be much better for the people of Sagittarius. First of all, talk about love life, then here you will get to see the different colors of love. You can get an opportunity to go on a romantic dinner with your partner. Along with this, the love between husband and wife will increase in married life and both will complement each other. The economic condition can be much better than before. Apart from getting the desired job, you can also try your luck in business. You can get opportunities to succeed in business. Students will get the fruits of their hard work this week. You may have an estrangement with a family member. If you are planning to buy a car, then you can try it this week. Talking about health, this week you can be troubled by physical pain. The elderly may complain of joint pain. However, with regular medication and yoga, you can feel better to a great extent.

CAPRICORN



Ganesha says this week can prove to be very beneficial for the people of Capricorn. However, if seen, this week you will have to face ideological differences in married life, due to which a situation of estrangement can arise. Lovers will have to stay away from each other for some time. Your work will be appreciated at the workplace, and along with it, you can also get a promotion. On the other hand, there will be an atmosphere of happiness and peace in the family. Will be able to spend good time with parents. You may have to work hard to keep the financial situation balanced. Businesspeople need

to be a little careful this week, someone close can cheat. This week can prove to be fruitful from the health point of view of the patients with diabetes and blood pressure. You can also get rid of any long-standing disease.

AQUARIUS



Ganesha says this week can prove to be beneficial in some cases and harmful in some cases for the people of Aquarius. This week you will do something that will make your name in society and people will start knowing you. On the other hand, a situation of discord can also arise in the family regarding something. It would be better to stay away from family matters for some time. Talking about love life, this week is going to be very happy in terms of love. You will get a chance to spend nice romantic moments with your lover. On the other hand, even in married life, you will be able to spend happy moments with your spouse. During this, you can also get an opportunity to go to some cool places. The boss may be angry with some of your work in the field, so be careful. Along with this, someone close will try to take credit for your work, and avoid it. Talking about money and property, you should avoid investing in the share market and property this week. You can be a victim of mental stress regarding something, you may need to take better care of yourself in the direction of health.

PISCES



Ganesha says this week can be very auspicious for the people of Pisces. Especially for married couples, this week can prove to be very beneficial. Spouses will understand your words and will fully support you. The desired relationship can come to the people desirous of marriage. There can be a possibility of completion of any welfare work in the family. You will have a different identity in the workplace, and you can get compliments from your senior or boss. Students will need to pay more attention to their studies. Opportunities for monetary gains will come to you at the end of the week, you need to recognize them. This week is especially favorable for you to start a new business. Yes, but you need special attention to health. Keep yourself away from bad habits like alcohol and smoking. Consume more fresh fruit and vegetables as much as possible.

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

**BIRTHDAY HOROSCOPE : JULY 20 TO JULY 26
BY ASTROLOGER CHIRAG DARUWALLA****JULY 20**

Ganesha says you are very lucky today because you can get what you want. Make sure that you use the luck that you have today for your benefit and not for others, because only then can it remain a positive thing for you. You may focus more on your financial issues; hence your love life may take a back seat. A spouse's full support can surprise you a bit. Try to be patient and understanding. You are very close to finding that one person who can support you in everything, don't make that person angry.

JULY 21

Ganesha says you can see that today you are a little too excited. Your outgoing behavior and jovial nature are highly appreciated in the social circle. Your strong leadership qualities can make you so confident that you can do everything very well. If you work hard, then success can kiss your feet. Today may bring some good fortune as the planets are in your favor.

JULY 22

Ganesha says, may your day be very kind today. Today, you may be able to complete the remaining tasks in the projects. You can complete your work quickly so that you will be able to enjoy your time with your family. You can plan to go somewhere with your partner. Your business can do well today. Today, things can go according to your wish because you are getting a lot of luck. A new opportunity can come your way, which can come today itself and can bring you a lot of profit. The stars are in your favor, which can help you to easily solve any problem regarding this new opportunity.

JULY 23

Ganesha says you can see that things are working for you without much effort. Small auspicious works can continue to happen throughout the day. It is great that everything may go well for you today, but do not be lazy and focus on the things that you need to do today. You are very lucky today because you can get what you want. Make sure you use today's luck for your benefit and not for

others, because only then can it remain a positive thing for you.

JULY 24

Ganesha says meditate first thing in the morning; This can be beneficial for your personal and professional life. You can make a good profit in your business, so today can be a good day for you. Looking at the spiritual awakening in your zodiac today, you can lean more toward charity. Make sure that you do not stray away from your dreams and ambitions, as you may face some distractions today. Make sure that you are ethical in both your personal and professional life.

JULY 25

Ganesha says you may feel lots of love and care from family friends as well as from your partner. You may have a tough day today, but you may feel supported and cared for all the way. At the end of the day, you may feel very satisfied with where you are currently in your life. Your partner's loving and caring nature can make you fall in love with your



partner a lot today. You can experience for yourself how beautiful it is to be loved and cared for by someone you trust and love with all your heart.

JULY 26

Ganesha says your love life has been full of ups and downs, but today you can experience stability. Try saying what you're thinking. Expressing your feelings can help you improve your love life. Venus may bring love today, and the Moon may bring luck to your face today. You are entering a new phase that marks the beginning of a lane called success. Along with your old commitments, you may also take up additional responsibilities today, but it will not seem like a tough or daunting task, as you may enjoy completing it.

|| SHREE GANESHAY NAMA ||



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CONTD FROM PAGE 1

Trump accuses China of 2020 voting...

requirements, despite longstanding findings that voter fraud in US elections is rare. The bill has stalled in the Senate amid fierce Democratic opposition.

Trump said the declassified documents would reveal "shocking vulnerabilities in our election infrastructure." But many appeared to show the opposite, or were not related to US election infrastructure at all.

The speech came at a challenging political moment for Trump and Republicans, with his approval rating weighed down by the unpopular Iran war and high energy prices. Trump only briefly mentioned the war at the outset, saying the US was "winning big," while listing a series of domestic accomplishments, including tax cuts and his immigration crackdown, before turning to election security.

The President said he was declassifying sensitive information that showed China had illicitly acquired 220 million US voter files, including names, addresses and other data used to register to vote.

