{ GURU NANAK SPECIAL EDITION }

20TH YEAR

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TRUMP VOWS TO PUNISH U.S. FIRMS BUILDING DATA CENTERS ABROAD

"WHOEVER WINS SI, WINS. AND YOU WANT TO TAKE ADVANTAGE OF THE DATA CENTERS. MAKE THEM PAY YOU. MAKE THEM PAY YOUR COMMUNITY," MR. TRUMP SAID.



"We're not going to allow companies to build data centers in other countries. If they do that, they can. But we're going to put a tremendous tax on them," Mr. Trump told a news conference in Washington.

NOVEMBER 21, 2026
WASHINGTON, D.C. (TIP)

U.S. President Donald Trump threatened on Friday, November 20, to impose a "tremendous tax" on U.S. companies that build their data centers overseas, signaling a new push to try and cut China off from advanced computing power.

"We're not going to allow companies to build data centers in other countries. If they do that, they can. But we're going to put a tremendous tax on them," Mr. Trump told a news conference in Washington.

"China will take all of them, and we're not allowing that to happen."

On Monday, Washington moved to close a loophole that allowed Chinese firms to rent AI computing power from data centers in Southeast Asia and elsewhere that run on U.S. hardware not available for export to China. The new export controls require data centers anywhere in the world to have a U.S. license to provide large volumes of computing power from advanced

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Nepal PM Balendra Shah to visit India on November 22-23

IN HIS FIRST INDIA VISIT, NEPAL PRIME MINISTER IS EXPECTED TO SIGN SEVERAL MOUS AND INAUGURATE PROJECTS



Nepal Prime Minister Balendra Shah.
File Photo Credit: Reuters

NOVEMBER 20, 2026
NEW DELHI / NEW YORK (TIP)

Nepal Prime Minister Balendra Shah will visit India on November 22-23, the Ministry of External Affairs announced on Friday, November 20, 2026.

Briefing the media in Kathmandu, Nepal's Foreign Secretary Amrit Bahadur Rai said Mr. Shah will be accompanied by a 34-member delegation.

"Bilateral cooperation has witnessed progress across diverse sectors, including trade and commerce, development partnership, energy and water resources, and physical and digital connectivity, with growing engagement in newer areas such as start-ups, technology and innovation, and sports," the Ministry said.

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Nvidia CEO race: Meet the 3 Indian-origin executives in contention to succeed Jensen Huang

PURI BRINGS LONG-STANDING EXPERIENCE AT NVIDIA, ARORA HAS LED PALO ALTO NETWORKS SINCE 2018, WHILE KURIAN HAS HEADED GOOGLE CLOUD SINCE 2019.

NOVEMBER 18, 2026
NEW YORK (TIP)

Nvidia's search for a successor to Jensen Huang has brought three Indian-origin technology leaders into focus: Jay Puri, Nikesh Arora and Thomas Kurian. The three executives bring experience across semiconductor operations, cybersecurity and cloud computing.

Nvidia is considering both internal and external candidates after Huang stepped down on November 12, ending his 33-year association with the chipmaker. Chief Financial Officer Colette Kress has taken over as interim



Jay Puri, Nikesh Arora and Thomas Kurian are among contenders to succeed Jensen Huang

CEO while the board evaluates potential successors.

Among the names being discussed, Puri is an internal contender, while Arora and Kurian are external candidates.

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Indian diaspora marks Guru Nanak Dev Ji's 557th birth anniversary: Serves Langar at New York's Times Square

NOVEMBER 21, 2026
NEW YORK CITY, NY (TIP)

A Langar gathering was organized at New York's iconic Times Square to mark the 557th birth anniversary of Guru Nanak Dev Ji, bringing together volunteers, community members and tourists to serve free meals and spread the message of selfless service, equality and community sharing.

Indian-American hotelier and Padma Bhushan awardee Sant Singh Chatwal, along with 'Let's Share a Meal' coordinator Onkar Singh and a team of volunteers, distributed hot meals to

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Prominent hotelier and Sikh community leader Sant Singh Chatwal and 'Let's Share a Meal' coordinator Onkar Singh led a team of volunteers to serve Langar to visitors and passersby in Times Square in commemoration of the 557th birth anniversary of Shri Guru Nanak Dev Ji, the First Master of the Sikhs

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COMMENT

Guru Nanak and Thanksgiving: Gratitude Finds Its Meaning in Sharing

Prof. Indrajit S Saluja



GURU NANAK TAUGHT US TO SHARE. THANKSGIVING REMINDS US TO BE GRATEFUL. TOGETHER, THEY TEACH US THAT THE FINEST EXPRESSION OF GRATITUDE IS SHARING OUR BLESSINGS.

On November 24, Sikhs will commemorate the birth of Guru Nanak, the founder of their faith. Two days later, Americans will gather for Thanksgiving. These are different occasions, rooted in different histories, yet together they offer a message our divided world urgently needs: be grateful for what you receive, and share what you have.

The message is simple enough for a child to understand. Its practice could transform the world.

Born in 1469 in Talwandi, now Nankana Sahib in Pakistan, Guru Nanak challenged the prejudices of his time. He rejected the notion that caste, wealth, or religious identity made one person inherently superior to another. He proclaimed the oneness of God and the dignity of every human being. The Divine, he taught, is not confined to a particular place or the possession of a particular community.

His vision was spiritual, but never detached from daily life. Remember the Divine. Earn an honest living. Share with others. These principles, often expressed as Naam Japna, Kirat Karni, and Vand Chhakna, join faith to responsibility. Worship without compassion, and piety without integrity, fall short of their purpose.

Guru Nanak's words remain a searching test of our conduct: "Truth is high, but higher still is truthful living." His teaching asks not merely what we believe, but how we treat people whose needs, convictions, and circumstances differ from our own.

That is why the Sikh tradition of langar speaks so powerfully across boundaries. People sit together and receive a meal without distinction of status, caste, or faith. No one must establish importance before being fed. The shared meal declares what speeches about equality sometimes fail to achieve: each person deserves dignity.

Thanksgiving, too, is centered on a shared meal. Families and friends gather to acknowledge the blessings of the year and the people who have sustained them. For many Indian Americans, the occasion carries particular warmth. It is an opportunity to give thanks for the welcome and opportunities found in an adopted homeland, while remembering parents, teachers, neighbors, colleagues, and countless others whose sacrifices helped make a new life possible.

Yet gratitude should not become self-congratulation. No achievement is entirely our own. Behind every success stand people whose names may never appear in a newspaper: workers who keep our communities functioning, caregivers who sacrifice sleep, and strangers whose timely kindness changes another person's course.

Nor should Thanksgiving require us to overlook history. Its familiar narratives coexist with the painful history of Indigenous dispossession. A generous understanding of the holiday makes room for remembrance, honesty, and respect. Gratitude and truth need not compete.

The question is what we do after giving thanks. Do we remember the neighbor who eats alone? The family choosing between groceries and rent? The newcomer struggling to find work? The child who needs encouragement more than another gift?

A Thanksgiving table becomes more meaningful when its circle of concern extends beyond those seated around it.





A Guru Ka Langar at a Gurdwara (left) and a family at a Thanksgiving dinner.

And here is an image from Diwali that captures the possibility before us. A match lights one small lamp. That lamp lights another, and another. Soon a room, a courtyard, or an entire street glows with countless flames.

The first lamp loses none of its light by lighting another.

Is that not the very nature of compassion?

A person who has received kindness may extend it to someone else. One generous act may inspire another. Someone who was helped through hardship may recognize that same hardship in a stranger and respond. The light travels farther than the hands that first kindled it.

We cannot all relieve the suffering of the world at once. But each of us can brighten one person's world. And that person can brighten another's.

Let us be lamps that light other lamps.

The analogy should not conceal a difficult truth. Compassion does not spread automatically. It requires decisions, sometimes inconvenient ones: to give time when we are busy, to listen when we disagree, to help when there is no reward, and to defend another person's dignity when doing so demands courage.

It also requires us to see beyond the boundaries we inherit. Guru Nanak's message of one Creator challenges the arrogance of claiming that human worth depends on birth or belief. Thanksgiving, at its best, asks Americans of many origins to recognize their dependence on one another.

Neither occasion erases differences. We need not share the same religion, history, or political views to share responsibility for the vulnerable. In fact, our willingness to care across differences may be the clearest measure of our humanity.

In a world marked by war, displacement, suspicion, and loneliness, this responsibility cannot be dismissed as sentimental. A hungry person needs food. A frightened family needs safety. A society divided by hostility needs people willing to speak with respect and act with fairness. Institutions have indispensable duties, but individual conscience matters too.

Compassion must also extend beyond immediate charity. It should inspire us to question the circumstances that leave people hungry, homeless, excluded, or afraid. Feeding a hungry person is an act of kindness; working toward a society in which fewer people go hungry is an expression of the same compassion.

As America observes Thanksgiving in its 250th year of independence, gratitude should also prompt a question about the nation's promise. Have we made liberty and opportunity more accessible? Have we honored those whose work sustains our prosperity? Have we treated newcomers and long-established neighbors alike as human beings deserving respect?

The same questions can be asked of every community. Celebrating Guru Nanak is not merely remembering a great teacher. It is testing whether his teachings live in our actions.

This November, let us carry something from the gurdwara to the Thanksgiving table, and from the table into the days that follow: the conviction that blessings are not diminished when shared.

Let us thank those who have helped us, feed someone who is hungry, visit someone who is lonely, and offer a hand without first asking whether the person belongs to our community.

The world will not be transformed by a single feast, a single sermon, or a single act of charity. But neither is compassion powerless because it begins small.

One lamp lights another. One heart touches another. And the circle of light grows.

Two traditions. One message. Humanity above all.

HAPPY GURU NANAK BIRTH ANNIVERSARY & HAPPY THANKSGIVING

An Affectionate Farewell to a Much-Loved Diplomat

BY PROF. INDRAJIT S. SALUJA



As Ambassador Binaya Srikanta Pradhan prepares to conclude his tenure as India's Consul General in New York, the Indian American community bids farewell to a diplomat whose professional accomplishments, accessibility and warmth have earned him an enduring place in its affections.

There are diplomats who are remembered for the offices they occupied, the dignitaries they received and the official engagements they conducted. And there are diplomats who are remembered for the friendships they cultivated, the confidence they inspired and the lives they touched.

Ambassador Binaya Srikanta Pradhan, India's Consul General in New York, belongs to the latter category.

As he prepares to relinquish charge at the end of November 2026, after nearly three years of distinguished service, the Indian American community is finding it difficult to say goodbye.

Indeed, the Ambassador has a rather unusual problem on his hands. Community organizations are vying with one another to host farewell receptions. Friends and admirers are eager to express their gratitude and affection. Invitations are pouring in, but his remaining days in New York are few.

He would probably need another month to accommodate everyone wishing to bid him farewell, including me.

It is a delightful predicament, and perhaps the most eloquent testimony to the affection he has earned.

A PROMISE MADE, A PROMISE HONORED

Ambassador Pradhan assumed charge as India's Consul General in New York in January 2024, succeeding Ambassador Randhir Kumar Jaiswal.

I had the privilege of interviewing him shortly after he assumed office.



The Indian Panorama Editor Prof. Indrajit Saluja interviewing Ambassador Binaya Srikanta Pradhan in August 2025.

He spoke with enthusiasm about strengthening India-US relations, expanding economic and commercial cooperation, engaging with American institutions and making the Consulate more responsive to the Indian American community.

One observation particularly impressed me. He described the Consulate as an extension of the Government of India whose responsibility was to serve the people.

It was a simple statement, but one that expressed an important philosophy of public service.

A diplomatic mission is not merely an institution that issues passports, visas and official documents. It is also a bridge between governments and peoples, a source of reassurance to citizens abroad and an instrument for cultivating international goodwill.

Nearly three years later, I believe Ambassador Pradhan has substantially fulfilled the promise he made at the beginning of his assignment.

He has demonstrated that efficiency and empathy are not competing qualities in public administration. They can, and should, reinforce each other.

MAKING CONSULAR SERVICES MORE ACCESSIBLE

Among his most significant achievements has been the effort to improve the delivery of consular services.

Anyone familiar with the difficulties occasionally experienced by applicants seeking passports, Overseas Citizen of India cards, visas or other documents will appreciate the importance of simplified procedures, convenient access and responsive assistance.

In August 2025, the Consulate introduced expanded services through satellite centers in Boston, Edison, New Jersey, and Columbus, Ohio.

These centers were equipped to handle a broad range of consular requirements, including miscellaneous services previously requiring visits to the Consulate in New York.

A standardized service charge, assistance with applications, facilities for photographs and photocopies, and Saturday operating hours were among the measures designed to reduce inconvenience.

For working families, elderly applicants and residents living considerable distances from Manhattan, these were meaningful improvements.

Ambassador Pradhan also encouraged greater community outreach through consular camps and interactions with organizations representing different sections of the diaspora.

In our conversations, he repeatedly emphasized the importance of reducing complaints and making the Consulate more approachable. His approach reflected an understanding that people seeking official assistance should not feel intimidated by the institution meant to serve them. The effectiveness of any public office must ultimately be judged not merely by the rules it administers but by the experience of those who depend upon its services.

By that measure, Ambassador Pradhan has made a commendable contribution.

PARTICULAR CONCERN FOR STUDENTS AND WOMEN

Two sections of the community received his special attention: Indian students and women facing difficult circumstances.

The Consulate's jurisdiction includes some of America's leading universities and a large population of Indian students.

Ambassador Pradhan recognized that students arriving in a foreign country must navigate unfamiliar laws, cultural practices, academic pressures and sometimes financial difficulties. He made university outreach an important part of his work.

During our August 2025 interview, he disclosed that he had personally visited approximately 30 universities, interacting with students and encouraging them to remain connected with the Consulate.

He emphasized guidance on safety, immigration regulations and adjustment to American society.

Equally noteworthy was his concern for women experiencing domestic difficulties, legal disputes, bereavement or financial hardship. He spoke of providing access to legal assistance, counseling and community organizations capable of offering support.

Such interventions seldom attract headlines. Yet to an individual confronting a personal crisis, a sympathetic official willing to listen can make an enormous difference.

A diplomat's humanity is often revealed most clearly not at ceremonial gatherings but in the quiet assistance extended to someone in distress.

STRENGTHENING INDIA-US RELATIONS BEYOND OFFICIAL CHANNELS

Ambassador Pradhan's accomplishments were not confined to consular administration.

He devoted considerable attention to building relationships with mainstream American society, particularly elected representatives, academic institutions, business organizations and cultural groups. He understood that the relationship between India and the United States must extend beyond the interactions of governments. Its enduring strength lies in cooperation among businesses, universities, professionals, cultural institutions and ordinary citizens.

His engagement with American political leaders, universities and business communities helped promote a wider understanding of India's growing economic and technological capabilities.

He encouraged commercial exchanges and welcomed opportunities for cooperation in trade, investment, education and innovation.

He also appreciated the important role of Indian Americans in strengthening bilateral relations. The community, in his view, was not merely a population requiring consular assistance. It was an invaluable partner in India's engagement with the United States.

CULTURAL DIPLOMACY FORMED ANOTHER IMPORTANT DIMENSION OF HIS WORK.

Through celebrations of Indian festivals, yoga programs, literary gatherings and cultural exchanges, the Consulate encouraged greater appreciation of India's heritage among Americans of different backgrounds.

Ambassador Pradhan understood that diplomacy is conducted not only across negotiating tables but also through friendships, shared experiences and mutual respect.

A DISTINGUISHED CAREER, WORN LIGHTLY

Ambassador Pradhan brought considerable diplomatic experience to New York.

A member of the 2002 batch of the Indian Foreign Service, he served in Indian diplomatic missions in Russia, Turkmenistan and Pakistan. At the Ministry of External Affairs in New Delhi, he handled India's relations with Afghanistan and Iran during 2012-2014. From 2014 to 2019, he served as Chief of Staff to India's Minister of Petroleum and Natural Gas, gaining valuable experience in economic and energy diplomacy. He subsequently served as Deputy Chief of Mission at the Indian Embassy in Moscow.

Before assuming his New York assignment, he was India's High Commissioner to Tanzania and Permanent Representative to the East African Community. During his tenure in Tanzania, relations between India and Tanzania were elevated to a strategic partnership, and IIT Madras established its first overseas campus in Zanzibar.

Such experience equipped him with a broad understanding of international affairs and the practical demands of diplomacy.

Yet what has impressed me most is that he has

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never allowed the importance of his office to overshadow the simplicity of his personality. He is dignified without being distant, courteous without being ceremonious, and approachable without compromising the responsibilities of his position. He meets people with a reassuring smile and an evident willingness to listen. Whether interacting with a distinguished public official, a business leader, a student or an ordinary member of the community, he makes the other person feel welcome. That is a rare and valuable quality.

Diplomats are sometimes imagined as inhabitants of an exclusive world of protocol and privilege. Ambassador Pradhan has demonstrated that the dignity of diplomatic office is enhanced, not diminished, by accessibility.

Comparisons are often unfair, and every diplomat serves under different circumstances. Nevertheless, I believe Ambassador Pradhan has built upon the achievements of his predecessors and raised expectations of what a responsive and community-oriented Consulate can accomplish.

He has set a standard worthy of emulation.

MONALISA PRADHAN: GRACE, WARMTH AND A FRIENDSHIP BEYOND PROTOCOL

No tribute to Ambassador Pradhan would be complete without an affectionate acknowledgment of his wife, Mrs. Monalisa Shuvadarshini Pradhan, a gracious and admirable person who has endeared herself to the community through her warmth, humility and affectionate nature.

It would be unfair to regard her merely as the wife of a distinguished diplomat. She possesses qualities that deserve appreciation in their own right.

Like her husband, she has a natural ability to put people at ease. There is no trace of pretension in her manner, no insistence upon protocol, and no distance created by the importance of the office her husband holds.

She meets people with a genuine smile, converses with warmth and participates in community gatherings with an ease that makes everyone feel welcome.

I have had the pleasure of meeting Mrs. Pradhan on several occasions, and I have always been impressed by her gentleness, simplicity and affectionate disposition.

One occasion that remains particularly memorable was The Indian Panorama's Holi-Hola celebration on Long Island in April 2025.



Ambassador Pradhan being greeted by the organizers at The Indian Panorama Holi /Hola celebrations, March 2024.



Mrs. Monalisa Shuvadarshini Pradhan being greeted with Holi colors, as Ambassador Pradhan appears watches her in amusement.



Lighter moments with Ragini Srivastava, Town Clerk, Town of North Hempstead and HP Singh at the Holi / Hola in March,2024

Ambassador Pradhan and Mrs. Pradhan joined members of the community in celebrating the festival, not as distant dignitaries observing a formal program, but as friends sharing the joy of a familiar Indian tradition.

It was a delightful gathering, filled with the festive spirit of Holi, cheerful conversations, laughter and the easy companionship that such celebrations inspire.

Mrs. Pradhan entered into the spirit of the occasion with genuine enthusiasm. She enjoyed the festivities, mingled freely with the guests and shared in the fun and laughter of the community.

It was a pleasure to see the Ambassador and his wife enjoying themselves in an atmosphere where the usual distinctions between hosts, guests and dignitaries seemed to disappear.

Such moments reveal more about people than formal introductions or ceremonial speeches ever can.

The warmth with which Mrs. Pradhan interacted with everyone left a lasting impression. She was not simply accompanying her husband; she was participating in the celebration as a friend among friends.

I remember the occasion with particular affection because it reflected something that I have come to appreciate about both Ambassador Pradhan and his wife.

Their humility is not a cultivated public manner. It appears to be an expression of who they are.

If Ambassador Pradhan has earned the community's admiration through his accessibility, courtesy and readiness to help, Mrs. Pradhan has won affection through her own kindness, graciousness and genuine interest in people. In warmth and gentleness, she is certainly no less remarkable than her husband. Together, they have demonstrated that the dignity of diplomatic life need not create distance from the people. On the contrary, it can provide opportunities to cultivate meaningful and enduring friendships.

The Ambassador and Mrs. Pradhan are also the proud parents of two daughters, Dibyanshi and Diya.

A diplomatic career is demanding not only for the officer but also for the family. Every new assignment involves adjustments, unfamiliar surroundings, new relationships and the inevitable prospect of another departure. Just when friendships have deepened and a place has begun to feel like home, the demands of service may require the family to move again.

The diplomat receives the official recognition, but the family shares the sacrifices, uncertainties and emotional experiences of a life spent moving between countries.

May the years ahead bring the entire family good health, happiness, fulfillment and the satisfaction of knowing that their time in New York has left behind a wealth of affection and goodwill.

THE SWEET DIFFICULTY OF SAYING GOODBYE

And now comes the difficult business of farewell.

Just as Diwali celebrations sometimes seem to extend across an entire month, Ambassador Pradhan's farewell season threatens to become an equally prolonged celebration.

Community organizations are arranging receptions, friends are planning gatherings, and individuals who have developed close relationships with him are seeking opportunities to express their appreciation.

But the Ambassador has official responsibilities to conclude, arrangements to make and a departure to prepare for. There are simply not enough evenings on his calendar.

The farewell receptions are continuing, and The Indian Panorama will shortly publish a fuller account of these expressions of affection.

For the present, however, I wish to say something more personal.

I have known Ambassador Pradhan not merely as India's Consul General but as a dear friend. I shall remember our conversations, his graciousness, his sense of responsibility and his unfailing courtesy.

There is naturally a touch of nostalgia in bidding farewell to friends whose company one has come to value.

But departures are part of diplomatic life, and genuine friendships need not end when official assignments do.

Ambassador Pradhan and his family will leave New York, but the goodwill they have earned will remain. The friendships Ambassador Pradhan and his family have cultivated will remain their personal legacy. And perhaps that is the finest tribute one can pay to a departing diplomat and his family.

A successful diplomat strengthens relations between nations. A beloved diplomat also builds relationships between hearts. Ambassador Pradhan has done both, and Mrs. Pradhan, through her warmth and graciousness, has added her own contribution to the friendships that have made their years in New York memorable.



Ambassador Binaya Srikanta Pradhan and Prof. Indrajit Saluja at the Consulate in November 2026

To Ambassador Pradhan, to Mrs. Monalisa Shuvadarshini Pradhan, and to their daughters, Dibyanshi and Diya, I extend my heartfelt gratitude, affectionate good wishes and every blessing for the journey ahead.

May the family carry with them happy memories of New York, just as we shall cherish the memories of their time among us.

Dear Ambassador Pradhan and Mrs. Pradhan, you came to New York as representatives of India. You leave as cherished friends of the community.

Your assignment is ending. Our friendship is not.

Au revoir, dear friends. Until we meet again.

RANA Celebrates 27th Deepmahotsav in New York; Honors Journalists and Announces Major Jaipur Foot Camp

MORE THAN 400 GUESTS ATTEND THE CELEBRATION; INAUGURAL MEDIA EXCELLENCE AWARDS HONOR DAINIK BHASKAR FOUNDER RAMESH CHANDRA AGARWAL'S LEGACY OF COURAGEOUS JOURNALISM



Chief Guest, Ambassador Binaya Srikanta Pradhan, Consul General of India in New York, RANA President Prem Bhandari, and Consul General of India in Toronto, Mahaveer Singhvi are joined by RANA officials and guests.

PROF. I.S. SALUJA
NOVEMBER 16, 2026
NEW YORK (TIP)

The Rajasthan Association of North America (RANA), on November 15, 2026 celebrated its 27th Deepmahotsav at Crest Hollow Country Club in New York, bringing together more than 400 guests, including diplomats, public officials, medical professionals, business leaders, journalists and members of the Indian American community.

The celebration combined the festive spirit of Diwali with recognition of journalistic excellence, announcements of humanitarian initiatives, and a renewed commitment to education, public health and community welfare.

Among the evening's major highlights were the presentation of the inaugural Late Shri Ramesh Chandra Agarwal Bold & Honest Media Excellence Awards, instituted in memory of the founder of the Dainik Bhaskar Group, and the announcement of a major Jaipur Foot artificial limb fitment camp planned for Bengaluru early next year.





Chief Guest, Ambassador Binaya Srikanta Pradhan, Consul General of India in New York, who relinquishes office towards the end of November, expressed his gratitude to New Yorkers for their cooperation and affection, even as he praised the RANA leadership for the great work they were doing. He was presented a bouquet by Dr. Rekha Bhandari, First Lady of RANA.

India's Consul General in New York, Ambassador Binaya Srikanta Pradhan, attended as Chief Guest.



Consul General of India in Toronto, Mahaveer Singhvi, who belongs to Rajasthan, graced the occasion on a personal invitation from Prem Bhandari

Other distinguished guests included India's Consul General in Toronto, Mahaveer Singhvi; Nepal's Consul General in New York, Dadhi Ram Bhandari; former Director General of Rajasthan's Anti-Corruption Bureau and Jaipur's first Police Commissioner, B. L. Soni; Indian Foreign Service officer Surender Adhana; newly elected Vermont Senator Nikhil Goyal; Dr. Rohit Dandiya, father of newly elected Florida Congresswoman Pia Dandiya; Dilip Chauhan, Deputy Commissioner in the New York City Mayor's Office; and community leader Arthur Kapoor.

A CELEBRATION OF CULTURE AND COMMUNITY



Deepmahotsav Chair Dr. Narinder Kukar welcomed the gathering and expressed appreciation for the continued support of RANA's members, patrons and community partners.

Deepmahotsav Chair Dr. Narinder Kukar welcomed the gathering and expressed appreciation for the continued support of RANA's members, patrons and community partners.

Colorful dance performances by Rajasthani women brought the music, traditions and cultural heritage of Rajasthan to the celebration, adding warmth and festive enthusiasm to the evening.

RANA also recognized Rajiv Daga, Dr. Luky Jain, Dr. Manju Surana and Raj Kumar Daddha for their contributions.





A view of the gathering

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The gathering reflected RANA's continuing efforts to preserve Rajasthan's cultural identity while encouraging community participation in humanitarian and social welfare initiatives in India and North America.

MEDIA EXCELLENCE AWARDS HONOR A LEGACY OF INDEPENDENT JOURNALISM

A significant milestone in the association's 27-year history was the introduction of the Late Shri Ramesh Chandra Agarwal Bold & Honest Media Excellence Awards.

Instituted in memory of the founder of the Dainik Bhaskar Group, the awards seek to recognize journalism characterized by professional integrity, independence and a commitment to matters of public interest.

L. P. Pant, National Editor of Dainik Bhaskar, received the award for print journalism, while Kiran Rajpurohit, Rajasthan State Head of Bhaskar Digital, was recognized for digital journalism.

Florida-based RANA patron Dr. Raj Bansal and Dr. Rekha Bhandari accepted the award on behalf of Pant. Internationally renowned interventional cardiologist and RANA patron Dr. Samin Sharma, together with RANA Board member Chandra Sukhwal, accepted the award on behalf of Rajpurohit.



Prem Bhandari giving his presidential address

In his presidential address, RANA President Prem Bhandari paid tribute to Ramesh Chandra Agarwal's commitment to fearless and independent journalism.

Recalling Dainik Bhaskar's coverage of the Bhopal gas tragedy and other issues of public concern, Bhandari praised Agarwal's determination to uphold editorial independence in the face of pressure. He said the newspaper organization continued to carry forward that legacy.

Bhandari also drew attention to the challenges confronting Indian diaspora publications.

He appealed to newspapers serving overseas Indian communities to devote greater attention to the concerns of Indians living abroad, including issues affecting their rights, welfare and relationship with their country of origin. He called upon Prof. Saluja, Publisher-Editor of The Indian Panorama and Sunil Hali, publisher of The Indian Eye, in particular, to fearlessly champion the causes of the community.

At the same time, he urged financially established members of the diaspora to support community journalism so that these publications could remain viable, independent and effective advocates for the people they serve.

His remarks underscored the importance of a free and responsible press as an essential link between the diaspora, its institutions and the wider society.

MAJOR JAIPUR FOOT CAMP ANNOUNCED FOR BENGALURU

Turning to RANA's humanitarian commitments, Bhandari announced plans for a major Jaipur Foot artificial limb fitment camp at S-VYASA in Bengaluru early next year.

The proposed camp, to be organized after receipt of the list of beneficiaries, will commemorate the birth centenary of Shri H. V. Sheshadri.

According to Bhandari, the initiative aims to provide Jaipur Foot prosthetic limbs, completely free of charge, to more than 1,000 persons with disabilities.

He said the objective was not merely to provide artificial limbs but to help beneficiaries regain mobility, independence, confidence and dignity.

Bhandari had recently returned from a three-day visit to India, where he attended the Golden Jubilee celebrations at S-VYASA and the birth centenary commemorations of Shri H. V. Sheshadri.

He participated as a distinguished guest at the invitation of internationally renowned yoga teacher Dr. H. R. Nagendra, President of the S-VYASA University Society.

During the visit, Bhandari said, he had a brief interaction with Prime Minister Narendra Modi, during which he discussed the international humanitarian activities associated with Jaipur Foot USA and Bhagwan Mahaveer Viklang Sahayata Samiti (BMVSS).

He recalled the Prime Minister's inauguration of a Jaipur Foot USA-BMVSS camp at Mhow, near Indore, in 2016, organized to commemorate the 125th birth anniversary of Dr. B. R. Ambedkar.

Bhandari also referred to the establishment of a permanent artificial limb fitment center in Trinidad and Tobago.

He said he had announced the initiative the previous year during a welcome reception for Trinidad and Tobago Prime Minister Kamla Persad-Bissessar.

The commitment, he explained, became a reality this year through collaboration between Jaipur Foot USA and the Government of Trinidad and Tobago, with technical support from BMVSS under the guidance of its founder, Padma Bhushan D. R. Mehta.









Awards Presentation

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Awards Presentation

According to Bhandari, Prime Minister Persad-Bissessar inaugurated the center in the presence of India's External Affairs Minister, Dr. S. Jaishankar.

Bhandari said he informed Prime Minister Modi of the development during their recent interaction. The Prime Minister, he recalled, responded that he had already read about the initiative in a letter Bhandari had addressed to him.

Praising Modi's concern for persons with disabilities, Bhandari credited the Prime Minister's encouragement with strengthening cooperation between BMVSS and India's Ministry of External Affairs.

He said that, with support from the Ministry, BMVSS had conducted 36 international artificial limb fitment camps across Africa, Latin America and Asia.

"Prime Minister Modi is a firm believer in 'Vasudhaiva Kutumbakam'-the world is one family," Bhandari said, describing the humanitarian programs as a practical expression of that philosophy.

INDIAN CONSULATE'S COMMUNITY SERVICES APPRECIATED

Bhandari expressed appreciation for the Consulate General of India in New York, particularly Ambassador Pradhan's accessibility and commitment to assisting members of the Indian community.

He praised the Consulate's year-round engagement with the diaspora and highlighted efforts to simplify procedures under the Indian Community Welfare Fund for the repatriation of mortal remains.

Such assistance, he observed, is especially important to families facing bereavement and the difficulties associated with arranging transportation of a loved one's remains to India.

The gathering gave Ambassador Pradhan a standing ovation in recognition of his service to the community.

Consul General Mahaveer Singhvi, who hails from Rajasthan and currently serves in Toronto, also received a warm welcome.

EDUCATION, PUBLIC HEALTH AND COMMUNITY WELFARE REMAIN PRIORITIES

Reviewing RANA's recent activities, Bhandari highlighted the association's participation in the International Day of Yoga celebrations at Times Square, a meditation session at the Indian Consulate and a health and wellness retreat at YO1, where Dr. H. R. Nagendra was Chief Guest.

He thanked Jaipur Foot USA and BRUHUD NY Seniors for their partnership and acknowledged the cooperation of the Indian Consulate in organizing the Times Square yoga program and meditation session.

Bhandari reaffirmed RANA's commitment to improving opportunities for Rajasthan's nomadic and semi-nomadic communities, particularly through children's education.

"I want to see these children become civil servants, engineers and doctors," he said.

He expressed his determination to support their educational expenses through the Chandra and K. K. Mehta Family Foundation.

His remarks placed particular emphasis on education as a means of enabling children from historically disadvantaged communities to pursue professional careers and greater economic independence.

Bhandari also reiterated RANA's commitment to the "Clean Rajasthan, Healthy Rajasthan" initiative, led by Florida-based RANA patron Dr. Raj Bansal, with support from Dr. Samin Sharma and Dr. Rohit Dandiya.

He emphasized that improvements in cleanliness, sanitation and public health require sustained participation by local communities, volunteers and supporting organizations.

CELEBRATING HERITAGE THROUGH SERVICE



Rajasthan's Folk-dance enchanted the gathering

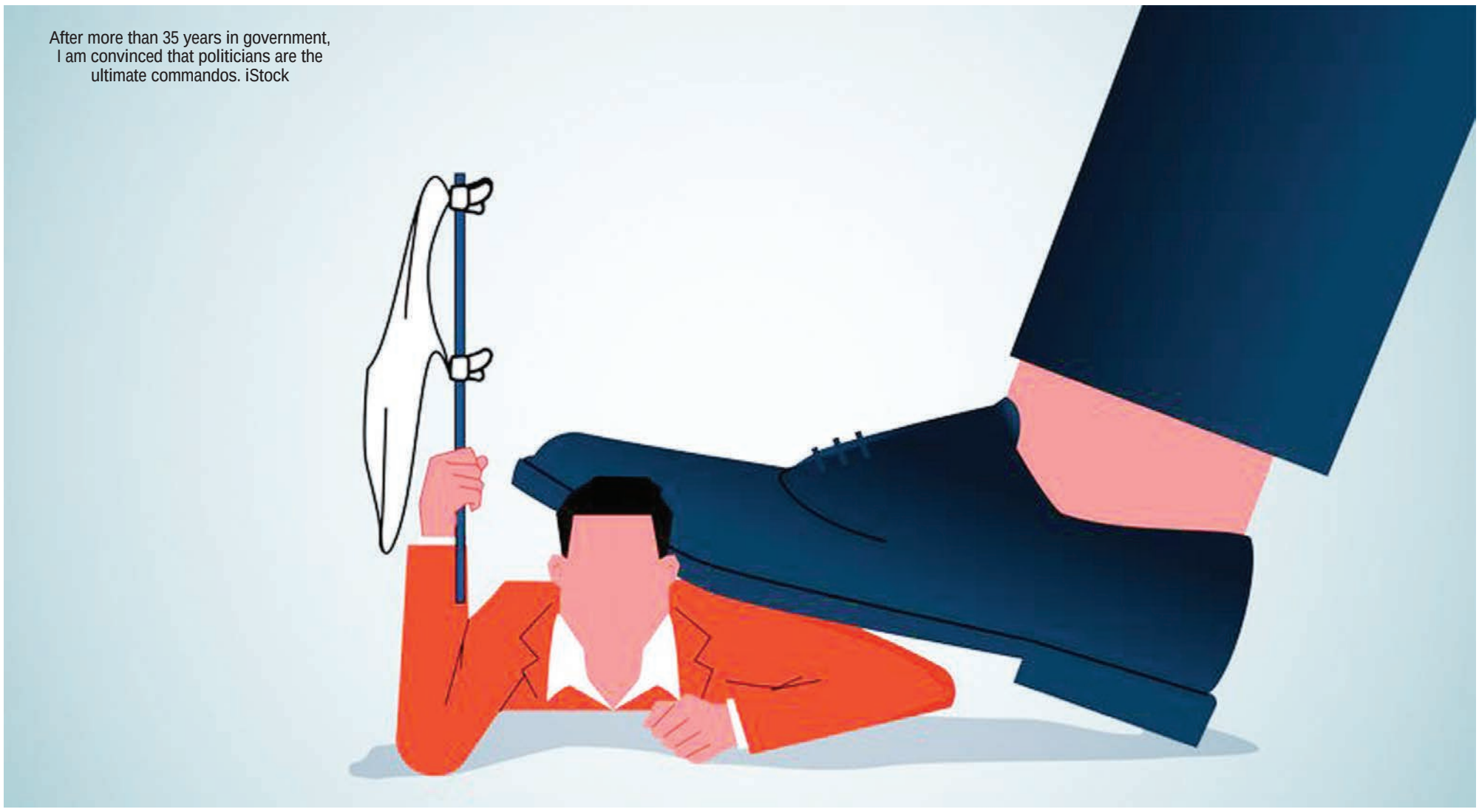
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The INDIAN PANORAMA
EVER TRUTHFUL
FRIDAY NOVEMBER 20, 2026
20TH YEAR

Bureaucrats, faujis and politicians: Never ever underestimate a politician or try to outsmart him

By Avay Shukla





After more than 35 years in government, I am convinced that politicians are the ultimate commandos. iStock

It is a general assumption that bureaucrats lead dull and boring lives, flitting from one file to another like a bottle fly, jumping from one posting to another like a grass-hopper, chanting hosannas to the presiding political deity, and finally retiring with a fat pension and an enlarged prostate. This is not true, barring of course the pension and the prostate.

We lead pretty exciting lives, what with scams, wolfing down peanuts at international conferences, honey traps, back-stabbing colleagues and devising ingenious ways to secure post-retirement sinecures. What is regarded as a shortcoming in government functioning - frequent transfers - is actually the source of the greatest excitement, as with every move we come into contact with a whole host of new characters and encounter new situations.

The armed forces and the IAS share an enigmatic and equivocal relationship. They grudge the IAS its hold on power, status and higher pay-scales. The IAS is envious of the Army's cheap liquor and the fact that they can play golf and call it outdoor training. But let's admit it - we in the IAS do lack the old-world courtesies that are ingrained into most Army officers, and their gallant approach towards ladies. Army officers, for example, don't have "affairs" with colleagues' wives; they "steal their affections". Such Kipling-esque notions of gallantry make them look down upon the IAS in terms of social accomplishments.

Now, Shimla is one town where the Army and the IAS cannot help rubbing shoulders, whether it be on the Mall, or in the Amateur Dramatic Club (ADC), which is a misnomer since its pivot is not the theatre but the bar, or at the Annandale Golf Club which belongs to the Army and where IAS golfers are ranked just below the caddies in protocol, or in Bishop Cotton School (BCS), where both IAS and Army wives teach in between their kitty party engagements. And so it was that my wife Neerja, who taught in BCS for many years, became very friendly with the wife of a Colonel (let's call her Asha).

By extension, the Colonel and I also became good friends - we played golf together, went out for picnics and even forgot about the contentious one-rank-one-pension divide. We became like one extended family, or so I thought.

The Colonel and Asha had a beautiful tan Labrador bitch named Biscuit and they were looking to mate her. I was the equally proud owner of a magnificent Golden Retriever named Brutus who had also come of age to sow his wild oats. An alliance was obvious and Neerja and I decided to broach the subject, though it's usually the girl's side that is supposed to initiate the negotiations.

"Asha," I remarked one evening when we were sitting around having a drink at the Headmaster's lodge, "why don't we mate Biscuit with Brutus? They'd have beautiful puppies." Asha dropped her glass, followed by silence. The Colonel quietly left the room for a tactical toilet break. Asha looked at me in the manner of a Major General transfixing a Havildar, and declared in a parade-ground tone: "But that's impossible! Biscuit is an Army dog, how could we possibly mate her with a civilian dog?"

We're still great friends but as a matter of prudent policy, we've decided to let sleeping dogs lie. Brutus, of course, died a celibate in the style of one of those BAPS monks at the Eiffel Tower.

After more than 35 years in government, I am convinced that politicians are the ultimate commandos. They can outsmart bureaucrats any time, notwithstanding 'Yes Minister'. I discovered this the hard way. In the late '80s. I was posted as the Managing Director of the Himachal Road Transport Corporation (HRTC). My Minister (he is not with us anymore, unfortunately) was a polished legislator with more than 40 years' experience of the bull ring. He really was a gem of a man and exhibited none of the hypocrisies which are second nature to Indian politicians. He could (and did) drink bus drivers under the dashboard, loved music and poetry, was a mesmerizing raconteur, and had more than a roving eye (and hands) for pretty women. We got along famously till I dismissed 10 drivers for drunken driving. Most of them were from the Minister's constituency and therefore I was verbally ordered to reinstate them.

Having some Mangal Pandey blood in my veins (so I'm told), I refused. The Minister then asked the drivers to file appeals against my dismissal orders with him (he was the chairman of the HRTC Board), and in that capacity accepted the appeals and ordered their reinstatement. I told him that his orders were invalid since appeals lay before the full Board and not the chairman. He invited me to his office, offered me tea and biscuits, and politely asked me to bring the matter to the Board. I advised him against this, stating that I would have to explain in detail the reasons for each dismissal (all the dismissed drivers were serial offenders), and would give my firm recommendation that retaining the drivers would be endangering the lives of passengers in future.

He looked at me, and asked me in a quiet tone: "Why don't you just accept my original order on their appeals and reinstate them?" "The Rules don't permit you to admit an appeal against my orders," I replied. "Which Rules?" "The bye-laws of the Corporation, sir," I said. "Ok, in that case, I'll just change the bye-laws." "Only the Finance Department and the Cabinet can do that."

The Minister took a long and thoughtful sip of tea. "So I can't change the bye-laws?" he asked softly. "No sir," I replied, thinking I finally had him checkmated. "But I can change the Managing Director, can't I?" he asked, slowly walking over to his desk and picking up the phone.

I was shifted to the Animal Husbandry Department the next day, just hours before the drivers were reinstated by my successor, a police officer who was more savvy in the matter of encounters with politicians. The Minister and I continued to remain good friends, but he had taught me an important lesson - never ever under-estimate a politician or try to outsmart him.

(Avay Shukla is a retired IAS officer)

Lessons from the Shenzhen trilateral

By Jyoti Malhotra



Prime Minister Narendra Modi returned home from the Quad and ASEAN meetings in Manila a couple of days ago to find the heir to the British throne, William, and his wife, Kate, waiting for him in Delhi. At least they were harmless - meaning, a photo op with them didn't do anyone any harm.

The problem, as no one knows better than the PM, lies elsewhere - both within and without. Outside, India is managing fairly well, even if a certain schizophrenia prevails in the conduct of parts of its foreign policy, for example in the purchase and sale of US-sanctioned Russian oil. India has done well here, by using the rupee-rouble Vostro account to buy the oil, refine it - so that it is now described as an Indian export - and sell it onwards, including to European refineries.

Notwithstanding the occasional allegation of "ghost fleets" - where whole ships carrying thousands of barrels have simply gone missing - the fact is that the Modi government has paid for some Russian (and Iranian cargos) in Chinese yuan, via the ICICI Bank in Shanghai, especially set up for the purpose.

Think of it. India is paying for Russian oil in both rupees and yuan, rather than in dollars, in order to keep its economy afloat. And yet, India's relationship with both Moscow and Beijing continues to be transactional, rather than strategic, because it is nervous about establishing closer ties with Russia and China - the latter keeping India astir, with its constant pinpricks across the Line of Actual Control.

Think, also, why India continues to play on the margins of realpolitik as you watched the Big Three - Vladimir Putin, Xi Jinping and Donald Trump - shake hands on TV in Shenzhen this week. The world's most powerful men set up this trilateral for themselves because they have the capacity to change the world more than anyone else.

Each of these men was bad-mouthing the other only last week. This week, they were walking in step, both equal and unequal. Not one of them allowed ideology to come in the way of their independent pursuit of national interest.

Where does India fit in, you might ask. If Indians are so smart, why isn't India anywhere remotely a big power despite being independent for 79 years?

There are several answers to this question, but none more important than hubris. Indians have begun to believe their own world-beating rhetoric. It took the PM to bring the captains of industry down a peg or two when he returned from Manila, asking why they had not worked hard to make India shine when the government had offered them all kinds of tax breaks. "...lekin aapki bhookh itni hai, kitna hi khilao pet bharta nahin..." (you are so greedy that no matter how much you are fed, your stomach is still not full.)

The PM's caustic comment reminds one of his 2014 slogan that was instrumental in bringing him to power - "Na khaaonga, na khaane doonga." I won't take bribes and I won't let you bribe anyone. Much has changed in the last 12 years. The BJP has become a far stronger party. But Modi is also keenly aware, as Uttar Pradesh and Punjab - and Manipur, Uttarakhand and Goa - go to the polls a few months from now, that the reason for the real dissonance on the streets, which the Cockroach Janta Party has tapped into, is because the benefits of government policy have not flowed down from the corporates to the man on the street.

The PM's attack on the corporates must be seen in this light.

What else did the PM learn from watching Shenzhen, do you think? Perhaps it triggered the articulation of his favorite "Vasudhaiva Kutumbakam", the world-is-one-family phrase, at the opening of SCO's civilizational forum in Delhi on Friday, even as the Pakistani participant, Climate Change Minister Musadik Malik, sat in the audience. Remember that Malik's request to visit the Nizamuddin Dargah, where the tomb of the much-loved 12th-century Sufi saint Hazrat Nizamuddin is located in New Delhi, only a few km from his hotel, has been turned down by the government.



Realpolitik : The world's most powerful men - Putin, Xi and Trump - set up this trilateral for themselves because they have the capacity to change the world more than anyone else. Reuters

"RUSSIA'S GRIT IN THE FACE OF ADVERSITY; CHINA'S DEDICATED CLIMB TO THE TOP, NO MATTER WHAT; AND A BELEAGUERED AMERICA WILLING TO PIVOT AWAY FROM ITS BURDEN, NAMELY ITS WAR WITH IRAN - I WOULD LIKE TO THINK THAT AS PM MODI WATCHED PUTIN, XI AND TRUMP AT SHENZHEN, HE MUST HAVE WONDERED IF THE MORAL OF THE STORY WAS THE FACT THAT ADVERSARIES HAD NO PROBLEM SITTING AROUND THE SAME TABLE.

COULD HE, MODI, ALSO TAKE A LEAF OUT OF SUN TZU'S THE ART OF WAR?"

HOW TO EXPLAIN THIS SCHIZOPHRENIA?

Remember, too, as The Tribune correspondent Shyam Bhatia recently reported from London, RSS chief Mohan Bhagwat told UK think tanks in a closed-door meeting in September that he was in favor of restarting "people-to-people" ties with Pakistan - despite the fact that his own government has shut down all conversation with Punjab's neighbor since Op Sindoor last May.

Naturally, exceptions prevail - in the shape of Pakistani Sikh jathas being allowed to visit Indian Sikh shrines, including Hemkunt Sahib in Uttarakhand, as well as Indian Sikh jathas going to Pakistan; one went last year, and another is expected to travel soon. No prizes for guessing that the exceptions are being made with one eye on the Punjab polls.

And yet, some things, including the hardline on Pakistan, may change, especially if the coming state elections throw up unexpected results. Even if the results are predictable, changes are in the offing - never forget that foreign policy is deeply tied to domestic politics, and if the PM recognizes that India's role as a regional power is being stymied by India's hardline positions, then change is bound to come sooner than later.

That's why the Big Three photo op in Shenzhen this week is so central to an understanding of India's foreign policy. America's decline is China's gain, no doubt; while Russia has clawed back to the center of the magic circle, because it has persisted with the belief that it will continue to fight its righteous war in Ukraine - no matter how abhorrent wars are, and despite the awful fact that it has lost a million men - even though the war is being funded and prolonged by none other than the US.

Russia's grit in the face of adversity; China's dedicated climb to the top, no matter what; and a beleaguered America willing to pivot away from its burden, namely its war with Iran - I would like to think that as PM Modi watched Putin, Xi and Trump at Shenzhen, he must have wondered if the moral of the story was the fact that adversaries had no problem sitting around the same table.

Could he, Modi, also take a leaf out of Sun Tzu's The Art of War?

(Jyoti Malhotra is Editor-in-Chief of The Tribune group of newspapers)

The INDIAN PANORAMA
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China goes the US way by weaponizing trade

Middle powers and developing economies are in a particularly uncomfortable position

By Brahma Chellaney





U.S. President Trump and China's President Xi Jinping

"Middle powers and developing economies are in a particularly uncomfortable position. Not only are they vulnerable to economic coercion by the US and China; they risk becoming collateral damage in negotiations between the two superpowers. The US and China might escalate their geoeconomic competition, only to agree to temporary suspensions, exemptions, or truces to stabilize their relationship. These arrangements might abruptly alter smaller economies' access to critical inputs or expose their companies to conflicting obligations, yet their governments will have little say in the outcome."

For years, the US has been using export controls to limit China's access to advanced technologies. China has repeatedly denounced these measures as "blatant" attempts by the US to strengthen its own "technological hegemony," arguing that the entire strategy runs "contrary to the principles of market economy." At the same time, however, China has been steadily building its capacity to retaliate.

China has long used punitive trade measures as a political weapon. But in recent years, it has been laying the groundwork for more comprehensive economic statecraft, largely in response to US pressure. In 2019, for example, China created its Unreliable Entities List as a direct response to Huawei's placement on America's Entity List.

The following year, China passed its Export Control Law, which consolidated a fragmented export-control regime in a single framework. In 2021, China issued "blocking rules," aimed at shielding Chinese entities from extraterritorial application of foreign laws and sanctions. China has also strengthened its ability to wage trade wars, expanded its dual-use export controls, and created a unified licensing system, which requires transaction-specific approvals, detailed technical disclosures and end-user verification.

Over the last year, however, China has taken this effort to a new level. Two regulations announced by the State Council in April institutionalized a shift from ad hoc measures to a comprehensive legal framework for countering sanctions, foreign interference, and "long-arm jurisdiction." Decree 834 established a regime for protecting industrial and supply-chain security and Decree 835 created a statutory basis for responding to "improper extraterritorial jurisdiction of foreign states."

Now, the Ministry of Commerce has widened the Chinese export-control regime's scope beyond military and dual-use domains. The new controls, announced last month, cover AI, tunnel-boring and excavation machinery, specialized maritime and dredging equipment, photovoltaic manufacturing technologies, advanced drones and navigation systems, and biotechnology, including cell and gene therapies and genetic-modification processes. Virtually any industrial capability that gives China a competitive advantage is being recast as a national-security asset and subjected to export curbs.

This expansive export-control system is in key respects modeled on that of the US. Just as the US uses its huge market and technological leadership for geopolitical ends, China is leveraging its dominance in critical minerals, industrial inputs, and specialized capital goods. But there is an important difference: China's unique position in the global economy enables it to exploit other countries' vulnerabilities in ways that the US cannot.

China's near-monopoly on rare-earth processing and refining, along with its dominance in other critical minerals, is a case in point: it gives the country powerful leverage over a wide range of vital high-tech industries, including electric vehicles (EVs), wind turbines, advanced electronics, and defense manufacturing. China's control over specialized industrial machinery and its broader centrality to global supply chains offer further sources of leverage.

These amount to potent weapons in China's geoeconomic arsenal. In April 2025, China halted most exports of rare-earth minerals to the US, forcing Donald Trump's administration to reverse its tariff escalation, negotiate a trade truce, and generally shift from confrontation to accommodation.

But China is not reserving these weapons for the US. China has restricted exports of critical minerals, manufacturing equipment, tunnel-boring machines, industrial components, battery technologies, and lithium-ion-related inputs to India-a clear bid to impede India's emergence as an alternative global manufacturing hub.

Similarly, China has imposed export restrictions on Japan, often targeting Japanese companies with ties to the defense industry, in order to exert economic pressure and undermine Japan's effort to strengthen its military. China can use this leverage against other major economies as well, including the European Union, disrupting EV production, renewable-energy projects, defense manufacturing, and major infrastructure investments.

In the long run, China's export-control regime could prove counterproductive, as it accelerates the global scramble to reduce dependence on its industrial ecosystem. Governments will intensify efforts to diversify mineral supplies, build domestic processing capacity, subsidies strategic industries, and shift manufacturing to more trustworthy countries.

But, by that point, considerable damage may have been done. Already, the normalization of economic coercion by both China and the US is threatening to splinter a trading system built on interdependence, with fragile global supply chains becoming the first casualty. The result could be a global economy that is divided into competing technological and industrial ecosystems.

This would impose a heavy burden on multinational companies, which would have to navigate two regulatory systems. A firm that depends on American technology but operates in China could be caught between conflicting licensing requirements, sanctions obligations, and end-user restrictions. To satisfy both the US and China, manufacturers might need separate supply chains, technology platforms, and compliance systems. The efficiencies that once made globalization attractive would be sharply eroded.

Middle powers and developing economies are in a particularly uncomfortable position. Not only are they vulnerable to economic coercion by the US and China; they risk becoming collateral damage in negotiations between the two superpowers. The US and China might escalate their geoeconomic competition, only to agree to temporary suspensions, exemptions, or truces to stabilize their relationship. These arrangements might abruptly alter smaller economies' access to critical inputs or expose their companies to conflicting obligations, yet their governments will have little say in the outcome.

A US-China competition once centered on advanced technology is expanding and becoming a struggle over the raw materials, machinery, industrial processes, and supply chains on which virtually every modern economy depends. In that struggle, the rest of the world may have the most to lose.

(Brahma Chellaney is Professor Emeritus of Strategic Studies, Centre for Policy Research, New Delhi)





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FRIDAY, DECEMBER 18TH, 2026





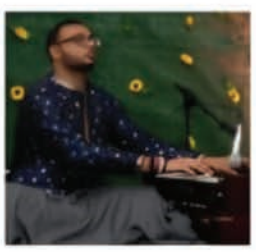




TABLA: RAJENDRA PERSAUD SAROD: SATYAKI DUTTA HARMONIUM: RAVI MISRA TABLA: AZAM ALI KHAN

LOCAL TOP ARTISTS: VIRENDRA BANKER, CHANDRAKANT SHAH, DIVESH TRIPATHI, JAY & ARPITA SHAH, RAJESH PANDYA JIGNESH & AMITA SHAH, NAVIN SHAH, JYOTI GUPTA,, ASHA DHARAWAT, KIRTI SHUKLA, TEJAL A. DESAI, SURESH KETWAROE

CHILD ARTISTS: PIHU & PARTH GATHUTHURIA, SONALI SAXENA, AVANTIKA SHAH, ARCHIM SHAH & MANY MORE LITTLE KIDS

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The INDIAN PANORAMA
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Pannun lawsuit: US court sends summonses to NSA Ajit Doval, ex-RAW chief Goel

Khalistani separatist Gurpatwant Singh Pannun is wanted by Indian probe agencies on various terror charges

NOVEMBER 21, 2026
NEW YORK (TIP)

A US court has dispatched summonses to National Security Advisor Ajit Doval and former Research and Analysis Wing (RAW) Director Samant Goel in connection with a case involving Khalistani separatist Gurpatwant Singh Pannun.

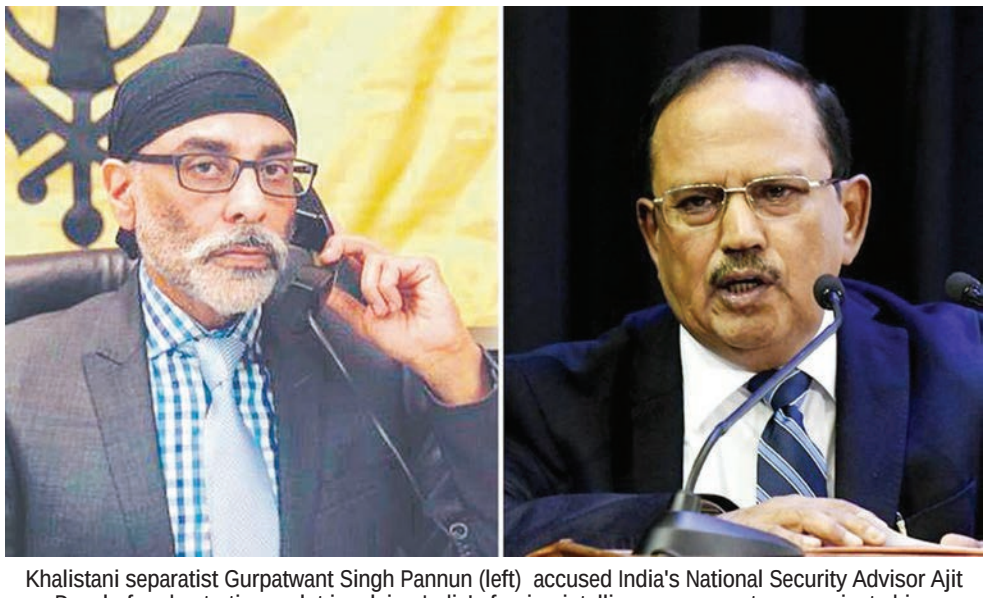
Pannun is wanted by Indian probe agencies on various terror charges.

The clerk of the Southern District Court of New York said that the summonses were sent through FedEx to the Patiala House Court, Tis Hazari Court, and the Dwarka District Court in New Delhi on Friday.

On November 13, the Southern District Court of New York ordered that summonses be issued to Doval and Goel, citing the Hague Convention.

"The court respectfully requests the assistance of receiving Indian courts in effecting service of process upon the defendants in this civil action pending before this court," read an order by Judge Katherine Polk Failla.

Judge Failla cited the Hague Conventions and relevant sections of the Indian Code of Civil Procedure to state that foreign courts can serve summonses on Doval and Goel through Indian courts.



Khalistani separatist Gurpatwant Singh Pannun (left) accused India's National Security Advisor Ajit Doval of orchestrating a plot involving India's foreign intelligence agency to assassinate him.

File Photo

The Indian Code of Civil Procedure permits summonses issued by foreign civil courts designated by notification of the Central Government of India to be transmitted to Indian courts and served as though issued by those courts.

The order states that standard service through India's central authority under the Hague Convention was attempted but rejected. The court then authorized alternative service under Article 19 of the Hague Convention and India's Code of Civil Procedure.

Pannun, legal counsel for the banned organization Sikhs for Justice (SFJ), has filed the civil lawsuit seeking damages over an alleged attempt on his life.

He has accused Doval of orchestrating a plot involving India's foreign intelligence agency to assassinate him.

Last month, the US court attempted to serve the summonses on Doval and Goel via a diplomatic note issued by the State Department to the Indian Embassy in Washington.

India has rejected Pannun's lawsuit, calling it "fabricated and malicious".

"We reject the fabricated and malicious attacks on our high officials. Also, we reject the frivolous lawsuits. A request for serving of judicial documents in India can only be routed through India's designated central authority, which is the Ministry of Law and Justice," External Affairs Ministry spokesperson Randhir Jaiswal said on November 10.

(Source: PTI)

Nikhil Gupta awarded over 19 years in US jail for Pannun murder bid



US District Judge Victor Marrero of the Southern District of New York sentenced Nikhil Gupta to over 19 years (235 months) in prison for his involvement in a murder-for-hire plot against Gurpatwant Singh Pannun, a Sikh extremist on American soil.

NOVEMBER 21, 2026
NEW YORK (TIP)

Indian national Nikhil Gupta was on Friday, November 20, 2026 sentenced to over 19 years (235 months) in prison by a US federal judge for his involvement in a murder-for-hire plot against a Sikh extremist on American soil.

US District Judge Victor Marrero of the Southern District of New York delivered the sentence.

Gupta, 55, had pleaded guilty earlier this year to charges of murder-for-hire, conspiracy to commit murder-for-hire and conspiracy to commit money laundering, in connection with his efforts to murder Khalistani separatist Gurpatwant Singh Pannun in New York.

Pannun, who holds dual American and Canadian citizenship, was present in the court when the sentence was announced.

"Nikhil Gupta aka Nick pleaded guilty to all three counts contained in the Second Superseding Indictment in connection with his efforts to murder a US citizen in New York City," the indictment read.

Gupta had admitted to involvement in international narcotics and weapons trafficking. He was arrested in June 2023 by Czech authorities at the request of the US government and was extradited to the United States.

US prosecutors alleged that Gupta sought to hire a hitman to kill Pannun, who has been designated a terrorist under India's Unlawful Activities (Prevention) Act.

The initial indictment claimed that Gupta was recruited by an Indian Government employee - referred to as CC-1 - and was working with others in a plot to assassinate Pannun. The indictment referred to CC-1 as a "senior field officer" whose responsibilities include "intelligence". He initially pleaded not guilty to all charges.

(Source: TNS)

2 Punjabi-origin MLAs inducted into British Columbia Cabinet, 4 named parliamentary secretaries

MOVE MARKS SIGNIFICANT REPRESENTATION OF PUNJABI COMMUNITY IN LORNE DOERKSON-LED CONSERVATIVE GOVERNMENT



Jessy Sahota (left) and Harman Bhangu. Image credit/Social Media

NOVEMBER 21, 2026
VANCOUVER (TIP)

In a significant development for the Punjabi community in British Columbia, two Punjabi-origin MLAs have been inducted into the provincial Cabinet, while four others have been appointed parliamentary secretaries in the new government led by Premier Lorne Doerkson.

The appointments come at a time when the Punjabi community has faced scrutiny following a series of criminal incidents involving youngsters of Punjabi origin in Canada.

Jessy Sahota has been appointed British Columbia's Minister of Public Safety and Solicitor General, while Harman Bhangu has been named Minister of State for Labour.

The appointments were announced after Doerkson was sworn in as British Columbia's 38th Premier on Friday. He unveiled his Cabinet at a ceremony held at Government House in Victoria.

The four Punjabi-origin MLAs appointed parliamentary secretaries are Mandeep Dhaliwal (Sport and Culture), Harj Dhaliwal (TransLink), Jody Toor (Tourism) and Steve Kooner (Insurance Corporation of British Columbia).

The appointments follow the October 24 provincial elections, in which the Conservative Party, under Doerkson's leadership, secured a majority, ending nine consecutive years of BC NDP rule.

The Conservatives had won 64 of the 93 seats in the Legislative Assembly, while the BC NDP secured 27 seats and the Green Party won two. The estimated voter turnout was 52 per cent, with around 1.95 million people participating in the election.

(Source: TNS)

Sikh businessman in Italy owns Sonia Gandhi's childhood home, wants to turn it into museum

SUKHDEV KANG, WHO IS IN AMRITSAR ON A VISIT, MOVED TO ITALY FROM A VILLAGE IN HOSHIARPUR IN 1992 AND HAS LIVED THERE EVER SINCE



The six-room home in a grey stone and concrete building in Lusiana in Italy's Vicenza province is about an hour away from Kang's place in Brescia. Photo: A video grab/X

NOVEMBER 20, 2026
NEW DELHI (TIP)

Congress leader Sonia Gandhi's childhood home in Italy could well be converted into a museum. And the man behind the plan is Italy-based Sikh businessman Sukhdev Kang who bought the property six years ago and says he is keen to meet the Gandhi family to acquire collectibles that can be displayed.

"It's called Indian House and it sports a Tricolor. A nameplate outside mentions it as the 'place of birth of Sonia Gandhi'," Kang told PTI over the phone.

The six-room home in a grey stone and concrete building in Lusiana in Italy's Vicenza province is about an hour away from his place in Brescia, the 52-year-old said, recounting that Gandhi was born there on December 9, 1946 and spent her early childhood years there.

Kang, who is in Amritsar on a visit, moved to Italy from a village in Hoshiarpur in 1992 and has lived there ever since. Settling down wasn't easy. "Earlier, I worked in dairy farm, agriculture sector, a factory..."

"In 2020, I bought the house in the names of my wife and daughter... A caretaker has been deputed at the house. If any tourist wishes to see the house, the caretaker facilitates it," he said.

Kang spends about 1,000 euros annually on the property, including property tax. He said he and his family are admirers of the Gandhi family and celebrate Gandhi's birthday every year by organizing a large public function.

Narrating how he acquired the house, the businessman said, "I learnt from some of my contacts in Italy that there was keenness that the house should go to an Indian and a Sikh family."

Read full story at www.theindianpanorama.news

FBI vows to bring Goldy Brar, wanted in Moosewala and Nijjar killings, to justice after he tops Canada's most-wanted list

FBI IS OFFERING A REWARD OF UP TO USD 1 MILLION FOR INFORMATION LEADING TO BRAR'S ARREST

NOVEMBER 21, 2026
WASHINGTON, D.C. (TIP)

A day after Satinderjeet Singh alias Goldy Brar, a key conspirator in the killing of Punjabi singer Sidhu Moosewala, was named Canada's most-wanted fugitive in the newly released Be On the Lookout (BOLO) program's list of 25 most-wanted fugitives, the US Federal Bureau of Investigation (FBI) has reiterated its resolve to bring him to justice, saying it will not rest until he is captured and tried in an American court.



Goldy Brar. -Photo: ANI file

In a fresh media statement, Patrick Grandy, Assistant Director In-charge of FBI Los Angeles, said Brar had been placed on the agency's Ten Most Wanted Fugitives list because of his alleged propensity for violence and the multiple crimes he has been charged with.

"We won't be satisfied until Brar is captured and tried in an American court of law for his alleged crimes that have affected citizens here in the US as well as around the world," Grandy said.

FBI is offering a reward of up to USD 1 million for information leading to Brar's arrest. It has appealed to anyone with information about him to contact the local FBI office, the nearest US Embassy or Consulate, or call its helpline.

Brar is accused of heading the North American operations of the Lawrence Bishnoi Organised Crime Group (OCG), a transnational criminal syndicate headquartered in India, with members and associates across the US, Canada, the UK, Europe and Australia.

According to the US indictment, Brar, a childhood friend of Bishnoi, was entrusted with overseeing the gang's operations in North America, a region with hundreds of members and associates.

His alleged activities include targeted killings, shootings, kidnappings, extortion, assaults, human smuggling and trafficking in narcotics and weapons.

Read full story at www.theindianpanorama.news

Four Punjab-origin men arrested in Canada; 37 stolen tractors, trailers recovered

INVESTIGATION EXPOSED AN ALLEGED NETWORK INVOLVED IN THEFT, ALTERATION AND TRAFFICKING OF HIGH-VALUE COMMERCIAL VEHICLES



York Regional Police said an investigation, code-named 'Project Nashville', was launched in August to probe the alleged theft and trafficking of commercial vehicles, particularly semi-tractors and 53-foot trailers.

Image / iStock for Representation only.

NOVEMBER 20, 2026
BRAMPTON (TIP)

Four Indian-origin men from Punjab have been arrested for their alleged involvement in an organized vehicle theft and trafficking network that stole at least 37 semi-tractors and trailers worth $3.6 million across the Greater Toronto Area (GTA) in Canada.

York Regional Police said an investigation, code-named 'Project Nashville', was launched in August to probe the alleged theft and trafficking of commercial vehicles, particularly semi-tractors and 53-foot trailers.

The accused have been identified as Madhusudan Athwal (35), Sharandeep Athwal (41), Gurlal Singh (30) and Amritsher Singh (28), all residents of Brampton.

According to the police, the accused were allegedly part of a network that stole commercial vehicles and supplied them to transportation companies operating in the GTA and other parts of North America.

In October, investigators executed a search warrant at a commercial trucking yard in Brampton, recovering 17 stolen semi-tractors and 20 stolen 53-foot trailers.

Some of the vehicles had allegedly been fitted with new vehicle identification numbers (VINs) to conceal their identities. Investigators also found that several had also been modified with new decals and stickers to disguise their original identity.

The recovered vehicles had an estimated combined value of $3.6 million.

Police subsequently executed search warrants at three residential properties in Brampton as part of the investigation.

Following the collection of evidence, all four suspects were arrested, police said.

The investigation exposed an alleged network involved in the theft, alteration and trafficking of high-value commercial vehicles across the region.

(Source: TNS)



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The RANA Team





The artists with the chief Guest Ambassador Binaya Srikanta Pradhan

While Deepmahotsav provided an occasion to celebrate Rajasthan's cultural traditions, the evening also reflected RANA's expanding engagement with humanitarian service, education, healthcare and community institutions.

From recognizing independent journalism to supporting artificial limb fitment programs and educational opportunities for disadvantaged children, the association presented its cultural identity as a foundation for wider social responsibility.

The celebration concluded with a vote of thanks by RANA Secretary Ravi Jargarh, who expressed gratitude to the distinguished guests, patrons, members, volunteers and supporters whose participation contributed to the success of the 27th Deepmahotsav.

The evening brought together the warmth of a traditional festival and the larger purpose of community service-demonstrating how a diaspora organization can preserve its heritage while contributing to the welfare of people across geographical boundaries.

Ferguson Library hosts 4th annual Diwali celebration with GOPIO-CT and Stamford Mayor's Multicultural Council



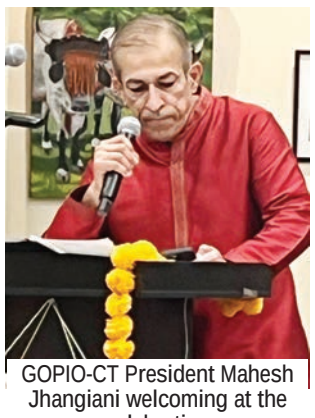
GOPIO-CT Executive Council Team Performing



Dance performers with organizers and guests

NOVEMBER 15, 2026
STAMFORD, CT (TIP)

A highly successful Diwali celebration was hosted by the Stamford Ferguson Library, supported by Stamford Mayor's Multicultural Council and organized by GOPIO-CT with 200 plus attendees and over 50 performers, including GOPIO-CT Executive Committee members.



GOPIO-CT President Mahesh Jhangiani welcoming at the celebration

GOPIO-CT president Mahesh Jhangiani, in his opening remarks welcomed everyone and reiterated that the program is not only a celebration of Indian culture and heritage, but also that of community, friendship, and mutual understanding.

Mahesh also encouraged the attendees to support the Sewa Diwali initiative by donating non-perishable food items to help struggling families as we head into Thanksgiving and Christmas. Donating on Diwali is considered a sacred act (sewa) that invites prosperity, light, and blessings into your life.

GOPIO secretary Mirat Joshi, the MC extraordinaire for the event kept the audience engaged, sharing trivia about Diwali as well answering audience queries. Sushanth Krishnamurthy, Prasad Chintalapudi, Meera Banta, Anita Mathur, Jyothi Sushanth, Bina Joshi and Yashasvi Jhangiani, coordinators for the program from the GOPIO team, created the ambience, transporting everyone to India for the 2 hours with the decorations and lights.

The event featured cultural performances, traditional Henna art, and delicious Indian snacks, drawing residents from across the Fairfield County to celebrate the Festival of Lights. The entertainment ensemble included Kathak, Bharatnatyam, Andhra Natyam, Folk, Gidda, Bollywood, some Katseye and of course Pokito, the latest Bhangra-Reggaeton crossover by Daddy yankee and Diljit Dosanjh!

There was representation from Vani Natyalam, Nataraja Arts Dance school, Bollyon, Hindi-USA, MASConn, Danzart by Nimi, TAWCT, Sonica academy as well as from mom-and-pop dance enthusiasts.

Yelena Klompus, the cultural programs manager at the Ferguson Library along with her team Dante, Spencer and Fernando provided logistical support which helped the program run flawlessly from start to finish. Pilar Pelaez, the executive chair of the Stamford Mayor's Multicultural Council was in attendance, quietly pitching in wherever needed, including serving the food, side by side with GOPIO & Ferguson Library team.

"So beautiful, Colorful, Mesmerizing, Dazzling, Well organized" just some of the feedback from the attendees. GOPIO, the Global Organization of People of Indian Origin, works to promote Indian culture, encourage civic engagement, support youth leadership, and build bridges between the Indian diaspora and the broader community.

Over the last 20 years, GOPIO-CT, a chapter of GOPIO International has become an active and dynamic organization hosting interactive sessions with policy makers and academicians, community events, youth mentoring and networking workshops, and working with other area organizations to help create a better future. GOPIO-CT - Global Organization of People of Indian Origin - serves as a non-partisan, secular, civic and community service organization - promoting awareness of Indian culture, customs and contributions of people of Indian origin through community programs, forums, events and youth activities. It seeks to strengthen partnerships and create an ongoing dialogue with local communities. (Based on a Press Release)

Middlesex College Creates Pathway for Healthcare Professionals with Workforce Training to Earn Their Degree

NOVEMBER 15, 2026
MIDDLESEX COUNTY, NJ (TIP)

Middlesex College students in pursuit of a certification in certain healthcare programs are now eligible to receive academic credits toward an applicable degree program as part of a new Memorandum of Understanding between the College's Workforce Development and Lifelong Learning (WDLL) and Health Professions departments.

"This collaboration reflects our commitment to creating meaningful pathways that connect workforce education with continued academic advancement," said Dionne Miller, Middlesex College vice president of Academic Affairs. "By recognizing the rigorous learning and industry credentials students earn through our healthcare workforce programs, we are ensuring that their accomplishments can translate into college credit and accelerate their progress toward a degree."

Students who successfully complete an approved WDLL program, earn the required industry certification or state licensure, and enroll in the Health Science or Allied Health Pre-Professional degree program at Middlesex College may be eligible to receive academic credit toward an applicable associate degree. The WDLL certification programs that will apply toward these credits include Dental Radiography, ECG/EKG Technician, Medical Assistant, Patient Care Technician, and Phlebotomy Technician.

"I am excited about this new partnership, which recognizes the education, training, and professional credentials that healthcare professionals have already earned-creating a clearer pathway to receive college credit toward a degree," said Middlesex College Dean of Health Professions Michelle Roman. "It is an important step in helping students build on their accomplishments, continue their education, and advance their careers."

To be awarded credit, students must submit official documentation verifying successful completion of the required certification or licensure to the Office of the Dean of Health Professions. Upon verification and approval, the corresponding academic credit will be posted to the student's Middlesex College transcript in accordance with applicable College policies.

"Creating intentional pathways between non-credit workforce training and credit-bearing academic programs is essential to supporting student success and meeting the growing demands of the healthcare workforce," said Middlesex College Director of Workforce Development and Lifelong Learning Natasha James-Waldon. "By recognizing industry credentials for academic credit, we validate the knowledge and skills healthcare professionals have already achieved while reducing barriers to degree attainment. This approach not only accelerates educational and career advancement opportunities for our students but also strengthens our commitment to lifelong learning and workforce development."



The new Memorandum of Understanding offers students with industry certification or licensures eligibility to receive academic credit toward applicable degree programs, streamlining the educational process

MIDDLESEX COLLEGE, NJ

Middlesex College, established in 1964, is a public, two-year institution of higher education located in the heart of New Jersey. With a main campus in Edison and centers in New Brunswick and Perth Amboy, Middlesex College offers over 90 degree and certificate programs encouraging its more than 10,000 students to explore, grow, and thrive. Middlesex College, through dedicated faculty, state-of-the-art educational facilities, and holistic student supports, is committed to providing a high-quality, affordable college education that provides every student an opportunity for growth and achievement. Middlesex College is Middlesex County's premier destination for lifelong learning and workforce training. Learn more at middlesexcollege.edu.

(Based on a Press Release issued by Middlesex College , NJ)

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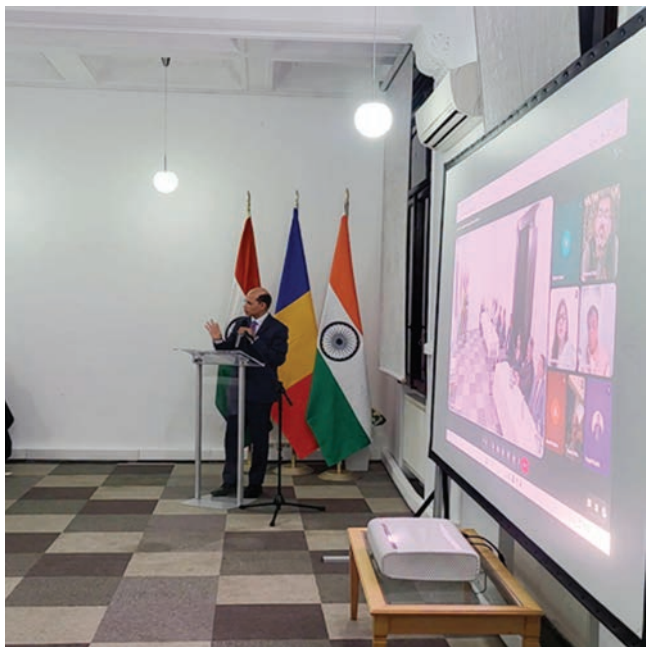
Embassy of India in Romania Organizes Business Promotion Event to Showcase India's Footwear and Leather Industry and Promote Bharat Footwear and Leather Expo 2027

NOVEMBER 16, 2026
BUCHAREST (TIP)

The Embassy of India in Bucharest organized a Hybrid Business Promotion Event on 6 November 2026 to showcase India's vast manufacturing and export capabilities in the footwear and leather sector and promote the upcoming Bharat Footwear and Leather Expo (BFLEX) 2027 among Romanian business stakeholders. The event aimed at strengthening business-to-business (B2B) linkages, identifying new avenues for bilateral trade and investment, and encouraging greater engagement between Indian manufacturers and Romanian importers, distributors and industry representatives.

The event brought together senior representatives of India's leather and footwear industry, including the Council for Leather Exports (CLE), as well as leading Indian manufacturers and exporters, who joined virtually to interact with the Romanian business community. The interaction provided an opportunity to showcase India's competitive strengths in the sector, present its diverse product portfolio and explore possibilities for establishing mutually beneficial commercial partnerships.

In his opening remarks, Dr. Manoj Kumar Mohapatra, Ambassador of India to Romania, highlighted the considerable potential for expanding India-Romania economic and commercial cooperation, particularly in sectors where Indian manufacturing capabilities complement the requirements of the Romanian and wider European markets. He underlined India's



Dr. Manoj Kumar Mohapatra, Ambassador gave opening remarks and provided insights into India's strengths in the leather and footwear industry.



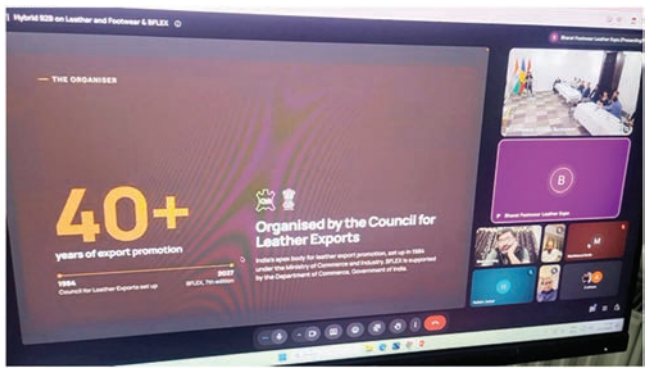
Romanian companies enthusiastically participated during the event

emergence as a competitive global manufacturing and sourcing destination, supported by its extensive production base, skilled workforce, established supply chains and growing export capabilities. He encouraged Romanian businesses to explore sourcing opportunities from India and develop long-term partnerships with Indian manufacturers and exporters. He also emphasized the Embassy's commitment to facilitating business interactions and connecting companies from both countries to translate commercial interest into tangible trade opportunities.

Mr. Mukhtarul Amin, Vice Chairman, Council for Leather Exports (CLE) and Chairman-cum-Managing Director of Superhouse Group, delivered special remarks and provided insights into India's strengths in the leather and footwear industry. Ms. Pallavi Dubey, Deputy Director, Council for Leather Exports, made a detailed presentation on the upcoming Bharat Footwear



Indian companies joined virtually and showcased their product



A detailed presentation on the upcoming Bharat Footwear and Leather Expo 2027 was made.



Hybrid Business Event to Showcase India's Footwear and Leather Industry



Group Picture : Hybrid Business Event to Showcase India's Footwear and Leather Industry and Promote Bharat Footwear and Leather Expo 2027

and Leather Expo 2027. She outlined the objectives and scope of the exhibition and highlighted the opportunities it would provide to international buyers, importers, distributors and industry professionals to interact directly with leading Indian manufacturers and exporters. The programme also featured presentations by three prominent Indian industry representatives, who showcased their respective companies, product portfolios and manufacturing capabilities:

An interactive question-and-answer session followed the presentations, allowing participants to exchange views, seek clarifications and discuss potential areas of commercial cooperation. The discussions focused on the importance of strengthening direct industry linkages and exploring opportunities for increased sourcing, market access and business collaboration.

The Embassy of India will continue to work closely with the Council for Leather Exports, Indian industry associations and Romanian business organizations to facilitate B2B engagements, promote participation in major Indian trade exhibitions and encourage greater two-way trade and investment. The promotion of BFLEX 2027 is an important step towards bringing Indian manufacturers and Romanian buyers closer and unlocking the untapped potential of bilateral cooperation in the footwear and leather sector.

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

Embassy of India Celebrates Diwali at IBSB School, Bucharest, Promoting Indian Culture and Strengthening India-Romania Cultural Ties

NOVEMBER 14, 2026
BUCHAREST (TIP)

The Embassy of India in Bucharest organized a vibrant celebration of Diwali, the Festival of Lights, at IBSB School, Bucharest, on 13 November 2026, as part of its ongoing public diplomacy and cultural outreach initiatives. The event aimed to promote greater awareness and appreciation of India's rich cultural heritage, traditions and festivals among Romanian students and the wider Indian and Romanian communities, while further strengthening the bonds of friendship and cultural understanding between the two countries.

The celebrations were attended by H.E. Dr. Manoj Kumar Mohapatra, Ambassador of India to Romania, and Mrs. Jyotirmayee Mohapatra, spouse of the Ambassador, who interacted with the students and participated in the festivities. The programme brought together approximately 445 students, comprising 292 students from the secondary section and 153 students from the primary section, providing them with an opportunity to experience India's vibrant cultural traditions through music, dance and educational activities.

The programme commenced with an introduction to Diwali, one of India's most important and widely celebrated festivals. The students were familiarized with the historical, cultural and spiritual significance of Diwali, which symbolizes the victory of light over darkness, knowledge over ignorance and good over evil. The celebrations also highlighted the universal values of peace, harmony, compassion, unity and mutual respect that are associated with the festival.

H.E. Dr. Manoj Kumar Mohapatra, Ambassador of India to Romania, addressed the gathering and highlighted the significance of Diwali in India's cultural and spiritual traditions. In his remarks, the Ambassador emphasized the richness and diversity of India's civilizational heritage and the importance of preserving and promoting cultural traditions across generations. He also underscored the role of educational institutions in fostering cultural awareness, mutual understanding and respect for diverse traditions among young people.