He asserted that members of the US intelligence community deliberately suppressed information about the extent of China's activities.

His allegations contradict an unclassified 2021 US intelligence community assessment that found no indications any foreign actor attempted to alter or succeeded in altering "any technical aspect" of the 2020 presidential election vote, including voter registrations, ballots, tabulations, or results.

That assessment was conducted under John Ratcliffe, then Trump's director of national intelligence and now his CIA director.

The report also found China had pursued an effort dating to at least 2008 to collect information on US voters, public opinion, political parties, candidates, and top government officials, likely aiming to use the material to predict election results.

Two people familiar with the matter said that US voter data obtained by China was not confidential - voter files are routinely purchased by political consultants - and could not be manipulated.

Ahead of Trump's speech, some White House officials expressed concern that disclosing the China information could be misleading, sources told Reuters.

Trump's harsh language about China risked rocking a relationship that has steadied following last year's costly trade war. Trump hopes to meet with Chinese President Xi Jinping in September about improving trade relations.

Before Trump began speaking, a spokesperson for the Chinese embassy, Liu Chang, said in response to a request for comment, "China has never and will never interfere in the presidential elections of the US."

Trump has spent years raising doubts about electoral outcomes, falsely asserting that his 2020 loss to Democrat Joe Biden was rigged. He has also advanced other false claims, including that mail-in balloting is rife with fraud, voting machines are vulnerable and non-citizen voting is widespread.

Numerous courts and vote recounts found no evidence of large-scale fraud in the 2020 election.

Trump said the documents would reveal serious weaknesses in election security. But many either appeared to be inconsistent with that assertion or were unrelated to US election infrastructure:

One CIA document, prepared last month, concerned Venezuela's election, not America's.

"We assess that vote tabulation systems would be difficult to manipulate on a wide enough scale to compromise election results," another document said.

A third document, produced by the CIA, detailed efforts by Chinese spies to target Biden's campaign and noted that Beijing "does not currently intend to covertly interfere to try to sway the outcome of the election," although it said China might later decide to do so.

"Trump's shocking 'bombshells' about China are totally bogus," Democratic Senator Mark Warner, vice chair of the Senate Intelligence Committee, said in a statement during the speech.

"The fact is our intelligence agencies unanimously agreed that China did not even try to change a single vote in the 2020 election."

While Trump cast US elections as highly vulnerable,

he did not provide evidence of any actual votes in 2020 that were altered or manipulated.

Two of the three major US television networks and CNN decided not to broadcast the prime-time address on their primary platforms, eschewing a practice typically reserved for major addresses on issues of national import.

Since returning to office in January 2025, Trump has sought to expand federal power over the administration of elections, which legally resides with state governments under the US Constitution.

Trump used his speech to again call on congressional Republicans to advance a bill, the SAVE America Act, that would require photo ID to vote and proof of US citizenship to register and would significantly curtail mail-in voting.

Democrats and voting-rights advocates say the legislation is intended to suppress legitimate votes.

The Bill has passed the Republican-controlled US House of Representatives several times with a simple majority, but it does not have the 60 votes to overcome a Democratic filibuster in the Senate.

Some Republican leaders have urged Trump to focus on issues that matter most to Americans, including high living costs, rather than focus on the 2020 vote.

Democrats need to flip only three Republican seats to take a majority in the 435-seat US House of Representatives. They face an uphill battle to win a majority in the 100-seat Senate with critical races unfolding in Republican-leaning states.

Opinion polls show majorities of US voters opposed to the Iran war and unhappy with Trump's stewardship of the economy. (Source: Reuters)

As Wangchuk's health worsens, Delhi...

been examining Mr. Wangchuk regularly, said he has lost over 9 kg, but remains "mentally alert". However, Dr. Lamba warned later in the evening that his body was likely consuming muscles, and his organs may be next.

Mr. Wangchuk's "blood sugar today is 80 mg/dl, and his pulse is 72 bpm," Dr. Lamba said while delivering a medical bulletin in the afternoon. He said that doctors were maintaining "extra vigilance" and that at his current stage, Mr. Wangchuk's uric acid levels were likely elevated as his muscles were likely being broken down by his body. He now weighs 56.9 kg.

Earlier in the day, the Delhi High Court ordered that Mr. Wangchuk must be "regularly medically checked up by government doctors." During the hearing, a Bench of Chief Justice Devendra Kumar Upadhyaya and Justice Tejas Karia asked Solicitor-General Tushar Mehta whether any mechanism was in place to monitor Mr. Wangchuk's health. Responding to the query, Mr. Mehta submitted that Mr. Wangchuk undergoes a daily health check-up.

"He [Mr. Mehta] further assures the court that depending upon the opinion of the doctors, whatever medical intervention is needed to check the deteriorating health condition of Mr. Wangchuk will also be taken," the court recorded in its order.

The Bench passed the direction while hearing a public interest litigation (PIL) filed by advocate and social activist Rakesh Kumar Saini seeking urgent intervention to safeguard Mr. Wangchuk's health. Mr. Saini sought intervention "even if forcibly" to save Mr. Wangchuk's life.

Mr. Wangchuk has been on a hunger strike demanding Education Minister Dharmendra Pradhan's resignation over issues concerning the country's education system. On Thursday, the Cockroach Janta Party (CJP)'s protest site filled up substantially as more high-profile figures arrived at Jantar Mantar to register their support.

Three student supporters from the Communist Party of India (Marxist-Leninist)'s student outfit, the All India Students' Association (AISA), were also at a critical stage of their concurrent hunger strike, Sai Balaji, a former AISA president, said in a statement.

"Aameen is at risk of a hypovolemic shock due to dehydration, Neha's RBS levels hover around a dangerous 49 mg/dl and Manish has lost more than 10% of body mass," Mr. Balaji said. Three other students ended their strike in recent days, one of whom has been hospitalized and is recovering.

While there have been calls for Mr. Wangchuk to end

his hunger strike, he remained resolute, saying calling off his fast without any response from the government would send a wrong message. Instead, he urged people to strengthen the CJP's proposed Parliament march on July 20. (With inputs from Soibam Rocky Singh)

Trump's Board of Peace drops full Gaza...

police and a small international security force - is not expected to take shape before the end of the year.

Incremental steps have been announced in recent weeks. A few Moroccan and Kosovan officers have arrived in Israel where they are intended to be the kernel of an International Stabilization Force (ISF), tasked with protecting the pilot camp. A logistical base for this future force to store vehicles, equipment and other material is nearing completion at the Kerem Shalom crossing between Israel and Gaza.

However, preparatory work on the pilot camp near the southern Gaza city of Rafah has not begun, nor has construction of the camp's ISF support base. Satellite images of the area show disturbed earth but no new structures. Substantial progress is not expected before Israel holds elections on 27 October, which could bring down Benjamin Netanyahu's far-right coalition government.

Israel has routinely violated the Trump-brokered ceasefire since it was declared last October, blocked any reconstruction work and severely limited flows of humanitarian aid into Gaza. Western diplomats in Jerusalem believe the best hope of progress in Gaza is a new Israeli government, but it is far from clear whether any successor coalition would be substantially more flexible.

One diplomat in Jerusalem argued that the BoP had no choice but to make the most of very limited progress, as an admission of failure would open the way for extreme factions in the Israeli government with radically different plans for Gaza.

"The aim is just to keep something going, keep the ball in play, because if you stop there are others with a more extreme agenda just waiting to jump in and take over, and they are talking about wholesale population transfer and colonization," the diplomat said.

There is growing apprehension that Netanyahu, facing the threat of electoral defeat, will gamble on a new all-out offensive in Gaza before the October vote.

Israel has carried out frequent strikes on Gaza killing more than 1,100 Palestinians since the October ceasefire and Israeli forces have repeatedly moved forward from the ceasefire line agreed in October which split the strip roughly evenly between Israeli- and Hamas-controlled sections. The Israeli army now directly occupies more than 60% of the territory and has created a buffer zone beyond that.

Muhammad Shehada, visiting fellow at the European Council on Foreign Relations, warned that the project would be used for propaganda purposes by Israel alongside a resurgent military campaign.

"Israel is basically trying to build a caged and controlled Potemkin village with a tiny symbolic population who would be afforded slightly better conditions than their peers in West Gaza in order to use that facade of 'progress' to lend credence to its escalating campaign against the rest of Gaza," Shehada said.

Israeli officials have repeatedly suggested that a return to war is inevitable on the grounds that Hamas has refused to disarm. Hamas has said it would be willing to lay down its weapons under certain conditions and took part in negotiations in Cairo over the weekend on possible disarmament mechanisms.

The Cairo talks with the BoP covered the disarmament of Hamas and rival Israeli-backed militias inside Gaza, who would receive the surrendered weapons, how they would be stored and whether assault rifles would count as offensive weapons or personal arms.

However, reports from the Egyptian capital suggested progress on decommissioning weapons was unlikely while Israel continued to carry out airstrikes and creep ever further into Hamas-held territory.

"As long as Israel doesn't commit to a gradual withdrawal from the Gaza Strip and to changing the reality there, there's no basis for talks," a Palestinian source told Haaretz.

(Read full story at www.theindianpanorama.news)

Kamada Saptami Vrat: The sacred fast that invokes blessings of the Sun God

The Sun has been revered as the visible manifestation of divine power since the earliest days of Hindu civilization. Unlike other deities whose presence is often symbolic or spiritual, Surya Dev, the Sun God, is seen every day, illuminating the world and sustaining all forms of life. Hindu scriptures describe the Sun as the source of vitality, health, wisdom and righteousness, and numerous festivals and fasts are dedicated to seeking his blessings.

Among these sacred observances is Kamada Saptami Vrat, a highly auspicious day observed on the Shukla Paksha Saptami (seventh day of the waxing moon) in the Hindu month of Shravana. The word Kamada means "the fulfiller of desires," and devotees believe that sincere observance of this vrat grants cherished wishes, removes obstacles, ensures good health, and brings prosperity and spiritual progress.

Though not as widely celebrated as Ratha Saptami or Chhath Puja, Kamada Saptami occupies a respected place in Hindu tradition, particularly among devotees of Surya Narayana. The vrat beautifully combines devotion, self-discipline and gratitude towards the life-giving Sun.

The Meaning of Kamada Saptami

The Sanskrit word Kamada is derived from Kama (desire or wish) and Da (to give). Thus, Kamada Saptami literally means "the Saptami that fulfils righteous desires."

Hindu philosophy teaches that while worldly desires are natural, they should always align with dharma. Therefore, devotees observing this vrat pray not only for material prosperity but also for wisdom, health, family harmony and spiritual enlightenment.

The Sun, regarded as the witness to all human actions, is believed to bless sincere devotees with strength to overcome challenges while illuminating the path of righteousness.

Origin of Kamada Saptami Vrat

The observance finds mention in several Hindu scriptures that glorify the worship of Surya, including portions of the Bhavishya Purana, Skanda Purana, and regional vrat-katha compilations. Ancient sages regarded the seventh lunar day (Saptami) as especially sacred to the Sun because of its symbolic association with Surya's seven horses that pull his celestial chariot across the heavens.

According to traditional belief, Lord Brahma established various Saptami vratas to help humanity remain connected with cosmic energies. Among them, Kamada Saptami became known as a vrat capable of fulfilling sincere wishes while purifying accumulated karmas.

The observance gradually became popular in many regions of India, especially among families seeking



IMPORTANT INFORMATION

Shukla Paksha Saptami

Tuesday, 21 July 2026

Saptami Start: 20 July 2026 at 03:30 am

Saptami Ends: 21 July 2026 at 04:03 am

Did you know : Kamda Saptami Vrat is done to each Shukla Saptami and every four months should be passed in every four months.

prosperity, healthy children, and relief from prolonged illnesses.

Legend Behind Kamada Saptami

Ancient Hindu tradition narrates that there once lived a righteous king whose kingdom suffered repeated calamities despite his sincere efforts to rule justly. Crops failed, diseases spread, and the people lost hope.