The Ambassador further highlighted the importance of cultural diplomacy and people-to-people exchanges in strengthening the longstanding friendship between India and Romania. He noted the value of introducing young students to different cultures and traditions, thereby encouraging greater curiosity, appreciation and understanding of the world around them. The celebration of Indian festivals in Romanian educational institutions provides an opportunity to deepen cultural engagement and promote closer connections between the peoples of the two countries.

Mrs. Jyotirmayee Mohapatra, spouse of the Ambassador of India to Romania, also addressed the gathering and shared her reflections on the cultural and traditional significance of Diwali. She highlighted the spirit of togetherness, joy, positivity and goodwill associated with the festival and the importance of sharing these values with younger generations. She also emphasized how festivals such as Diwali bring families and communities together, transcending geographical and cultural boundaries, and provide meaningful opportunities to celebrate diversity and friendship.





Remarks by His Excellency Dr. Manoj Kumar Mohapatra at the IBSB School on 13th November 2026 on the occasion of Diwali Festival celebrated at the School



Large number of IBSB School Children gathered to celebrate the Diwali Festival

A major highlight of the celebrations was the presentation of traditional Indian dance performances by Indian artists, showcasing the beauty, elegance and diversity of India's performing arts. The performances introduced students to various aspects of Indian culture and provided an engaging and colorful experience of India's artistic heritage. The programme was organized separately for the primary and secondary sections of the school to ensure wider participation and an enriching cultural experience for students of different age groups.





Remarks by Mrs. Jyotirmayee Mohapatra, spouse of His Excellency at the IBSB School on 13th November 2026 on the occasion of Diwali Festival celebrated at the School

The dance performances, accompanied by an introduction to Indian festivals and cultural traditions, offered the students an opportunity to appreciate India's artistic expressions and the important role of performing arts in preserving cultural identity. The lively presentations brought the festive spirit of Diwali to the school and contributed to an atmosphere of cultural exchange and celebration.

The Embassy's participation in the Diwali celebrations at IBSB School forms part of its broader efforts to promote Indian culture, festivals, traditions, music, dance and performing arts in Romania. Such initiatives seek to engage not only members of the Indian diaspora but also Romanian students, educational institutions and local communities, thereby expanding awareness of India's diverse cultural heritage.

The Embassy continues to attach great importance to cultural and educational exchanges as an integral component of the bilateral relationship between India and Romania. Programs organized in collaboration with schools, universities and cultural institutions provide valuable opportunities to enhance mutual understanding, encourage intercultural dialogue and strengthen the enduring people-to-people bonds between the two nations.

The celebration at IBSB School also reflected the growing interest in Indian culture and traditions among the Romanian community. By bringing Indian festivals and traditional performances directly to educational institutions, the Embassy seeks to make cultural experiences more accessible to younger audiences and encourage a deeper appreciation of India's rich and diverse heritage.

The event concluded with the spirit of friendship, cultural harmony and shared celebration, reinforcing the message of Diwali as a festival that inspires hope, positivity, unity and goodwill.

The Embassy remains committed to promoting India's rich cultural and civilizational heritage and further strengthening cultural cooperation and people-to-people relations between India and Romania through continued engagement with educational institutions, cultural organizations and local communities.

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

The INDIAN PANORAMA
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Over 1,200 Members of the Indian and Romanian Communities Celebrate Diwali in Bucharest in Collaboration with the Embassy of India on 8th November 2026







Diwali Festive Decorations and Henna Art at Beraria H, Bucharest

NOVEMBER 8, 2026
BUCHAREST (TIP)

The festival of Diwali, the Festival of Lights, was celebrated with great enthusiasm and grandeur at Beraria H, Bucharest, bringing together over 1,200 members of the Indian and Romanian communities, along with friends of India on 8th November 2026. This was organized in coordination with the Embassy of India, Bucharest, the celebration showcased India's rich cultural heritage and vibrant traditions, while fostering a spirit of friendship, togetherness and cultural harmony between the two communities.

The celebration was graced by H.E. Dr. Manoj Kumar Mohapatra, Ambassador of India to Romania, who joined the members of the Indian diaspora and Romanian friends in commemorating one of India's most significant and widely celebrated festivals. The gathering provided a wonderful opportunity for the Indian community living in Romania to come together, celebrate their cultural roots and share the festive spirit of Diwali with their Romanian friends and well-wishers.

Addressing the gathering, Ambassador Dr. Manoj



Remarks by H.E. Dr. Manoj Kumar Mohapatra on the occasion of Diwali at Beraria H, Bucharest



Dance performances during the Diwali Festival at Beraria H, Bucharest



Entertainment unlimited

CONTD ON PAGE 19

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Kumar Mohapatra extended his warm greetings and best wishes to everyone on the auspicious occasion of Diwali. In his remarks, he highlighted the cultural, spiritual and civilizational significance of the festival, which symbolizes the triumph of light over darkness, good over evil and knowledge over ignorance. He emphasized that Diwali represents universal values of hope, positivity, harmony, prosperity and goodwill, which transcend geographical and cultural boundaries.

The Ambassador observed that festivals such as Diwali are an integral part of India's rich and diverse cultural heritage and provide an important platform for bringing people together. He highlighted the significant role of the Indian diaspora in preserving and promoting Indian traditions, culture and values while contributing to the multicultural fabric of their host country. He also underscored the importance of cultural exchanges and people-to-people interactions in further strengthening the longstanding friendship and cordial relations between India and Romania.

The celebrations were marked by a lively and colorful cultural programme featuring traditional Indian dance performances, music and songs, showcasing the richness and diversity of India's performing arts. The vibrant performances brought alive the festive atmosphere and offered the Romanian participants an opportunity to experience India's cultural traditions through music, rhythm and dance. The programme reflected India's remarkable cultural diversity and the ability of art and music to bring people from different backgrounds together.

The evening witnessed enthusiastic participation from more than 1,200 guests from the Indian and Romanian communities. Members of the Indian diaspora, representing different regions and cultural backgrounds of India, celebrated the festival together, while Romanian friends and guests joined in the festivities, making it a truly multicultural occasion. The performances, music and shared celebrations created an atmosphere of joy, warmth and togetherness, reflecting the spirit of friendship and mutual appreciation between the two communities.





A feast of songs and dances





Time for Recognition

The celebration also provided an opportunity for members of the Indian diaspora to reconnect with their cultural and traditional roots while sharing the significance of Diwali with their Romanian friends. The enthusiastic participation of the Romanian community reflected the growing interest in Indian festivals, traditions, music and cultural heritage in Romania.

Diwali, celebrated across India and by Indian communities around the world, is not only a festival of lights but also a celebration of new beginnings, family bonds, compassion and the triumph of righteousness. The lighting of lamps symbolizes the removal of darkness and the spreading of hope, happiness and positivity. These universal messages formed the spirit of the celebrations in Bucharest, bringing together people from different cultures in a shared expression of joy and goodwill.

The Embassy of India in Bucharest attaches great importance to engaging with the Indian diaspora and promoting India's rich cultural heritage through festivals, cultural programmes and community outreach initiatives. Such events play an important role in strengthening cultural understanding, fostering closer people-to-people connections and enhancing awareness of India's diverse traditions among Romanian audiences.

The Diwali celebration at Beraria H was a reflection of the vibrant Indian community in Romania and the warm friendship shared between the people of India and Romania. The participation of over 1,200 guests made the occasion a significant celebration of cultural diversity, community spirit and India-Romania friendship.

The Embassy of India extends its sincere appreciation to all members of the Indian and Romanian communities, performers and friends of India who participated in making the celebration a memorable occasion.

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

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India, China commanders meet again to try and calm Arunachal frontier

NOVEMBER 22, 2026

NEW DELHI (TIP): India and China have concluded a second round of Corps Commander-level talks to resolve tensions along the frontier in Arunachal Pradesh before winter sets in fully, The Indian Express has learnt.

The closely guarded talks, which began immediately after Diwali on November 8, continued for nearly 10 days with a short break in between.

Lt General Girish Kalia, General Officer Commanding of the Army's III Corps — also called the Spear Corps, it has its headquarters at Rangapahar near Dimapur in Nagaland — held talks with his Chinese counterpart and other officers. An official from the Ministry of External Affairs was also present.

The talks were said to be cordial. There is no clarity yet whether the measures agreed upon will be implemented before winter sets in fully — it is usually severe along the Line of Actual Control, making sustenance and logistics efforts extremely challenging in the area.

This round of talks was held to set engagement rules between the two sides, avoid friction between troops on the ground, ensure open communication lines between both sides and bring down tensions before winter. Both sides have massed troops in large numbers in the area.

India and China held their first Corps Commander-level talks in the eastern sector on September 6-7 this year. That meeting at the Wacha-Damai border meeting point — Wacha is India's easternmost border personnel meeting point, located in the Kibithoo sector — followed reports of tension in the Taksing area of the Upper Subansiri district.

India's skills will protect jobs from AI: PM Modi in UP

NOVEMBER 22, 2026



Prime Minister Narendra Modi, Bihar CM?Samrat Choudhary, Union minister Chirag Paswan and governor Lt Gen (Retd) Syed Ata Hasnain, at the inauguration of Nitish Setu in Vaishali.

LUCKNOW (TIP): Prime Minister Narendra Modi on Saturday, Nov 21, made an extended pitch to young people in Uttar Pradesh, telling graduates of a government skilling programme in Lucknow that skills would protect their jobs from artificial intelligence, that the world wanted India's trained technicians more than its university graduates, and pointed to semiconductor and missile manufacturing projects in their state.

The address came months before Uttar Pradesh is due to elect a new assembly. Nearly one in five people in the state, about 44 million, are aged 15 to 24, according to government population projections.

Addressing a gathering of roughly 2,000 people at the fifth National Kaushal Deekshant Samaroh (National Skill Convocation Ceremony) at the Indira Gandhi Pratishthan, Modi announced that India will host the World Skills Asia competition in Greater Noida in 2027, cited a semiconductor factory and BrahMos missile production in the state, and said students of Industrial Training Institutes (ITIs) deserve the same respect as those at the Indian Institutes of Technology (IITs).

"In today's modern era, what all is being said about AI (Artificial Intelligence)? That AI will do this, AI will do that, AI will take away this person's job or that person's job. But understand this point of mine very clearly: no one can take away the job of a person who possesses skill," Modi said.

He told the graduates that people with practical training would soon be valued above those with formal qualifications.

"Write it down, times are changing. More than those people who walk around carrying paper certificates, wearing suits, trousers and ties, those with skill are going to be valued. Whoever has skill, their demand is going to increase," he said. Modi said demand for Indian workers abroad was rising, and cited conversations with Gulf royals. "Whenever I visit Saudi Arabia, Dubai, Abu Dhabi, Qatar, or Kuwait, members of the royal families there always say one thing: 'The magnificent modern cities you see of ours were not built by our money, but by the hard work of India's artisans,'" he said. "Today, the entire world is asking for people from India. And whom do they want? Not those who graduated from universities; they want those trained at Industrial Training Institutes (ITIs)."

Modi blamed the decline of India's traditional crafts on foreign invasions and British rule. He said invaders "struck the very first blow at craftsmanship and skill", and that the colonial education system introduced by Thomas Babington Macaulay reduced the country's skill-based learning "merely to producing paper-pushing clerks". "The British, too, destroyed skills in India to advance their own industry," he said.

He told the graduates that India was moving towards becoming the world's skill capital, with young people at its centre, and called the WorldSkills Asia event "good news for all the youth, for Uttar Pradesh".

"Next year, that is, in 2027, India is going to host the WorldSkills Asia competition. Young people from across the world, from Asia, are going to come here. And this event, this event in 2027, will take place in Greater Noida, Uttar Pradesh," Modi said.

Rahul breaks from Sonia, Priyanka on Israel; Left allies hit out

NOVEMBER 22, 2026

NEW DELHI (TIP): Senior Congress leader Rahul Gandhi's support for strong ties with Israel due to "strategic interests", while condemning both the October 7, 2023, attacks by Hamas on civilians in Israel, and Israel's war on Gaza since, is a moderation from the party's stand and has drawn condemnation from its allies.

While both Sonia Gandhi and Priyanka Gandhi Vadra have used the word "genocide" while describing Israel's actions in Gaza, Gandhi's remarks – during an interaction at University of Chicago this week – are, in fact, closer to the position maintained by the Indian government led by Narendra Modi, which has sought to balance ties between Israel and the Arab world.

In a sharp reaction on Saturday, former Kerala chief minister Pinarayi Vijayan,



whose party CPI(M) is a close ally of the Congress at the Centre, said Gandhi's remarks "expose the Congress party's glaring hypocrisy on Palestine". "His pro-imperialist position undermines the legacy of Nehru, whose foreign policy stood firmly against imperialism and in solidarity with the Palestinian struggle," Vijayan posted on X.

Another ally, the CPI(ML) Liberation, called for an end to India's relationship with Israel. Describing it as a "genocidal regime", CPI (ML) Liberation general secretary Dipankar Bhattacharya said there could be no strategic relationship with a State that continued to perpetrate genocide against "children, women and common people despite global condemnation".

Gandhi's call for strong ties with Israel is also striking because the Modi government has been criticised for its perceived closeness to Israel PM Benjamin Netanyahu, whose hawkish policy has driven the war on Gaza. Modi visited Israel just days before the US and Israel launched their attacks on Iran on February 28 this year. Gandhi shared his remarks on Israel, during a conversation with Professor Robert Pape at the University of Chicago, on X. The Congress leader said: "India's foreign policy must be guided by what is good for India… I support a strong relationship with Israel. We have strategic interests, including buying the best weapons for our armed forces."

At the same time, this "cannot mean silence on Gaza", Gandhi said. "I condemn the October 7th attacks and the killing of innocent people. I also condemn what Israel has done in Gaza. One wrong cannot justify another… We are a nation of 1.5 billion people. No country – Israel, USA, Russia or China – should hold us back from playing our rightful role on the global stage. India must stand for what it believes in." Gandhi's sister and senior Congress leader Vadra has been among the most critical voices in the party when it comes to Israel. On August 12, 2025, she accused the Israeli government of committing "genocide" and said it is "shameful" that the Indian government is standing "silent" on this. She has also worn Palestine tote bags as a symbol of her support.

Bulgarian FM Appreciates India's Efforts To Resolve Black Sea Conflict

NOVEMBER 21, 2026

NEW DELHI (TIP): Bulgaria's Foreign Minister Velislava Petrova-Chamova on Saturday lauded India's efforts to find a long-term solution to the security situation in the Black Sea region, saying it would help safeguard the movement of essential commodities, including food grains, fertilisers and oil.

In her opening remarks during a meeting with External Affairs Minister (EAM) S Jaishankar in New Delhi, Petrova highlighted Bulgaria's role in ensuring the safety of Indian seafarers affected by the escalation of the conflict in the region, involving search and rescue operations.

"What one other aspect that really connects us is what we've seen with the escalation of the war in the Black Sea and the security environment that we are part of. It has affected, unfortunately, some of the Indian crew members, and our country has done our best to conduct successful search and rescue and to protect the crew as much as we can," the Bulgarian FM said.

"But of course, we really welcome your efforts in finding a long-term solution there, and very happy to work together with you to find a resolution that not only would improve the security situation there, but also would help those who are in need of the key food and grain products in this case, but also fertilizers, oil, any other products that are needed, and that are at risk because of the harder security situation in the Black Sea," she added.

Highlighting that her visit comes after a gap of 17 years since a Bulgarian Foreign Minister last visited India, Petrova said that this reflected a strong commitment to giving fresh impetus to bilateral relations and strengthening cooperation in multilateral forums.

CBI names three NTA subject experts in NEET-UG 2026 paper leak chargesheet

NOVEMBER 22, 2026

NEW DELHI (TIP): The Central Bureau of Investigation (CBI) has claimed that the NEET-UG 2026 paper leak was part of a well-organised, multi-state criminal conspiracy involving National Testing Agency (NTA) appointed subject experts, coaching operators, middlemen and candidates. The agency has named 13 accused in the case, including the subject experts of botany, chemistry and physics.

According to the chargesheet filed before the Special CBI Court at Rouse Avenue in New Delhi on July 28, three subject experts allegedly misused their official positions to access confidential examination material and circulate it among intermediaries in exchange for large sums of money.

The agency has invoked provisions of the Bharatiya Nyaya Sanhita (BNS), the Prevention of Corruption Act and the Public Examinations (Prevention of Unfair Means) Act, 2024.

Further, the chargesheet states that the alleged paper leak was meticulously planned several months before the examination and was not a last-minute operation. Investigators reportedly recovered PDF files, photographs, question papers, chats and other documents from seized mobile phones, pen drives and digital devices.

The CBI has alleged that the leaked questions were circulated through Telegram, WhatsApp and other instant-messaging platforms several days before the examination. According to the agency, forensic analysis of the devices helped reconstruct the movement of the leaked material across the alleged network.

The investigation reportedly traced the flow of the confidential papers through a structured chain that began with NTA-appointed subject experts and extended to private coaching operators, brokers and candidates.



The chargesheet states that the alleged paper leak was meticulously planned several months before the examination and was not a last-minute operation.

The chargesheet also records statements from candidates questioned during the investigation. In one instance, a candidate and her father were allegedly offered access to the NEET-UG 2026 question paper for ?4 lakh. The offer reportedly included coaching support and offline revision classes conducted by one of the accused NTA subject experts. The CBI has traced these alleged interactions to late 2025 and early 2026, describing them as part of the broader conspiracy.

The NEET-UG 2026 examination, held on May 3, was cancelled on 12 May following allegations of a question-paper leak and other irregularities. A re-examination for all candidates was subsequently conducted

Nepal PM Balendra Shah's First Official India Visit Aims To Reset Bilateral Ties

NOVEMBER 22, 2026

NEW DELHI (TIP): Nepal's Prime Minister Balendra Shah's visit to New Delhi marks his first official bilateral trip to India since taking office in March. Scheduled from 22nd to 23rd November, with delegation-level talks with Prime Minister Narendra Modi set for Monday, the trip comes after months of uncertainty over the direction of Kathmandu's relations with New Delhi.

Shah, who swept to power following the Gen-Z-led protests that toppled K.P. Sharma Oli's Government, initially adopted an unconventional approach to diplomacy. His decision to meet foreign ambassadors collectively rather than through individual courtesy calls raised eyebrows in diplomatic circles, while his Government's stance on certain bilateral issues added to New Delhi's discomfort.

Despite the early friction, diplomatic engagement continued steadily behind the scenes. Nepal's Foreign Minister Shisir Khanal visited India while Indian Foreign Secretary Vikram Misri travelled to Kathmandu to lay the groundwork for high-level talks. In June, Rabi Lamichhane, chairperson of Nepal's ruling Rastriya Swatantra Party, visited New Delhi, where he received a celebratory welcome with flower petals and drums at the B.J.P. headquarters and called on Prime Minister Modi. Now, Shah's own trip to New Delhi is expected to elevate that engagement to the highest level, drawing intense scrutiny back home. Opposition leaders in Nepal have urged Prime Minister Shah to forge a national consensus prior to his departure, calling on him to use the visit to rebuild mutual trust and resolve longstanding bilateral issues. Former foreign minister and C.P.N.-U.M.L. leader Pradeep Gyawali emphasised that Shah's primary objective must be addressing the trust deficit between the two nations.

India and Canada working towards finalising CEPA

NOVEMBER 22, 2026

NEW DELHI (TIP): India and Canada concluded the sixth round of negotiations on a Comprehensive Economic Partnership Agreement (CEPA) in New Delhi on Friday. The two countries are now working to finalise the deal before Prime Minister Narendra Modi's visit to Canada next month, people familiar with the matter said, asking not to be named.

Negotiators have reached near consensus on several chapters and concluded some others, one of the people said. The two sides will continue talks virtually so that the leaders can announce tangible progress on trade, investment and energy cooperation during Modi's visit. The High Commission of India in Ottawa said in a post on X on October 16 that Modi will visit Canada on December 11-12.

The commerce ministry on Saturday confirmed that the round, held from November 11 to 20, had ended, but gave no details. Commerce secretary Rajesh Agrawal and Canadian vice minister Glenn Purves reviewed the progress made in the round and took stock of where the overall talks stand, the ministry said.



The round covered trade in goods, trade in services, rules of origin, trade remedies, intellectual property and investment promotion. India's chief negotiator, Brij Mohan Mishra, led the Indian delegation, and Canada's chief negotiator, Mary-Catherine Speirs, led the Canadian side.

"The round witnessed constructive and substantive discussions across the negotiating tracks, with both sides making progress towards advancing the negotiations. The discussions were guided by the shared objective of concluding the negotiations within the ambitious timelines envisaged by the leaders of the two nations," the ministry said.

"Both sides reaffirmed their shared commitment to concluding an ambitious, balanced and commercially meaningful agreement that delivers tangible benefits to farmers, industries, businesses and Micro, Small and Medium Enterprises (MSMEs) in both countries," it said. According to the ministry, both sides said the agreement would open new opportunities in trade and investment, help build resilient and diversified supply chains, and deepen the economic partnership.

The two countries are also exploring closer energy ties, the people said. They plan a two-way supply chain in which India would import Canadian oil and gas and export refined petroleum products to Canada. The prime ministers of the two countries have agreed to cooperate on trade, energy, technology, security and people-to-people ties, the people added.

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FRIDAY NOVEMBER 20, 2026
20TH YEAR

India in history this Week

NOVEMBER 20 TO NOVEMBER 26

NOVEMBER 20

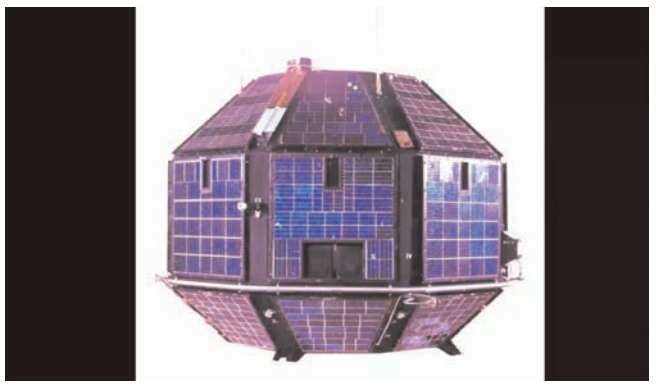
1750 - Birth anniversary of Tipu Sultan



Tipu Sultan, popularly known as the Tiger of Mysore, was born on November 20, 1750, at Devanahalli, near present-day Bengaluru. He was the son of Hyder Ali, the ruler of Mysore, and Fatima Fakhr-un-Nisa.

Tipu Sultan succeeded his father in 1782 and ruled the Kingdom of Mysore until his death in 1799. He is remembered for his determined resistance to the expansion of the British East India Company in southern India. His reign was marked by military reforms, administrative changes and efforts to strengthen Mysore's economy..

1981 - Launch of Bhaskara-II satellite



On November 20, 1981, India launched Bhaskara-II, its second experimental remote-sensing satellite, marking another important step in the country's efforts to develop indigenous space technology.

The satellite was part of India's early efforts to use space-based observations for practical applications. It carried instruments designed to collect information about the Earth's surface, oceans and atmosphere.

NOVEMBER 21

1947 - First postage stamp of independent India issued

India's first postage stamp after Independence was issued on November 21, 1947. It featured the national flag and the words "Jai Hind", symbolizing the birth of a free nation.

The stamp was valued at three-and-a-half annas and became an important piece of India's postal and philatelic history. Its design reflected the pride and optimism surrounding Independence, which had been achieved just three months earlier, on August 15, 1947.

1963 - India's first sounding rocket launched from Thumba

November 21, 1963, marks a landmark in India's space program. On this day, the country launched its first sounding rocket from the Thumba Equatorial Rocket Launching Station near Thiruvananthapuram, Kerala.

The launch involved a two-stage Nike-Apache rocket procured from the United States. It carried instruments to study the upper atmosphere, particularly the region around the Earth's magnetic equator.

1970 - Death anniversary of C V Raman

Indian physicist Sir Chandrasekhara Venkata Raman, popularly known as C V Raman, died on November 21, 1970, in Bengaluru.

Born on November 7, 1888, in Tiruchirappalli, Tamil Nadu, Raman became one of India's most celebrated scientists. His pioneering work in the field of light scattering led to the discovery of the Raman Effect in 1928.

NOVEMBER 22

1939 - Birth anniversary of Mulayam Singh Yadav

Mulayam Singh Yadav, founder of the Samajwadi Party and one of Uttar Pradesh's most influential political leaders, was born on November 22, 1939, in Saifai village in Etawah district.

1830 - Birth anniversary of Rani Lakshmibai



Jhalkari Bai is remembered in popular accounts of the 1857 uprising for her association with Rani Lakshmibai of Jhansi and her role in the defence of the kingdom. According to popular accounts, Jhalkari Bai came from a humble family and became a member of the women's military unit associated with the queen. She was said to have been trained in horse riding, archery and the use of weapons.

NOVEMBER 23

1937 - Death anniversary of Jagadish Chandra Bose

Jagadish Chandra Bose, pioneering physicist, biologist and inventor, died on November 23, 1937, in Giridih, in present-day Jharkhand.

Born on November 30, 1858, in Munsiganj, now in Bangladesh, Bose made important contributions to physics and plant physiology. He was among the earliest scientists to investigate radio waves and demonstrated the transmission of electromagnetic waves over short distances.

NOVEMBER 24

1622 - Birth anniversary of Lachit Borphukan

Lachit Borphukan, one of the most celebrated military commanders in Assam's history, was born on November 24, 1622. He served as a commander in the Ahom kingdom during the reign of King Chakradhwaj Singha. He is best remembered for his leadership in the Battle of Saraighat in 1671, when Ahom forces defeated the Mughal army led by Ram Singh I.

1881 - Birth anniversary of Sir Chhotu Ram



Sir Chhotu Ram, popularly known as Deenbandhu, was born on November 24, 1881, in Garhi Sampla village in present-day Haryana. He became one of the most influential leaders of the agrarian community in undivided Punjab and is remembered for his work on behalf of farmers and rural society.

NOVEMBER 25

1949 - B R Ambedkar's final address to the Constituent Assembly

On November 25, 1949, Dr B R Ambedkar delivered his concluding address to the Constituent Assembly, a day before the Constitution of India was formally adopted.

As chairman of the Drafting Committee, Ambedkar had played a central role in shaping the Constitution.

NOVEMBER 26

1921 - Birth anniversary of Verghese Kurien, the Father of India's White Revolution

Dr Verghese Kurien, the architect of India's White Revolution, was born on November 26, 1921, in Kozhikode, Kerala. Kurien transformed India's dairy sector by helping create a cooperative model that connected milk producers directly with markets and consumers.

1949 - Constitution of India adopted

November 26, 1949, is one of the most significant dates in India's modern history. On this day, the Constituent Assembly adopted the Constitution of India, laying the foundation for the country's democratic system.

2008 - Mumbai terror attacks begin

On the night of November 26, 2008, Mumbai came under a series of coordinated terrorist attacks that shook India and drew international attention. Ten heavily armed terrorists arrived in Mumbai by sea and launched attacks at several locations, including Chhatrapati Shivaji Terminus, the Taj Mahal Palace Hotel, the Oberoi-Trident Hotel, Nariman House and other crowded public places.





Gordon Ramsay, culinary chef famed for fiery critiques, gets Hollywood Walk of Fame star

Known for his cooking skills, cutting critiques and copious profanity, British chef Gordon Ramsay cemented his place in Hollywood history on Wednesday with a star on the Hollywood Walk of Fame in Los Angeles.

Ramsay, standing at the podium, joked that he plans to polish his star every Saturday at 9 a.m. for the rest of his life and serve up a delectable breakfast for the public.

"I'll set up a little mobile kitchen and I will cook everyone incredible soft scrambled eggs," the chef said.

Jokes aside, Ramsay said he was incredibly grateful for the honor.

"I'm the luckiest chef on the planet because I get to do what I dream of doing," he said.

Ramsay, who has won a BAFTA, has spent more than 25 years on television, becoming the star of numerous cooking shows, including "Hell's Kitchen," "Kitchen Nightmares" and "MasterChef."

"Unique, that's the word that describes you best," English restaurateur Lisa Vanderpump said of her longtime friend Ramsay. "I'm so proud of you, little jealous, but really proud," she added.

Actor and comedian Joel McHale said Ramsay had built an empire and had become "television gold."

"Gordon Ramsay has become one of the most famous people on the planet, and I am not joking," McHale said.

Ramsay, 60, first gained national attention in 1999 as the head chef featured in the British miniseries "Boiling Point."

Trained by acclaimed chefs Albert Roux and Marco Pierre White in London, as well as Guy Savoy and Joël Robuchon in France, Ramsay went on to build a restaurant empire that includes several Michelin-starred establishments. Among them are Restaurant Gordon Ramsay in Chelsea, London, Pétrus by Gordon Ramsay in Belgravia, London, and Le Pressoir d'Argent Gordon Ramsay in Bordeaux, France.

The husband of cookbook author Tana Ramsay and father of six told Reuters after the ceremony that mentorship and tough love will always be a part of his legacy.

Melania Trump marks world premiere of Prime Video docuseries

Melania Trump is celebrating her docuseries debut, stepping out for a Hollywood-style premiere of "Melania: The Series."

The first lady traded the White House for the black — rather than red — carpet on Thursday night, as she marked the forthcoming release of her two-part Prime Video series.

"You will see my beliefs, my principles, what I think about family trust, also pride and honor," Trump told reporters.

Despite being in the spotlight for years, Trump told ITK in an interview that some of the public still has misconceptions about her.

"People they don't really want to know, maybe, or they don't focus on what I do," Trump said. "They prefer to gossip, and they go in [a] different direction. And if they see what I do, I think it would be much more important."

The series, to be released on Friday, has been touted by Prime Video as a project that offers audiences "an intimate look" at the 56-year-old author and former model as she navigates stepping into the role of first lady again in 2025 following President Trump's second inauguration. The first episode is focused on family and trust, while the second part of the series, titled "Pride and Honor," explores "the immediate responsibilities of serving as first lady."

The release of the docuseries comes nearly a year after Trump made her documentary film debut. "Melania," which reportedly cost Amazon MGM Studios $75 million, followed the first lady in the days before the 2025 presidential inauguration. The film reportedly grossed more than $16 million after it was released in January.

Amid the President Trump's low approval rating and the GOP's crushing losses in the midterm elections, it's unclear if there's an appetite for more first lady-focused fare.

But Marc Beckman, Melania Trump's exclusive senior adviser, said that now was the right time for the first lady to share her story.



"I think it was a result of, for years and years, people asking her to see more, to understand more, and this is the truth," Beckman said. "So you see a person that's hardworking, committed to her family, committed to foster care children and children all over the world, and she opens this up to the world."

Koffee with Karan 9: Ananya Birla calls Ranveer Singh's Pralay a spectacle

Actor Ranveer Singh is set to enter the world of zombies with Pralay, a large-scale theatrical action thriller directed by Jai Mehta. Producer Ananya Birla has described the film as a "spectacle" while expressing hope that audiences will appreciate the project, which is currently being filmed at real locations in and around Mumbai.

Birla discussed Pralay and the box-office performance of her production Main Vaapas Aaunga during the latest episode of Koffee With Karan 9. The final season of Karan Johar's chat show also featured Ananya Panday, calling Aditya Roy Kapur, Ishaan Khatter and Kartik Aaryan, as well as a surprise appearance by Shanaya Kapoor.

Asked about Pralay on Koffee With Karan, Birla said, "It's going to be a spectacle, and I hope and pray that people like it, but beyond that, it's in God's hands, and it's in people's hands." Details about the film remain under wraps.

Pralay will be Ranveer's first release after the success of the Dhurandhar franchise. The actor is also producing the film and will share screen space with Kalyani Priyadarshan, who found wider recognition with Lokah.

The makers have selected real locations across Mumbai and nearby regions for the shoot. Principal photography is now under way following several months of technical pre-production. The conversation also turned to Main Vaapas Aaunga, which Johar described as one of the "massive sleeper successes" of the year. He noted that the film began with modest numbers before gaining momentum at the box office.

Birla, who produced the Imtiaz Ali directorial, said, "Yeah, it was around Rs 1 crore business on day 1, and then it went on to create history. I am just so proud to have worked with a director like Imtiaz Ali sir." According to trade tracker Sacnilk, the film earned Rs 99.39 crore worldwide after opening with a net collection of Rs 1.15 crore in India. It stars Naseeruddin Shah, Diljit Dosanjh, Sharvari and Vedang Raina.



The episode also showed Ananya Panday and Birla playing games and answering personal questions. Panday said she dislikes every other Ananya in the world except singer Birla. During a round of 'Sip It If You've Done It', Birla revealed that she once had an entire venue cleared for a private date.

Panday then called Aditya Roy Kapur, Ishaan Khatter and Kartik Aaryan, prompting Birla to joke that she has called all her exes. Shanaya Kapoor also made a surprise appearance and was asked to come up with a line that could work in both a boardroom and a bedroom. She and Panday also speak about their admiration for Ranveer. Asked about the most 'un-Birla' thing about her, Birla said she never carries money.

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NJPAC'S OFFER MAKES THEATER MORE AFFORDABLE THIS HOLIDAY SEASON

BY MABEL PAIS

This holiday season, the New Jersey Performing Arts Center (NJPAC) is offering theatergoers affordable tickets to select performances at the Arts Center located at 1 Center Street, Newark, NJ (https://njpac.org).

Some of the performances to which the discounted ticket offer applies are available to almost everyone of all ages and preferences: "The Nutcracker," or "Cirque Dreams Holidaze," or "Riverdance," "Sonic Live in Concert," or R&B favorites Dru Hill & Mýa. Consider this opportunity a good chance as a holiday gift to your favorite person or family.

SPECIAL TICKET OFFER

The discounted ticket offer is for performances starting on December 10, 2026 and ending on May 7, 2027. The offer is available only for select performances. The cyber sale starts on Wednesday, November 25 @ 10 a.m. and ends on Tuesday, December 1 @ 11:59 p.m., 2026. More information on ticket prices and availability are available @ https://njpac.org

SHOWS OFFERED AT SPECIAL DISCOUNT

RON TAYLOR

Thursday, December 10 at 8:00 p.m. — Victoria Theater

Fresh off his win on Netflix's Funny AF with Kevin Hart, Ron Taylor brings the sharp stand-up that won over viewers and the judges to Newark.

DRU HILL & MÝA

Friday, December 11 at 8:00 p.m. — Prudential Hall

Cue the '90s R&B singalong. Dru Hill brings the harmonies behind "In My Bed" and "Tell Me," while GRAMMY winner Mýa brings the pop and R&B swagger of "Case of the Ex" and "It's All About Me."

CHRISTMAS WITH CANADIAN BRASS

Saturday, December 12 at 3:00 p.m. — Victoria Theater

The celebrated brass quintet puts a playful spin on Christmas carols and holiday favorites, joined by the New Jersey Youth Chorus' Coriste ensemble.

THE ROCK ORCHESTRA BY CANDLELIGHT

Saturday, December 12 at 8:00 p.m. — Prudential Hall

Masked musicians and powerhouse vocalists give rock and metal favorites a dramatic orchestral makeover on a stage aglow with candlelight.

THE NUTCRACKER WITH THE STATE BALLET THEATRE OF UKRAINE

Sunday, December 13 at 3:00 p.m. — Prudential Hall

Follow Clara into a world of toy soldiers and dancing sweets as the State Ballet Theatre of Ukraine brings Tchaikovsky's holiday classic to the stage.

THEHERAV: THE GHAZAL PROJECT

Friday, December 18 at 8:00 p.m. — Victoria Theater

Two vocalists, sarangi and tabla bring the ghazal's poetry of love, longing and remembrance to life through melody and improvisation.



Christmas with Canadian Brass -Courtesy, https://njpac.org



Theherav: The Ghazal Project. -Courtesy, https://njpac.org



Cinderella with the State Ballet Theatre of Ukraine -Courtesy, https://njpac.org

MUSIQ SOULCHILD & KINDRED THE FAMILY SOUL

Saturday, December 19 at 8:00 p.m. — Prudential Hall

Philadelphia neo-soul takes center stage with Musiq Soulchild, the voice behind "Love" and "Halfcrazy," and married duo Fatin Dantzler and Aja Graydon, whose songs include "Far Away" and "Stars."

CIRQUE DREAMS HOLIDAZE

Saturday, December 26 at 4:00 and 8:00 p.m. — Prudential Hall

Keep the celebration going the day after Christmas with aerial feats, acrobatics and juggling in a reimagined holiday spectacular with Broadway flair.

JANUARY AND FEBRUARY 2027

CINDERELLA WITH THE STATE BALLET THEATRE OF UKRAINE

Sunday, January 17 at 3:00 p.m. — Prudential Hall

A glass slipper, a midnight deadline and a little magic set the stage for the State Ballet Theatre of Ukraine's retelling of the beloved fairy tale.

SAMANTHA BEE: HOW TO SURVIVE MENOPAUSE

Saturday, January 30 at 7:00 p.m. — Victoria Theater

Samantha Bee gives menopause the candid, funny conversation it deserves in a one-woman show that turns her own experience into a night of comedy.

BLUEY'S BIG PLAY

Saturday, Feb. 6 at 11:00 a.m., 2:00 and 6:00 p.m. • Sunday, Feb. 7 at 11:00 a.m. and 2:00 p.m. — Prudential Hall

Bluey, Bingo and the Heeler family leap from the screen to the stage in a live adventure with puppets and music made for young fans and the grown-ups they bring along.

NAI NI CHEN DANCE COMPANY: YEAR OF THE GOAT

Saturday, February 6 at 2:00 p.m. — Victoria Theater

Ring in the Lunar New Year with the Dragon Dance, the Lion Dance, acrobatics and vibrant costumes in a family celebration of Chinese dance and culture.

RIVERDANCE 30: THE NEW GENERATION

Friday, Feb. 12 at 7:30 p.m. • Saturday, Feb. 13 at 2:00 and 7:30 p.m. • Sunday, Feb. 14 at 1:00 p.m. — Prudential Hall

A new generation of dancers takes on the lightning-fast Irish footwork and GRAMMY-winning music that made Riverdance a worldwide sensation.

ARNEZ J

Saturday, February 13 at 7:30 p.m. — Victoria Theater

The former BET ComicView host brings his animated characters, physical storytelling and full-throttle stand-up to the Victoria Theater.

JORGE CELEDÓN: LA HISTORIA MÍA

Saturday, February 20 at 8:00 p.m. — Prudential Hall

One of contemporary vallenato's leading voices, Jorge Celedón brings the accordion-driven music of his Colombian roots to Newark.

MARCH THROUGH MAY 2027

THE LEGEND OF KORRA IN CONCERT

Friday, March 5 at 8:00 p.m. — Prudential Hall

Return to the Avatar universe as a live orchestra performs Jeremy Zuckerman's score alongside scenes from the animated series on the big screen.

DAVID NIHILL: TAKING TANGENTS TOUR

Saturday, March 6 at 7:00 p.m. — Victoria Theater

Irish comedian David Nihill follows the funny detours of travel, cultural misunderstandings and life abroad in his storytelling-driven stand-up show.

BATMAN RETURNS IN CONCERT

Saturday, March 6 at 8:00 p.m. — Prudential Hall

Tim Burton's Gotham City returns to the big screen as the New Jersey Symphony performs Danny Elfman's score live, with Michael Keaton's Batman facing Catwoman and the Penguin.

SONIC LIVE IN CONCERT

Friday, March 12 at 8:00 p.m. — Prudential Hall

Celebrating 35 years of Sonic the Hedgehog as a live ensemble, rock musicians and vocalists perform music from the games alongside action from across the series.

ROMEO + JULIET IN CONCERT

Sunday, March 21 at 4:00 p.m. — Prudential Hall

Baz Luhrmann's film starring Leonardo DiCaprio and Claire Danes returns to the big screen for its 30th anniversary, with a live ensemble performing the score and soundtrack.

NEW JERSEY BALLET: NEW DIMENSIONS

Friday, April 16 at 7:30 p.m. — Victoria Theater

New Jersey Ballet pairs a world premiere by choreographer Garrett Smith with Christopher Wheeldon's Fool's Paradise in a program of contemporary ballet.

ALVIN AILEY AMERICAN DANCE THEATER

Friday, May 7 at 8:00 p.m. • Saturday, May 8 at 8:00 p.m. — Prudential Hall

An NJPAC Mother's Day weekend tradition returns with a mixed-repertory program celebrating African American culture, including Ailey's signature work, Revelations.

NEW JERSEY PERFORMING ARTS CENTER (NJPAC)

Learn more at https://njpac.org

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

MONTCLAIR FILM CELEBRATES CONVERSATION OF EMMY-WINNING SNL COMIC KATE MCKINNON WITH MULTI-HYPHENATE STEPHEN COLBERT

BY MABEL PAIS

Montclair Film of New Jersey, with the New Jersey Performing Arts Center as host, will present Emmy-winning Kate McKinnon in conversation with multi-hyphenate Stephen Colbert on stage on Saturday, December 5, 2026 at 8:00 PM. The pair will sit down for a remarkable evening of conversation celebrating Ms. McKinnon's career as one of the country's leading comic voices.