Deeply distressed, the king approached learned sages in search of guidance. After meditation, the sages advised him to observe the sacred Kamada Saptami Vrat with complete devotion to Surya Narayana.

The king bathed before sunrise, maintained a strict fast, offered Arghya (water oblation) to the rising Sun, chanted Surya mantras and spent the day in prayer and charity. He also listened to the sacred Kamada Saptami Katha.

Pleased with his unwavering devotion, Surya Bhagavan appeared in a divine vision and blessed the kingdom. Rain returned, crops flourished, diseases disappeared and prosperity was restored.

The legend symbolises the belief that sincere worship of the Sun removes darkness-both physical and spiritual-and restores harmony in individual and collective life.

Surya: The Visible Form of Divinity

Among Hindu deities, Surya occupies a unique position.

He is described as:

- The eye of the universe

- The soul of all living beings
- The source of energy
- The destroyer of ignorance
- The witness to truth
- The sustainer of time itself

The Rig Veda contains numerous hymns praising Surya as the cosmic force responsible for life on Earth. The Gayatri Mantra itself invokes Savitr, a solar deity associated with divine illumination and wisdom.

The seven horses drawing Surya's chariot symbolise:

- Seven colours of sunlight
- Seven chakras
- Seven days of the week
- Seven Vedic metres
- Seven planes of consciousness

Thus, worshipping Surya is considered worship of cosmic order itself.

Spiritual Importance of Kamada Saptami

The observance carries profound spiritual meaning.

- Fulfilment of Righteous Desires
Devotees believe Surya grants sincere wishes that promote happiness, family welfare and spiritual growth.

- Removal of Negative Karma

The vrat is believed to purify past karmic impressions and reduce obstacles created by previous actions.

- Good Health

Since Surya represents vitality, worship is associated with improved physical strength, immunity and overall well-being.

- Mental Clarity

Regular Surya worship is believed to improve concentration, confidence and decision-making.

- Prosperity

Many business families observe the vrat seeking financial stability and success in new ventures.

- Family Harmony

Couples pray for marital happiness while parents seek blessings for children.

- Spiritual Awakening

The rising Sun symbolises the awakening of higher consciousness and inner wisdom.

Who Should Observe Kamada Saptami?

The vrat is considered beneficial for:

- Individuals seeking fulfilment of important wishes
- Students praying for knowledge
- Professionals seeking career growth
- Couples desiring harmony
- Parents praying for children's well-being
- People recovering from illness
- Those facing repeated obstacles in life
- Spiritual seekers pursuing self-discipline
- Both men and women may observe the vrat.

Rituals of Kamada Saptami Vrat

The observance begins before sunrise and continues throughout the day.

- Devotees wake during Brahma Muhurta and take a holy bath. If possible, bathing in a sacred river is considered especially meritorious.
- After bathing, devotees make a solemn vow to observe the vrat with sincerity and devotion.
- One of the most important rituals involves offering water from a copper vessel while facing the rising Sun.

The flowing stream of water symbolically represents surrender of ego and gratitude toward the life-giving solar energy.

MY FIFA DIARY

World Champions set up summit clash with European champions



BY
PRABHJOT SINGH

JULY 16, 2026

ATLANTA, GEORGIA (TIP): In yet another marvelous comeback, defending champions Argentina overcame a 0-1 deficit to score twice in the last five minutes to beat England 2-1 to set up a summit clash with the European champions Spain.

Led by mercurial Lionel Messi, holders Argentina came back strongly late in the second half to prevent an all-European final. Until 85th minute, it looked like the match was going England's way before Argentina fought back from the brink to beat England with stunning goals masterminded by Lionel Messi to advance to its seventh final in the World Cup.

At 39 years and 21 days, Messi became the oldest outfield player to make an appearance in a World Cup semi-final beating previous record holders Fritz Walter and Gunnar Gren who were both 37 years and 236 days old when playing against each other for West Germany and Sweden respectively in 1958.

With his 121st appearance for England, Harry Kane became the outfield player with the most international outings for the Three Lions.

Martínez has now scored after coming on as a substitute in the quarterfinals and semi-finals.

Lionel Messi was declared man of the match.

Interestingly, there were seven players aged 32+ among the 22 starters, representing the most in a World Cup semi-final. The previous high was six in 2006 when France played Portugal.

Argentina will take on Spain in the coming Sunday's FIFA World Cup final at New York New Jersey Stadium.

Enzo Fernández and Lisandro Martínez, with the help of Lionel Messi assists, struck the late goals in a dramatic turnaround in Atlanta just as England were closing in on their first final in 60 years, following Anthony Gordon's 55th-minute goal.

Instead, La Albiceleste repeated its ability to stage a late second half comeback to upstage its opponents. Argentina did it against Egypt to beat the Africans 3-2 after trailing 0-2. And today, after conceding the lead in the 55th minute, the South Americans reiterated their strong comeback ability by scoring twice late in the second half, another gallant fightback to prove their credentials as the world champions.



Led by mercurial Lionel Messi, holders Argentina came back strongly late in the second half to prevent an all-European final.



The Final July 19 visual with the flags of Spain and Argentina is displayed against the Manhattan skyline during the FIFA drone show in New York [David Ramos/Getty Images via AFP]

CONTINUED ON PAGE 39

FROM PAGE 38

With this splendid win, Argentina can now look forward to its seventh World Cup summit clash and stand a step away from retaining its world crown.

Lionel Messi, like Kylian Mbappe of France, remains in the hunt for the golden boot award with his individual goals standing unchanged at eight. Mbappe, like Messi, also could not score in semifinals, and shares the top spot with Messi with eight goals.

While Lionel Messi has a chance to take his tally further in the final against Spain on Sunday, Mbappe, too, will be in the running when he takes the field against England in the match for the third place.

The match between Argentina and England was long awaited as the two have not played each other for a long time. This eagerly awaited revival of one of international football's great rivalries ended with a repeat of the scoreline in the teams' most famous encounter in Mexico City 40 years ago.

Both the teams started cautiously, refusing to take risks or attempting an early lead. The first exciting moment came only after 30 minutes of cagey and intensely contested game, and it was only in the 33rd minute that either of the sides produced an attempt on goal. That was when John Stones nodded wide from a Declan Rice free-kick at the far post. At the other end, Fernandez flashed a fierce shot over the crosspiece.

To break the deadlock, both the teams had to produce something extra, something that could help them get past their opponents' defense and score. Neither Argentina nor England found moments of inspiration when it was most needed.

Julian Alvarez, hero of Argentina's previous win, sought to conjure one such moment soon after the restart, getting beyond Djed Spence following a long ball forward and drawing a smart save from Jordan Pickford at his near post.

England, however, had packed a surprise up its sleeve. Ten minutes into the second half, when England made substitutions. Morgan Rogers, one of three players inducted in the England's starting XI, delivered a terrific low cross from the right. Gordon, back post, got in front of Nahuel Molina to steer an excellent controlled finish into the corner of Emiliano Martinez's goal.

Another of the starters reinstated by Thomas Tuchel, Spence made a brilliant goal saving tackle to deny Giuliano Simeone. As Argentina started retaliating with pressure moves, close calls continued as England sat increasingly deep.

Argentina's pressure started mounting up. Substitute Nico Gonzalez saw his header foiled by a fine Pickford save, while Alexis Mac Allister headed against the post.

Eventually, the pressure told, following a corner routine Messi squared the ball to Fernandez and he unleashed a magnificent shot from outside the box that flew past Pickford to his right.

Then, in added time, Mac Allister's shot struck a post, but Messi recycled the danger, delivering a right-foot cross that substitute Martinez buried at the far post.



"No words, no words. A joy for our country, for our people. The other day, I said this group never stops surprising me. And I'll tell you the truth, we're going to try to win, we're going to leave everything out there, but after this it's

very difficult to get people to understand what these players are showing. It's incredible. We are unique, truly, and it's not arrogance, it's from the heart. We are unique. These people today carried us to win the match, so I'm grateful," Lionel

Scaloni, Argentina coach, said in his post-match conference.

"I dreamed it [the goal], I swear. I told Alexis [Mac Allister] that I was going to score. I told him. I told Facu Medina on the bench that I was going to come on and I was going to win it. And it fell to me. Enzo scored a great goal too, and now that I'm calmer, I can tell you this team keeps showing what it's made of. [England] got tired. They pressed for 60 minutes. After that they had nothing left ... then they dropped back, and that gave us more calm when it came to moving the ball. We made the pitch wide, and, in the end, we got the two goals, and after three and a half years, we're back playing a World Cup final," commented Lautaro Martinez, Argentina matchwinner.

England captain, Harry Kane, disappointed as he was, said: "I'm gutted for the team, the staff, the fans. We played a good game for the majority of it. When we went 1-0 up, we seemed to just try to hold on, which at this level is not enough. We worked so hard to be here. The lads have given every bit of blood, sweat, and tears. To fall short like we did is just gutting.

"In the first half and the start of the second half, we pressed them well. We put them under loads of pressure high up the pitch. That allowed us to win balls and control the game. After the [England] goal, whether it was them putting more men forward or us just not being able to match them man for man, it was just wave after wave [of Argentina attacks]. Lads were putting blocks in but in the end it wasn't enough. We had a lot of good moments in this tournament. A lot of good games, another semi-final. We talk about knocking on the door. We're close, we just need to find that missing piece in the final stage of the tournament," he added.

(Prabhjot Singh is a Toronto-based senior journalist who writes on Sports, politics and community. He can be reached at prabhjot416@gmail.com)



Spain Beat France 2-0 To Enter FIFA World Cup 2026 Final.

‘Quite disappointing’: Shubman Gill after England defeat India in 2nd ODI to level series 1-1

JULY 17, 2026

CARDIFF (TIP): Indian captain Shubman Gill described India's four-wicket defeat to England in the second ODI of the three-match series as "quite disappointing" after Joe Root's unbeaten 99 guided the hosts to victory at Sophia Gardens, Cardiff, helping England level the series 1-1.

Chasing 234, England overcame early setbacks as Root and Will Jacks steadied the chase. Earlier, India were restricted to 233 despite half-centuries from Virat Kohli and Shreyas Iyer. England's pace attack, led by Jofra Archer and Gus Atkinson with three wickets each, kept India under pressure throughout the innings.

After the match, Gill admitted India were disappointed with their total, saying they were aiming for 300-310 but lost too many wickets in the middle overs. He said the lower middle order failed to capitalise on starts and praised Joe Root, saying the England batter is a master at chasing such targets and is difficult to dismiss when the required run rate remains manageable.

"Quite disappointing. We thought 300-310 would be a good total after 25 overs when we were in a good position, but we lost too many wickets in the middle overs. [On the collapses] Our tailenders are not the best batsmen, but we expected more from the lower middle-order batters and they were not able to capitalise on their starts," Gill said at the post-match presentation.

"[On Root] We always knew that if the run-rate was 5 or more, we could have got a



false shot out of him, but this kind of chase, he's a master of these totals," Gill added.

Chasing 234, England overcame early setbacks to complete the target with almost six overs remaining, with Root anchoring the successful chase with a match-winning knock.

India made an ideal start with the ball as Jasprit Bumrah dismissed Ben Duckett with the first delivery of the innings. Prasidh Krishna added to India's advantage by removing Jacob Bethell soon after, leaving England in trouble at 8/2 in 3.4 overs.

Joe Root then played a crucial role in stabilising the innings, combining for a 45-run partnership with captain Harry Brook (16). Brook was dismissed by debutant

Gurnoor Brar, while Shivam Dube and Axar Patel picked up key wickets to leave England struggling at 125/5 in 25.4 overs, giving India hope of defending their total.

However, Root remained firm and built a match-winning partnership of 72 runs with Will Jacks, who contributed 30 runs. Root brought up his fifth consecutive ODI fifty and guided England close to victory. After Jacks was dismissed by Brar in the 40th over, Gus Atkinson (23*) provided valuable support at the end.