Kate McKinnon won the Emmy Award for Outstanding Supporting Actress in a Comedy Series in 2016 and 2017 and was nominated every year from 2014 until 2022 for her work on 'Saturday Night Live' (SNL). She recently reprised her iconic character, 'Colleen Rafferty' in SNL's 50th Anniversary show alongside Meryl Streep, who played her mother, 'Colleen Sr.'

McKinnon's select roles include Jay Roach's "Bombshell" opposite Charlize Theron, Nicole Kidman and Margot Robbie, Danny Boyle's "Yesterday," The Spy Who Dumped Me" opposite Mila Kunis, Paul Feig's 2016 reboot of "Ghostbusters," "Rough Night," opposite Scarlett Johansson, and "Office Christmas Party," with Jason Bateman and Jennifer Aniston. She was seen as 'Weird Barbie' in Greta Gerwig's worldwide blockbuster, "Barbie," opposite Margot Robbie and Ryan Gosling, Jay Roach's "The Roses," for Searchlight Pictures opposite Olivia Colman and Benedict Cumberbatch, and the Andrew Stanton-directed "In The Blink Of An Eye," for Hulu. Her most recent release was Neon's "The Wrong Girls" with Kristen Stewart and Alia Shawkat. Upcoming projects include "Thumb" from director Daina Oniunas-Pusic, the third season of the Disney+ series "Percy Jackson And The Olympians," Netflix's "One Attempt Remaining," opposite John Cena and Jennifer Garner.



(left) Kate McKinnon & Stephen Colbert. Credit: Courtesy, https://njpac.org

McKinnon is also a New York Times best-selling author with the publication of her popular middle grade book series "The Millicent Quibb School Of Etiquette For Young Ladies Of Mad Science," (October 2024) and its sequel "Secrets Of The Purple Pearl" (Sept 2025). The final book in the series, "The Jungle Of Carabanana," was released in Fall 2026.

TICKETS

Tickets for the Conversation can be purchased at www.njpac.org or

www.ticketmaster.com, or by telephone at 1-888-GO-NJPAC (1-888-466-5722), or at the NJPAC Box Office at One Center Street in downtown Newark. More information about this event can also be found at montclairfilm.org.

STEPHEN COLBERT

Stephen Colbert is a comedian, actor, writer, and producer who has worked in television for over 30 years. He recently completed his eleventh and final season as the Host of the Emmy and Peabody Award winning #1 show in late night, "The

Late Show With Stephen Colbert," in addition to serving as Executive Producer and Writer. Previously, he hosted, wrote, and produced "The Colbert Report" on Comedy Central for nine years, following his seven years as a writer and correspondent on "The Daily Show."

Colbert's production company, Spartina Industries, produced two seasons of the late-night program "After Midnight" on CBS and has several projects in development including a series adaptation of Roger Zelazny's sci-fi novels, "The Chronicles Of Amber," with Robert Kirkman's Skybound Entertainment. Colbert is currently co-writing the next installment in the "Lord Of The Rings" film franchise with Philippa Boyens and Peter McGee.

He previously served as Executive Producer on several projects including the acclaimed filmed version of "Derek Delgaudio's In Of Itself" on Hulu, and has authored six books, the most recent of which, "Does This Taste Funny?" (co-authored by his wife Evie McGee Colbert), debuted at #3 on the New York Times Bestseller List.

A big fan of fishing, tomato sandwiches, and his dog Benny, Colbert resides on the east coast with Evie.

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REGGAE STARS CAPLETON AND TARRUS RILEY WILL BRING THE SPIRIT OF JAMAICA OVER THANKSGIVING WEEKEND

BY MABEL PAIS

CAPLETON and TARRUS RILEY, reggae and dancehall stars, will bring their rhythm of the RoadBlock Radio Concert Series to the New Jersey Performing Arts Center on November 27, 2026 at 8 PM. Capleton's explosive delivery and Riley's soaring soulful vocals will bring the energy and spirit of Jamaican music to the audience.

With a commanding voice and electrifying stage presence, Capleton has helped shape the sound of reggae and dancehall for over three decades. Born Clifton George Bailey III in Jamaica's St. Mary parish, he emerged through the sound-system scene and became a leading force in dancehall's embrace of roots reggae and Rastafarian spirituality. His music pairs driving rhythms with messages of resilience, social consciousness and spiritual conviction.

Capleton expanded his international audience with the Def Jam albums "Prophecy and I-Testament," bringing his distinctive sound into conversation with hip-hop through collaborations with artists including Method Man and Q-Tip.

His catalog includes "Tour," "Wings of the Morning" and "That Day Will Come," along with the albums "More Fire," the GRAMMY®-nominated "Still Blazin'" and "Reign of Fire." Onstage, "The Fireman" lives up to his name with performances fueled by intensity and audience connection.



(left) Capleton & Tarrus Riley. Credit: Courtesy, https://njpac.org

Tarrus Riley brings a different kind of power: a rich, expressive voice that moves effortlessly between romantic melodies, roots reggae and songs of empowerment. Born in the Bronx and raised in Jamaica, Riley is the son of veteran reggae singer Jimmy Riley. He established himself as a major voice in contemporary reggae with his breakthrough album "Parables," featuring the beloved anthem "She's Royal," as well as "Stay With You," "Beware" and "Lion Paw."

Working closely with renowned saxophonist and producer Dean Fraser, Riley has built a catalog that blends musical warmth with thoughtful lyrics about love, identity and social consciousness. Albums including "Contagious," "Love Situation" and "Healing" showcase his range, while collaborations across genres have introduced his voice to new audiences around the world. His nickname, "Singy Singy," captures a lifelong devotion to singing — and the melodic spirit that defines his performances.

Together, Capleton and Tarrus Riley offer an irresistible combination of dancehall fire and reggae soul. For friends and family they will keep the holiday celebration going with an evening of powerful rhythms, heartfelt melodies and Caribbean musical pride.

TICKETS

For tickets to the Reggae stars, visit https://NJPAC.org or visit the box office at 1 Center Street, Newark, NJ or call 888.GO.NJPAC (888.466.5722).

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

The INDIAN PANORAMA
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Salman Khan's Maatrubhumi finally gets censor nod, awarded UA 16+ without cuts

Salman Khan's upcoming war drama, Maatrubhumi: May War Rest in Peace, has cleared a significant pre-release milestone. The film has received its censor certificate from the Central Board of Film Certification (CBFC), with the examining body granting it a UA 16+ rating. The certificate was issued by the CBFC's Mumbai regional office on November 18.

According to the board's website, the film has a runtime of two hours, 34 minutes and 12 seconds. Listed under the Hindi language category, the project has Salman Khan Ventures Private Limited named as both its producer and certification applicant.

The CBFC's synopsis offers a glimpse into the film's central conflict, describing it as "an epic of courage on two fronts". The official description reads: "Maatrubhumi is an epic of courage on two fronts. Col. Sandeep risks everything defending his country, while his beloved wife holds the family together, shielding him from its struggles. He protects the nation she gives him the strength to serve India. Two battles, one country, one haunting question: can war ever rest in peace?"

The film has undergone a significant transformation since it was first announced as Battle of Galwan. Initially conceived around the 2020 Galwan Valley clash between Indian and Chinese troops, the project was renamed Maatrubhumi: May War Rest in Peace in March 2026.

Ramayana surpasses KGF Chapter 2's lifetime haul in India in 15 days

Ramayana has added another major milestone to its box-office run, surpassing the lifetime collection of KGF: Chapter 2 to become one of the highest-grossing Indian films domestically. The Nitesh Tiwari directorial, starring Ranbir Kapoor, Sai Pallavi and Yash, has now crossed Rs 860 crore in India, with Yash's own blockbuster falling behind.

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Ramayana collected Rs 564.50 crore in net box office in India in its first week. It collected Rs 48.10 crore on its second Friday, and Rs 72.90 crore and Rs 75 crore on Saturday and Sunday, respectively. On Monday, the film brought in Rs 32 crore, with Rs 28.60 crore on Tuesday and Rs 23.20 crore on Wednesday. It has performed better in Hindi than the dubbed languages.

Ramayana has already surpassed the lifetime hauls of Aditya Dhar's Ranveer Singh-starrer Dhurandhar, Laxman Utekar's Vicky Kaushal-starrer Chhaava and more. It has films such as Dhurandhar: The Revenge, Pushpa 2: The Rule, Baahubali 2: The Conclusion and Dangal to contend with.



Ravi Dubey, who played Lakshman in Ramayana, penned a heartfelt note on the response to the film. "On the morning of 5th November 2026, I woke up and felt something I'd forgotten the feeling of. I felt 'seen', and the love in it felt infinite. I think that's all an actor truly wants. That someone gives your work a chance. That something you felt while doing it reaches someone else, and they feel enough to tell you about it. What a gift that is. I'm still in disbelief as I write this. All I feel is gratitude," he wrote on his Instagram account.

Ramayana is directed by Nitesh Tiwari, who co-wrote the screenplay with Shridhar Raghavan, and produced by Namit Malhotra and Yash. It stars Ranbir as Rama, Pallavi as Sita and Yash as Ravana. Kajal Aggarwal, Rakul Preet Singh, Vivek Oberoi, Kunal Kapoor, Adinath Kothare, Arun Govil, Indira Krishnan, and Lara Dutta also star in it, with Anupam Kher voicing Jatayu. Part 2 of Ramayana was initially announced to hit screens for Diwali 2027, but it has been postponed to 2028.

Yeh Prem Mol Liya trailer: Romance takes on patriarchy

The makers of Yeh Prem Mol Liya released the film's trailer on Wednesday. Starring Ayushmann Khurrana and Sharvari in the lead roles, the Sooraj Barjatya directorial explores a love story that challenges traditional ideas of marriage, raising a rather straightforward question: who decided that a woman must leave her home after getting married?

The story follows Ayushmann's Prem Mishra, who falls in love with Sharvari's Poorva Solanki, only to realise that their happily-ever-after won't follow the conventional script. Especially not the kind that Barjatya's Rajshri Productions has celebrated in its films over the years. Poorva is the sole provider in a family of women, making the prospect of marriage complicated. She cannot simply leave her family behind to settle into her husband's home, as tradition would dictate.



The couple, therefore, arrive at an unconventional arrangement: Prem will move into Poorva's house with his entire family, bringing the two families under one roof. In one of the trailer's defining moments, Prem questions his grandfather, played by Anupam Kher: "Kahan ke constitution me likha hai, kaunse aapke ved-puraano me likha hai ki ladki hi maayka chhod kar sasuraal jayegi [Which constitution says this? Which of your Vedas or Puranas says that a woman must leave her parental home and move to her husband's house after marriage]?"

It is a question that sets the tone for a larger conversation about marriage, gender roles and the expectations placed on women to leave behind their identities and familial responsibilities to build a life with their spouses.

As the trailer progresses, the romance takes a backseat to the inevitable chaos of bringing two families together. There are adjustment issues, disagreements and plenty of confusion as everyone tries to find their place in this unconventional arrangement. Meanwhile, the familiar Rajshri aesthetic remains intact, with its vibrant colours, elaborate sets, sparkle and old-school grandeur. But beneath all that visual gloss are some rather interesting family complications, particularly involving Prem's father, played by Swanand Kirkire, who eventually takes Poorva's family to court.

The trailer offers a glimpse into the larger conflict while keeping the circumstances surrounding the legal battle somewhat under wraps. It gives away enough of the premise to establish the stakes but leaves viewers curious about how the family feud unfolds.



Robert Downey Jr reveals what made him return to MCU with Avengers Doomsday

Actor Robert Downey Jr. revealed that he initially wondered whether there were any surprises left for him in the Avengers franchise after his character, Iron Man, had an emotional exit in Avengers: Endgame.

Marvel Studios released a featurette in which the Oscar winner discussed his decisionto return to the Marvel Cinematic Universe franchise, this time playing its antagonist, Victor Von Doom, also known as Doctor Doom, in the upcoming film Avengers: Doomsday.

“I kinda made my peace with it, and it felt so definitive by the time Endgame had been released. When it was first broached by Kevin, who said, 'Hey, do you think you would ever...?' And I really thought about it and wondered, how many surprises are left?” the actor said.

For over a decade, Downey Jr. famously played the fan-favourite Tony Stark, aka Iron Man, across several MCU films, beginning with 2008's Iron Man. Downey Jr. ended his run as Iron Man in 2019's Avengers: Endgame, where the character sacrificed himself to save the world.

Doomsday will mark his return to the MCU after seven years, and in the movie he will appear alongside an ensemble cast comprising several returning franchise actors and X-Men characters.

Downey described Doom as a formidable villain whose manipulative nature heightens the story's stakes. “Many of these movies are only as good as its villains. Victor is a master manipulator, and because of that, those levels to the stakes here,” he said.

The Oppenheimer actor expressed his admiration for the film's cast, describing their collaborative spirit as the film's driving forces. “It's such a long bench of talent, and these are people I would do any movie with, eight days a week,” he said.

The actor concluded by reflecting on his long association with the franchise, saying he continued to feel a deep sense of responsibility towards the films and their audience. “We just keep trying to earn it with every breath. It's really hard to explain the love I have for this...,” he said.

Being cast as new James Bond is ‘honor of lifetime’: Robert Pattinson

Robert Pattinson has spoken for the first time after being officially announced as the new James Bond, describing his casting as the iconic British secret agent as the "honor of a lifetime".

Amazon MGM Studios confirmed on November 16 that the 40-year-old actor would take over the coveted role of 007, succeeding Daniel Craig, whose final appearance as the legendary spy came in 2021's No Time to Die.

In a statement released following the announcement, Pattinson expressed gratitude to the filmmakers and studio for placing their confidence in him.

"James Bond is one of the most legendary characters in cinema, and to be entrusted with 007 is the honour of a lifetime. I'm deeply grateful to Denis, Amy, David, Tanya, and everyone at Amazon MGM Studios for their belief in me. To say this role is a dream come true is an understatement. I couldn't be more excited about this partnership and the work ahead with this fantastic team," he said.

The announcement brings an end to months of speculation over who would inherit the iconic role. Several actors, including Callum Turner, Josh O'Connor, Jack Lowden and Nicholas Hoult, had been linked to the part during the casting process.

Pattinson's selection marks a significant new chapter for the long-running franchise, which has entertained audiences for more than six decades. The actor will headline the 26th James Bond film, which will be directed by acclaimed filmmaker Denis Villeneuve, known for Dune, Dune: Part Two and Arrival.

Steven Knight, the creator of Peaky Blinders, has been appointed to write the screenplay. The film will be produced by Amy Pascal and David Heyman, with Tanya Lapointe serving as executive producer.

Welcoming Pattinson to the franchise, Villeneuve said he was delighted to have the actor take on the character. He described him as possessing the timeless soul of 007 while bringing a fresh spirit to the role.

Producers Pascal and Heyman also expressed confidence in the casting, praising Pattinson's fearlessness as an actor, self-deprecating wit and ability to reinvent himself. They said the character's legacy was in good hands.

The casting is particularly interesting given Pattinson's career trajectory. He first achieved worldwide recognition as Edward Cullen in the hugely successful Twilight film series.



However, he subsequently established himself as a versatile performer through independent films such as Good Time and The Lighthouse, earning critical acclaim for his unconventional roles.

He later entered the superhero genre as Bruce Wayne in Matt Reeves' The Batman (2022), demonstrating his ability to portray darker and more complex characters. His other notable films include Harry Potter and the Goblet of Fire, Remember Me, Tenet and The Batman.

Pattinson is also part of the cast of Denis Villeneuve's upcoming Dune: Part Three, in which he plays Scytale, marking another collaboration between the actor and the director. The new Bond film will be the first instalment produced under Amazon MGM Studios' creative control following its 2025 agreement with longtime franchise rights holders Michael G Wilson and Barbara Broccoli. The transition represents a major development for the series, which has traditionally been closely overseen by the Broccoli family.

Daniel Craig played James Bond in five films, beginning with Casino Royale (2006) and concluding with No Time to Die. His portrayal brought a grittier and more emotionally complex dimension to the character, earning widespread appreciation from audiences and critics.

Florence Pugh calls out cruel body scrutiny

Actor Florence Pugh has firmly denied undergoing cosmetic surgery or using Ozempic after thousands of social media comments analysed changes in her face and body. In a lengthy Instagram post, the 30-year-old addressed claims about fillers, facial surgery and weight-loss drugs while speaking about the effect of constant scrutiny.

Pugh said the latest wave of speculation had left her disturbed, despite having gradually learnt to deal with comments about her appearance as part of being a public figure. She also criticised the use of fake AI-generated images and called for greater care and kindness when discussing other people's bodies.

On Wednesday, Pugh said she had woken up to thousands of comments dissecting her appearance. She listed the procedures people had attributed to her, including eyelid surgery, fillers, facial liposuction, buccal fat removal, chin surgery and a nose job. She also dismissed claims that she had used Ozempic.

Expressing disbelief at the extent of the speculation, she wrote, "It's clearly a part of our time right now, that there's this frenzy of people picking apart what's true and what's fake. What the f**king hell guys, I didn't even know that one person COULD get all of these things done overnight if they wanted to? Yes, I'm disturbed. For women who now think that I'm someone I'm not. For having my body dissected and pointed at again."



The actor also spoke about the fat-shaming she has faced throughout her career and said she would continue to challenge inappropriate comments about her weight and appearance.

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Bahrain industrial facility catches fire after Iranian attack as tensions intensify

NOVEMBER 22, 2026

BAHRAIN (TIP): A civilian industrial facility in Bahrain caught fire after being targeted in an Iranian attack on Saturday, as Tehran's widening confrontation with the US and Israel continued to spill across the Gulf. Bahrain's Ministry of Interior said the blaze broke out at the facility after what it described as "heinous Iranian aggression". Civil Defence teams were working to contain the fire, while initial reports indicated material damage but no injuries. "As a result of the heinous Iranian aggression, a civilian industrial facility was targeted, causing a fire at the site. Civil Defence is working to bring the fire under control. Preliminary reports indicate material damage, with no injuries reported," the ministry said in a statement.

The ministry had earlier issued a public alert, urging residents and citizens to remain calm, move to the nearest safe location and follow official channels for further instructions. It did not initially disclose the nature of the potential threat.

The latest incident adds to a series of Iranian attacks reported across the Gulf in recent days. Bahrain, which hosts the US Navy's Fifth Fleet, has said it intercepted several Iranian aerial attacks during the past week. The attacks come as the conflict continues to put pressure on Gulf states that have sought to avoid being drawn directly into the confrontation while hosting key US military facilities.

The latest escalation also coincided with competing claims from Iran and the US over American military aircraft operating in the region. Iran's Army claimed its air defence systems had damaged a US F-16 fighter jet over the Persian Gulf on Friday night, forcing its pilot to make an emergency landing. The claim was carried by Iranian state media.

According to the Iranian military, its air defence forces detected and tracked the aircraft before firing a missile that exploded near the jet, allegedly causing damage and forcing the pilot to abort the mission. The United States, however, flatly rejected the claim.

"CLAIM: Iran's Islamic Revolutionary Guard Corps claims it targeted and damaged a U.S. F-16 fighter aircraft yesterday, forcing an emergency landing. This is FALSE. FACT: Iran did not attack a US F-16 fighter aircraft yesterday - at all. All U.S. military fighter jets in the Middle East are safe and accounted for," US Central Command said.

Separately, Iran's Islamic Revolutionary Guard Corps claimed its air defence systems had intercepted and struck a US MQ-9 Reaper drone over the Strait of Hormuz.

Young protesters hit the streets across Europe over high living costs, climate crises

NOVEMBER 22, 2026

FRANKFURT (TIP): Protesters rallied across Europe on Friday to vent anger over issues from high living costs to military spending and the climate crisis, ramping up pressure on political leaders they accuse of ignoring the concerns of young people.

Demonstrators hit the streets in cities from Italy to Germany, Switzerland and Britain, many waving signs emblazoned with "fight for our future", setting off flares and burning cardboard models of tanks. The rallies, coordinated by a youth-led coalition of over 50 groups, are fuelled by grievances that vary from place to place, including Israel's war in Gaza, high rents and deteriorating learning conditions at schools and universities. But a common theme runs through them -- a sense that governments across the continent are too busy with geopolitical crises and helping big business, and not investing enough in the well-being of younger generations.

Olivia Ferrario, an 18-year-old high school student at a protest in the Italian city of Milan, told AFP that young people were displaying their "dynamism and determination" by taking to the streets.

"If the government does not listen to us, we cannot remain silent," she said at the demonstration that attracted tens of thousands of protesters.

Police deployed in large numbers due to fears of a repeat of the street violence that has marred recent major protests in France and other countries.

In Switzerland, organisers claimed that more than 40,000 protesters had taken to the streets nationwide.

"Austerity is social violence," read a banner in Lausanne, while another blared: "Be vegan, but eat the rich."

The demonstrations were mostly peaceful. But a small number of people clashed with police after it ended, resulting in the deployment of tear gas and water cannon, the domestic Keystone-ATS news agency reported.

In Berlin, about 1,000 university students and school pupils



Demonstrators attend a protest under the slogan "Gen Z Takes Care of It" in Berlin, Germany.

protested over concerns including Germany's rapid rearmament, which has stoked fears of a return to compulsory military service.

"I simply think it's indefensible... to force someone to learn how to fight and kill, and then send them to war," Helena Kossatz, 18, who finished high school last year, told AFP.

While Europe seeks to rearm in the face of a hostile Russia, organisers of the continent-wide protests say funds allocated to rearmament should be spent on education, youth policies and housing.

Several hundred protesters, some in school uniform, gathered at demonstrations in London outside parliament and in nearby Trafalgar Square, waving placards that said "save higher education" and "Fight for our futures not their wars".

"I've lost so much hope," Eliz, who had taken the day off from college and gave only one name, told AFP.

The 18-year-old said she was unsure whether she would go to university, "because of money. Because most jobs are getting taken over by AI. Everyone's just kind of more depressed".

There were scuffles between groups of right-wing and anti-fascist demonstrators, and AFP saw a handful of arrests.

Eisenkot invites Netanyahu's Likud for talks in fresh bid to form Israel government

NOVEMBER 22, 2026

JERUSALEM (TIP): Gadi Eisenkot, the leader tasked with forming Israel's next government, has invited Prime Minister Benjamin Netanyahu's Likud party for intensive coalition negotiations in a fresh attempt to break the political deadlock following last month's inconclusive election.

Eisenkot's centrist Yashar party said on Saturday that its negotiating team had been instructed to hold intensive discussions with Likud representatives, beginning with a meeting scheduled for Sunday, November 22. The move is part of an effort to explore every possible avenue towards forming a broad-based unity government.

In a statement, Yashar said the invitation reflected a "genuine and sincere effort to establish the broadest possible government". It added that its negotiating team would "leave no stone unturned" and pursue "bold initiatives" to find a breakthrough in the coalition negotiations.

The October 27 election failed to give either political bloc the 61 seats required for a majority in the 120-member Knesset, leaving Eisenkot with the difficult task of stitching together a governing alliance. He has until December 6, with the possibility of an extension, to form a government that would replace Netanyahu.

Former Israeli military chief Eisenkot received the mandate after 67 lawmakers recommended him, including 48 from his own political bloc and 19 from Arab parties.

The invitation comes amid disagreements within Eisenkot's camp over the composition of the next government and the possible inclusion of Netanyahu's Likud. The opposition bloc, which also includes former prime minister Naftali Bennett, Yisrael Beytenu leader Avigdor Liberman and Democrats leader Yair Golan, had campaigned to end Netanyahu's tenure but remains divided over how to secure a parliamentary majority.

According to The Times of Israel, Bennett on Saturday reiterated his backing for a national unity government led by Eisenkot, in his first public statement since holding a lengthy meeting with Netanyahu on Wednesday. The meeting, officially described by both sides as a security briefing, had triggered speculation that Bennett could be considering a political realignment.

Bennett sought to put those concerns to rest, declaring his commitment to a government led by Eisenkot and ruling out any arrangement that would allow Netanyahu to remain prime minister.

GTA VI shatters records with $3.8 billion in first-day sales

NOVEMBER 22, 2026

SCOTLAND (TIP): "Grand Theft Auto VI" raked in $3.79 billion in sales within the first 24 hours of its launch, becoming the world's biggest entertainment release ever, as fans around the world celebrated the blockbuster title that is now a global cultural phenomenon.

The action-adventure title that sees criminal duo Lucia and Jason blitz through the neon-soaked streets of Vice City sold 32.5 million units pre-release, developer Rockstar Games said on Friday, a day after the game launched to massive fanfare and critical acclaim globally. GTA VI's day-one haul is nearly five times the estimated $800 million that its predecessor, GTA V, made on its first day in 2013. GTA V had been widely regarded as the best-selling videogame in the first 24 hours until now.

GTA VI has also surpassed the highest-grossing movie of all time at the worldwide box office, "Avengers: Endgame", which has grossed some $2.94 billion, according to media analytics firm Rentrak. The title is set to boost financials at Rockstar Games' parent company Take-Two Interactive, which is also the publisher behind other hits such as the "Red Dead Redemption" franchise and the "NBA 2K" basketball series.

"We are incredibly humbled by the response from players around the world," said Sam Houser, president and founder of Rockstar Games, calling GTA VI's release the beginning of a "new chapter" for the studio.

Ballistic missile attack on Zelenskyy's hometown in central Ukraine kills 2 and wounds scores

NOVEMBER 22, 2026

KYIV (TIP): A Russian strike on the center of Ukrainian President Volodymyr Zelenskyy's hometown, Kryvyi Rih, killed two people and wounded 60 others, local officials said Saturday.

Meanwhile, a Russian cargo ship bound for Kaliningrad caught fire in the Gulf of Finland on Saturday after it was hit by drones, Finnish and Russian officials said. It was not clear who struck the ship not far from the Russian border. The Finnish prime minister warned that the war was spilling into the region.

A 7-year-old boy and a 20-year-old woman were killed in the attack Friday night on Kryvyi Rih in central Ukraine, Oleksandr Vilkul, the head of the city administration, wrote on Telegram. Oleksandr Hanzha, head of the regional military administration, said 60 people were wounded, including six children.

The strike caused four fires and damaged about 25 apartment buildings, a hospital, schools and an industrial facility, as well as businesses and vehicles, Vilkul said.

Video footage published by the regional branch of the Ukrainian State Emergency Service appeared to show further strikes while ambulance and firefighting crews were responding at the scene, as fires burned around them.

"First, two ballistic missiles. And then, when the emergency and rescue operation began, three more rockets hit doctors, rescuers and utility workers," Vilkul wrote on Telegram.

The attack added to uncertainty about the prospects for ongoing talks brokered by Washington. It also came hours after two Russian missiles and a suspected drone came down in Poland, in what its prime minister said was likely a provocation timed to coincide with European military exercises in his country.

In the unprecedented two-week military exercise that began Nov. 9 in southeastern Poland, forces are preparing for a possible postwar mission in Ukraine aimed at helping to stabilize the country and rebuild its military. European countries previously have expressed alarm at what they deem to be Russia's attempts to destabilize the continent.



In this photo provided by the Dnipropetrovsk regional military administration on Saturday, Nov. 21, 2026, a restaurant is seen damaged after a Russian strike on Kryvyi Rih, Ukraine.

NATO Secretary-General Mark Rutte, speaking to reporters in Warsaw on Saturday, called the airspace violation "dangerous" and said all allies stood "in full solidarity with Poland."

"NATO will defend every inch of Polish territory," Rutte said. He said the alliance functioned "as it should" on Friday morning, when NATO jets supported Polish F-16s scrambled as Russian objects approached Polish airspace. NATO's top military commander was assessing the alliance's defenses and would make adjustments if needed, Rutte said.

At a meeting with U.K. Defense Secretary Wes Streeting in Kyiv, Zelenskyy said Saturday that Ukraine's repeated attacks on the Kerch Bridge linking occupied Crimea with the Russian mainland were a "fair response" to scores of Russian attacks on Ukrainian bridges. He said that Russia President Vladimir Putin had "attacked Ukrainian bridges 109 times."

Paris protest turns violent as riot police charge demonstrators, fire tear gas

NOVEMBER 22, 2026

PARIS (TIP): A demonstration that remained largely peaceful throughout the day turned tense in Paris on Saturday evening after riot police charged protesters and fired tear gas to disperse crowds gathered at a square following the march.

Thousands of demonstrators had taken to the streets of the French capital as part of a nationwide movement against the rising cost of living, growing economic insecurity and deteriorating public services. The atmosphere was largely festive during the afternoon, with participants wearing colorful costumes, dancing to music and carrying banners and placards highlighting their demands.

However, the mood changed after nightfall when tensions developed between protesters and security personnel. Riot police subsequently moved in to clear the gathering, charging towards demonstrators and deploying tear gas as the authorities sought to bring the demonstration to an end.

The clashes marked a turbulent conclusion to the sixth consecutive weekend of demonstrations in France, which have brought together students, trade unions, political activists and supporters of the Yellow Vest movement.

The protests have grown out of student-led demonstrations that began in September over poor conditions in educational institutions, inadequate staffing and the need for improvements to school infrastructure. They have since expanded into a broader expression of public anger over inflation, living expenses, economic inequality and concerns about the quality of essential public services.

The Paris march began at Place de la République and proceeded towards Place de la Nation in eastern Paris, following a route approved by the police authorities. The procession included members of several trade unions, student organizations, left-wing political groups and Yellow Vest activists. The demonstration also featured creative forms of protest. Participants carried homemade placards, banners and symbolic displays criticizing the government's handling of public services and the rising cost of living. Some protesters set up mock gravestones representing what they described as the decline of France's public services, including education and social security.



Protest turns violent in Paris

According to the French Interior Ministry, approximately 82,500 people participated in demonstrations across the country on Saturday, including around 21,500 in Paris. Organizers, however, estimated the nationwide turnout at 150,000, with approximately 45,000 people taking part in the capital.

The turnout was lower than the previous Saturday, November 14, when the Interior Ministry recorded 106,000 demonstrators nationwide, including 24,000 in Paris. Organizers had put the earlier turnout at approximately 200,000. Around 70,000 police officers and security personnel were deployed across France to maintain order and prevent a recurrence of the violence witnessed during previous demonstrations.

The protests, which began in September, initially centered on demands by high school students for better educational facilities, more teachers, improved school buildings and reforms to the university system.

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Malaysia announces plan to resettle 10,000 Rohingya in Turkey, then deletes post

NOVEMBER 20, 2026

KUALA LUMPUR (TIP): Malaysia on Friday announced a plan to resettle 10,000 Rohingya refugees in Turkey through a structured skills training programme, in what could offer a new route for thousands of displaced people seeking shelter outside Myanmar. Deputy Prime Minister Ahmad Zahid Hamidi said the proposal was part of the government's efforts to address the Rohingya refugee situation in Malaysia in a more "coordinated, effective and humane manner".

However, the announcement did not remain online for long. The statement, initially published on Ahmad Zahid's Facebook page, was later deleted without any explanation. It was not immediately clear why the post was removed, and the deputy prime minister's office has not issued clarification on this matter.

This came a day after the International Court of Justice (ICJ), the United Nations' highest court, ruled that Myanmar's security forces committed genocide against the Rohingya during the 2017 military crackdown. The timing has brought renewed attention to the plight of the community, hundreds of thousands of whom remain displaced across neighbouring countries. The proposed relocation to Turkey, if implemented, could offer a new route for thousands of Rohingya refugees living in Malaysia. However, the removal of the announcement has left the future of the plan uncertain.

Pakistan military says it killed 22 militants in raids on hideouts

Pakistani security forces acting on intelligence raided militant hideouts in the northwest near the Afghan border, setting off gunbattles that killed 22 militants, the military said Thursday (November 19, 2026). It alleged that the militants killed were backed by neighboring India. There was no immediate comment from New Delhi, but Pakistan often accuses Afghanistan and India of supporting the Pakistani Taliban and other militant groups, allegations both countries deny.

It alleged that the militants killed were backed by neighboring India. There was no immediate comment from New Delhi, but Pakistan often accuses Afghanistan and India of supporting the Pakistani Taliban and other militant groups, allegations both countries deny. The military reported last week that security forces had killed 74 militants over several days in raids on hideouts in the northwest and in southwestern Balochistan province.

Pakistan Army chief Munir vows to eliminate terrorism from country

NOVEMBER 20, 2026

ISLAMABAD (TIP): Pakistan's Chief of Army Staff Field Marshal Syed Asim Munir on Friday (November 20, 2026) expressed the "unwavering resolve" of the security forces to eliminate terrorism from the country during a visit to the Khyber Pakhtunkhwa province.

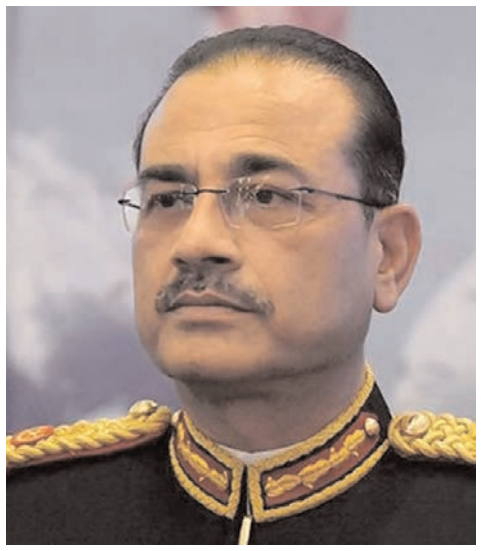
Munir, who is also the Chief of Defence Forces (CDF), said this during a visit to Miranshah in North Waziristan district, the military's media wing said in a statement.

"He reaffirmed the unwavering resolve of the security forces, in close coordination with law enforcement agencies, to decisively eliminate the menace of terrorism and preserve the hard-earned peace and stability of Khyber Pakhtunkhwa," the Inter-Services Public Relations (ISPR) said in a statement.

Munir also appreciated the KP police and expressed pride in its resilience and sacrifices against terrorism and Fitna-al-Khawarij.

The term Fitna-al-Khawarij is used by the federal government for the banned Tehreek-i-Taliban Pakistan.

During the visit, the CDF was given a comprehensive briefing on "the prevailing security situation, ongoing intelligence-based operations [IBO] and measures being undertaken to consolidate the gains achieved through sustained counter-terrorism efforts, " the ISPR statement said.



Munir also appreciated the KP police and expressed pride in its resilience and sacrifices against terrorism and Fitna-al-Khawarij.

It added that CDF Munir also interacted with officers and troops and appreciated their "high level of preparedness, professionalism and unwavering commitment".

Security forces continue to carry out counterterrorism action in KP and Balochistan, the two provinces that have been particularly affected by terrorism in Pakistan.

On Saturday (November 14, 2026), ISPR said four troops, including a major, were killed while 24 terrorists were killed in IBOs in Balochistan and KP's North Waziristan.

Furthermore, last week, 74 terrorists were killed in IBOs in KP and Balochistan.

Meanwhile, the Pakistan Institute for Conflict and Security Studies, an Islamabad-based independent think tank, has reported encouraging trends in the two provinces in its monthly assessment for October, the Dawn newspaper reported.

Pakistan overall witnessed a significant decline in terrorism-related violence during October, with attacks falling by 37%, deaths resulting from these attacks declining by 57%, and injuries decreasing by 71% compared to September, the report said.

Bangladesh PM's veiled 'masters' dig at India as he blames Hasina camp for unrest

NOVEMBER 21, 2026

DHAKA (TIP): Amid fresh unrest in Bangladesh, Prime Minister Tarique Rahman has accused ousted leader Sheikh Hasina and her supporters of plotting violence from abroad. Referring to a country "across the border", Rahman said Hasina's supporters were conspiring to "keep those masters happy" -- an apparent reference to India without naming it. Speaking at a rally organised by the Lalmonirhat district unit of the Bangladesh Nationalist Party (BNP), he said Bangladeshis had had enough of politics associated with arson, enforced disappearances and killings.

"Enough is enough. We must give a clear answer to these terrorists, arsonists and killers," the prime minister said, as quoted by The Daily Star.

Bangladesh has faced a widening wave of violence and arson ahead of the Awami League's nationwide shutdown call on Thursday. According to The Daily Star, attacks were reported in at least 10 districts from Tuesday night through Thursday, targeting buses, political establishments and railway infrastructure.

Rahman's strongest remarks were directed at ousted former Prime Minister Sheikh Hasina, who fled Bangladesh after 16 years in power and has been living in India since her ouster following the 2024 uprising. Her party, Awami League, was subsequently banned by the interim government, barring it from political activities and contesting elections.



"As I am standing before you, a group has started conspiring against the country... The country they have fled to across the border. That is where their masters are. They are conspiring to keep those masters happy," he said.

Although he did not name India, his reference to the country "across the border" was an apparent reference to Hasina's current base. He accused her political camp of conspiring from abroad to destabilise Bangladesh.

"Even after fleeing the country, they have once again started their politics of arson and killing people. They are attacking people and killing them," he added.

Bilateral ties between Dhaka and New Delhi deteriorated sharply after Hasina's removal. Relations further soured under the interim government led by Muhammad Yunus, although ties have improved somewhat since Rahman took office in February.

This week, the violence has gone beyond political rallies and street protests, with attacks reported on buses, railway facilities, shops, offices and houses across Bangladesh.

The Daily Star reported that two BNP leaders were killed in an attack on a political procession in Narail, while a bus helper was killed in a separate arson attack in Pirojpur. The newspaper also reported fires targeting Grameen Bank offices, political establishments and homes linked to political figures.

In Chattogram, the ancestral home of Nobel laureate Muhammad Yunus, who headed Bangladesh's former interim government, was also set on fire late Wednesday. The fire started in an abandoned ground-floor room at about 11:30 PM (local time), according to police. No one was living on that floor.

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The INDIAN PANORAMA
EVER TRUTHFUL
FRIDAY NOVEMBER 20, 2026
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Guru Nanak Dev ji: The light that continues to guide the world

A spiritual visionary, a social reformer and a messenger of universal humanity, Guru Nanak Dev Ji transformed the way people understood religion, society and their relationship with the Divine. More than five centuries after his birth, his teachings continue to offer guidance to a world divided by religious intolerance, discrimination, conflict and inequality. The 557th anniversary of the first Sikh master will be celebrated on Tuesday, November 24, this year. THE INDIAN PANORAMA wishes its readers happy Gurpurb.

In the history of humanity, certain spiritual figures leave behind teachings that transcend the boundaries of their own time. Their words continue to inspire generations, their ideas challenge established conventions, and their message becomes a guiding force for societies far removed from the circumstances in which they first emerged. Guru Nanak Dev Ji was one such extraordinary personality. Born in 1469, he introduced a spiritual vision centred on the oneness of God, the equality of humanity, honest living and selfless service. His message challenged social divisions and religious formalism while offering a universal understanding of spirituality rooted in truth, humility and compassion.

As the world commemorates the 557th Parkash Purab of Sri Guru Nanak Dev Ji, his life and philosophy invite renewed reflection. His teachings are not merely part of Sikh religious history; they represent a profound contribution to humanity's understanding of justice, dignity, coexistence and spiritual responsibility.

A birth that illuminated the world

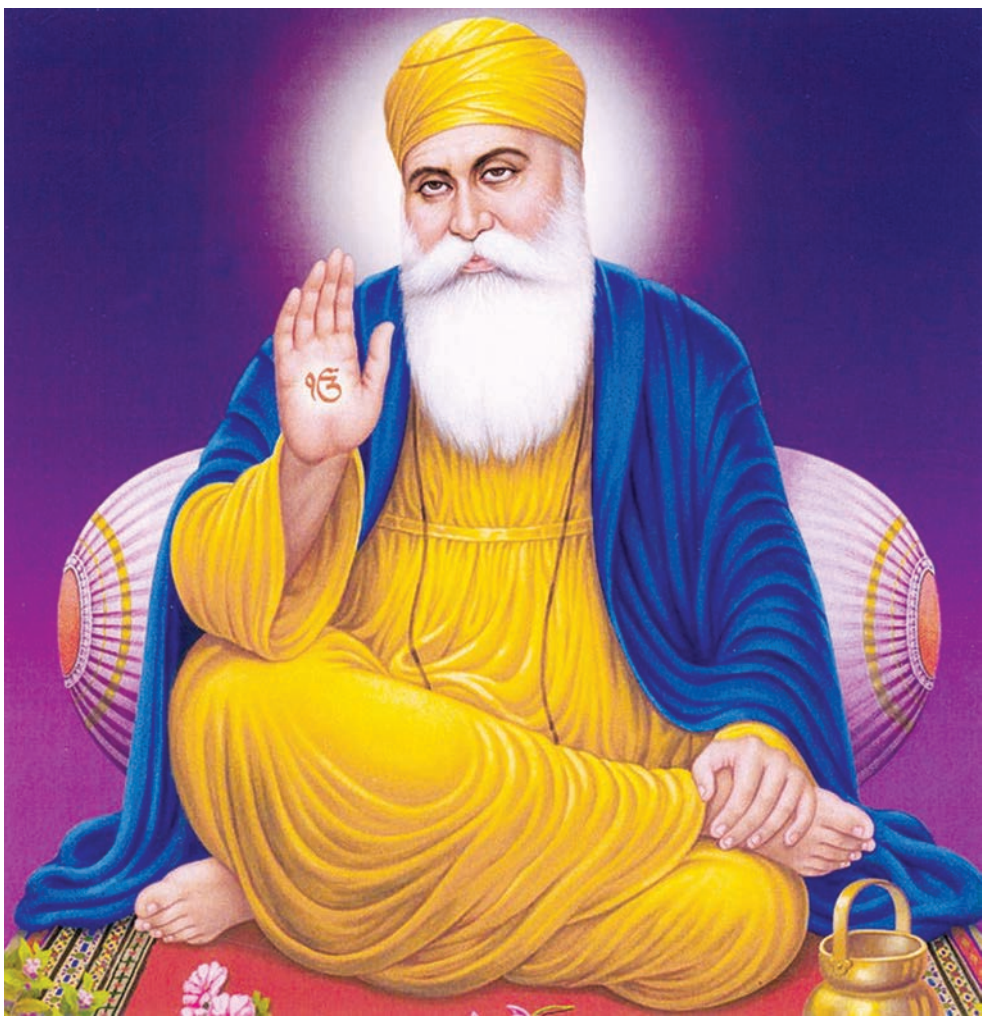
Guru Nanak Dev Ji was born in 1469 at Rai Bhoi Ki Talwandi, a settlement in the Punjab region that is now known as Nankana Sahib in Pakistan. His parents were Mehta Kalyan Das, popularly known as Mehta Kalu, and Mata Tripta Ji. His elder sister, Bebe Nanaki Ji, was particularly close to him and is traditionally remembered as one of the first people to recognize his exceptional spiritual nature.

The society into which Guru Nanak Dev Ji was born was characterized by rigid caste distinctions, religious divisions and deeply established social hierarchies. Religious practices often revolved around rituals and outward observances, while social status frequently determined how individuals were treated. Against this background, the spiritual vision that he would eventually articulate represented a remarkable departure from conventional thinking. Traditional Janamsakhi accounts describe several incidents from his childhood that illustrate his inclination towards spirituality and his questioning of established practices. He was interested in understanding the meaning of life, the nature of God and the purpose of human existence. Rather than accepting customs without reflection, he encouraged people to look beyond external appearances and discover the truth within themselves.

One frequently narrated episode concerns the Janeu ceremony, during which he questioned the significance of wearing a sacred thread. He argued that true spiritual purity could not be achieved through an external symbol alone. What mattered was cultivating compassion, contentment, truthfulness and good conduct. The episode captures a central feature of his philosophy: religious identity must be reflected in the quality of one's actions.

The revelation of one universal Creator

The central principle of Guru Nanak Dev Ji's teachings is expressed through Ik Onkar, the belief in one universal Creator.



It establishes that the Divine is beyond human divisions and that all creation belongs to the same spiritual reality.

The Mool Mantar, which appears at the beginning of Sri Guru Granth Sahib Ji, expresses this understanding through a profound description of the Divine:

Ik Onkar, Satnam, Karta Purakh, Nirbhau, Nirvair, Akaal Moorat, Ajooni, Saibhang, Gur Prasad.

These words describe the One Universal Creator as eternal truth, the Creator of all, without fear, without enmity, timeless, beyond birth and self-existent, realised through the Guru's grace. This understanding challenged the idea that God could be restricted to a particular religious community, geographical location or form of worship.

A spiritual journey that crossed boundaries

Guru Nanak Dev Ji did not limit his message to the people of his immediate surroundings. He undertook extensive journeys, traditionally known as the four Udasis, travelling to different regions and engaging with people from diverse religious and cultural backgrounds.

Accompanied by Bhai Mardana Ji, his close companion and musician, he visited places associated with Hindu, Muslim and other spiritual traditions. Their travels are traditionally linked with regions across the Indian subcontinent, the Himalayan areas and destinations farther west. These journeys were opportunities for dialogue and spiritual discussion. Guru Nanak Dev Ji met religious leaders, ascetics, scholars and ordinary people. He questioned practices that had lost their spiritual meaning and encouraged individuals to discover the Divine through truthful living. The famous traditional account of his visit to Haridwar illustrates his approach. Observing people offering water towards the rising Sun, he performed the act in the opposite direction. When questioned, he explained that if water could reach distant ancestors through such an offering, his water could reach his fields hundreds of miles away. The episode exposed the limitations of mechanical ritualism and encouraged people to reflect upon the purpose behind religious practices. Similarly, the traditional account of his visit to Mecca highlights his teaching that the Divine is omnipresent. Through such encounters, he encouraged people to move beyond narrow religious assumptions and recognise the universality of God.

The revolution of equality

Perhaps the most significant social contribution of Guru Nanak Dev Ji was his uncompromising rejection of inequality. He challenged caste discrimination and the belief that birth determined a person's spiritual or social worth. His philosophy placed every human being within the same creation. No individual could claim superiority merely because of family background, wealth, social standing or religious identity.

This principle found practical expression in the institutions of Sangat and Pangat. Sangat refers to the congregation that gathers to remember the Divine, while Pangat represents the practice of sitting together in rows, particularly during Langar, without distinctions of caste or social status.

Guru Nanak Dev Ji also challenged the social attitudes that diminished the dignity of women. His celebrated verse in Asa Di Var asks:

So kio manda aakhiye jit jammeh raajaan.

Why call her inferior, from whom even kings are born?

The verse questions the very foundations of gender discrimination and recognises the essential role of women in human society. His teachings were not abstract declarations of equality. They encouraged people to practise equality in their homes, communities and everyday interactions.

Naam, honest work and sharing

Guru Nanak Dev Ji's philosophy is commonly explained through three central principles: Naam Japo, Kirat Karo and Vand Chhako.

Naam Japo encourages remembrance of the Divine and the cultivation of spiritual awareness. It is a reminder that human beings should remain conscious of the Creator and overcome ego, greed and selfishness.

Kirat Karo emphasises earning a livelihood through honest labour. Guru Nanak Dev Ji considered work dignified and believed that spiritual life must be supported by integrity in one's professional and personal conduct.

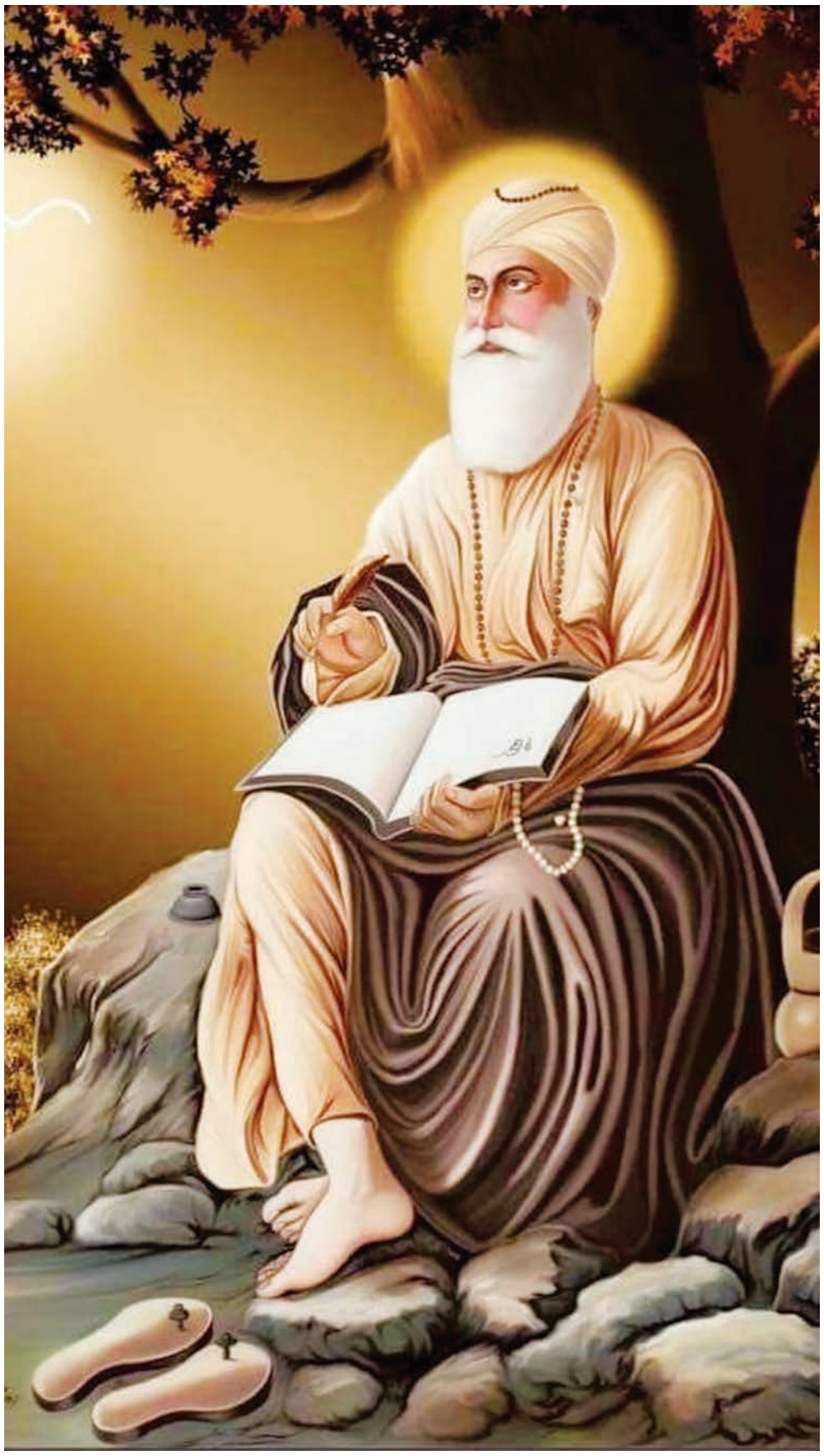
Vand Chhako encourages people to share their resources with others. Wealth and material possessions, according to this principle, should not become instruments of selfishness but should be used to support the community and those in need. Together, these teachings created a practical spiritual philosophy. They demonstrated that devotion was not separate from work, family responsibilities or social obligations.

Towards the later part of his life, Guru Nanak Dev Ji settled at Kartarpur, situated on the banks of the Ravi river in present-day Pakistan.

From Talwandi to Kartarpur: The extraordinary life of Guru Nanak Dev Ji

The story of Guru Nanak Dev Ji is inseparable from the history of Punjab and the spiritual evolution of the Indian subcontinent. Born into a society marked by religious divisions, social inequalities and rigid customs, he emerged as a voice that questioned established conventions and offered an alternative understanding of faith.

His life was not simply a sequence of spiritual experiences or religious teachings. It was a journey through which he demonstrated how devotion could become a force for social transformation. From his childhood at Talwandi to his final years at Kartarpur, every phase of his life contributed to the development of a philosophy that continues to inspire humanity.



Birth and family background

Guru Nanak Dev Ji was born in 1469 at Rai Bhoi Ki Talwandi, in the Punjab region. The settlement is now known as Nankana Sahib and lies in Pakistan.

His father, Mehta Kalyan Das, popularly known as Mehta Kalu, was associated with revenue administration, while his mother, Mata Tripta Ji, cared for the family. He had an elder sister, Bebe Nanaki Ji, with whom he shared a close relationship.

Bebe Nanaki Ji occupies a special place in traditional Sikh accounts because she is remembered as one of the earliest people to recognise the spiritual qualities of her younger brother. Her encouragement and affection played an important role in his early life.

The world into which Nanak was born was experiencing considerable religious and social change. The Punjab region was a meeting ground of different cultures and faith traditions. Yet social hierarchies and religious divisions remained deeply established.

From an early age, Nanak displayed an unusual interest in questions concerning the Divine and human existence. His curiosity extended beyond conventional education and everyday expectations.

A childhood marked by spiritual questioning

Traditional Janamsakhi literature preserves numerous accounts of Guru Nanak Dev Ji's childhood. While individual narratives are part of the devotional tradition and must be distinguished from independently established historical evidence, they collectively portray a child deeply concerned with spiritual truth.

One famous account describes his encounter with the teacher at school. Instead of limiting himself to conventional learning, Nanak is traditionally said to have reflected on the deeper meaning of letters and their relationship with the Divine.

Another well-known episode concerns the sacred thread ceremony. When preparations were made for the Janeu ritual, Nanak questioned whether an external thread could make a person spiritually pure.

He argued that the true sacred thread should be made of compassion, contentment, self-control and truthfulness. His objection was not simply to a ritual but to the belief that religious observances could replace ethical conduct.

These traditional accounts reveal an important feature of his later teachings: spirituality must be reflected in the quality of one's character.

The influence of Bebe Nanaki Ji

Bebe Nanaki Ji's role in Guru Nanak Dev Ji's life deserves special attention.

In traditional Sikh narratives, she is recognised as someone who understood his spiritual nature and supported him when others found his behavior unusual.

Her life also represents the important place of women in the early Sikh story. She was among the earliest individuals to appreciate the depth of Nanak's spiritual inclination and remained an important figure in his family history.

Her association with the Guru reminds us that the development of spiritual movements is also shaped by the encouragement, affection and contributions of those around their central figures.

Marriage and family life

Guru Nanak Dev Ji married Mata Sulakhani Ji, traditionally associated with Batala, in the late 15th century. The couple had two sons, Sri Chand and Lakhmi Das. His family life is important because it helps explain one of the defining characteristics of his philosophy.

Unlike spiritual traditions that placed exclusive emphasis on renunciation and withdrawal from society, Guru Nanak Dev Ji demonstrated that spiritual fulfilment could be pursued while fulfilling family and social responsibilities.

He believed that a person did not need to abandon the world to remember the Divine. Instead, spiritual awareness should guide one's actions within the world. This approach became a defining aspect of Sikh philosophy, which places great importance on the life of a householder who earns honestly, serves others and remains devoted to the Creator.

Sultanpur Lodhi: An important turning point

An important chapter in Guru Nanak Dev Ji's life began when he moved to Sultanpur Lodhi, in present-day Kapurthala district of Punjab.

He worked there in the service of the local administration, traditionally associated with Daulat Khan Lodi. During this period, he spent time in prayer and spiritual contemplation.

Traditional accounts also associate Sultanpur Lodhi with his close companion Bhai Mardana Ji, a Muslim musician who accompanied him on his travels and provided musical accompaniment to his hymns.

The relationship between Guru Nanak Dev Ji and Bhai Mardana Ji is significant because it reflects the Guru's understanding of humanity beyond religious identity. Their companionship became an enduring symbol of friendship and spiritual cooperation across religious boundaries.

The Bein river episode and spiritual awakening

One of the most important traditional narratives in Guru Nanak Dev Ji's life is associated with the Kali Bein, a rivulet near Sultanpur Lodhi.

According to Sikh tradition, Nanak disappeared while bathing in the Bein and returned after an extraordinary spiritual experience. Following this episode, he expressed a profound message that challenged the religious divisions of the time.

Continued on page 35

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Happy Guru Nanak Jayanti

Prakash Divas



ਮਨੁ ਹਾਲੀ ਕਿਰਸਾਨੀ ਕਰਨੀ ਸਰਮੁ ਪਾਣੀ ਤਨੁ ਖੇਤੁ ॥
ਨਾਮੁ ਬੀਜੁ ਸੰਤੋਖੁ ਸੁਹਾਗਾ ਰਖੁ ਗਰੀਬੀ ਵੇਸੁ ॥
ਭਾਉ ਕਰਮ ਕਰਿ ਜੰਮਸੀ ਸੇ ਘਰ ਭਾਗਨ ਦੇਖੁ ॥੧॥



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The declaration traditionally remembered as "There is no Hindu, there is no Muslim" has often been understood as a challenge to religious exclusivism and the tendency to identify spirituality solely through outward religious labels.

It should not be interpreted as a denial of the existence of religious communities. Rather, it reflects the Guru's teaching that the Divine is universal and that genuine spirituality cannot be measured by labels alone.

The experience marked the beginning of a wider mission through which Guru Nanak Dev Ji shared his understanding of God and humanity.

The beginning of the Udasis

After his spiritual awakening, Guru Nanak Dev Ji undertook extensive travels to spread his message.

These journeys are traditionally known as the four Udasis. Accompanied by Bhai Mardana Ji, he travelled to places associated with different religious traditions and engaged with people from diverse communities.

The traditional accounts describe visits to Haridwar, Varanasi, regions of eastern India, the Himalayas, southern India and destinations towards the west, including Mecca and Baghdad.

The journeys were not undertaken merely to visit sacred places. They provided opportunities to engage with people, discuss spiritual questions and challenge practices that lacked genuine understanding.

At Haridwar, the traditional account of his interaction with people offering water to the Sun illustrates his method of questioning rituals.

In the Himalayan region, his dialogues with Siddhas explored the relationship between spiritual discipline and ordinary life.

The traditional accounts of his travels to Mecca and Baghdad highlight his teaching that God is present everywhere.

Throughout these journeys, Bhai Mardana Ji remained an important companion. His music complemented the Guru's hymns and helped communicate spiritual teachings through the power of the Shabad.

The establishment of Kartarpur

After his travels, Guru Nanak Dev Ji settled at Kartarpur, on the banks of the Ravi river.

This settlement became the centre of a spiritual community organised around three essential principles: remembrance of the Divine, honest labour and sharing.

People gathered to listen to his teachings and participate in collective prayer. They also worked and shared their resources.

Kartarpur represented a major development in the evolution of Sikhism because it demonstrated that spiritual ideals could be translated into an organised community life.

The principles of equality, honest work and service were not restricted to sermons. They became part of the community's everyday activities.

The tradition of Langar, further developed under the subsequent Sikh Gurus, reflected the same commitment to equality and sharing.

Guru Angad Dev Ji and the continuity of Guruship

Towards the end of his life, Guru Nanak Dev Ji selected Bhai Lehna Ji as his successor.

Bhai Lehna had initially approached Guru Nanak Dev Ji as a spiritual seeker. Through his devotion, humility and service, he became one of the most trusted followers of the Guru.

He was appointed the Second Sikh Guru and became known as Guru Angad Dev Ji. The appointment was significant because it established the principle that spiritual succession was based on devotion, humility and understanding rather than family inheritance.

Guru Angad Dev Ji continued the mission of Guru Nanak Dev Ji and strengthened the Sikh community.

The passing of the First Guru

Guru Nanak Dev Ji passed away at Kartarpur in 1539. His life had established the foundations of a spiritual tradition that would continue to develop through the succeeding Gurus.

Traditional Sikh narratives describe how both Hindu and Muslim followers wished to honour his final rites according to their respective traditions.



The account symbolises the broad appeal of his message and the affection he inspired among people of different religious backgrounds.

His passing did not bring an end to his mission. The teachings he left behind continued through Guru Angad Dev Ji and the subsequent Gurus, eventually becoming the foundation of Sikh religious and social institutions.

A life that continues to inspire

The life of Guru Nanak Dev Ji demonstrates that spirituality can be a transformative force in society.

He challenged discrimination without promoting hatred, questioned religious hypocrisy without rejecting the search for spiritual truth and encouraged equality through practical community institutions. His life also offered a different understanding of religious leadership. He was not interested in establishing personal authority through wealth or social status. Instead, he encouraged people to discover the Divine through humility and truthful living.

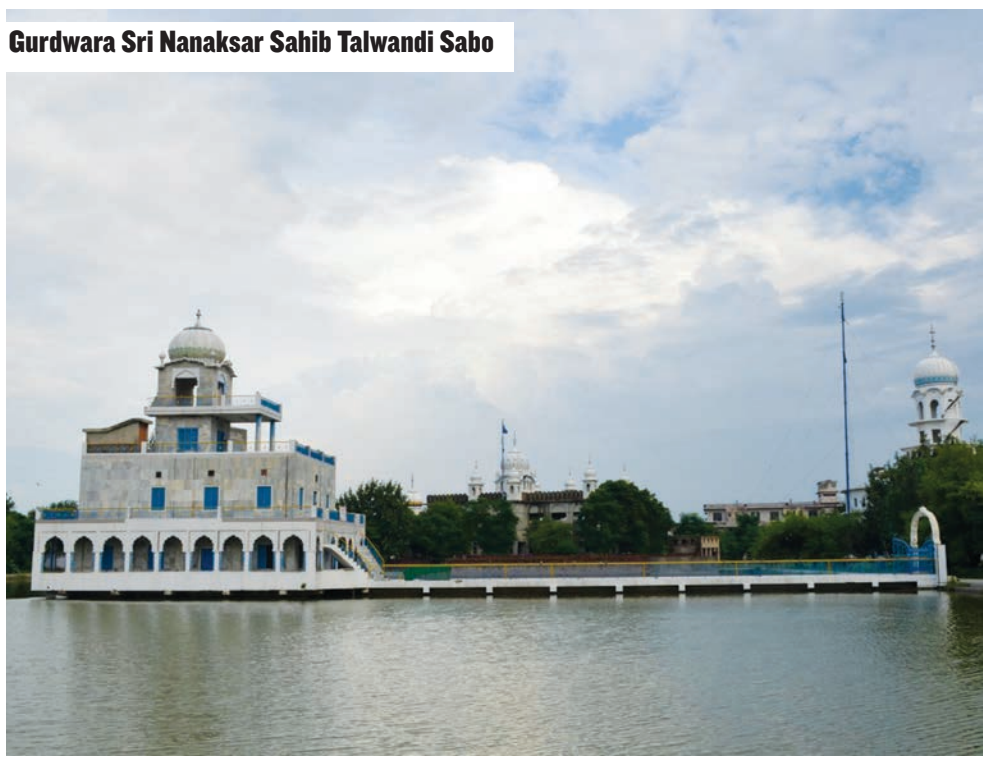
From Talwandi to Sultanpur Lodhi, from the Udasis to Kartarpur, his life was a continuous expression of a universal message.

For the Sikh community, the 557th Parkash Purab is an opportunity to revisit this remarkable journey. For the wider world, it is an invitation to understand a spiritual visionary whose teachings continue to speak to the deepest questions of human existence.

Kartarpur Sahib Gurdwara



Gurdwara Sri Nanaksar Sahib Talwandi Sabo

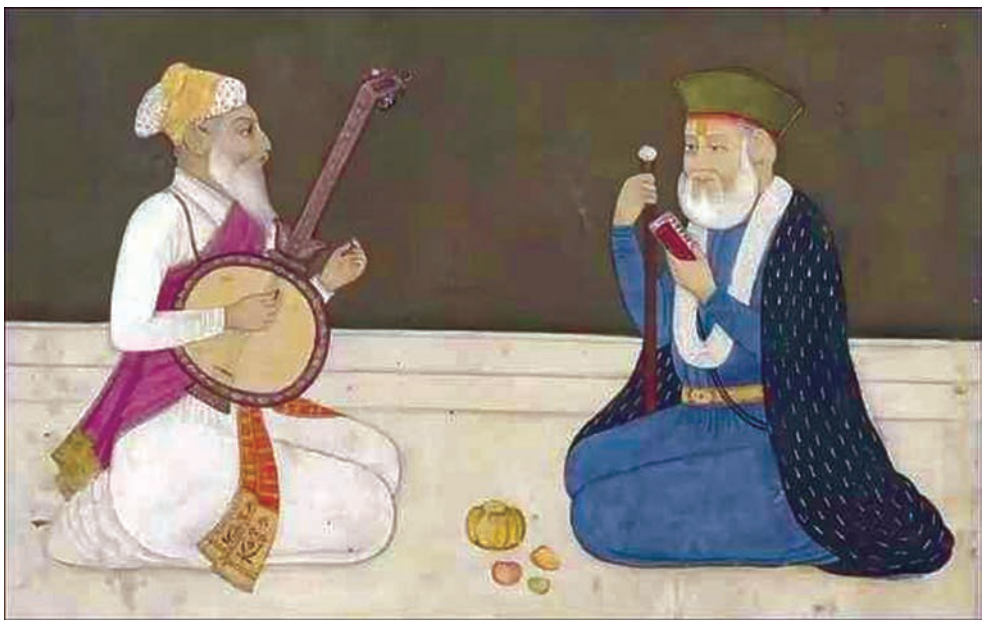


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Four journeys, one universal message: Guru Nanak Dev ji's spiritual travels across the world

Accompanied by Bhai Mardana Ji, the First Sikh Guru travelled across distant lands, engaging with religious leaders, questioning empty rituals and spreading the message of one Creator and one humanity





An artistic rendering of Guru Nanak Dev Ji with Bhai Mardana Ji, his lifelong companion on his spiritual travels.

The spiritual mission of Guru Nanak Dev Ji was never confined to a particular region, religious community or geographical boundary. His vision was universal, and he believed that the message of the One Creator belonged to every human being. To communicate this understanding, he undertook extensive journeys across different parts of the Indian subcontinent and beyond, engaging with people from diverse religious, cultural and philosophical backgrounds.

These journeys are traditionally known as the four Udasis. They occupy an important place in Sikh historical and devotional literature and demonstrate the extraordinary geographical reach of Guru Nanak Dev Ji's spiritual mission.

The word Udasi is associated with a journey or period of spiritual wandering. Traditional Sikh accounts describe four major journeys undertaken by the Guru, accompanied by Bhai Mardana Ji, his close companion and a talented rabab player. Together, they travelled to places of religious importance, met saints and scholars, and interacted with ordinary people.

The significance of these journeys was not simply that Guru Nanak Dev Ji visited distant destinations. He used these encounters to question social injustice, religious formalism, superstition and divisions between communities. His message consistently emphasised that genuine spirituality could be attained through remembrance of God, honest living, humility and compassion.

Bhai Mardana Ji: The companion who travelled with the Guru

Any account of the Udasis remains incomplete without understanding the contribution of Bhai Mardana Ji.

Born into a Muslim Mirasi family at Talwandi, Bhai Mardana Ji developed a close association with Guru Nanak Dev Ji from an early age. He was a gifted musician who played the rabab, a stringed instrument traditionally associated with devotional music.

During their travels, Bhai Mardana Ji accompanied the Guru and provided musical accompaniment to his compositions. The combination of the Guru's spiritual poetry and Mardana's music helped communicate profound philosophical ideas in an accessible and emotionally powerful manner.

Their relationship also represented a living example of the Guru's rejection of religious divisions. A Hindu-born spiritual teacher and his Muslim companion travelled together, sharing a common commitment to the Divine.

Their companionship demonstrated that friendship, respect and spiritual understanding were not restricted by religious identity.

THE FIRST UDAASI: THE EASTERN JOURNEY

The first traditional Udasi is generally associated with Guru Nanak Dev Ji's travels towards eastern India. Accounts describe visits to several important religious and cultural centres, including Haridwar, Delhi, Varanasi, Patna, Bengal, Assam and other regions.

During these journeys, the Guru encountered different forms of religious practice, philosophical traditions and social customs. His discussions focused on the difference between genuine devotion and mechanical observances.

Haridwar: Questioning the meaning of rituals

One of the best-known traditional episodes from the eastern journey is associated with Haridwar, an important Hindu pilgrimage centre on the banks of the Ganges.

According to the Janamsakhi tradition, Guru Nanak Dev Ji arrived during a religious observance when devotees were offering water towards the rising Sun, believing that the ritual would benefit their ancestors.

The Guru began throwing water in the opposite direction. Surprised by his actions, people questioned him.

He reportedly explained that he was sending water towards his fields in Punjab. When people questioned how the water could reach such a distant destination, he challenged them to consider how their offerings could reach ancestors in another world.

The episode was a powerful lesson in critical thinking. Guru Nanak Dev Ji was not simply criticising a religious ceremony; he was asking people to understand the meaning of their actions rather than performing rituals without reflection.

Varanasi: Spirituality beyond outward appearances

Varanasi was another important centre associated with the traditional eastern journey.

The city had a long history of religious scholarship, philosophy and spiritual practice. Guru Nanak Dev Ji's interactions with religious scholars and seekers are remembered for their emphasis on the difference between external religious identity and inner spiritual awareness.

He questioned the belief that religious knowledge or ritual expertise automatically made a person spiritually enlightened.

For Guru Nanak Dev Ji, a person's character was the true measure of spiritual progress. Compassion, humility, honesty and remembrance of God were more important than outward displays of religious authority.

Bengal and Assam: A message for diverse communities

Traditional accounts also associate Guru Nanak Dev Ji's eastern travels with Bengal and Assam.

These regions had diverse religious traditions and thriving centres of cultural exchange. His message of universal spirituality offered an opportunity to connect with people beyond the boundaries of established religious institutions.

The first Udasi thus represented an extensive effort to communicate the message of one Creator and challenge the limitations imposed by ritualism and social divisions.

THE SECOND UDAASI: THE SOUTHERN JOURNEY

The second traditional Udasi is associated with Guru Nanak Dev Ji's travels towards southern India and regions beyond the peninsula.

Traditional Janamsakhi narratives connect this journey with several destinations across central and southern India, including important centres of religious and philosophical activity. Some accounts also associate the journey with Sri Lanka.

The southern regions had rich

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ਇਕ ਨੂਰ ਤੇ ਸਭ ਜਗੁ ਉਪਜਿਆ ॥
From the One Divine Light,
the entire creation came into being.
SUBEDAR SARDAR
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traditions of temple worship, devotional movements, philosophical discussions and spiritual scholarship. Guru Nanak Dev Ji's interactions with these traditions reflected his interest in understanding different approaches to the Divine while questioning practices that encouraged discrimination or empty ritualism.

The importance of inner devotion

One of the central themes associated with the southern journey was the distinction between external worship and inner spirituality.

Guru Nanak Dev Ji taught that God was not restricted to temples, pilgrimage centres or sacred objects. The Divine could be remembered in every place and through every sincere action.

He encouraged people to cultivate a relationship with the Creator through Naam and truthful living rather than relying exclusively on ceremonies.

His message also challenged the idea that spiritual liberation was available only to people who withdrew from ordinary responsibilities.

A person could remain engaged in family life, work and society while maintaining spiritual awareness.

Encounters with different traditions

The southern Udasi is traditionally associated with encounters involving ascetics, religious teachers and seekers.

These discussions provided opportunities to explain the importance of humility and ethical conduct.

Guru Nanak Dev Ji did not consider the mere abandonment of worldly possessions a guarantee of spiritual achievement. He believed that ego could remain within a person even after giving up material comforts.

True renunciation, according to his teachings, involved overcoming selfishness, greed, anger and attachment.

The traditional accounts of the southern journey also illustrate the geographical reach of his message and his ability to communicate with people from different cultural backgrounds.

THE THIRD UDAASI: THE NORTHERN JOURNEY

The third Udasi is traditionally associated with Guru Nanak Dev Ji's travels towards the northern regions, particularly the Himalayas and areas connected with yogic and ascetic traditions.

These journeys brought him into contact with spiritual seekers who believed that meditation, physical austerities and withdrawal from society were essential to attaining liberation.

Guru Nanak Dev Ji respected sincere spiritual inquiry but questioned the belief that isolation from the world was the only path to spiritual fulfilment.

Sidh Gosht: A dialogue on the nature of spirituality

One of the most significant compositions associated with Guru Nanak Dev Ji's philosophical discussions is Sidh Gosht, preserved in Sri Guru Granth Sahib Ji.

The composition presents a dialogue with Siddhas, spiritual practitioners associated with yogic traditions.

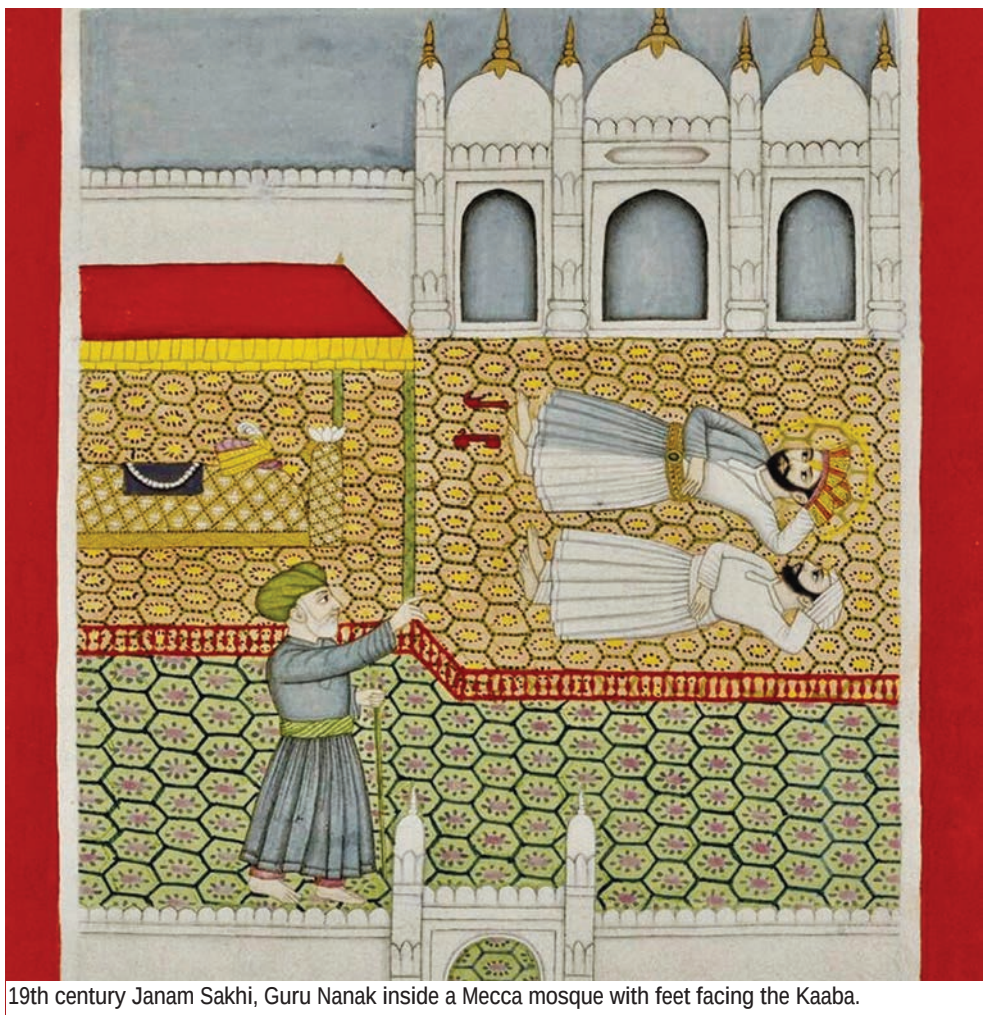
The discussion explores fundamental questions: What is the nature of the Divine? How can a person attain spiritual awareness? Is withdrawal from society necessary for liberation? What role do meditation, discipline and the Guru play in spiritual life?

Guru Nanak Dev Ji emphasised that the Divine could be realised while living within the world.

He encouraged people to overcome ego and cultivate Naam rather than considering physical isolation or extreme austerities as the only route to spiritual fulfilment.



Gurudwara Teesri Udasi in Tawang, Arunachal Pradesh.



19th century Janam Sakhi, Guru Nanak inside a Mecca mosque with feet facing the Kaaba.

The mountains and the search for truth

The traditional northern journeys are associated with regions where spiritual seekers pursued meditation and ascetic practices.

Guru Nanak Dev Ji's message challenged the assumption that spirituality was limited to people who lived in forests, caves or mountain retreats.

He believed that the real challenge was to remain spiritually conscious while dealing with everyday responsibilities.

A person who earned honestly, served others, controlled selfish desires and remembered God could live a spiritually meaningful life without abandoning society.

This principle became one of the defining characteristics of Sikh philosophy.

THE FOURTH UDAASI: THE WESTERN JOURNEY

The fourth traditional Udasi is associated with travels towards western regions, including destinations connected with the Islamic world.

Accounts describe Guru Nanak Dev Ji's visits to Mecca, Medina and Baghdad, among other places.

These journeys are especially significant because they illustrate his willingness to engage with religious communities beyond the Indian subcontinent.

Mecca: The Divine is everywhere

One of the most famous traditional Janamsakhi accounts concerns Guru Nanak Dev Ji's visit to Mecca.

According to the narrative, the Guru was resting with his feet towards the Kaaba when a religious attendant objected to the direction in which he was lying.

Guru Nanak Dev Ji is traditionally said to have asked the person to turn his feet towards a direction where God was not present.

The episode conveys a fundamental principle of Sikh philosophy: the Divine is omnipresent and cannot be confined to one direction or geographical location.

The story is remembered not as a rejection of another religion but as an expression of the universality of God.

Baghdad: A meeting of spiritual traditions

Traditional accounts also associate Guru Nanak Dev Ji with Baghdad, an important centre of Islamic scholarship and spiritual thought.

His interactions with religious figures there are remembered for their discussions about the nature of God, the meaning of devotion and the importance of humility.

These accounts illustrate his willingness to engage in dialogue rather than hostility.

He encouraged people to look beyond religious divisions and recognise the shared spiritual questions that unite humanity.

The enduring significance of the Udasis

The four Udasis represent one of the most remarkable aspects of Guru Nanak Dev Ji's life. They demonstrate the extraordinary geographical and intellectual scope of his mission.

He travelled to engage with people rather than impose a rigid religious identity. His approach was based on dialogue, questioning and spiritual reflection.

The Udasis also help explain why his teachings developed a universal appeal. His message was not restricted to one language, culture or community. It spoke to the common human desire for truth, dignity and spiritual fulfilment.

Bhai Mardana Ji's companionship added another dimension to these journeys, showing that different religious backgrounds need not become barriers to friendship and shared purpose.

The exact chronology and geographical routes of the four Udasis remain subjects of historical discussion, as many details are preserved in traditional Janamsakhi literature. Nevertheless, their importance in Sikh memory is undeniable.

More than five centuries later, the journeys of Guru Nanak Dev Ji continue to offer an example of how dialogue can overcome prejudice, how questioning can challenge injustice and how spiritual conviction can bring people together.

Four journeys, countless encounters and one universal message: the Creator is One, and all humanity belongs to that creation.

Naam japo, kirat karo, vand chhako: The three principles that define Guru Nanak's philosophy

Guru Nanak Dev Ji offered humanity a spiritual philosophy that was both profound and practical. He believed that religion should not remain confined to places of worship, ceremonies or formal observances. It should influence how people think, earn their livelihood, treat others and contribute to society.

His teachings challenged the belief that spirituality required withdrawal from ordinary life. Instead, he encouraged individuals to discover the Divine while fulfilling their responsibilities as members of families and communities.

The principles commonly summarised as Naam Japo, Kirat Karo and Vand Chhako express this practical dimension of his philosophy. Together, they provide a framework for a life based on spiritual awareness, integrity, generosity and social responsibility.

These three principles are widely used to explain the foundations of Guru Nanak Dev Ji's teachings, although they should be understood as a later pedagogical summary rather than a formally enumerated three-part formula in his own compositions.

NAAM JAPO: THE PATH OF DIVINE REMEMBRANCE

Naam Japo refers to remembering and meditating upon the Divine Name. It is one of the central ideas in Guru Nanak Dev Ji's spiritual philosophy.

The word Naam carries a deeper meaning than simply repeating a religious expression. It represents awareness of the Divine presence and the cultivation of a spiritual relationship with the One Creator.

Guru Nanak Dev Ji taught that God is eternal, formless, beyond human limitations and present throughout creation. Human beings, however, often become distracted by material desires, ego and the pursuit of temporary pleasures.

Naam encourages individuals to rise above these distractions and develop an awareness that shapes their thoughts and actions.

Remembering God in everyday life

For Guru Nanak Dev Ji, remembrance of God was not restricted to a particular place or time. It was a way of living.

A person could remember the Divine while working, raising a family, helping others or participating in community life. This understanding distinguished his philosophy from approaches that considered spiritual life possible only through isolation or renunciation.

Naam Simran involves more than verbal repetition. It requires sincerity, concentration and an effort to align one's behavior with spiritual values.

A person who remembers God but treats others unjustly cannot claim to have understood the deeper meaning of



devotion.

Mool Mantar and understanding of God

The foundation of Sikh spiritual understanding is expressed in the Mool Mantar, which begins with Ik Onkar.

The opening words of Sri Guru Granth Sahib Ji describe the One Universal Creator as eternal truth, the Creator of all, without fear and without enmity.

The description is significant because it establishes a spiritual vision in which God is beyond religious divisions and human limitations.

The Divine is not confined to a particular image, direction or geographical location. The entire creation belongs to the One Creator.

Naam Japo therefore encourages individuals to recognize this universal presence and live with humility.

Overcoming ego through remembrance

One of the major obstacles to spiritual development, according to Guru Nanak Dev Ji, is Haumai, or ego.

Ego creates the illusion that an individual is separate from others and superior because of wealth, knowledge, status or achievement.

It encourages selfishness, arrogance and the desire for recognition.

Through Naam, individuals are encouraged to overcome this sense of separation and recognize their dependence upon the Divine.