Root missed out on a deserved century, remaining unbeaten on 99 off 133 balls as Atkinson's boundary sealed England's four-wicket win. The series now stands level at 1-1, with the decider scheduled at Lord's on July 19. In the bowling department, Brar claimed two wickets but went for runs as he

conceded 67 runs in 10 overs Bumrah, Krishna, Dube, and Axar each claimed a wicket apiece.

Earlier in the match, England's bowlers produced a disciplined performance to restrict India to 233 in 44 overs. Despite half-centuries from Virat Kohli and Shreyas Iyer, India struggled to build momentum on a pitch that offered assistance to the seamers.

After opting to bowl first, England kept India under pressure with regular breakthroughs. Rohit Sharma scored 26 while captain Shubman Gill contributed 31 before the hosts struck back. Ishan Kishan, who replaced the unwell KL Rahul in the playing XI, failed to make an impact and was dismissed for just one run.

Kohli and Iyer then steadied the innings with a crucial partnership. Kohli played a fluent knock of 65 before his dismissal shifted the momentum back in England's favour. India's middle order struggled to respond, with Shivam Dube, Axar Patel and Washington Sundar all failing to reach double figures. Iyer held the innings together with a fighting 66 off 71 balls and received late support from Jasprit Bumrah, who scored an unbeaten 20 to help India post a competitive total.

England's pace attack maintained relentless pressure throughout the innings. Jofra Archer was the pick of the bowlers, taking three wickets, including the crucial dismissal of Kohli. Gus Atkinson also claimed three wickets, while Saqib Mahmood impressed on his return with two scalps as England restricted India to 233.

Source: ANI

Mithali backs Smriti for ODI captaincy, Shafali for T20

JULY 17, 2026

NEW DELHI (TIP): Smriti Mandhana is more suited to lead India in the longer formats after Harmanpreet Kaur's tenure ends while the much younger Shafali Varma can be handed the reins of the T20 side following another pre-mature exit from the World Cup, former captain legendary Mithali Raj said. Harmanpreet, 37, led India to a path breaking ODI World Cup title last year but under her leadership, the team has not been able to crack the code in ICC events in the T20 format, dating back to 2018.

The selectors may finally move on from her following the Asian Games in Japan in September-October.

In an interview with PTI, women's cricket icon Mithali said time has come to groom more leaders in the national set up, she also wants more clarity over players' roles in the side and improvement in the fitness department that is adversely impacting India's pace attack and fielding, which was way below par in the recent T20 World Cup.

"Yes, we did not qualify for the semi-finals for the second time in a row but that cannot be the only reason or criteria to come to conclusion that you need to



Mithali Raj

change the leader. Because I believe that there are few boxes that one need to actually see if the player ticks those boxes.

"One is, of course, the fitness, I feel is very important. Harman in the last two, three years, you see the physio quite often on the ground, every game, when she's playing, there are few games that she was unavailable. So, you obviously would want your captain to be fit and available for all games. And unfortunately, all of us age, so she's not the fittest," said Mithali.

Mithali said Harmanpreet has also been inconsistent with the bat over the past

three to four years.

"If you see Harman's form in the three World Cups, the Dubai T20 World Cup, the ODI World Cup, and the recently concluded T20 World Cup (in UK), we've seen that a pattern is that, she gets those 15, 20 runs but it always takes her three to four games to get her 50 in the World Cup.

"And the third factor is that, you know, does she fit into the scheme of things in the next cycle of your One Day World Cup or a T20 World Cup? So, I think whoever is in the position to take this decision have to factor these things," one of India's greatest woman batter to have graced the game, said.

"And if you're thinking that only because the T20 World Cup hasn't gone well for India, then there is a change needs to happen there. Even the coach (Amol Muzumdar) is accountable because both captain and coach take the decisions of the playing XI."

On the road ahead for the Indian team across formats, Mithali wants the seasoned Smriti to lead the Test and ODI teams even though she should have got the opportunity long time ago. For the T20 format, Shafali and Jemimah Rodrigues are the two options India have, said

Mithali.

"I at least thought Smriti would lead the ODI format two, three years back. But now also, with the experience that she has, the vast experience, at least the one-day and Test format should be given to her and perhaps the T20 to someone younger, I feel, in the T20 format. But one day, clearly, you need experience."

"For T20Is, I think Shafali. Her format is T20Is. And she has led under-19 World Cup. Why not Shafali? Jemi too of course, yes. She has led in the WPL. But I do believe that whoever they pick, they need to give them some time to settle. Because all of us got time to settle in our role as a leader," said Mithali.

The 43-year-old who captained India to the 2017 ODI World Cup final feels the team management and selectors have not done much to groom more leaders in the senior team and even at the India A level.

"Since the start of the Under-19 World Cup, honestly, I've not seen any Under-19 player being groomed for the leadership role. And that is where I believe that growth is not just giving players opportunity in the 15 or in the 11. Growth is also about adding players into the leadership group.

Assam: The hidden jewel of Northeast India waiting to be explored

Nestled in the northeastern corner of India, Assam is a destination that effortlessly blends breathtaking landscapes, rich history, vibrant traditions and warm hospitality. While many travellers pass through the state on their way to other parts of the Northeast, those who pause to explore Assam discover a world of endless tea plantations, majestic rivers, ancient temples, colourful festivals and extraordinary wildlife. Every journey here is filled with scenic beauty and cultural richness, making Assam one of India's most rewarding yet underrated travel destinations.

The Mighty Brahmaputra: Assam's Lifeline

The Brahmaputra River is far more than a geographical landmark—it is the soul of Assam. Flowing gracefully across the state, the river nourishes fertile plains, supports diverse ecosystems and shapes the daily lives of millions. A sunset cruise on the Brahmaputra is among the most memorable experiences for visitors. As golden light dances across the river and fishing boats drift quietly downstream, travellers witness a landscape that feels timeless and serene. The river also nurtures fertile islands, wetlands and villages that have preserved Assamese traditions for generations.

Majuli: The World's Largest River Island

Majuli, located in the middle of the Brahmaputra, is one of Assam's greatest treasures. Recognised as the world's largest inhabited river island, Majuli is renowned for its serene landscapes and deep spiritual heritage. It is home to the centuries-old Satras, monasteries established by the Vaishnavite saint Srimanta Sankardeva, where traditional dance, music, drama and manuscript art continue to flourish. Visitors can explore quaint villages, interact with artisans creating colourful masks for religious performances and experience a peaceful rural lifestyle that seems untouched by time.