The result is not withdrawal from society but a more compassionate relationship with the world.

KIRAT KARO: THE DIGNITY OF HONEST LABOR

The second principle, Kirat Karo, emphasizes earning one's livelihood through honest work.

Guru Nanak Dev Ji considered labour dignified and believed that people should support themselves through integrity rather than exploitation, deception or unjust means.

This teaching was particularly significant in a society where social status and inherited privilege often determined a person's position.

By emphasizing honest work, he placed moral value on everyday occupations and challenged the assumption that wealth automatically indicated spiritual greatness.

Work as a spiritual responsibility

Kirat Karo teaches that professional life and spirituality are interconnected.

A person should perform work with sincerity, responsibility and fairness. The nature of the occupation is less important than the honesty with which it is carried out.

Whether someone works as a farmer, artisan, laborer, teacher, trader or administrator, the essential requirement is integrity. This principle also challenges the tendency to separate religious devotion from economic conduct. A person cannot claim to follow a spiritual path while exploiting workers, cheating customers or earning through dishonest means.

The story of Bhai Lalo and Malik Bhago

One of the most well-known traditional narratives illustrating Kirat Karo concerns Bhai Lalo and Malik Bhago. Bhai Lalo was a humble carpenter known for earning his livelihood through honest labour. Malik Bhago, on the other hand, was a wealthy official associated in the traditional account with a lavish feast.

Guru Nanak Dev Ji accepted the simple food offered by Bhai Lalo rather than the elaborate meal associated with Malik Bhago.

When questioned, the Guru is traditionally said to have demonstrated the difference between food earned through honest labour and wealth accumulated through exploitation.

The story communicates a powerful moral principle: the value of earnings is determined not merely by their quantity but by the means through which they are acquired.

It remains a reminder that economic success should never come at the expense of another person's dignity.

The relevance of honest work today

In contemporary society, Kirat Karo has relevance across professions and economic systems. It encourages ethical business practices, fair wages, responsible leadership and respect for workers. It also reinforces the dignity of labour, challenging the tendency to judge individuals according to their occupation or income.

The principle reminds people that success must be accompanied by honesty and social responsibility.

VAND CHHAKO: THE SPIRIT OF SHARING

The third principle, Vand Chhako, encourages people to share their resources with others.

Guru Nanak Dev Ji believed that human beings should not live exclusively for personal gain. Material resources, knowledge and opportunities should also be used to support others.

The principle is rooted in the recognition that all people belong to one creation and that the suffering of another individual should not be treated with indifference.

Sharing as an expression of humanity

Vand Chhako is not limited to distributing money or food.

It can include sharing knowledge, helping someone find employment, supporting an elderly person, educating children or assisting families facing difficult circumstances.

The principle challenges excessive attachment to possessions and encourages individuals to understand that material wealth carries social responsibility. It also promotes a community-based understanding of prosperity.

A society becomes stronger when people support one another rather than pursuing individual success at the expense of others.

Langar: The living expression of sharing

The Sikh institution of Langar is among the most visible expressions of Vand Chhako.

At Gurdwaras, people from different religious, economic and social backgrounds sit together and share a meal.

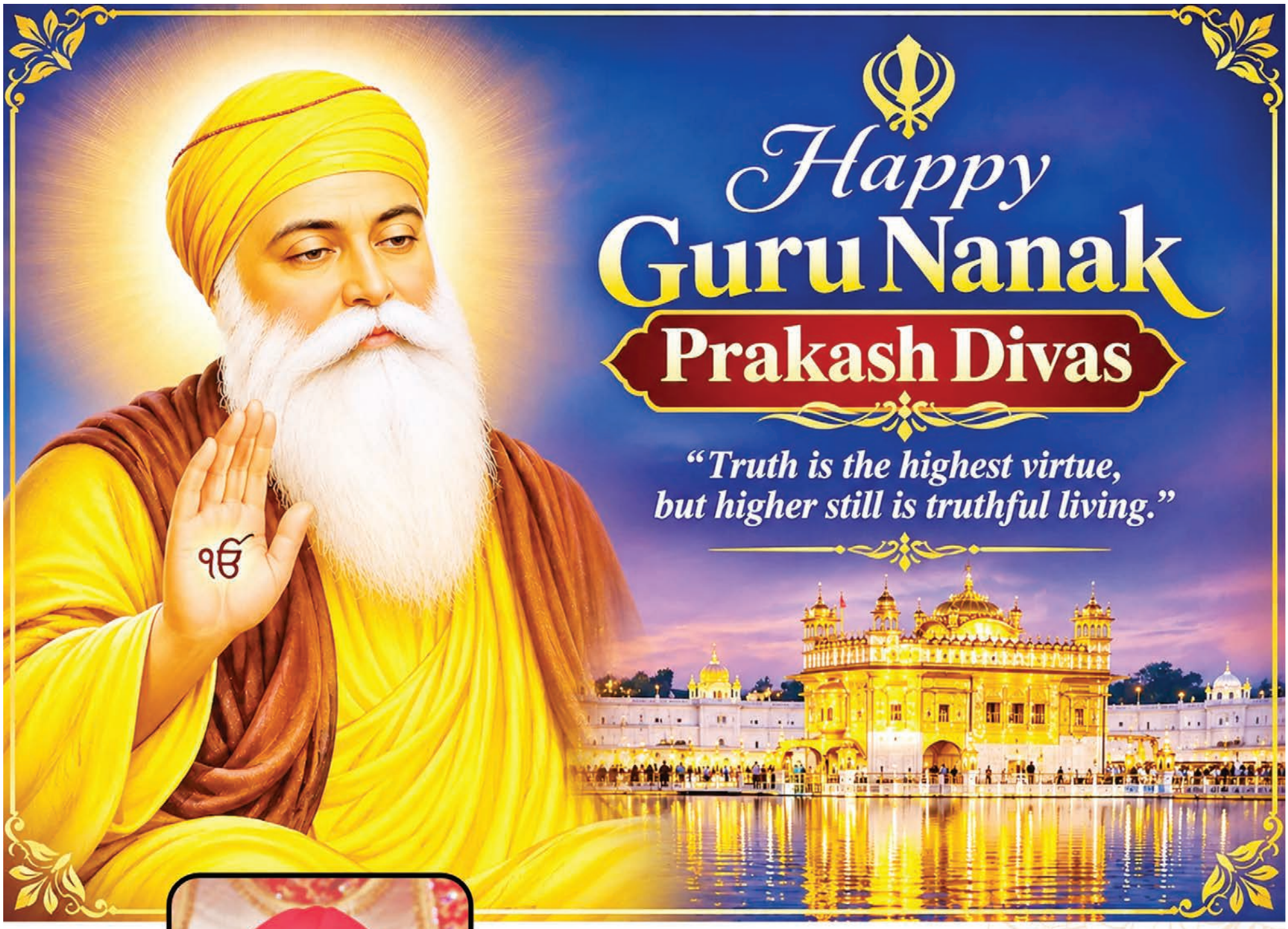
Volunteers prepare, serve and distribute food without discrimination.

The institution demonstrates that sharing is not simply a moral instruction but something that can be practised collectively.

Langar also reflects the principle of equality because no one is considered superior or inferior while participating in the communal meal.

The tradition was established in the Sikh community under Guru Nanak Dev Ji and strengthened by the subsequent Gurus, with Mata Khivi Ji playing a particularly important role in its development.

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A voice against inequality: How Guru Nanak Dev ji challenged social divisions

The 15th and 16th centuries were periods of considerable social, political and religious change in the Indian subcontinent. Society was divided along lines of caste, occupation, wealth and religious identity. Social hierarchies determined an individual's position, while discrimination and exclusion affected large sections of the population. Religious practices often became associated with rigid conventions, and the distance between the privileged and the marginalised remained deeply entrenched.

It was in this environment that Guru Nanak Dev Ji emerged with a message that challenged the foundations of social inequality. His teachings went beyond conventional religious instruction. He questioned the legitimacy of discrimination, rejected the idea that birth determined human worth and encouraged people to recognise the same Divine presence in every individual.

His vision of equality was not an abstract spiritual idea. It was a call for social transformation, one that required people to change their attitudes, conduct and institutions.

More than five centuries later, his message remains relevant in a world that continues to struggle with caste prejudice, racism, gender discrimination, economic inequality and religious intolerance.

The revolutionary idea of one humanity

At the heart of Guru Nanak Dev Ji's philosophy was Ik Onkar, the belief in one universal Creator.

If there is one Creator of all existence, then no human being can claim superiority over another on the basis of birth, caste, religion or social status.

This principle challenged the belief that certain communities were inherently superior while others were considered inferior. It also questioned the social customs that restricted interaction between people of different backgrounds.

Guru Nanak Dev Ji taught that the Divine was not the exclusive possession of any particular religious group. God was present in all creation, and every human being had the potential to live a spiritually meaningful life.

His approach was particularly significant because it connected spiritual equality with social behaviour. It was not enough to accept that everyone was created by one God; individuals had to demonstrate that belief by treating others with respect.

Challenging the caste hierarchy

Caste discrimination was deeply rooted in the society of Guru Nanak Dev Ji's time. Occupations, social relationships and access to religious spaces were often influenced by inherited status.

Guru Nanak Dev Ji rejected the idea that a person's spiritual worth could be determined by birth.



For him, conduct was more important than lineage. A person who practised honesty, compassion and humility was worthy of respect, regardless of social background. Conversely, someone who possessed wealth or social prestige but behaved unjustly could not claim spiritual superiority.

His message challenged the belief that religious purity was connected with caste identity.

The institutions of Sangat and Pangat later became powerful expressions of this philosophy. In the Sangat, people gathered to listen to Gurbani and remember the Divine. In Pangat, they sat together to share Langar without distinctions of caste or economic status.

These practices transformed equality from a philosophical declaration into a shared social experience.

The dignity of women: A powerful message from Guru Nanak

One of Guru Nanak Dev Ji's most remarkable contributions was his challenge to attitudes that treated women as inferior.

Women in many parts of the society of his time faced restrictions on their participation in religious and social life. Their status was frequently defined through patriarchal customs, and their contributions were often undervalued.

Guru Nanak Dev Ji questioned this attitude through one of his most celebrated compositions in Asa Di Var:

So kio manda aakhiye jit jammeh raajaan.

Why call her inferior, from whom even kings are born?

The verse is a powerful challenge to the denigration of women. It asks how the very person through whom generations enter the world can be considered inferior.

Guru Nanak Dev Ji's question goes beyond motherhood. It challenges the entire social attitude that measures a person's worth through gender.

His teachings recognised the essential place of women in society and rejected the notion that they were spiritually or morally inferior to men.

The importance of this message becomes clearer when viewed against the social conditions of his period. At a time when women were often excluded from positions of authority and public participation, his teachings offered a foundation for dignity and equality.

The Sikh tradition would subsequently develop under the leadership of successive Gurus, who encouraged women's participation in religious and community life.

Bhai Lalo and Malik Bhago: The dignity of honest labour

One of the most famous traditional accounts illustrating Guru Nanak Dev Ji's social philosophy concerns Bhai Lalo and Malik Bhago.

Bhai Lalo was a humble carpenter who earned his livelihood through honest labour. Malik Bhago, in contrast, was a wealthy and influential official associated with a lavish feast.

When Guru Nanak Dev Ji was invited to the feast, he chose instead to accept the simple food offered by Bhai Lalo.

The decision surprised people because Malik Bhago occupied a position of influence and had considerable wealth.

According to the traditional Janamsakhi account, the Guru demonstrated the difference between the food earned through honest labour and that associated with the exploitation of others. The episode is remembered as a symbolic explanation of the moral value of honest earnings.

The lesson was revolutionary in its social context. It challenged the assumption that wealth and influence automatically deserved respect.

Guru Nanak Dev Ji placed moral integrity above social prestige. A humble worker who earned honestly was more worthy of appreciation than a powerful person whose wealth was associated with injustice.

The story continues to hold relevance in modern society, where economic success is sometimes celebrated without examining the means through which it is achieved.

Against religious hypocrisy and empty rituals

Guru Nanak Dev Ji also challenged religious practices that emphasised outward appearances while ignoring inner morality.

He questioned the belief that wearing particular clothes, performing ceremonies or visiting sacred places automatically made a person spiritually superior. His message was not a rejection of sincere religious practice. Rather, he challenged the use of rituals as substitutes for ethical behaviour.

He believed that genuine devotion must be reflected in compassion, honesty and humility.

A person who performs religious ceremonies but exploits others, spreads hatred or discriminates against fellow human beings has not understood the deeper purpose of spirituality.

His traditional encounters at Haridwar and Mecca are remembered as examples of this questioning approach.

At Haridwar, he challenged ritual offerings performed without reflection. At Mecca, the traditional account of his interaction with a religious attendant conveyed the omnipresence of God.

Both episodes highlight his conviction that spirituality must move beyond mechanical observances and lead to a deeper understanding of the Divine.

The rejection of social arrogance

Guru Nanak Dev Ji's opposition to inequality was also directed at the arrogance associated with wealth, education and authority.

He believed that pride and ego created barriers between individuals and prevented them from recognising their shared humanity.

In Sikh philosophy, Haumai, or ego, is considered a major obstacle to spiritual awareness.

People often identify themselves through possessions, status, family background or professional achievements. Such attachments can create an illusion of superiority and encourage contempt towards those considered less fortunate.

Guru Nanak Dev Ji encouraged humility as an essential quality of spiritual life.

He taught that true greatness comes from recognising the Divine, serving others and living truthfully.

This philosophy also challenged the tendency of religious leaders to use spiritual authority for personal advantage.

Sangat and Pangat: Equality in practice

Guru Nanak Dev Ji's message of equality found practical expression through the institutions of Sangat and Pangat.

Sangat is the congregation of people who gather to remember the Divine, listen to Gurbani and participate in collective worship.

It creates a shared spiritual environment in which individuals come together irrespective of their social position.

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Langar: The kitchen that preached equality

In a world where social divisions often determine who eats with whom, the Sikh institution of Langar offers a remarkable alternative. At a Gurdwara, people from different religions, castes, nationalities and economic backgrounds sit together to share a common meal. There are no special tables for the wealthy, no separate arrangements for the socially privileged and no discrimination based on identity.

Everyone is welcome. Everyone is served. Everyone sits as an equal.

Langar is much more than a community kitchen. It is a living expression of the philosophy of Guru Nanak Dev Ji, whose teachings placed equality, honest living and sharing at the centre of spiritual life.

The institution has grown into one of the most recognizable features of Sikhism, with community kitchens serving millions of meals across the world. Its influence extends beyond religious observance, demonstrating how spiritual values can become practical instruments of humanitarian service.



The origins: Sharing as a spiritual responsibility

The foundations of Langar lie in the teachings and community life established by Guru Nanak Dev Ji.

After his extensive travels, the Guru settled at Kartarpur, on the banks of the Ravi river. There, he created a community in which people gathered for prayer, worked honestly and shared their resources. The emphasis was on living a balanced life that combined remembrance of the Divine with social responsibility. Guru Nanak Dev Ji believed that wealth should not become an instrument of selfishness. People had a responsibility to help those in need and ensure that the benefits of their labour were shared.

This philosophy is commonly associated with Vand Chhako, one of the three principles used to explain his teachings.

The community at Kartarpur demonstrated that sharing could become a regular part of collective life rather than an occasional charitable activity.

The practice of serving meals together gradually developed into one of the defining institutions of the Sikh community.

Langar: An institution strengthened by the succeeding Gurus

The tradition of Langar was further strengthened during the Guruship of Guru Angad Dev Ji, the Second Sikh Guru. An especially important contribution came from Mata Khivi Ji, the wife of Guru Angad Dev Ji.

She played a significant role in organizing and sustaining the Langar tradition. Her service is remembered in Sri Guru Granth Sahib Ji, where she is praised for her contribution to the community kitchen.

The reference to Mata Khivi Ji is important because it recognises the contribution of women in the development of Sikh institutions.

Langar subsequently became an integral part of Gurdwara life and was strengthened under successive Sikh Gurus. It evolved into a community institution through which equality, hospitality and service could be practised every day.

Pangat: Everyone sits as an equal

One of the most powerful aspects of Langar is Pangat, the practice of sitting together in rows to share a meal.

The significance of Pangat lies in its ability to challenge social hierarchy.

In societies where caste, class and occupation often determined social interaction, sitting together for a common meal represented a radical expression of equality.

A wealthy businessperson and a daily-wage worker sit side by side. A visitor from another country shares food with a local resident. People from different religious backgrounds participate in the same community meal.

The arrangement communicates a simple but profound message: no human being is superior or inferior because of birth, wealth or social status.

The food is prepared and served collectively, and everyone receives the same meal.

Pangat therefore transforms the idea of equality into a physical and shared experience.

Seva: The spirit behind every meal

Langar would not be possible without Seva, or selfless service.

Seva is one of the most important values in Sikh philosophy. It involves serving others without expecting recognition, reward or personal benefit.

In a Gurdwara, Seva can take many forms. Some volunteers wash vegetables, prepare ingredients and cook meals. Others distribute food, serve water, clean the premises or wash utensils.

Every task is considered meaningful because the purpose is to serve the community.

This collective participation also reduces the distinction between those who serve and those who are served. Anyone can volunteer, and anyone can receive a meal.

Seva encourages humility and helps individuals overcome ego. It reminds people that service is not an act of superiority but an expression of shared humanity.

The kitchen that belongs to everyone

A traditional Langar kitchen is an example of collective organization.

Food is prepared using resources contributed by members of the community. Volunteers work together, often in large numbers, to ensure that meals are ready for everyone.

The menu generally consists of simple vegetarian food, which may include dal, roti, sabzi, rice and kheer.

The emphasis is not on luxury or variety but on nourishment, hospitality and equality.

The vegetarian nature of Langar makes it accessible to people from a wide range of dietary and religious backgrounds.

The kitchen also reflects the principle of cooperation. Individuals contribute according to their abilities, whether through money, ingredients, time or physical labour.

The entire process demonstrates how a community can organise itself around a shared purpose.

The Golden Temple: Langar on an extraordinary scale

The Langar at Sri Harmandir Sahib, popularly known as the Golden Temple, in Amritsar is among the most prominent examples of this institution.

Visitors from India and abroad are welcomed throughout the day, and the community kitchen operates on a remarkable scale.

Volunteers participate in preparing ingredients, cooking, serving meals and cleaning utensils.

The system relies heavily on community contributions and voluntary service. The experience of eating Langar at the Golden Temple is deeply significant for many visitors. People sit together in Pangat, listen to the sounds of Gurbani and participate in a tradition that expresses the core values of Sikhism. The institution demonstrates how a spiritual principle can be translated into an organised humanitarian service capable of serving very large numbers of people.

Langar beyond the Gurdwara

The reach of Langar is no longer limited to Sikh places of worship.

Sikh organizations and volunteers across the world have established community kitchens, food distribution initiatives and mobile services to assist vulnerable populations.

In the United Kingdom, Canada, the United States, Australia and several other countries, Sikh volunteers regularly participate in food drives and community welfare programs.

During natural disasters, conflicts and humanitarian emergencies, Sikh organizations have often mobilised resources to provide cooked meals and essential supplies.

These efforts demonstrate that the philosophy of Langar can be practiced beyond the boundaries of a Gurdwara.

The objective remains the same: no one should go hungry simply because of their social or economic circumstances.

Langar during humanitarian emergencies

One of the most visible expressions of Sikh humanitarian service has been the response of volunteers during disasters and crises.

During the COVID-19 pandemic, Sikh organizations in several countries organized food distribution, community kitchens and assistance for people facing isolation and financial hardship.

Sikh volunteers have also provided meals to people affected by floods, earthquakes, fires and other emergencies.

Such efforts reflect the principle of Chardi Kala, the spirit of resilience and optimism that encourages people to continue serving humanity even during difficult circumstances.

The contribution of Sikh volunteers during emergencies has helped introduce the philosophy of Langar to people who may previously have known little about Sikhism.

The values that Langar teaches

Langar communicates several important lessons that extend far beyond the act of sharing food.

Equality: Every person deserves the same dignity and respect, irrespective of wealth, caste, religion or nationality.

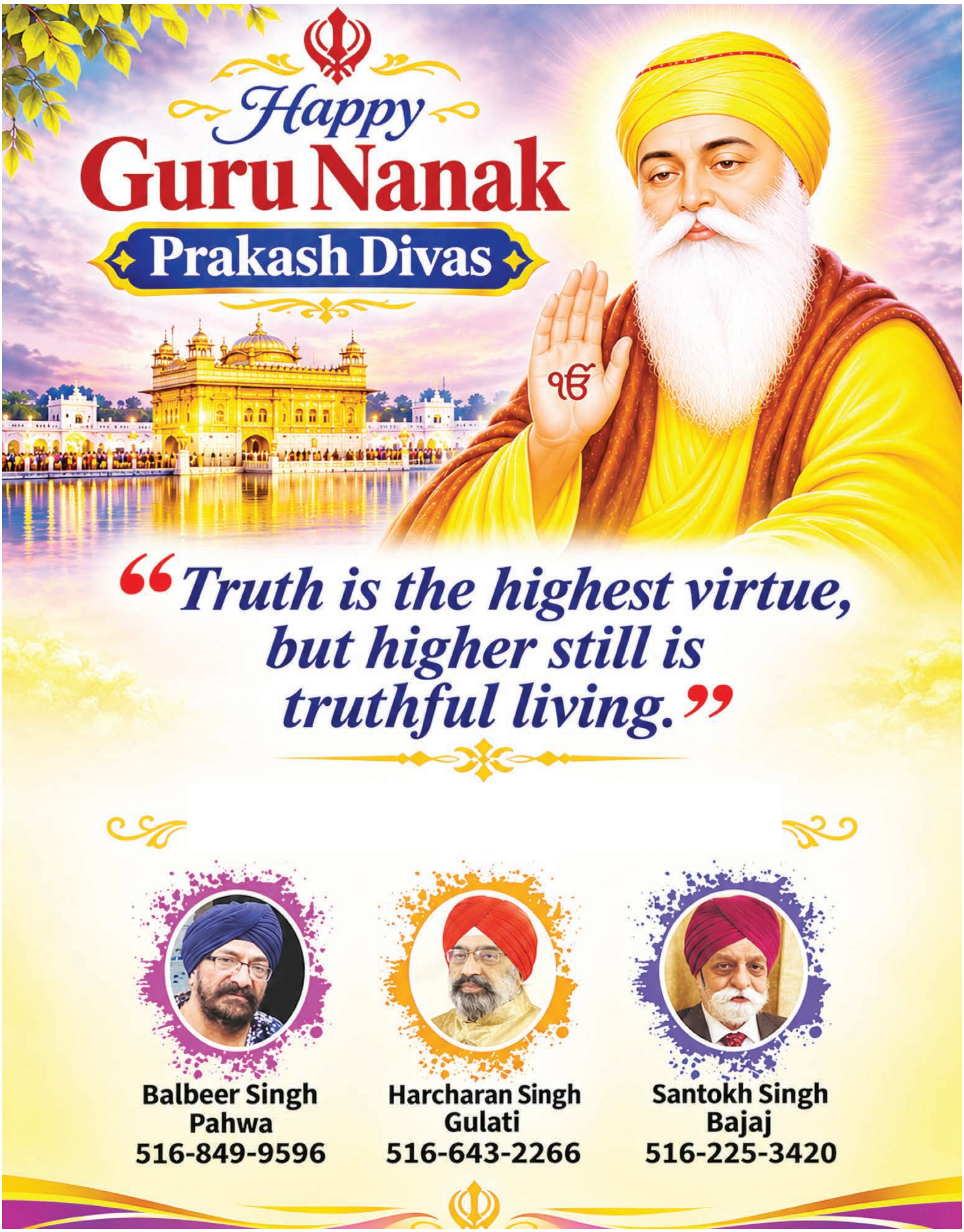
Generosity: Resources become more meaningful when they are shared with people in need.

Humility: Serving others helps individuals overcome ego and recognise their responsibility towards society.

Cooperation: Collective effort can achieve what individuals may find difficult to accomplish alone.

Hospitality: A welcoming community should remain open to everyone without discrimination.

These values make Langar an important social institution as well as a religious tradition.


Happy
Guru Nanak
Prakash Divas
ੴ
"Truth is the highest virtue,
but higher still is
truthful living."
Balbeer Singh
Pahwa
516-849-9596
Harcharan Singh
Gulati
516-643-2266
Santokh Singh
Bajaj
516-225-3420

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From Guru Nanak to the ten Gurus: Making of a spiritual tradition

The Sikh tradition began with a message that was both deeply spiritual and profoundly social. When Guru Nanak Dev Ji proclaimed the oneness of the Creator and the equality of humanity, he offered a vision that challenged the divisions of his time. But his contribution was not limited to the teachings of one extraordinary spiritual figure. He established a community, created a way of life and set in motion a tradition that would develop through the leadership of nine successive Sikh Gurus.

Over more than two centuries, the ten Gurus strengthened the foundations of Sikhism, developed its institutions, composed sacred hymns, established centres of spiritual and community life, and guided their followers through periods of social and political upheaval.

Each Guru contributed to this continuing mission. Their work transformed the Sikh community from a congregation centred on the teachings of Guru Nanak Dev Ji into a distinct religious tradition with its own institutions, scripture and collective identity.

The story of the ten Gurus is therefore not simply a sequence of biographies. It is the story of an evolving spiritual vision whose central values remained constant: remember the Divine, live honestly, share with others, serve humanity and stand against injustice.

Guru Nanak Dev Ji: The foundation of the Sikh path

Born in 1469 at Rai Bhoi Ki Talwandi, now known as Nankana Sahib in present-day Pakistan, Guru Nanak Dev Ji laid the spiritual and ethical foundations of Sikhism.

His central teaching was Ik Onkar, the belief in one universal Creator. He rejected discrimination based on caste, religion and social status, questioned empty rituals and emphasized the importance of truthful living.

His teachings encouraged people to remember God, earn through honest work and share their resources with others. He travelled extensively, engaging with people from different religious and cultural backgrounds.

At Kartarpur, he established a community where prayer, honest labour and sharing became part of everyday life. Before his passing in 1539, Guru Nanak Dev Ji appointed Bhai Lehna as his successor. Bhai Lehna became Guru Angad Dev Ji, marking the beginning of the succession through which the Sikh spiritual tradition would continue.

Guru Angad Dev Ji: Giving the community a stronger foundation

Guru Angad Dev Ji (1504-1552), the Second Sikh Guru, strengthened the community established by Guru Nanak Dev Ji.

One of his most significant contributions was the development and standardization of the Gurmukhi script, which helped provide a more accessible medium for recording and communicating the teachings of the Gurus.

He encouraged education, physical well-being and community participation. He also strengthened the institution of Langar, with the support of Mata Khivi Ji, whose contribution to the community kitchen is remembered in Sikh scripture.

His Gurushipp helped give the growing Sikh community a stronger cultural and organizational foundation.

Guru Amar Das Ji: Equality and the expansion of Sikh institutions

Guru Amar Das Ji (1479-1574), the Third Sikh Guru, expanded the institutions and organisational structure of the Sikh community.

He strengthened the traditions of Sangat, Pangat and Langar, making collective worship and shared meals important expressions of equality.

He established the Manji system, through which responsible representatives helped spread Sikh teachings and organise the community in different regions.

Guru Amar Das Ji also challenged customs that restricted women's participation and dignity. His teachings opposed practices such as purdah and the immolation of widows, known as Sati. His emphasis on equality and social reform carried forward Guru Nanak Dev Ji's vision of a community in which spiritual worth was not determined by birth or social standing.

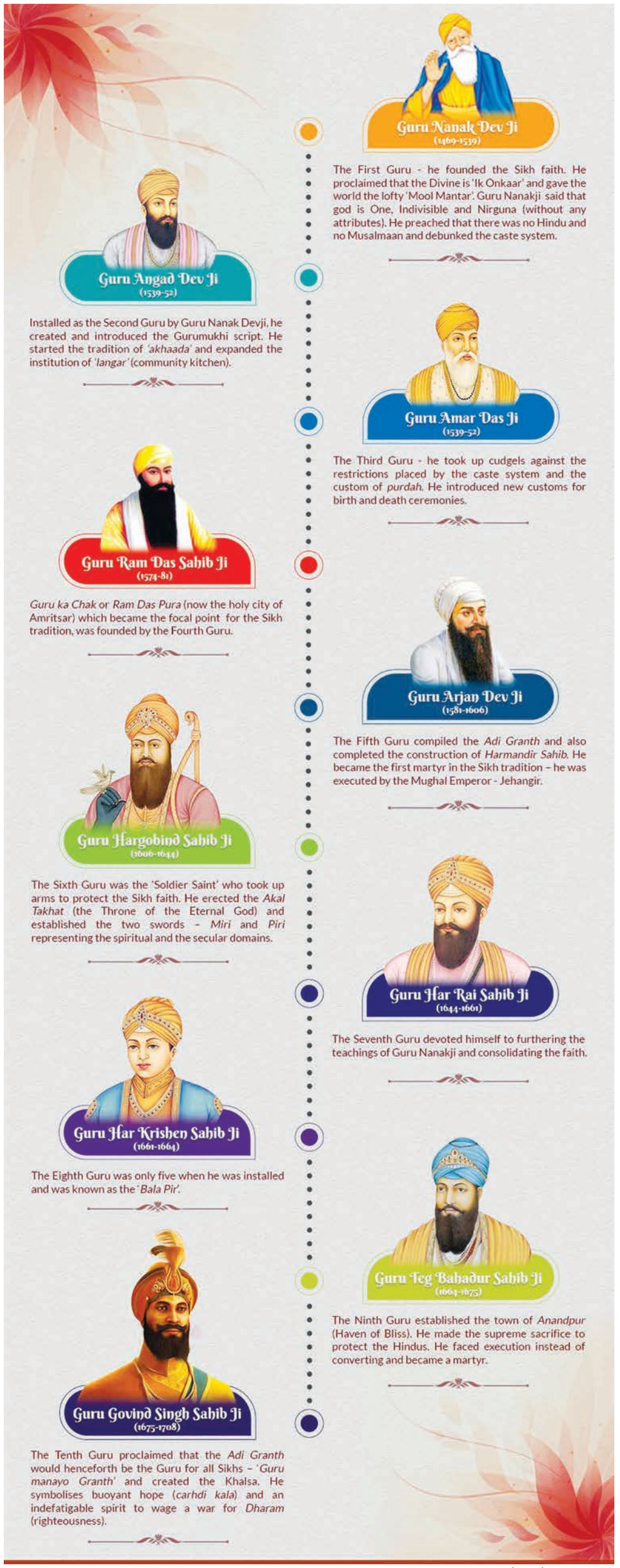
Guru Ram Das Ji: The foundation of Amritsar

Guru Ram Das Ji (1534-1581), the Fourth Sikh Guru, is closely associated with the establishment of the settlement that developed into Amritsar.

The city would become one of the most important spiritual centres of Sikhism.

Guru Ram Das Ji also contributed to Sikh devotional music and composed hymns that form part of Sri Guru Granth Sahib Ji.

His Bani includes the celebrated Lavan, the four hymns traditionally recited during the Sikh marriage ceremony, Anand Karaj. The Lavan describe the spiritual journey of a married couple, presenting marriage as a relationship that can be guided by



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devotion and the remembrance of the Divine.

His leadership strengthened the community's institutional and spiritual life.

Guru Arjan Dev Ji: The first Sikh martyr and the compilation of scripture

Guru Arjan Dev Ji (1563-1606), the Fifth Sikh Guru, made a lasting contribution to the spiritual and institutional development of Sikhism.

He oversaw the construction and development of the sacred shrine at Amritsar, now known as Sri Harmandir Sahib.

One of his most significant achievements was the compilation of the Adi Granth in 1604. The scripture brought together the compositions of the Sikh Gurus and the devotional writings of several saints and spiritual figures from different backgrounds.

Baba Buddha Ji installed the scripture at Sri Harmandir Sahib, with Bhai Gurdas Ji serving as its principal scribe.

Guru Arjan Dev Ji also composed Sukhmani Sahib, a celebrated composition that reflects on peace, remembrance of God and the spiritual benefits of devotion.

His martyrdom in 1606 under the Mughal emperor Jahangir became a defining moment in Sikh history. It strengthened the community's understanding of the need to defend religious freedom and stand against oppression.

Guru Hargobind Sahib Ji: The principle of Miri-Piri

Guru Hargobind Sahib Ji (1595-1644), the Sixth Sikh Guru, assumed leadership at a time when the Sikh community faced growing political pressure.

He introduced the principle of Miri-Piri, represented by two swords symbolising temporal responsibility and spiritual authority.

The concept expressed the idea that spirituality could not be separated from the responsibility to defend justice and protect the vulnerable.

Guru Hargobind Sahib Ji established the Akal Takht at Amritsar, which became an important centre of temporal authority in Sikh tradition.

He also strengthened the community's martial preparedness. His leadership helped shape the understanding that devotion and courage could exist together.

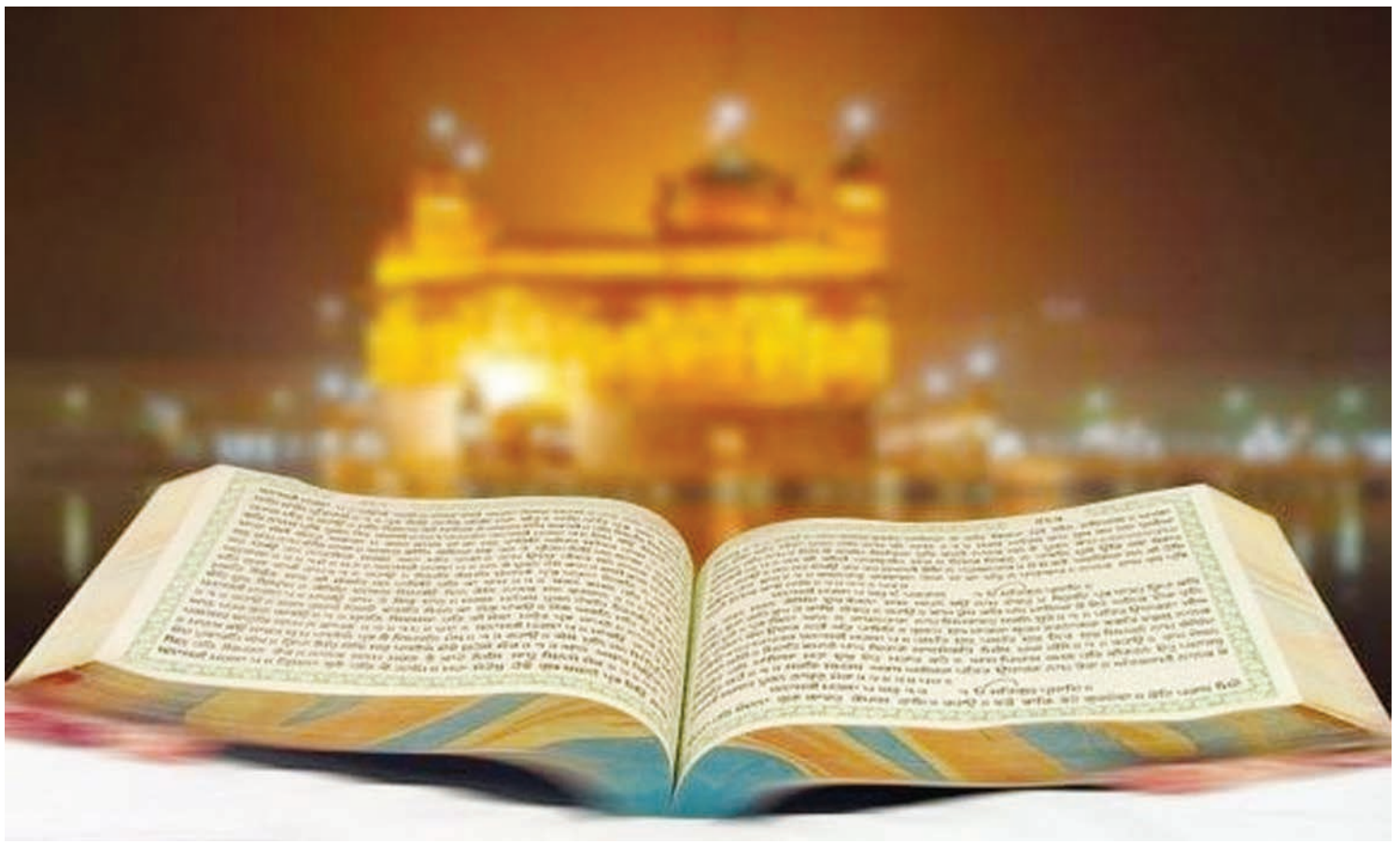
Guru Har Rai Ji: Compassion and care for creation

Guru Har Rai Ji (1630-1661), the Seventh Sikh Guru, is remembered for his compassion, gentle nature and concern for the natural world.

He maintained the military tradition established by Guru Hargobind Sahib Ji while emphasising peace and spiritual discipline.

Traditional accounts associate him with maintaining medicinal gardens and extending care to the sick.

His life is often remembered as an example of the importance of compassion towards all living beings.



Guru Har Krishan Ji: The young Guru remembered for service

Guru Har Krishan Ji (1656-1664), the Eighth Sikh Guru, became Guru at a very young age.

Despite his brief life, he is remembered for his humility and service to people suffering during an epidemic in Delhi.

Sikh tradition recalls his care for the sick, irrespective of their social or religious background.

He passed away in Delhi in 1664, at the age of eight. Gurdwara Bangla Sahib in Delhi is associated with his memory and service.

His life demonstrates that compassion and spiritual greatness are not measured by age or worldly authority.

Guru Tegh Bahadur Ji: The protector of freedom of conscience

Guru Tegh Bahadur Ji (1621-1675), the Ninth Sikh Guru, is remembered for his extraordinary courage and sacrifice in defence of religious freedom.

His teachings emphasised detachment, fearlessness, compassion and remembrance of God.

He travelled extensively, spreading the Sikh message and establishing centres of spiritual life.

In 1675, he was executed in Delhi under the Mughal emperor Aurangzeb. His martyrdom is remembered as a defence of the right of people to practise their faith without coercion.

His sacrifice holds a special place in Sikh history because it represented a stand not merely for his own community but for the freedom of others to follow their religious beliefs.

His Bani, including the celebrated Saloks, forms part of Sri Guru Granth Sahib Ji.

Guru Gobind Singh Ji: The creation of the Khalsa

Guru Gobind Singh Ji (1666-1708), the Tenth Sikh Guru, transformed the Sikh community through the creation of the Khalsa in 1699.

At Anandpur Sahib on Vaisakhi, he called upon Sikhs to dedicate themselves to faith, discipline, courage and service.

The initiation of the Panj Pyare, or Five Beloved Ones, marked a defining moment in Sikh history. Guru Gobind Singh Ji initiated them into the Khalsa and, in a remarkable expression of equality, received initiation from them himself.

The Khalsa ideal emphasised spiritual commitment, moral discipline and readiness to defend justice.

Guru Gobind Singh Ji also affirmed the finality of the human Guruship. In 1708, before his passing at Nanded, he bestowed eternal Guruship upon Sri Guru Granth Sahib Ji.

This decision ensured that the Sikh community would look to the sacred scripture as its eternal spiritual guide.

Sri Guru Granth Sahib Ji: The eternal Guru

The declaration of Sri Guru Granth Sahib Ji as the eternal Guru represents one of the most distinctive features of Sikhism.

The scripture contains the Bani of Sikh Gurus and compositions by Bhagats, saints and other contributors whose writings express devotion to the one Divine.

It includes the teachings of Gurus Nanak, Angad, Amar Das, Ram Das, Arjan and Tegh Bahadur, along with the compositions of several Bhagats, Bhatt poets and other contributors.

The Adi Granth was first compiled by Guru Arjan Dev Ji in 1604. The final form of the scripture associated with Guru Gobind Singh Ji includes the Bani of Guru Tegh Bahadur Ji.

Sri Guru Granth Sahib Ji is not treated merely as a historical document or collection of hymns. It is accorded the status of the living spiritual Guru, and Sikhs seek guidance from its teachings.

One light, ten manifestations of leadership

The ten Gurus guided the Sikh community through different historical circumstances, but their spiritual mission remained connected.

Guru Nanak Dev Ji established the foundation. The succeeding Gurus strengthened the community, developed its institutions, enriched its scripture and prepared it to meet the challenges of changing times.

Their contributions included the Gurmukhi script, Langar, Sangat, Pangat, Amritsar, Sri Harmandir Sahib, the Adi Granth, the Akal Takht, Miri-Piri and the Khalsa.

These were not isolated developments. Together, they shaped a tradition that brought spirituality into everyday life and connected devotion with social responsibility.

A living legacy

The story of the ten Gurus continues to guide millions of Sikhs around the world.

Their teachings are reflected in the daily recitation of Gurbani, the practice of Langar, voluntary service, community welfare and the commitment to defend human dignity.

Their legacy also reminds people that spiritual life requires both inner discipline and outward responsibility.

As the Sikh community celebrates the 557th Parkash Purab of Guru Nanak Dev Ji, the succession of the ten Gurus offers a reminder of how one spiritual vision developed into a lasting tradition.

The light first kindled by Guru Nanak Dev Ji continued through nine successors and now shines through Sri Guru Granth Sahib Ji.

The human Guruship came to an end, but the spiritual guidance of the Guru continues.

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The words that awaken the soul: the timeless wisdom of Guru Nanak Dev ji's Bani

The spiritual legacy of Guru Nanak Dev Ji is preserved not only through historical accounts of his life and travels but, above all, through his Bani. His compositions form a central part of Sikh scripture and continue to guide people in understanding the nature of God, the purpose of human existence and the responsibilities of living a truthful life.

Written in poetic forms and composed in musical measures known as Raags, Guru Nanak Dev Ji's Bani speaks to the human condition with remarkable depth. It addresses questions of life and death, ego and humility, justice and compassion, worldly attachment and spiritual liberation.

His words challenge people to look beyond outward appearances and discover the Divine presence within creation. They also insist that spiritual understanding must be reflected in everyday conduct.

For Guru Nanak Dev Ji, devotion was not an escape from the world. It was a way of living in the world with honesty, compassion and awareness of the Creator.

His compositions, preserved in Sri Guru Granth Sahib Ji, remain among the most important sources of Sikh spiritual guidance.

The foundation: Ik Onkar and the Mool Mantar

The opening of Sri Guru Granth Sahib Ji begins with the Mool Mantar, the foundational declaration of Sikh belief.

It begins with Ik Onkar, affirming the existence of one universal Creator.

The Mool Mantar describes the Divine as:

- One.
- The ultimate truth.
- The Creator.
- Without fear.
- Without hatred.
- Beyond time and birth.
- Self-existent.
- Known through the grace of the Guru.

These descriptions offer a profound understanding of the nature of God.

The Divine is not limited by physical form, geographical boundaries or religious identity. God is eternal, beyond human fear and hostility, and present throughout creation.

The Mool Mantar establishes the spiritual foundation for the teachings that follow. It directs the seeker towards a relationship with the Divine based on remembrance, humility and grace.

Japji Sahib: A spiritual guide to human existence

Among Guru Nanak Dev Ji's most celebrated compositions is Japji Sahib, which appears at the beginning of Sri Guru Granth Sahib Ji.

It is recited by Sikhs as part of the daily morning prayer known as Nitnem.



Japji Sahib consists of the opening Mool Mantar, an introductory Salok, 38 Pauris or stanzas, and a concluding Salok. Its importance lies in the depth of the questions it raises and the spiritual direction it offers.

What is truth? How can human beings overcome ego? What is the relationship between the individual and the Creator? How can a person live in accordance with Divine will?

Japji Sahib explores these questions through a combination of spiritual reflection, poetic expression and philosophical insight.

One of its most widely remembered lines states:

Sochai soch na hova-ee je sochi lakh vaar.

It conveys that truth cannot be attained merely through repeated intellectual thinking or speculation, even if one thinks countless times.

The line encourages seekers to recognise the limitations of human reasoning when it is disconnected from spiritual awareness.

Another central teaching is:

Hukam rajaa-ee chalnaa, Nanak likhiaa naal.

This expresses the importance of living in accordance with Hukam, the Divine order or will.

Hukam is a central concept in Sikh philosophy. It reminds human beings that existence is governed by a larger Divine order and that spiritual maturity involves accepting this reality with humility.

Japji Sahib also describes different spiritual stages through which a seeker develops understanding.

The five Khands are:

- Dharam Khand: The realm of righteousness and moral responsibility, where human actions and accountability are central.
- Gian Khand: The realm of knowledge, where understanding expands beyond the limitations of ordinary perception.
- Saram Khand: The realm of spiritual effort and refinement, where the mind and consciousness are shaped.
- Karam Khand: The realm of grace and spiritual strength.
- Sach Khand: The realm of Truth, associated with the highest spiritual realisation and awareness of the Divine.

These descriptions are not simply geographical destinations. They represent dimensions of spiritual understanding and development.

Japji Sahib therefore provides a framework for examining one's own life, recognising the influence of ego and moving towards a deeper relationship with the Creator.

Asa Di Var: A call for ethical and truthful living

Asa Di Var is another important composition of Guru Nanak Dev Ji, found in Sri Guru Granth Sahib Ji.

Traditionally sung in the morning, it addresses the relationship between religious practice and ethical conduct.

The composition challenges hypocrisy and questions the value of rituals performed without inner transformation.

It reminds people that devotion cannot be separated from truthfulness, compassion and justice.

One of its most celebrated verses addresses the dignity of women:

So kio manda aakhiye jit jammeh raajaan.

Why call her inferior, from whom even kings are born?

The verse challenges attitudes that treat women as inferior and asks society to recognise their dignity and contribution.

Asa Di Var also questions social arrogance, empty displays of piety and the tendency to judge people through external appearances.

Its message is especially relevant in societies where religious identity can sometimes become more important than the values that religion is meant to encourage.

Barah Maha: Finding the Divine through the changing seasons

Barah Maha, meaning twelve months, is a poetic composition that uses the changing months of the year to describe the soul's longing for union with the Divine.

The cycle of nature becomes a metaphor for the spiritual journey.

Each month brings a different atmosphere, and the changing seasons reflect the emotional and spiritual condition of the seeker.

The composition presents human life as a journey marked by longing, separation, hope and fulfilment.

In this imagery, the soul is often understood through the language of a bride longing for the Divine Beloved.

The changing seasons remind the seeker that time is constantly moving and that human life should not be wasted in ego, distraction and worldly attachment.

Barah Maha encourages people to cultivate devotion throughout the year rather than limiting spiritual awareness to particular occasions or ceremonies.

Its poetic treatment of nature also reveals Guru Nanak Dev Ji's sensitivity to the rhythms of the world around him.

Sidh Gosht: A dialogue on the purpose of spiritual life

Sidh Gosht is a significant composition in which Guru Nanak Dev Ji engages in a spiritual dialogue with Siddhas, ascetics associated with yogic traditions.

The composition explores questions concerning meditation, renunciation, spiritual discipline and the nature of liberation.

A central theme is the relationship between spiritual understanding and everyday life.

Some spiritual traditions placed great emphasis on withdrawing from society and abandoning worldly responsibilities. Guru Nanak Dev Ji, however, presented a different understanding of spiritual maturity.

He emphasised that one could live a spiritually meaningful life while remaining engaged with family, work and society.

The important task was to overcome ego, remember the Divine and act truthfully.

This was a distinctive aspect of his teaching. Spirituality did not require people to abandon their responsibilities. Instead, it required them to transform the way they lived.

Sidh Gosht therefore reinforces the Sikh understanding that devotion and social responsibility are not opposing paths.

Shabad: The power of Divine wisdom

The term Shabad occupies a central place in Sikh spiritual thought.

It refers to the Divine Word or revealed spiritual wisdom communicated through the Guru's Bani.

For Sikhs, the Shabad is not merely a collection of poetic verses. It provides guidance for understanding the Divine and transforming the human mind.

Listening to Gurbani, singing it and reflecting upon its meaning are important aspects of Sikh spiritual practice.

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Sacred places associated with Guru Nanak Dev ji

The life of Guru Nanak Dev Ji was marked by journeys, encounters and a constant search for spiritual truth. Born in the village of Rai Bhoi Ki Talwandi in 1469, he travelled across regions, met people of different faiths and challenged practices that he believed had become disconnected from genuine spirituality.

The places associated with his life are now important centres of pilgrimage and historical remembrance. Some are connected with his birth and childhood, others with his spiritual awakening and the establishment of the Sikh community, while several are remembered through traditional accounts of his Udasis, or journeys.

For Sikhs across the world, visiting these places is more than an act of pilgrimage. It is an opportunity to connect with the life of the Guru, reflect on his teachings and understand the historical landscape in which the Sikh faith took shape.

Many of these sites are located in present-day Pakistan, while others are in India and across regions traditionally associated with his travels. Together, they form a remarkable spiritual geography linked to the life and legacy of Guru Nanak Dev Ji.









Nankana Sahib: The birthplace of Guru Nanak Dev Ji

The most significant place associated with Guru Nanak Dev Ji is Nankana Sahib, formerly known as Rai Bhoi Ki Talwandi.

It is here that Guru Nanak Dev Ji was born in 1469 to Mehta Kalyan Das, popularly known as Mehta Kalu, and Mata Tripta. His elder sister, Bebe Nanaki, also holds an important place in his early life and is remembered as one of the first people to recognise his spiritual qualities.

The town was renamed Nankana Sahib in his honor and has since become one of the most important Sikh pilgrimage destinations.

The principal shrine, Gurdwara Janam Asthan, marks the traditional site associated with his birth. The complex attracts pilgrims from different parts of the world, particularly during the annual celebrations of Guru Nanak Gurpurab.

For visitors, Nankana Sahib represents the beginning of a remarkable spiritual story. It is a place to remember the childhood of the Guru, his questioning nature and the teachings that would eventually transform the lives of millions.

The town is also associated with several other historical Gurdwaras connected with episodes from his early life.

Sultanpur Lodhi: The place of spiritual awakening

Sultanpur Lodhi occupies a special place in the life of Guru Nanak Dev Ji. It was here that he spent an important period of his early adulthood and is traditionally associated with the spiritual awakening that shaped the course of his mission.

Guru Nanak Dev Ji came to Sultanpur Lodhi through the influence of his sister Bebe Nanaki and her husband, Jai Ram, who was employed in the service of the local administration.

He worked in the Modi Khana, a storehouse associated with the administration of provisions. This period is remembered for his commitment to honest work and his interaction with people from different backgrounds.

The Kali Bein, a rivulet flowing near Sultanpur Lodhi, is central to the traditional account of his spiritual transformation. Sikh tradition relates that Guru Nanak Dev Ji disappeared while bathing in its waters and returned after three days with a profound spiritual message.

His declaration, commonly remembered as "There is no Hindu, there is no Muslim", is understood as a challenge to religious divisions and a statement of the fundamental unity of humanity.

Gurdwara Ber Sahib is one of the principal shrines associated with this episode. It is visited by devotees who come to reflect on the Guru's spiritual awakening and the beginning of his wider mission.

Sultanpur Lodhi also provides an opportunity to understand the importance of Bebe Nanaki, whose faith in her brother's spiritual gifts is an important part of Sikh tradition.

Kartarpur Sahib: The community established by Guru Nanak

If Nankana Sahib represents the beginning of Guru Nanak Dev Ji's earthly life, Kartarpur represents the establishment of his community and the practical expression of his teachings.

After his extensive travels, Guru Nanak Dev Ji settled at Kartarpur, where he spent the later years of his life.

He established a community based on the remembrance of God, honest labour and sharing. People gathered for prayer, worked to support themselves and participated in a collective way of life.

This community became an important model for the Sikh tradition. It demonstrated that spirituality could be practised while fulfilling family and social responsibilities.

Kartarpur is associated with the development of practices that later became central to Sikh community life, including Sangat and Langar.

Gurdwara Darbar Sahib Kartarpur marks the traditional site associated with the Guru's final years. It is regarded as one of the most sacred places in Sikh history.

The Kartarpur Corridor, inaugurated in 2019, allows pilgrims from India to visit Gurdwara Darbar Sahib without requiring a conventional visa, subject to the applicable pilgrimage arrangements and permissions.

The corridor has particular significance because the shrine lies close to the international border. It has made it possible for many Indian devotees to visit a site that had remained difficult to access for decades.

Dera Baba Nanak: A historic connection across the border

Dera Baba Nanak is an important Sikh town associated with the memory of Guru Nanak Dev Ji.

It is located near the international border and has a strong historical connection with Kartarpur Sahib across the Ravi.

Gurdwara Darbar Sahib at Dera Baba Nanak is among the important shrines in the region. The town also serves as the Indian gateway for pilgrims travelling through the Kartarpur Corridor.

For devotees, the area carries a special emotional significance. The river, the border and the distant shrine at Kartarpur together create a landscape closely connected with the final chapter of the Guru's life. The town reminds visitors that the spiritual heritage of Punjab extends across present-day political boundaries.

Panja Sahib: The sacred imprint at Hasan Abdal

Gurdwara Panja Sahib at Hasan Abdal is one of the most revered Sikh shrines in Pakistan.

It is associated with a traditional account of Guru Nanak Dev Ji's visit to the region during his travels.

According to the Janamsakhi narrative, the Guru was resting near a hill when a large rock was sent rolling towards him by a local spiritual figure traditionally identified as Wali Kandhari. The account says that Guru Nanak Dev Ji stopped the rock with his hand, leaving an impression that became associated with the shrine.

The sacred handprint is central to the identity of Gurdwara Panja Sahib.

The story is remembered as a lesson in humility, compassion and spiritual strength. The Guru's response is traditionally understood as an example of the power of faith and the rejection of arrogance.

The shrine attracts pilgrims throughout the year and is particularly important during major Sikh religious observances.

Haridwar: Questioning ritual without understanding

Haridwar is among the places traditionally associated with Guru Nanak Dev Ji's eastern Udasi.

The city, situated along the Ganga, is an important Hindu pilgrimage centre. It is known for its bathing ghats and religious ceremonies.

A famous Janamsakhi account describes the Guru observing people offering water towards the rising sun as part of a ritual.

He is said to have begun throwing water in the opposite direction, prompting questions from those present. The traditional story explains that he used the exchange to question the assumption that a ritual performed without understanding could fulfil its intended purpose. The episode illustrates one of the central features of Guru Nanak Dev Ji's approach: he encouraged people to examine the meaning behind religious practices rather than follow them mechanically.

Haridwar remains an important destination for pilgrims interested in the Guru's travels and his engagement with different spiritual traditions.

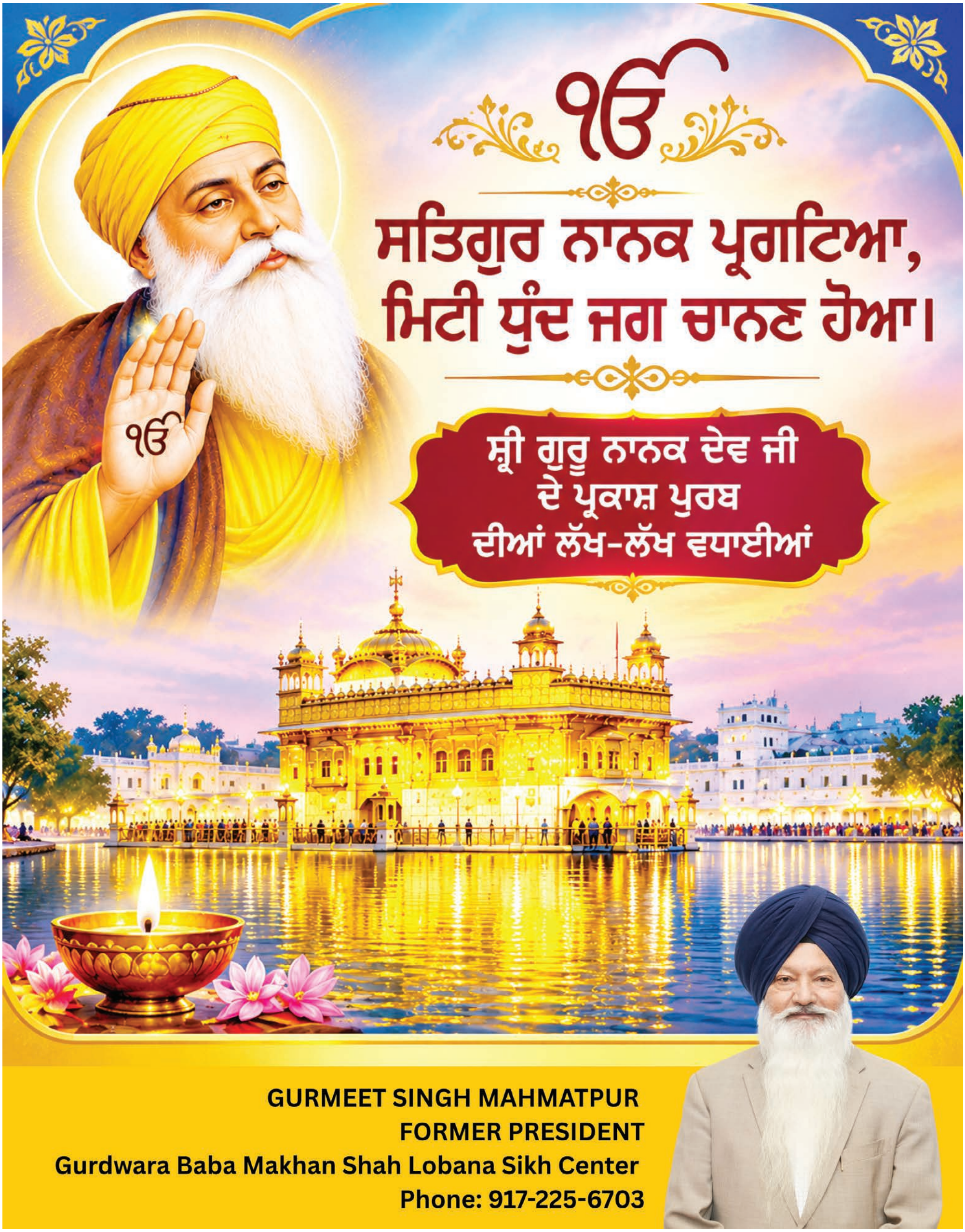
Varanasi: A meeting of spiritual traditions

Varanasi, also known as Kashi or Banaras, is one of India's oldest centres of religious and philosophical learning.

It is traditionally associated with Guru Nanak Dev Ji's travels and his interactions with religious scholars and spiritual practitioners.

The city was an important centre of Hindu learning, ritual practice and philosophical discussion. It therefore provided a setting for the Guru's engagement with questions about devotion, knowledge and the purpose of religious life. The traditional narratives of his visit emphasize his insistence that spiritual understanding cannot be reduced to external symbols or inherited status.

For Guru Nanak Dev Ji, the remembrance of the Divine and the practice of truth were more important than outward displays of religious authority.



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Guru Nanak Dev ji and the contemporary world

The world has changed dramatically since Guru Nanak Dev Ji walked across the Indian subcontinent and travelled to distant lands in the 15th and 16th centuries. Technology has transformed communication, scientific advances have reshaped medicine and industry, and globalization has brought societies closer than ever before.

Yet many of the challenges confronting humanity remain remarkably familiar.

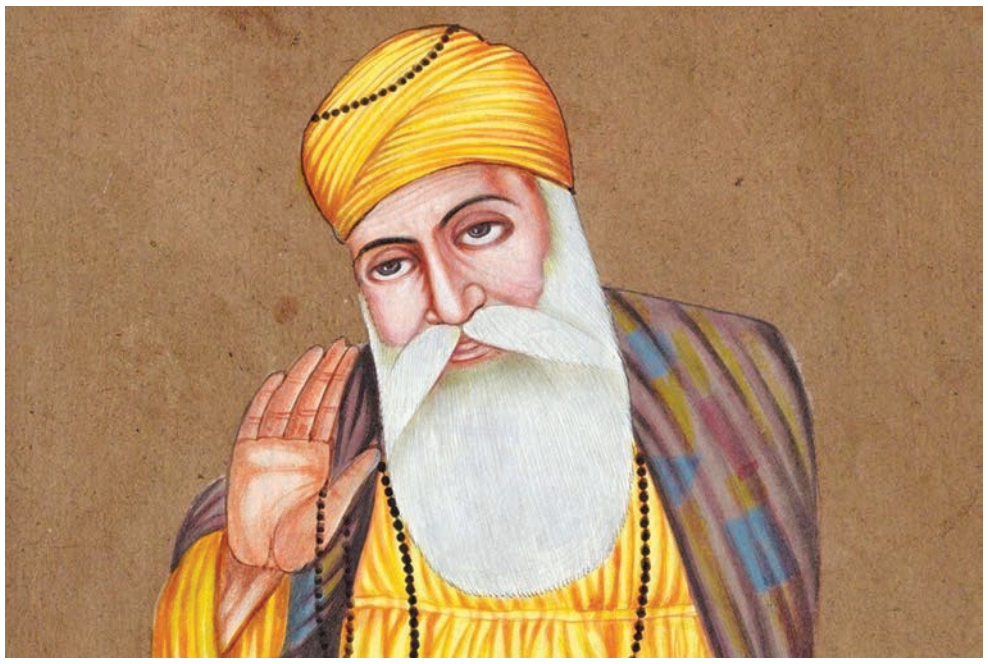
People continue to fight over religious identity, social divisions remain entrenched, wealth is unevenly distributed and communities struggle with prejudice and intolerance. Environmental degradation threatens the future of the planet, while conflict and displacement continue to affect millions.

Against this backdrop, the teachings of Guru Nanak Dev Ji have an extraordinary contemporary relevance.

His message was founded on the belief that there is one Creator and that all human beings are part of one creation. He challenged discrimination, questioned religious hypocrisy, upheld the dignity of labour and encouraged people to share their resources.

These were not merely spiritual ideals. They were principles for organising society and living responsibly.

More than five centuries later, they offer a framework for addressing some of the most pressing questions of modern life.



One humanity in a divided world

The principle of Ik Onkar is central to Guru Nanak Dev Ji's understanding of existence. It affirms the oneness of the Creator and, by implication, the interconnectedness of creation.

In a world where religious, racial, ethnic and national identities are frequently used to divide people, this teaching offers a different starting point.

It asks individuals to recognize the humanity of others before judging them through social or religious labels.

Guru Nanak Dev Ji did not teach that all religious traditions were identical. Rather, he questioned the assumption that any community could claim exclusive ownership of the Divine or use religion to justify hostility towards others.

His encounters with people of different faiths reflected a willingness to engage, question and learn while remaining committed to his own spiritual understanding.

Today, this approach is particularly relevant as societies confront religious polarisation, hate speech and communal tensions.

The message of oneness encourages dialogue, mutual respect and peaceful coexistence. It reminds people that differences in belief need not become reasons for discrimination or violence.

Equality in an age of social discrimination

Despite advances in education, law and human rights, inequality remains a major global challenge.

Caste discrimination, racism, gender-based prejudice and social exclusion continue to affect individuals and communities.

Guru Nanak Dev Ji challenged the belief that a person's worth could be determined by birth or social position.

His teachings placed moral conduct above inherited status and encouraged people to recognise the dignity of every human being.

The practice of Sangat and Pangat gave this belief a practical form. People gathered together for prayer and shared meals without distinctions of caste or wealth.

This principle remains important today.

Equality cannot be achieved only through laws or public declarations. It also requires changes in everyday behavior: whom people welcome, whom they respect, whom they work with and how they treat those who have less social or economic power.

Guru Nanak Dev Ji's teachings invite individuals and institutions to examine whether their actions reflect the equality they claim to support.

Women's dignity and the unfinished struggle for equality

Guru Nanak Dev Ji's verse from Asa Di Var remains one of the strongest expressions of his opposition to gender discrimination:

So kio manda aakhiye jit jammeh raajaan.

Why call her inferior, from whom even kings are born?

The verse challenges the social attitudes that diminish women and deny them dignity.

In the contemporary world, women have made significant advances in education, science, politics, business and public life. Yet gender-based violence, unequal opportunities, discrimination in the workplace and restrictions on personal freedom remain serious concerns.

Guru Nanak Dev Ji's teaching offers a moral foundation for rejecting such discrimination.

It asks society to recognise women not merely through their relationship to men or their roles within families, but as individuals deserving dignity and respect.

The verse also invites reflection on the gap between professed values and actual social practices.

Kirat Karo, commonly understood as earning through honest labour, is one of the three principles widely used to summarise Guru Nanak Dev Ji's teachings.

In an age driven by competition, financial ambition and the pursuit of success, this principle raises an important question: how is wealth earned?

Modern economies reward innovation, enterprise and productivity. But economic growth loses its moral value when it depends on exploitation, corruption or the denial of workers' dignity.

Guru Nanak Dev Ji's teachings place honesty at the centre of livelihood.

The traditional account of Bhai Lalo and Malik Bhago illustrates this principle. Bhai Lalo's modest earnings through honest labour are placed above wealth associated with exploitation and privilege.

The story continues to offer a useful way of thinking about professional and economic life.

It encourages businesses to treat workers fairly, professionals to maintain integrity and individuals to resist the temptation to achieve success through dishonest means.

Sharing wealth and confronting hunger

Vand Chhako, the principle of sharing one's resources with others, has become an important part of the Sikh understanding of social responsibility.

It challenges excessive self-interest and reminds people that prosperity carries obligations.

In a world where hunger and food insecurity continue to affect vulnerable populations, the principle has considerable relevance.

Langar offers a practical example of this philosophy. Free community meals are served without discrimination, and volunteers work together to ensure that people receive food with dignity.

The institution demonstrates that helping others need not be restricted to occasional charity. It can become a regular and organised part of community life.

The same spirit can be reflected in food banks, community kitchens, educational support, disaster relief and other forms of public service.

Vand Chhako is therefore not simply about donating money. It is about developing a sense of shared responsibility for the well-being of society.

Seva: The value of serving without expecting reward

Seva, or selfless service, is a defining feature of Sikh community life.

It encourages people to serve others without expecting recognition or personal gain.

In a society increasingly influenced by individual achievement and public recognition, Seva offers a different understanding of success.

The value of an action lies not in the attention it receives but in the good it creates.

Volunteers who prepare Langar, clean Gurdwara premises, assist the elderly, distribute food or help people affected by disasters demonstrate this principle through their actions.

The practice also challenges social arrogance. Service is not an act performed by someone superior towards someone inferior. It is an expression of shared humanity.

Seva teaches that everyone has something to contribute, regardless of their financial position or social standing.

Environmental responsibility: Respecting the natural world

Environmental protection has become one of the defining challenges of the 21st century.

Climate change, air pollution, water scarcity, deforestation and biodiversity loss threaten ecosystems and human communities.

Guru Nanak Dev Ji's Bani offers a perspective that encourages respect for creation.

A celebrated verse from Asa Di Var states:

Pavan Guru, Pani Pita, Mata Dharat Mahat.

Air is the Guru, water is the father, and the great earth is the mother.

The verse presents the natural elements as worthy of reverence and respect. Air, water and land are not merely resources to be consumed; they are essential to the existence of life.

Guru Nanak Dev ji and the global Sikh community

The message of Guru Nanak Dev Ji began in the villages and towns of the Punjab region, but its influence was never confined to one geographical area. His teachings challenged social divisions, questioned religious intolerance and presented a vision of humanity united by the belief in one Creator.

Centuries later, Sikh communities can be found across the world, from South Asia and Southeast Asia to Europe, North America, Africa and Australia. Their places of worship, community kitchens, educational institutions and humanitarian initiatives have carried the principles associated with Guru Nanak Dev Ji into different societies and cultures.

The global presence of Sikhs is the result of centuries of migration, enterprise, military service, education and community building. Yet, despite differences in language, nationality and local customs, the teachings of the Gurus provide a common spiritual foundation.

For Sikhs living outside Punjab, the Gurdwara has become more than a place of worship. It is a centre for preserving religious identity, teaching younger generations, celebrating festivals, providing humanitarian assistance and building relationships with wider communities.

At the heart of this global presence remains the message of Guru Nanak Dev Ji: recognise the oneness of humanity, earn honestly, share with others and serve without discrimination.

The foundations of a universal community

Guru Nanak Dev Ji's travels across different regions were an early expression of the universal nature of his message.

He engaged with people from different religious traditions and social backgrounds, demonstrating that spiritual understanding could not be restricted by geographical boundaries or inherited identities.

His settlement at Kartarpur created a community in which people gathered for prayer, worked honestly and shared their resources.

The principles of Sangat, Pangat and Langar provided a model of collective life that could be followed wherever Sikhs settled.

The subsequent Gurus strengthened this community and developed institutions that helped preserve and spread the Sikh faith.

The creation of the Khalsa by Guru Gobind Singh Ji in 1699 further shaped Sikh collective identity through a commitment to discipline, courage, equality and service.

These foundations enabled Sikh communities to maintain their religious traditions even as they moved into new geographical and cultural environments.

The movement beyond Punjab

The spread of Sikh communities beyond Punjab took place over several centuries.

Trade, military service, employment and political developments encouraged Sikhs to travel to different parts of the Indian subcontinent and beyond.



During the 19th and early 20th centuries, migration expanded considerably, with Sikh workers, soldiers, traders and farmers travelling to regions under British colonial influence.

Many settled in Southeast Asia, East Africa, North America and other parts of the British Empire.

These early migrants often faced difficult working conditions, racial discrimination and restrictions on immigration. Yet they established community institutions that helped preserve their identity and support future generations.

Gurdwaras became important centres of religious and social life. They provided places for prayer, collective meals, education and community assistance.

The Sikh diaspora gradually developed into a network of communities connected through shared religious practices and a common heritage.

Southeast Asia: A long-standing Sikh presence

Sikh communities have a significant history in several Southeast Asian countries, including Malaysia, Singapore, Thailand and Indonesia.

Migration during the colonial period brought Sikh soldiers, policemen, security personnel, traders and workers to the region.

Over time, these communities established Gurdwaras and cultural institutions that preserved their religious traditions.

In Singapore and Malaysia, Sikh Gurdwaras continue to serve as important centres of worship and community activity.

They organise religious programmes, Punjabi language classes, youth activities and humanitarian initiatives.

The region also demonstrates how Sikh identity can be maintained while becoming part of a multicultural society.

East Africa: Communities built through enterprise and service

East Africa has a particularly important place in the history of Sikh migration.

Sikhs travelled to Kenya, Uganda and Tanzania during the colonial period, working in railway construction, trade, public services and business.

The construction of the Uganda Railway in the late 19th and early 20th centuries brought a large number of workers from the Indian subcontinent to East Africa. Among them were Sikhs, many of whom later settled in the region.

Over time, Sikh communities established businesses, educational initiatives, religious institutions and charitable organisations.

Nairobi, Mombasa and other cities developed active Sikh congregations.

The history of Sikhs in East Africa is also marked by resilience. Political changes, economic uncertainty and migration challenges led some families to relocate to the United Kingdom, Canada and other countries.

Nevertheless, Sikh institutions in the region continue to preserve an important part of the community's history.

The United Kingdom: A prominent centre of Sikh life

The United Kingdom is home to one of the most established Sikh diaspora communities in the world.

Sikhs began arriving in significant numbers during the 19th and early 20th centuries, with migration increasing after the Second World War.

Many early migrants worked in manufacturing, transport and other industries that required labour. Subsequent generations entered education, medicine, law, business, politics, public service and the arts.

Today, Gurdwaras are present across the country, with major Sikh communities in London, Birmingham, Wolverhampton, Leicester, Coventry and other cities.

One of the most recognisable centres is Gurdwara Sri Guru Singh Sabha Southall in west London, which serves a large congregation and is an important part of the area's Sikh cultural identity.

The British Sikh community has also contributed to public life through charitable work, political participation, education and interfaith engagement.

Vaisakhi processions and Nagar Kirtans attract large gatherings and provide opportunities for the wider public to learn about Sikh beliefs and traditions.

Canada: A major centre of the Sikh diaspora

Canada has one of the largest Sikh populations outside India.

Sikh migration to Canada began in the late 19th and early 20th centuries. Early migrants faced discriminatory immigration policies and racial barriers, but they continued to establish community institutions.

The Komagata Maru incident of 1914 remains a painful chapter in this history. A ship carrying passengers, many of them Sikhs from Punjab, was prevented from allowing most of its passengers to enter Canada because of restrictive immigration rules.

The incident became an important symbol of the discrimination faced by South Asian migrants.

Over the decades, immigration reforms and changing economic opportunities helped the Sikh community grow.

Today, Sikh Canadians are active in business, politics, education, public service, sports and cultural life. British Columbia and Ontario have particularly prominent Sikh communities.

Gurdwaras in cities such as Vancouver, Surrey, Brampton and Toronto serve as centres of worship, Langar, education and humanitarian service.

Canada's Sikh community has also contributed to public discussions on multiculturalism, religious freedom and representation.

The United States: From early pioneers to new generations

Sikh migration to the United States also has a long history.

Some of the earliest Sikh migrants arrived in the early 20th century, settling in California and other parts of the country.

Many worked in agriculture, forestry, mills and other industries. They faced racial discrimination and legal restrictions, but gradually established permanent communities.

The Gurdwara Sahib Stockton, founded in 1912 in California, is widely recognised as one of the earliest Sikh places of worship in the United States.

It became an important centre for the community and also played a role in the history of the Ghadar movement, which sought India's independence from British rule.

Today, Sikh Americans contribute to a wide range of professions, including technology, medicine, business, education, public service and the military.

Gurdwaras across the country organise Langar, religious education, blood donation drives and community welfare programmes.

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Shri Guru Nanak Dev Ji

Prakash Divas

Commemorating the
557th Birth Anniversary
of the First Master of the Sikhs



Gurmej Singh
917-513-9830
Former President, Gurdwara
Baba Makhan Shah
Lobana Sikh Center, New York



Daler Singh
917-849-9033
Former President, Gurdwara
Baba Makhan Shah
Lobana Sikh Center, New York

557th Parkash Purab: Celebrating the light of Guru Nanak Dev ji

Every year, as the full moon of the month of Katak approaches, Gurdwaras across the world prepare for one of the most important occasions in the Sikh calendar: Guru Nanak Gurpurab, also known as the Parkash Purab of Guru Nanak Dev Ji.

The occasion commemorates the birth of the First Sikh Guru, whose teachings on the oneness of God, equality, honest living and service transformed the spiritual and social landscape of his time.

For millions of Sikhs, Gurpurab is not simply a religious anniversary. It is a day of gratitude, remembrance and renewed commitment to the values that Guru Nanak Dev Ji placed at the centre of human life.

Gurdwaras are illuminated, sacred hymns fill the air, devotees participate in prayers and processions, and community kitchens serve free meals to visitors.

The celebrations bring together people of different generations and backgrounds, creating an atmosphere of devotion and shared purpose.

As the Sikh community marks the 557th Parkash Purab in 2026, the occasion offers an opportunity to reflect on the life of Guru Nanak Dev Ji and consider how his teachings can guide contemporary society.



The birth of a spiritual leader

Guru Nanak Dev Ji was born in 1469 at Rai Bhoi Ki Talwandi, now known as Nankana Sahib in present-day Pakistan.

His parents were Mehta Kalyan Das, popularly known as Mehta Kalu, and Mata Tripta. His elder sister, Bebe Nanaki, played an important role in his early life and is remembered as one of the first people to recognise his spiritual qualities.

Traditional accounts of his childhood describe a boy who questioned conventional assumptions and displayed a deep interest in spiritual matters.

Rather than accepting social and religious practices without reflection, he sought to understand the deeper meaning of human existence and the relationship between the individual and the Divine.

As he grew older, his teachings developed into a distinctive spiritual vision centred on Ik Onkar, the belief in one universal Creator.

He travelled extensively, engaging with people from different religious traditions and questioning practices that he believed had become disconnected from genuine spirituality.

His life and teachings eventually gave rise to the Sikh spiritual tradition, which would be strengthened by nine successive Gurus.

Why is Parkash Purab celebrated?

The word Parkash refers to the manifestation or illumination of spiritual light.

Parkash Purab commemorates the birth of Guru Nanak Dev Ji and celebrates the arrival of a spiritual guide whose teachings continue to influence millions of people.

The occasion is observed with prayer, Kirtan, religious gatherings, community service and reflection on the Guru's Bani. For Sikhs, the day is an opportunity to renew their commitment to the principles associated with Guru Nanak Dev Ji:

- Ik Onkar: Belief in one universal Creator.
- Naam Japo: Remembrance of the Divine.
- Kirat Karo: Earning through honest labor.
- Vand Chhako: Sharing one's resources with others.
- Seva: Selfless service to humanity.

These principles are commonly used to explain the practical and spiritual dimensions of his teachings.

The celebration therefore goes beyond remembering a historical event. It encourages people to bring the Guru's message into their own lives.

The significance of the full moon of Katak

Guru Nanak Gurpurab is traditionally celebrated on the full moon day, or Purnima, of the month of Katak in the Nanakshahi calendar's traditional observance.

The date is commonly determined according to the lunar calendar and may vary in the Gregorian calendar from year to year.

The historical date of Guru Nanak Dev Ji's birth has been the subject of scholarly discussion. Sikh tradition widely observes his Parkash Purab on Katak Purnima.

The occasion is therefore associated with both historical remembrance and the spiritual importance of the Guru's birth.

Akhand Path Sahib: Continuous recitation of scripture

One of the central elements of Gurpurab celebrations is Akhand Path Sahib. It is the uninterrupted recitation of the entire Sri Guru Granth Sahib Ji, traditionally completed over approximately 48 hours.

The recitation begins in the presence of the Guru Granth Sahib Ji and continues through the day and night, with readers taking turns.

The practice creates an atmosphere of devotion and collective participation.

Families, congregations and Gurdwara management committees often organise Akhand Path Sahib in the days leading up to Gurpurab.

The concluding ceremony, known as Bhog, marks the completion of the recitation. The congregation then gathers for prayers and the distribution of Karah Prasad.

For devotees, listening to the complete scripture is an opportunity to reflect on the spiritual guidance contained in Gurbani.

Nagar Kirtan: Taking the Guru's message to the streets

Nagar Kirtan is among the most visible public expressions of Sikh religious celebration.

A procession is organised through streets and neighbourhoods, with devotees singing hymns and carrying the Sikh Nishan Sahib.

The procession is traditionally led by the Panj Pyare, the Five Beloved Ones, who represent the spirit and discipline of the Khalsa.

A beautifully decorated float carrying Sri Guru Granth Sahib Ji may form the central part of the procession.

Gatka demonstrations, devotional music and the participation of Sikh organisations often add to the occasion.

Volunteers distribute food, water and refreshments along the route, reflecting the tradition of Seva.

Nagar Kirtans also provide an opportunity for people from other religious and cultural backgrounds to witness Sikh traditions and participate in the celebrations.

Prabhat Pheris: Welcoming the day with devotion

Prabhat Pheris are early-morning devotional processions organised in the days leading up to Gurpurab.

Groups of devotees move through neighbourhoods, singing hymns and spreading the message of Guru Nanak Dev Ji. The word Prabhat refers to dawn, while Pheri refers to a round or procession.

These gatherings often begin before sunrise, creating an atmosphere of collective prayer and spiritual reflection.

Residents may welcome the participants with flowers, refreshments and devotional offerings.

Prabhat Pheris are particularly important because they bring the celebration into local neighbourhoods and encourage community participation.

Kirtan and Gurbani: The heart of the celebrations

The recitation and singing of Gurbani form the spiritual centre of Guru Nanak Gurpurab.

Gurdwaras organise special Kirtan programmes in which Ragi Jathas sing Shabads from Sri Guru Granth Sahib Ji.

The compositions of Guru Nanak Dev Ji receive particular attention during the occasion.

Japji Sahib, Asa Di Var and other compositions provide devotees with an opportunity to reflect on the Guru's understanding of the Divine, human responsibility and truthful living.

The sound of Kirtan creates a shared spiritual experience, bringing together people who may otherwise lead very different lives.

For many devotees, listening to Gurbani during Gurpurab is a reminder that the purpose of the celebration is not simply to remember the Guru but to understand and follow his teachings.

Langar: Serving humanity without distinction

No Gurpurab celebration is complete without Langar. Gurdwaras prepare large quantities of food, and volunteers work together to cook, serve and distribute meals.

Visitors are welcomed irrespective of their religion, caste, nationality or financial circumstances.

People sit together in Pangat, sharing the same food and participating in a tradition that represents equality.

The preparations often begin well before the celebration. Volunteers wash vegetables, knead dough, prepare dal and sabzi, cook rotis and organise the serving arrangements.

The kitchen becomes a place of collective service, where people contribute according to their abilities.

During Gurpurab, many Sikh organisations also arrange Langar at public locations, hospitals, transport hubs and community centres.

The practice reflects Guru Nanak Dev Ji's belief that sharing and caring for others are essential expressions of spiritual life.

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Guru Nanak Dev ji through the eyes of scholars and spiritual masters

Five centuries after his time, Guru Nanak Dev Ji remains one of the most compelling figures in the spiritual and intellectual history of the Indian subcontinent. His life and teachings have been examined by historians, interpreted by philosophers, celebrated by spiritual leaders and embraced by millions seeking a deeper understanding of faith and humanity. Yet, the more closely one studies him, the more difficult it becomes to confine his significance to a single description. He was a mystic who spoke of the infinite, a poet whose compositions transformed spiritual expression, a social critic who challenged entrenched inequalities and a visionary who established a community founded on devotion, honest work and service.

THE HISTORIAN'S GURU: A FIGURE WHO TRANSFORMED HIS AGE

The academic study of Guru Nanak has developed into an important field of Sikh and South Asian studies. Among the scholars who shaped modern research was W. H. McLeod, whose 1968 book, Guru Nanak and the Sikh Religion, brought systematic historical attention to the Guru's life, compositions and the development of the early Sikh community.