Kaziranga: The Kingdom of the One-Horned Rhinoceros

A visit to Assam is incomplete without exploring Kaziranga National Park, a UNESCO World Heritage Site celebrated for its remarkable conservation efforts. The park shelters nearly two-thirds of the world's population of the endangered one-horned rhinoceros. Besides rhinos, Kaziranga is home to Royal Bengal tigers, Asian elephants, wild water buffaloes, swamp deer and more than 500 species of birds. Jeep and elephant safaris through tall grasslands provide thrilling opportunities to witness wildlife in its natural habitat, especially during the winter months when migratory birds arrive in large numbers.



Manas National Park: A Wilderness Paradise

Nature enthusiasts seeking untouched wilderness should head to Manas National Park, another UNESCO World Heritage Site situated at the foothills of the eastern Himalayas. Dense forests, sparkling rivers and rolling grasslands create one of India's richest biodiversity hotspots. The park protects rare species such as the golden langur, pygmy hog and Bengal florican, while activities like river rafting, jungle safaris and birdwatching make it a favourite among adventure seekers.

The World-Famous Tea Gardens

Assam is synonymous with tea. Its sprawling plantations, stretching across rolling hills and valleys, produce some of

the finest black tea in the world. Walking through mist-covered tea gardens, watching skilled workers hand-pluck fresh leaves and learning about the tea-making process offers visitors a fascinating glimpse into one of India's oldest industries. Many heritage tea estates also provide luxurious stays in restored colonial bungalows, allowing guests to enjoy the tranquil beauty of the countryside.

Guwahati: The Gateway to the Northeast

The bustling city of Guwahati serves as Assam's cultural and commercial hub. Its most famous landmark is the sacred Kamakhya Temple, one of Hinduism's revered Shakti Peethas, attracting pilgrims from across the country. The city also offers attractions such as

Umananda Temple on Peacock Island, Assam State Museum, Srimanta Sankardeva Kalakshetra and lively local markets. Evening cruises on the Brahmaputra offer spectacular views of the city skyline and surrounding hills.

Reliving History in Sivasagar

Once the capital of the powerful Ahom Kingdom, Sivasagar is a treasure trove of historical architecture. The impressive Rang Ghar, often regarded as Asia's oldest surviving amphitheatre, along with Talatal Ghar, Kareng Ghar and the majestic Shiva Dol temple, stand as reminders of Assam's glorious past. These monuments reflect the architectural brilliance and engineering skills of the Ahom rulers, who governed the region for nearly six centuries.

Celebrate the Spirit of Bihu

The vibrant festival of Bihu showcases the joyful spirit of Assam. Celebrated three times a year—Rongali, Bhogali and Kongali Bihu—it reflects the agricultural traditions of the state. Rongali Bihu, marking the Assamese New Year, is especially colourful, with energetic folk dances, rhythmic drum performances, community feasts and traditional music filling towns and villages with festive enthusiasm. Visitors during this period experience Assamese culture at its liveliest.

A Culinary Journey Through Assam

Assamese cuisine celebrates fresh, seasonal ingredients and subtle flavours. Traditional dishes such as Khar, Masor Tenga (a tangy fish curry), duck cooked with ash gourd, bamboo shoot delicacies, Pitha and Jolpan highlight the state's unique culinary heritage. Every meal is often accompanied by a cup of strong, aromatic Assam tea, making dining an integral part of the travel experience.

Take Home a Piece of Assam

Local markets across Assam are filled with handcrafted treasures. Visitors can shop for luxurious Muga and Eri silk textiles, handwoven Gamochas, bamboo and cane handicrafts, bell-metal utensils, jewellery and premium Assam tea. These locally crafted products make meaningful souvenirs while supporting traditional artisans.

Best Time to Visit

The ideal time to visit Assam is from October to April, when the weather remains pleasant and wildlife sanctuaries are open for safaris. Winter offers excellent opportunities for birdwatching and sightseeing, while April brings the vibrant celebrations of Rongali Bihu. Although the monsoon transforms the landscape into a lush green paradise, heavy rains can occasionally disrupt travel plans.

JULY 17

July 17, 1918 - In the Russian town of Ekaterinburg in Siberia, former Czar Nicholas II, his wife Alexandra, and their five children were brutally murdered by Bolsheviks.

July 17, 1996 - TWA Flight 800 departed Kennedy International Airport in New York bound for Paris but exploded in mid-air 12 minutes after takeoff, apparently the result of a mechanical failure. The Boeing 747 jet crashed into the Atlantic Ocean off the coast of Long Island about 8:45 p.m. All 212 passengers and 17 crew members on board were killed.



Birthday - Puerto Rican patriot Luis Munoz-Rivera (1859-1916) was born in Barranquitas, Puerto Rico. He worked tirelessly to attain self-government for his homeland.

JULY 18

July 18, 1947 - President Harry Truman signed an Executive Order determining the line of succession if the president becomes incapacitated or dies in office. Following the vice president, the speaker of the house and president of the Senate are next in succession. This became the 25th Amendment to the U.S. Constitution, ratified on February 10, 1967.

Birthday - American politician Samuel Hayakawa (1906-1992) was born in Vancouver, British Columbia. He is remembered as the college president who climbed atop a sound truck at San Francisco State College in 1968 during student protests, then disconnected the wires thus silencing the demonstrators. This made him popular among

conservatives including California Gov. Ronald Reagan. Hayakawa became a Republican and was elected in 1976 to the U.S. Senate, serving just one term. In 1986, he led the successful California initiative to declare English the state's official language.



Birthday - Nelson Mandela was born the son of a Tembu tribal chieftain on July 18, 1918, at Qunu, near Umtata, in South Africa. He became a lawyer, joined the African National Congress (ANC) in 1944, eventually becoming deputy national president in 1952. In 1964, he was convicted for sabotage as a result of his participation in the struggle against apartheid. He spent the next 28 years in jail, but remained a symbol of hope to South Africa's non-white majority. Released in 1990, he was elected was elected President of South Africa in 1994 in the first election in which all races participated.

JULY 19

July 19-20, 1848 - A women's rights convention was held at Seneca Falls, New York. Topics discussed included voting rights, property rights and divorce. The convention marked the beginning of an organized women's rights movement in the U.S.

July 19, 1863 - During the American Civil War, Union troops made a second attempt to capture Fort Wagner near Charleston, South Carolina. The attack was led by the 54th Massachusetts Colored Infantry, commanded by Colonel Robert Gould Shaw, who was killed along with half of the 600 men in the regiment. This battle marked the first use of black Union troops in the war.



Birthday - French impressionist

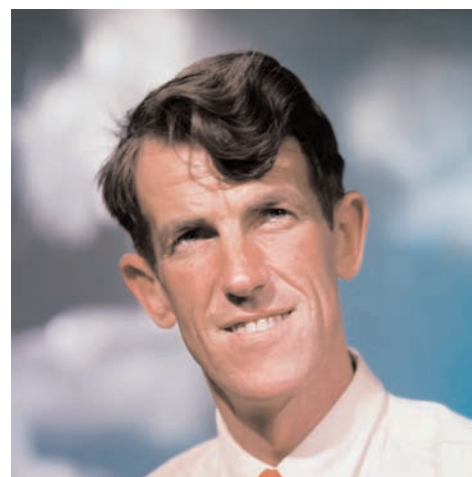
painter Edgar Degas (1834-1917) was born in Paris. Best known for his paintings of dancers in motion.

JULY 20

July 20, 1715 - The Riot Act took effect in Britain. If a dozen or more persons were disturbing the peace, an authority was required to command silence and read the following, "Our sovereign Lord the King chargeth and commandeth all persons, being assembled, immediately to disperse themselves, and peaceably to depart to their habitations, or to their lawful business, upon the pains contained in the act made in the first year of King George, for preventing tumults and riotous assemblies. God save the king." Any persons who failed to obey within one hour were to be arrested.

July 20, 1954 - An agreement was signed in Geneva, Switzerland, ending hostilities between French forces in Vietnam and the People's Army of Vietnam.

July 20, 1969 - A global audience watched on television as Apollo 11 Astronaut Neil Armstrong took his first step onto the moon. As he stepped onto the moon's surface he proclaimed, "That's one small step for man, one giant leap for mankind" - inadvertently omitting an "a" before "man" and slightly changing the meaning.



Birthday - Explorer Edmund Hillary was born in Auckland, New Zealand, July 20, 1919. In 1953, he became first to ascend Mount Everest, the highest mountain in the world at 29,023 ft.

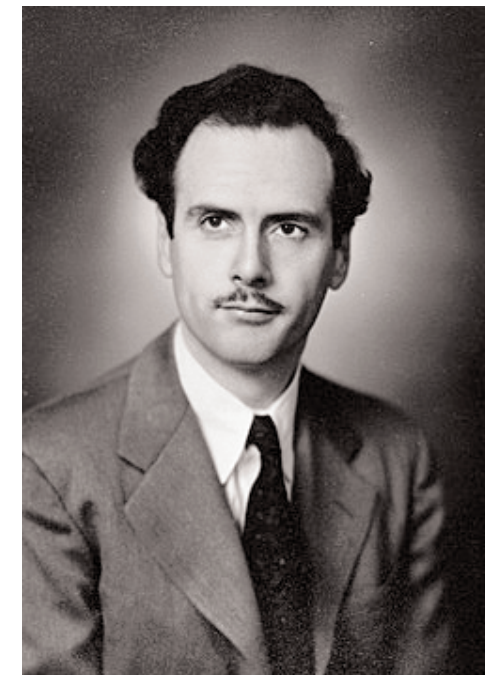
JULY 21

July 21, 1898 - Guam was ceded to the United States by Spain.



Birthday - Ernest Hemingway (1899-

1961) was born in Oak Park, Illinois. His works included; The Sun Also Rises (1926), A Farewell to Arms (1929), For Whom the Bell Tolls (1940) and The Old Man and the Sea (1952). Awarded the Nobel Prize in 1954, he wrote little afterward, became ill and shot himself to death on July 2, 1961.



Birthday - University professor and author Marshall McLuhan (1911-1980) was born in Edmonton, Alberta, Canada. Best known for stating, "The medium is the message," regarding modern mass communication.

JULY 22

July 22, 1934 - Bank robber John Dillinger (1902-1934) was shot and killed by FBI agents as he left Chicago's Biograph Movie Theater after watching the film Manhattan Melodrama starring Clark Gable and Myrna Loy. Dillinger was the first criminal labeled by the FBI as "Public Enemy No. 1." After spending nine years (1924-1933) in prison, Dillinger went on a deadly crime spree, traveling through the states of Indiana, Illinois, Ohio, Wisconsin, Minnesota and Iowa. He was reportedly betrayed by the "Lady in Red."

JULY 23

July 23, 1952 - Egyptian army officers launched a revolution changing Egypt from a monarchy to a republic.

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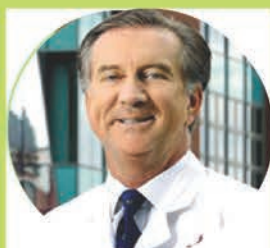
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An Eye Institute in Rajahmundry, Andhra Pradesh combating avoidable blindness in children.

On behalf of all my colleagues of the Wilmer Eye Institute in Baltimore, MD. I send my best wishes and congratulations to our friends in Goutami on this extremely important occasion. This beautifully facility will match the wonderful world class work of your doctors, nurses, and staff in preserving and restoring the vision of so many patients. We in the United States are inspired by your dedication and admire your tireless efforts to serve so many who need your skills and compassion.

Best Wishes, Peter



Peter J McDonnell, MD Director Wilmer Eye Institute, Johns Hopkins



New Goutami Institute to be constructed 2024



In 2018 Prasanth, Sushanth and Nisanth were diagnosed and treated and Prematurity Retinopathy. An illness in premature babies which can cause blindness.

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