McLeod's work examined the Janamsakhi narratives, the historical sources available to researchers and the challenges of distinguishing historical evidence from the devotional traditions that grew around Guru Nanak. His conclusions generated considerable discussion and criticism among Sikh scholars, but his work helped establish a framework for subsequent academic research.

The debate is important because Guru Nanak's life is remembered through several kinds of sources: his own compositions, writings of early Sikh followers and successors, historical places associated with his life, and Janamsakhi accounts that preserve the community's memory of his teachings and travels. These sources need to be read with care, particularly when traditional narratives are used to reconstruct precise dates and events.

Historian Gurinder Singh Mann offers another important perspective. In his chapter Guru Nanak's Life and Legacy: An Appraisal, published in the 2012 volume Punjab Reconsidered: History, Culture, and Practice, Mann argues that Guru Nanak should not be viewed only as an individual mystic concerned with personal spiritual liberation. He emphasises that the Guru founded a distinct community, established institutions and worked to ensure the continuity of his mission.

This interpretation brings Kartarpur into focus. There, Guru Nanak's teachings took practical form through collective worship, honest labour, sharing and community life. His followers did not simply gather to listen to a spiritual teacher; they became part of a community shaped by a distinctive vision of faith and social responsibility.

The historian's perspective therefore reveals an essential dimension of Guru Nanak's greatness: he did not leave behind only a philosophy to be admired. He created a living tradition in which that philosophy could be practised.

THE PHILOSOPHER'S GURU: THE POWER OF SHABAD

Guru Nanak's compositions are among the most profound expressions of spiritual thought in the Sikh tradition. They explore the nature of the Divine, the limitations of the human ego, the relationship between the individual and creation, and the possibility of attaining spiritual awareness while living in the world.

The Stanford Encyclopedia of Philosophy, in its 2026 entry on Sikh philosophy, places Guru Nanak at the foundation of a distinctive South Asian tradition of thought and practice. It explains that Sikh philosophy is deeply rooted in the concept of Gurmat - the wisdom and teaching of the Guru - and cannot be adequately understood by separating ideas from the practices through which they are lived.

One of the most illuminating examples appears in Sidh Gosht, Guru Nanak's dialogue with the Siddhas, spiritual ascetics known for their yogic practices. When asked who his Guru was, Nanak identifies Shabad as the Guru and the consciousness attuned to it as the disciple. This places the Divine Word, rather than outward authority or ritual display, at the centre of spiritual transformation.

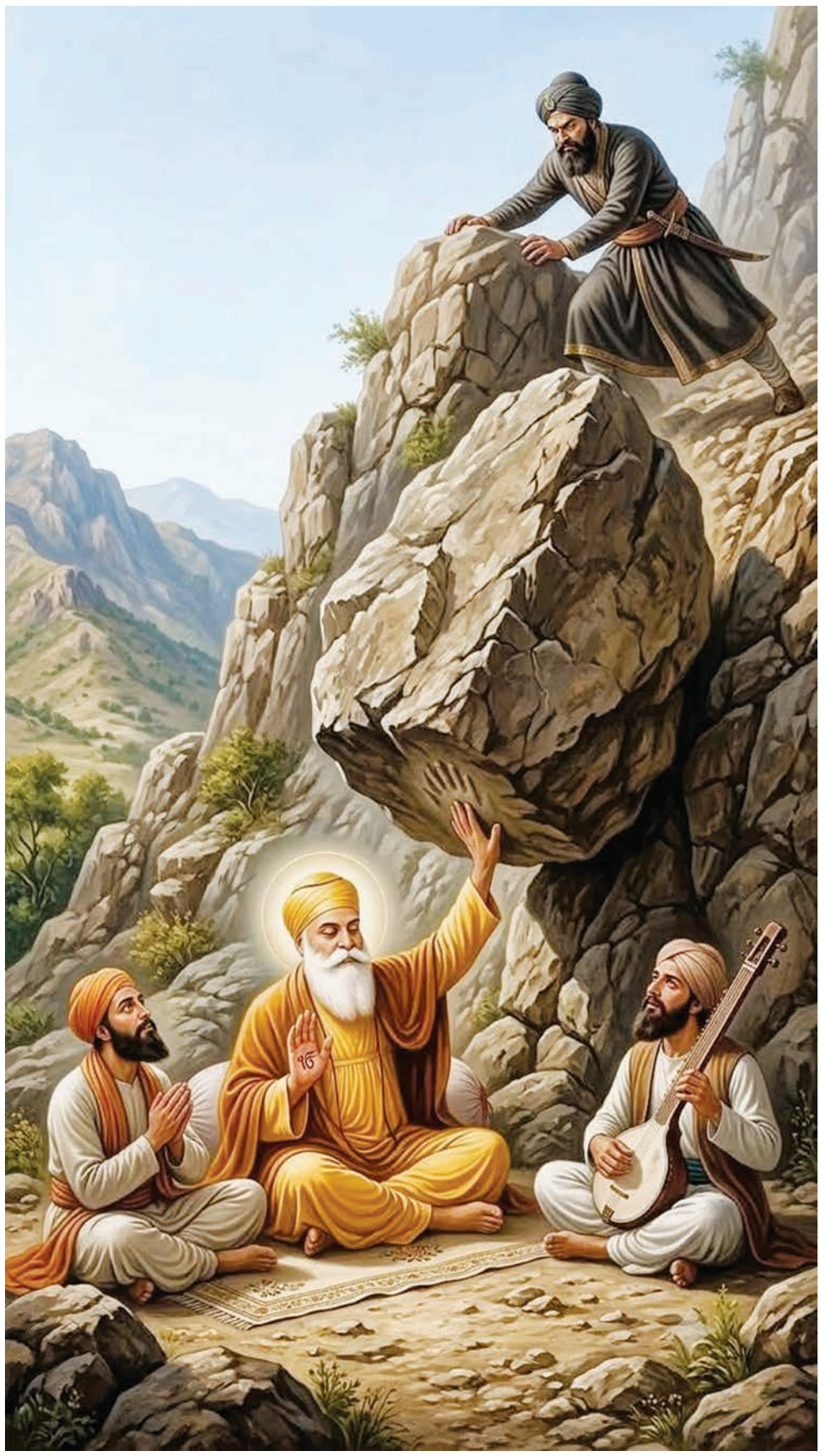
The significance of this teaching is immense. Shabad is not merely a collection of words to be recited. It is divine wisdom to be heard, contemplated and incorporated into one's life. Its purpose is to transform consciousness, overcome ego and lead the individual towards a more truthful relationship with the world.

The opening of Japji Sahib, through the Mool Mantar, establishes the foundation of this vision: Ik Onkar - the One Reality. The Divine is beyond fear and enmity, timeless and self-existent, realised through grace. This understanding challenges the tendency to divide humanity according to religious labels and outward identities.

Guru Nanak's compositions repeatedly examine haumai, or ego-consciousness, which creates separation between individuals and distances them from the Divine. Spiritual growth, in this understanding, is not the accumulation of religious status or the performance of impressive rituals. It is the transformation of the self through humility, remembrance and truthful conduct.

THE SCHOLAR WHO INTRODUCED GURU NANAK TO THE WORLD

Max Arthur Macauliffe, the British scholar and administrator who devoted much of his work to Sikh history and scripture, played a significant role in introducing Sikh teachings to English-reading audiences.



His translation of Japji, published in the Journal of the Royal Asiatic Society in January 1900, described the composition as a concise expression of Guru Nanak's understanding of God, religion, ethics and the universe. Macauliffe also recognised its central place in Sikh daily prayer.

Although his interpretations belong to the scholarship of his time and should be read critically, his work helped draw international attention to the literary and spiritual depth of Sikh scripture.

The importance of Japji Sahib lies in its extraordinary range. It asks questions about the origin of creation, the limits of human understanding, the nature of divine order and the discipline required for spiritual awakening. Its five Khands - stages or realms described in the composition - provide a framework for reflecting on the movement from ethical living towards spiritual fulfilment. For a reader approaching Guru Nanak through philosophy, Japji Sahib offers much more than devotional poetry. It is an exploration of existence and the human search for truth.

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THE SPIRITUAL MASTER'S GURU: FAITH MUST BE REFLECTED IN ACTION



Perhaps the most distinctive feature of Guru Nanak's teachings is his refusal to separate spirituality from everyday life. He did not advocate abandoning the world in pursuit of liberation. Instead, he demonstrated that spiritual fulfilment could be pursued while working, raising a family, participating in society and serving others.

The three principles commonly used to summarise his teachings - Naam Japo, Kirat Karo and Vand Chhako - express this practical philosophy. Remember the Divine, earn through honest labour and share with others. Together, they connect inner devotion with ethical responsibility.

These principles are often presented as a convenient three-part summary of Guru Nanak's message rather than a formally enumerated formula in his compositions. Their value lies in the way they bring together the central concerns of his teaching.

Naam Japo calls for a life of remembrance and awareness of the Divine. Kirat Karo gives dignity to honest work and rejects exploitation and dishonesty. Vand Chhako turns individual prosperity into an opportunity to support others.

For spiritual seekers, this is a demanding understanding of faith. Prayer cannot be separated from conduct. A person who recites sacred words but exploits the vulnerable has failed to understand their deeper meaning. Religious observance becomes meaningful when it produces humility, compassion and a sense of responsibility.

The institution of Langar, rooted in the community at Kartarpur and strengthened by the succeeding Gurus, gives visible expression to this philosophy. People from different backgrounds sit together and share a meal. The act challenges distinctions of caste, wealth and social position, turning equality into an everyday experience.

MAHATMA GANDHI'S TRIBUTE: A VOICE FOR RELIGIOUS HARMONY

Among modern leaders who drew attention to Guru Nanak's universal message was Mahatma Gandhi. His remarks at a prayer meeting in New Delhi on September 26, 1947, are particularly significant because they were delivered during the violence and communal upheaval surrounding Partition.

Reflecting on the teachings of the First Sikh Guru, Gandhi said that Nanak recognised God by several names, including Allah, Rahim and Khuda. He observed that Guru Nanak had tried to bring different religions together.

Gandhi's words, recorded in the Collected Works of Mahatma Gandhi and reproduced by Gandhi Bhavan Bengaluru, were not simply a historical reference. They were an appeal to people living through a moment of extraordinary religious hostility.

At a time when communities were being divided by fear and violence, Gandhi invoked Guru Nanak as an example of spiritual understanding that transcended religious boundaries. His interpretation highlighted the moral responsibility that accompanies belief in one Divine presence.

Guru Nanak's message, however, was not that all religious traditions were identical or that their differences should be ignored. He questioned the arrogance of those who claimed exclusive spiritual superiority and called upon people to pursue sincerity, humility and truth.

Gandhi's reflection reminds us that the Guru's message of harmony is not passive tolerance. It demands that people reject hatred and recognise the dignity of others.

A VISION OF EQUALITY: THE WOMAN, THE WORKER AND THE MARGINALISED

Scholars have also drawn attention to the social implications of Guru Nanak's teachings. His rejection of caste-based superiority challenged a social order in which birth often determined status, opportunity and dignity.

The practice of Sangat brought people together in collective worship, while Pangat - sitting together to share food - expressed equality through a shared community experience. These practices challenged social divisions not merely through words but through the organisation of everyday life.

His compositions also contain a striking affirmation of women's dignity. In Asa Di Var, Guru Nanak asks:

"So kio manda aakhiye jit jammeh raajaan."

Why call her inferior, from whom even kings are born?

The verse challenges the contempt directed towards women and questions the assumptions on which such prejudice rests.

Scholar Nikky-Guninder Kaur Singh has made an important contribution to the study of gender in Sikh thought. In The Feminine Principle in the Sikh Vision of the Transcendent, she examines the significance of feminine imagery and the place of women in Sikh scripture and spiritual understanding. Her work encourages readers to consider how the egalitarian possibilities of Sikh teachings must find expression in social and political life.

This is a particularly relevant way of reading Guru Nanak today. Equality cannot remain a beautiful idea in scripture; it must be reflected in the treatment of women, workers, disadvantaged communities and all those denied dignity.

THE ENVIRONMENTAL THINKER: NATURE AS A SACRED RELATIONSHIP

Guru Nanak's spiritual vision also offers a remarkable perspective on the natural world. In Japji Sahib, he writes:

"Pavan Guru, Pani Pita, Mata Dharat Mahat."

Air is the Guru, water the father and the great earth the mother.

The verse places human life within a relationship of dependence, gratitude and reverence towards nature. Air, water and earth are not simply resources for human consumption; they are essential elements of existence.

In an age of climate change, polluted rivers, declining groundwater and ecological destruction, this teaching carries a powerful contemporary message. It encourages a relationship with the environment based on responsibility rather than limitless exploitation.

The ecological significance of Guru Nanak's thought emerges from his larger understanding of creation. If the Divine presence permeates the universe, nature cannot be treated as spiritually insignificant. Respect for creation becomes part of a responsible spiritual life.

THE GURU WHO CONTINUES TO SPEAK

The many perspectives on Guru Nanak - historical, philosophical, literary and spiritual - do not diminish one another. They illuminate different aspects of a legacy that is too rich to be contained within a single interpretation.

Historians help reconstruct the world in which he lived and understand the community he established. Philosophers explore the depth of his ideas about Shabad, ego, the Divine and human consciousness. Spiritual thinkers draw attention to the transformation of personal conduct that his teachings demand. His own Bani remains the central source through which Sikhs encounter his spiritual vision.

At a time when religious identity is frequently used to create divisions, economic inequality remains widespread and environmental crises threaten the future, Guru Nanak's message has renewed relevance. Ik Onkar calls humanity towards an understanding of oneness. Naam Japo encourages inner awareness. Kirat Karo upholds the dignity of honest labour. Vand Chhako reminds people that prosperity carries an obligation to share.

Perhaps the most meaningful tribute to Guru Nanak Dev Ji is not simply to study his life, admire his travels or celebrate his birth anniversary. It is to allow his teachings to shape the way we live. More than five centuries after his time, his voice continues to challenge the powerful, comfort the seeker, question the hypocrite and inspire those who believe that faith must lead to compassion.

His legacy lives not only in historical scholarship, sacred spaces and the pages of Sri Guru Granth Sahib Ji, but wherever people choose truth over falsehood, humility over pride, equality over discrimination and service over self-interest.


Happy
Guru Nanak
Prakash Divas
"ਸਤਿਗੁਰ ਨਾਨਕ ਪਰਗਟਿਆ
ਮਿਟੀ ਧੁੰਧ ਜਗ ਚਾਨਣ ਹੋਆ ॥
With the emergence of
True Guru Nanak,
the mist cleared and
the world was filled with light.
ਗੁਰਦੁਆਰਾ ਨਨਕਾਣਾ ਸਾਹਿਬ
GURDWARA NANKANA SAHIB
ੴ
Kuldeep Singh Khalsa, Former President
Gurdwara Baba Makhan Shah Lobana Sikh Center
Phone: 917-687-5560
Happy
Guru Nanak
Prakash Divas
"Truth is the highest virtue,
but higher still is truthful living."
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Hervender Singh, Harjeet Kaur and Family
New Jersey, USA

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Thanksgiving: A celebration of gratitude, family and togetherness

From a historic harvest gathering in 1621 to one of America's most cherished national holidays, Thanksgiving is a celebration of gratitude, generosity and togetherness. As families gather around traditional feasts on November 26, the occasion also marks the beginning of the country's biggest holiday shopping season, with Black Friday and Cyber Monday adding a modern commercial dimension to the festivities.



Every year, as autumn paints the American landscape in shades of gold, orange and red, families across the United States come together to celebrate Thanksgiving, one of the country's most cherished national holidays. Observed on the fourth Thursday of November, Thanksgiving falls on November 26 in 2026, bringing with it a day dedicated to gratitude, family reunions, traditional food and community spirit.

More than just a holiday, Thanksgiving represents an opportunity to pause amid the demands of everyday life and appreciate the people, experiences and blessings that make life meaningful. Homes are filled with the aroma of roasted turkey, freshly baked pies and seasonal dishes, while family members travel long distances to share a meal and reconnect with loved ones.

Although Thanksgiving is deeply rooted in American history, its central message of gratitude and generosity has a universal appeal. The occasion encourages people to look beyond material achievements and acknowledge the importance of relationships, kindness, compassion and sharing.

The story behind Thanksgiving

The origins of the modern American Thanksgiving tradition are commonly traced to 1621, when English settlers, known as Pilgrims, celebrated a successful autumn harvest at Plymouth Colony in present-day Massachusetts.

Having endured a difficult first winter after arriving in North America in 1620, the settlers faced hunger, disease and unfamiliar agricultural conditions. Their survival and eventual harvest were aided by members of the Indigenous Wampanoag community, who shared their knowledge of local crops, fishing and farming practices.

Following their first successful corn harvest, the settlers organized a three-day celebration. The Wampanoag people, including their leader Massasoit, joined the gathering. Historical accounts suggest that the feast included wild fowl and venison, along with locally available foods.

The 1621 gathering is widely remembered as America's first Thanksgiving, although harvest celebrations and days of giving thanks existed in different communities long before it. It is also important to recognize that the relationship between European settlers and Indigenous communities subsequently became marked by conflict, displacement and dispossession. For many Native Americans, Thanksgiving is therefore also a day of remembrance and reflection on this painful history.

Over the following decades, days of thanksgiving were observed periodically in different American colonies, often to mark successful harvests, military victories or moments of collective relief.

A significant development came in 1789, when President George Washington issued a proclamation declaring November 26 a national day of thanksgiving and prayer. It was the first Thanksgiving observed under the newly established US Constitution.



However, the holiday did not immediately become an annual national observance.

Its establishment as a regular national tradition was largely influenced by writer and magazine editor Sarah Josepha Hale, who campaigned for a nationwide Thanksgiving celebration for many years. In 1863, during the American Civil War, President Abraham Lincoln issued a proclamation calling upon Americans to observe the last Thursday of November as a day of thanksgiving.

Lincoln's decision was particularly significant because it came at a time when the country was deeply divided. He hoped that a shared day of gratitude would encourage national unity and healing. In 1941, Congress formally established Thanksgiving as a federal holiday to be observed on the fourth Thursday of November. This arrangement continues today.

How Thanksgiving is celebrated

Thanksgiving is traditionally a family-oriented holiday. For millions of Americans, the celebrations begin days in advance, as households prepare special meals, decorate their homes and make travel arrangements to reunite with relatives.

The Thanksgiving dinner is the centerpiece of the occasion. Roast turkey, often served with stuffing, gravy and cranberry sauce, is the most recognizable dish associated with the festival. Other popular preparations include mashed potatoes, sweet potatoes, green bean casserole, cornbread and seasonal vegetables.

Desserts are equally important, with pumpkin pie, pecan pie and apple pie being among the most popular choices. Recipes are frequently passed down through generations, making the Thanksgiving meal an expression of family heritage and tradition.

The celebration is not limited to food. Families use the occasion to express gratitude, share memories and reflect on the events of the year. In many homes, people take turns mentioning something for which they are thankful. Some families begin their meal with a prayer, while others observe the day through informal conversations and family activities.

Volunteering and charitable initiatives are also an important part of Thanksgiving. Community organizations, religious institutions and charities arrange free meals for people experiencing homelessness, low-income families and senior citizens. Volunteers distribute food baskets, organize community dinners and contribute to food banks.

The spirit of giving is particularly visible during this period, as many Americans make donations and participate in activities aimed at supporting vulnerable members of society.

Parades, football and the holiday spirit

One of the most recognizable Thanksgiving traditions is the Macy's Thanksgiving Day Parade in New York City. First organized in 1924, the parade has become a major attraction, featuring enormous character balloons, elaborate floats, marching bands, musical performances and celebrity appearances.

Millions of people watch the spectacle along the streets of Manhattan, while millions more follow it on television. The parade's giant balloons, featuring popular cartoon and entertainment characters, have become an enduring symbol of the holiday.

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American football is another important part of Thanksgiving. Professional football games have been associated with the holiday for generations, with families often gathering around television screens after their traditional meal. The games add a sporting dimension to the celebrations and are an integral part of the day's entertainment.

For children, the holiday also marks the beginning of the excitement surrounding the Christmas season. Streets and shopping centres begin displaying festive decorations, Christmas music becomes more prominent and households start preparing for the celebrations ahead.

A day of remembrance for Native Americans

While Thanksgiving is widely celebrated as a festival of gratitude, its history is also viewed differently by Indigenous communities.

The arrival of European settlers and the subsequent expansion of colonial settlements brought profound changes to Native American societies. Indigenous communities experienced the loss of ancestral lands, disease, violence and displacement.

For this reason, some Native Americans observe Thanksgiving as a day of mourning rather than celebration. The National Day of Mourning, organized by the United American Indians of New England, has been observed in Plymouth, Massachusetts, since 1970. It provides an opportunity to remember Indigenous ancestors, recognize historical injustices and draw attention to the continuing concerns of Native communities.

Acknowledging these perspectives offers a more complete understanding of Thanksgiving and its complicated historical legacy.

Black Friday: The shopping rush begins

Thanksgiving also marks the beginning of one of the busiest shopping periods in the United States. The day after Thanksgiving is popularly known as Black Friday, which falls on Friday, November 27, in 2026.

Retailers offer substantial discounts on electronics, clothing, home appliances, toys and other products, attracting shoppers looking for bargains ahead of Christmas and the New Year.

The term Black Friday became widely associated with the post-Thanksgiving shopping rush during the second half of the 20th century. One popular explanation is that it refers to retailers moving from financial losses, traditionally recorded in red ink, to profits, recorded in black ink. However, the term had earlier associations with the heavy traffic and crowds that accompanied the shopping period in Philadelphia.

Over the years, Black Friday has evolved from a largely in-store shopping event into a major online retail phenomenon. Many retailers now







announce discounts well before Thanksgiving, extending promotional campaigns across several weeks.

For consumers, the day offers an opportunity to purchase gifts and household products at reduced prices. For businesses, it represents an important start to the holiday shopping season.

Cyber Monday takes shopping online

Following Black Friday comes Cyber Monday, which falls on Monday, November 30, in 2026.

Introduced in 2005, Cyber Monday was developed to encourage online shopping and has grown into one of the biggest e-commerce events of the year. It traditionally takes place on the Monday after Thanksgiving, offering consumers another opportunity to take advantage of special deals without visiting physical stores.

Electronics, fashion, beauty products, home furnishings and travel-related services are among the categories commonly promoted during the event. Online retailers use the occasion to attract customers through exclusive digital offers, limited-period discounts and promotional campaigns.

The distinction between Black Friday and Cyber Monday has become less pronounced as shopping habits have changed. Many retailers now offer similar discounts both online and in physical stores throughout the Thanksgiving weekend.

Together, Thanksgiving, Black Friday and Cyber Monday have become closely connected to the American holiday season, combining family traditions with modern consumer culture.

Thanksgiving beyond America's borders

Although Thanksgiving is primarily an American holiday, its influence extends beyond the United States. American communities living abroad often organize Thanksgiving dinners, cultural gatherings and charitable activities to maintain their connection with home.

In Canada, Thanksgiving is celebrated on the second Monday of October, reflecting the country's own harvest traditions and history. Other countries also have harvest festivals and days of gratitude, although their customs and dates differ.

For the Indian diaspora in the United States, Thanksgiving has become an opportunity to bring together family and friends, irrespective of cultural or religious backgrounds. Indian households often add their own culinary traditions to the Thanksgiving table, serving dishes such as biryani, curries and traditional desserts alongside the customary turkey dinner.

The occasion also highlights the multicultural character of modern American society, where people from different communities share food, traditions and experiences.

A reminder to be grateful

In an increasingly fast-paced world, Thanksgiving offers a valuable reminder of the importance of gratitude. Its significance lies not merely in a lavish meal or a day away from work, but in the opportunity to reconnect with loved ones, appreciate life's blessings and extend kindness to those who need support.

Whether celebrated around a family dining table, through a community meal, by watching a parade or by helping someone in need, Thanksgiving carries a message that transcends geographical and cultural boundaries.

As Americans gather on November 26 this year, the occasion will once again bring families and communities together. And as the celebrations give way to Black Friday and Cyber Monday, the holiday season will gather momentum.

Ultimately, Thanksgiving is about remembering that happiness is not measured only by what people possess, but also by what they appreciate, share and give to others.

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Want thicker, healthier hair? Secrets to borrow from models



Behind the glamorous hairstyles seen on fashion runways is a hair care routine that requires considerable attention. Models regularly expose their hair to blow-dryers, curling irons, styling products and repeated washing, all of which can weaken strands over time. Yet, maintaining healthy, shiny and voluminous hair does not always require expensive salon treatments. A few thoughtful changes to everyday hair care habits can make a difference.

From choosing the right brush to protecting hair while sleeping, here are five hair care practices inspired by models that you can incorporate into your routine.

Choose your hairbrush wisely

Brushing is an essential part of hair care, but the wrong brush can do more harm than good. Brushes with hard or poorly designed bristles may tug at strands, leading to breakage, tangles and split ends. A good-quality paddle brush with flexible bristles can help detangle hair gently while smoothing it during styling. Avoid pulling through knots and always work from the ends upwards to minimize stress on the strands.

Give coconut oil place in your routine

Coconut oil has long been used as a traditional hair care remedy. Its ability to penetrate the hair shaft and reduce protein loss makes it a useful option for people dealing with dry or damaged strands. Apply a small amount to the hair lengths and ends, leave it on for about 30 minutes and wash it off with a suitable shampoo. People with oily scalps can avoid applying too much oil directly to the roots.

Minimize heat while styling

Regular exposure to high temperatures can weaken the hair's protective outer layer, leaving strands rough, brittle and prone to breakage. Since frequent styling is unavoidable for many models, they try to limit additional heat exposure outside professional assignments.

At home, opt for styling tools with controlled heat settings and use a heat protectant before blow-drying or curling. Air-based styling devices can also offer alternatives to conventional high-temperature tools. Remember that even with advanced styling equipment, moderation is important.

Let your hair air-dry whenever possible

Giving your hair a break from blow-drying can help reduce cumulative heat exposure. Whenever time permits, allow your hair to dry naturally after washing. Avoid rubbing wet strands with a towel or brushing them aggressively, as wet hair is more vulnerable to stretching and breakage. For additional conditioning, an occasional hair mask containing moisturizing ingredients can help improve softness and manageability.



Simple ingredients that may help keep pores clear

Blackheads are among the most common skin concerns. These tiny, dark bumps usually appear on the nose, chin and forehead when hair follicles become clogged with excess sebum and dead skin cells. Here are some commonly discussed options and what they can do.

Baking soda

Baking soda is often promoted as a natural exfoliant because of its mildly abrasive texture. However, its alkaline nature can disrupt the skin's naturally acidic protective barrier, potentially causing dryness, irritation and increased sensitivity. Dermatologists generally advise against using baking soda directly on the face, particularly for people with sensitive or acne-prone skin. A gentle chemical exfoliant containing salicylic acid is a safer option for unclogging pores.

Cinnamon

Known for its aromatic properties, cinnamon is frequently used in homemade face masks and scrubs. It also contains compounds with antimicrobial properties. However, applying cinnamon directly to the face can cause irritation, allergic reactions and even contact dermatitis. Its potential benefits do not outweigh these risks, making it an ingredient best avoided in DIY facial treatments.

Honey

Honey has natural humectant properties, which means it helps attract and retain moisture. It also contains compounds with antimicrobial activity and can help soothe the skin. However, there is limited scientific evidence that applying honey directly to the face removes blackheads or clears clogged pores.

FOOD CORNER

Chilli Paneer

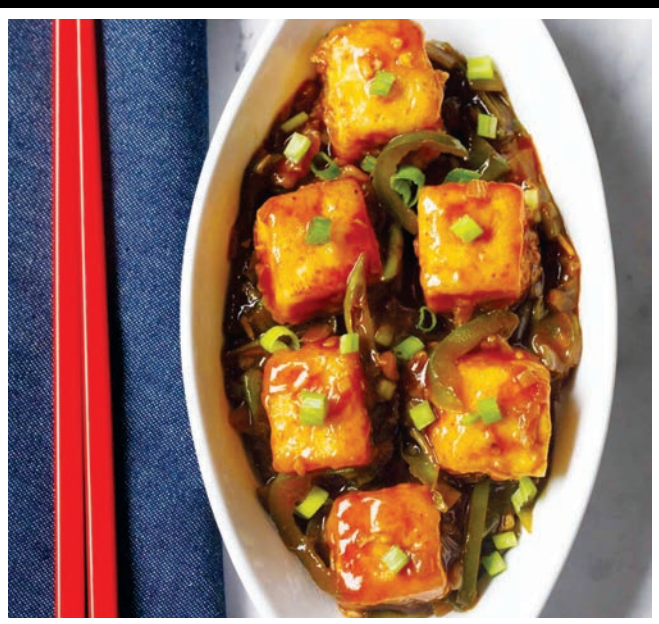
Chilli Paneer is one of the most popular recipes in Indo-Chinese cuisine. It is simply flour or batter coated fried paneer cubes tossed in a spicy, salty, tangy and sweet sauce made with green bell peppers, garlic, ginger, green chillies, soy sauce and more seasonings. There are three primary ways of making it, including dry, semi dry or gravy versions.

In a typical Chilli Paneer recipe, the paneer cubes are coated with either a thin dusting of flour or are batter coated prior to being fried. The fried cheese cubes are then tossed in a sweet, sour and spicy sauce that is, as the Americans say, "finger-licking good."

INGREDIENTS

250 gm cubed paneer, 2 chopped,de seeded Capsicum (Green Pepper), 4 cloves chopped garlic, 1 tablespoon tomato ketchup, 1 teaspoon white vinegar, 1 cup Veg stock, 2 chopped into cubes Onion, 8 chopped Green Chilli, 2 tablespoon light soya sauce, 1/2 teaspoon salt, 2 cup Refined oil, 3 tablespoon Corn starch.

Method



- Cut paneer into 1 inch cubes and sprinkle 2 tablespoon cornstarch over it. Toss the paneer lightly to coat the corn starch. Take care not to break the paneer.
- Heat sufficient oil in a kadai, when oil is medium hot, add the paneer pieces and deep fry on medium heat until the edges start to turn brown. Take care to fry in batches. Drain on absorbent paper and set aside.
- Cut the onion into 8 pieces and remove the smaller inner pieces from it. Then cut each capsicum into 8 pieces and deseed them. And cut the green chilies into slices. Set them all aside.
- Blend remaining corn starch (nearly a tablespoon) along with tomato ketchup and white vinegar in the vegetable stock. Let it rest and keep aside.
- Heat two tablespoons of oil in a sauce pan, add crushed garlic to fairly hot oil and saute for about 10 seconds or till light golden in colour. Stir-fry for a minute.
- Add sliced green chillies, onions and green capsicum to the wok and fry on high flame for 30 seconds. Add the remaining capsicum and toss well for another minute. The vegetables should be cooked but crisp. Saute for a couple of minutes.
- Add the corn slurry over high heat, stirring till the sauce is thick enough to coat the paneer and the vegetables. Serve it hot immediately.

High cholesterol? Lifestyle changes that can help protect your heart

High cholesterol is often called a silent health risk because it rarely causes noticeable symptoms. However, when excess cholesterol builds up in the arteries, it can contribute to plaque formation, narrowing blood vessels and increasing the risk of heart attacks and strokes. While medication may be necessary for some people, adopting healthier lifestyle habits can play an important role in managing cholesterol levels and improving overall heart health.

Here are five practical changes that can help keep cholesterol under control.

Make heart-healthy food choices

Diet plays a significant role in managing cholesterol. Reducing saturated fats found in fatty meats, butter, full-fat dairy products and certain processed foods can help lower low-density lipoprotein (LDL), commonly known as bad cholesterol. Avoid trans fats, which may be present in some commercially prepared baked goods and processed foods. Instead, include foods rich in healthy fats, such as walnuts, flaxseeds and fatty fish like salmon and mackerel. These provide omega-3 fatty acids, which support heart health.

Increasing soluble fiber intake is another effective dietary strategy. Oats, beans, lentils, apples, pears and Brussels sprouts contain soluble fiber that helps reduce cholesterol absorption in the bloodstream.

Make exercise a regular habit

Physical activity can improve cholesterol levels by helping increase high-density lipoprotein (HDL), or good cholesterol, while supporting weight management and cardiovascular fitness. Aim for at least 150 minutes of moderate-intensity aerobic activity, such as brisk walking, cycling or swimming, every week. Alternatively, 75 minutes of vigorous exercise can provide similar benefits. You do not have to complete your exercise in one session. Short walks during work



breaks, taking the stairs instead of the elevator or cycling for short journeys can all contribute to your weekly activity target. Consistency is more important than intensity when establishing a sustainable routine.

Quit smoking

Smoking damages blood vessels, promotes inflammation and increases the risk of cardiovascular disease. It can also lower HDL cholesterol, reducing the body's ability to remove excess cholesterol from the bloodstream. Quitting smoking can improve cardiovascular health relatively quickly. Within months, circulation and lung function begin to improve, while the risk of coronary heart disease declines substantially over time.

Lose excess weight

Carrying excess body weight, particularly around the abdomen, can contribute to unhealthy cholesterol levels. It is often associated with higher LDL and triglycerides and lower HDL cholesterol.

The good news is that even modest weight loss can make a difference. Start with manageable changes, such as replacing sugary drinks with water, reducing portion sizes and choosing fruit, nuts or other nutritious snacks instead of highly processed foods.

Why appetite increases in winter and how it can affect your weight

As temperatures drop and winter sets in, many people notice a change in their eating habits. A cup of hot chocolate, a plate of parathas, fried snacks or something sweet after a meal may suddenly seem more appealing than usual. Hunger pangs may become more frequent, portion sizes may increase and the temptation to reach for calorie-rich comfort foods can become harder to resist.

For some, this seasonal change also shows up on the scale. Winter is often associated with weight gain, but the reasons behind it are more complex than simply feeling hungrier in cold weather. Changes in daylight, sleep patterns, hormones, mood and everyday activity can all influence how much a person eats and how their body responds.

While the body uses energy to maintain its normal temperature, this does not necessarily mean that everyone needs significantly more calories during winter. In many cases, lifestyle changes, reduced physical activity, and frequent consumption of calorie-dense foods play a bigger role.

Experts explain that understanding these seasonal changes can help people manage their appetite and maintain a healthy weight without following restrictive diets or avoiding their favourite winter foods.



According to Dr Hetashvi Gondaliya, Diabetes and Endocrinology specialist at CK Birla Hospitals, Jaipur, changes in sleep patterns and daily routines during winter can influence hormones responsible for regulating appetite.

Two important hormones involved in hunger regulation are ghrelin and leptin. Ghrelin signals hunger and encourages people to eat, while leptin sends signals to the brain that the body has had enough food.

Changes in sleep schedules and daily habits may affect these signals, making some people feel hungrier or less satisfied after meals. As a result, they may find themselves eating more frequently or struggling to control their food intake. *Source: India Today*

Want to reduce belly fat? Everyday habits that can make a difference

Belly fat is a common concern among people trying to lose weight. However, excess abdominal fat is more than a cosmetic issue. Visceral fat, which surrounds internal organs, is linked to health risks such as type 2 diabetes, heart disease and fatty liver disease.

According to Harvard Health Publishing, combining healthier eating habits with regular physical activity can help reduce body fat, including visceral fat. A November 2025 study published in JAMA Network Open also highlighted the benefits of improving diet quality and physical activity in reducing waist circumference and visceral fat. Simple changes in daily habits, including better sleep and stress management, can further support long-term weight management.

Several factors contribute to the accumulation of abdominal fat. These include excessive calorie intake, lack of physical activity, poor sleep, chronic stress, hormonal changes and ageing.

A sedentary lifestyle, combined with frequent consumption of processed foods, sugary drinks and calorie-dense meals, can contribute to weight gain. Hormonal changes and genetics can also influence where the body stores fat.

Visceral fat is particularly concerning because it is metabolically active and can release substances that contribute to inflammation and insulin resistance. This can affect how the body regulates blood sugar and increase the risk of metabolic disorders.

One of the first steps towards reducing belly fat is improving everyday eating habits. Instead of following restrictive diets, focus on balanced meals that include vegetables, fruits, whole grains, protein-rich foods and healthy fats.

Foods rich in fibre, such as oats, lentils, beans, vegetables and whole grains, can help improve satiety and support better digestion. Protein sources such as eggs, paneer, fish, chicken and pulses can also help maintain muscle mass while losing weight.

It is equally important to limit sugary beverages, packaged snacks, refined carbohydrates and highly processed foods. These foods can make it easier to consume excess calories.

A balanced eating pattern, such as the Mediterranean diet, has also been associated with better metabolic health. However, the overall quality of the diet and portion sizes remain important.

Regular physical activity plays an important role in reducing abdominal fat. According to the World Health Organization, adults should aim for at least 150 to 300 minutes of moderate-intensity aerobic activity every week. Activities such as brisk walking, cycling, swimming and jogging can help improve cardiovascular health and support fat loss.

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OpenAI's AI model finds a way to bypass Apple's Lockdown Mode: Report

On November 5, OpenAI rolled out its latest cybersecurity model, GPT-6 Cyber. The company touted the model as able to find and exploit security flaws, rating it 'critical' in cybersecurity. Now the model has reportedly uncovered around 35 security vulnerabilities across Apple's products, including iPhones, Macs, iPads and even Apple Watches. Some of these flaws could potentially allow hackers to take control of devices through a malicious website.

According to a report by Forbes, the findings came from research conducted by OpenAI and cybersecurity firm Calif over the past few months. The researchers reportedly found vulnerabilities across Apple's hardware and software, with some serious enough to put users' devices at risk. They also used GPT-6 Cyber to develop an exploit that could bypass the protections offered by Apple's Lockdown Mode, a security setting designed for people who may be targeted by sophisticated cyberattacks.

The reported findings go beyond Apple's iPhones and Macs. The report reveals that the researchers also discovered security weaknesses in Apple TVs and Vision Pro headsets.

Some of the vulnerabilities could allow attackers to take control of an iPhone or Mac by getting a user to visit a malicious website. In simple terms, a seemingly harmless website could become a way for hackers to exploit a weakness in the device's software.

The Lockdown Mode finding is particularly interesting. Apple introduced this feature to protect users who may face highly targeted digital attacks. When enabled, it restricts certain features and limits the ways attackers could access a device. However, researchers reportedly managed to use GPT-6 Cyber to write an exploit that could remove some of these protections.

Calif CEO Thai Duong told Forbes that Apple fixed many of the vulnerabilities after the company was alerted. However, Apple has not publicly confirmed the full list of 35 findings or responded to Forbes' request for comment.

There is some public evidence of OpenAI's contribution, though. In its October 26 security notes for iOS 27.2 and iPadOS 27.2, Apple credited OpenAI Codex Security for three WebKit vulnerabilities and listed OpenAI alongside STAR Labs for a



kernel flaw. Two of the WebKit issues could allow arbitrary code execution when processing malicious web content. The same four credits also appear in Apple's macOS Golden Gate 27.2 security notes.

It is worth noting that Apple's public security credits do not provide a complete list of the 35 vulnerabilities mentioned in the Forbes report. They also specifically name OpenAI Codex Security, rather than GPT-6 Cyber, so the two should not be treated as interchangeable.

For context, OpenAI introduced the GPT-6 Cyber model designed specifically for cybersecurity work. It was touted as helping researchers identify security weaknesses, test how attackers could exploit them, and develop fixes before malicious hackers get a chance to exploit them.

The model has already been put to work beyond Apple products. OpenAI says its researchers used it to identify 81 previously unknown high-severity vulnerabilities in Firefox, which Mozilla has since started fixing. In another exercise, it helped develop working exploits for 948 Linux kernel vulnerabilities, including 588 that were previously unknown. OpenAI also says it shared 304 critical findings with Linux maintainers, along with proposed patches.

For now, GPT-6 Cyber is not available to everyone. OpenAI is restricting access to approved customers under its Daybreak Red programme.

Google built a giant fake internet called Mirror Dimension to safely test its AI agents

Imagine an entire internet filled with shopping sites, social media feeds, and bank dashboards, except none of it is real. That is exactly what Google has built to safely train the new AI browsing agents coming to Google Chrome.

Detailed on Google's security blog, this alternate-universe web is called the Mirror Dimension. It works as a massive, locked-off playground where Chrome's Gemini-powered "auto browse" feature can click links, fill out forms, download podcasts, and shop online without ever touching a real website or putting actual user data at risk.

Training an AI agent to handle everyday web errands requires running thousands of tests across hundreds of websites. Doing this on the live internet creates big problems. Real websites change constantly, which makes it hard for engineers to repeat tests accurately.

Worse, letting an unrefined AI loose on the open web is risky, because one mistake could mess up a real account or cause actual harm.

There is also a tricky issue called "eval awareness." Modern AI models are so perceptive that if they figure out they are inside a test, they start acting unusually careful, ruining the results. To see how the AI truly behaves, Google had to trick it into thinking it was browsing the real world.

'Almost magic' as SpaceX craft caught mid-air: Why it matters

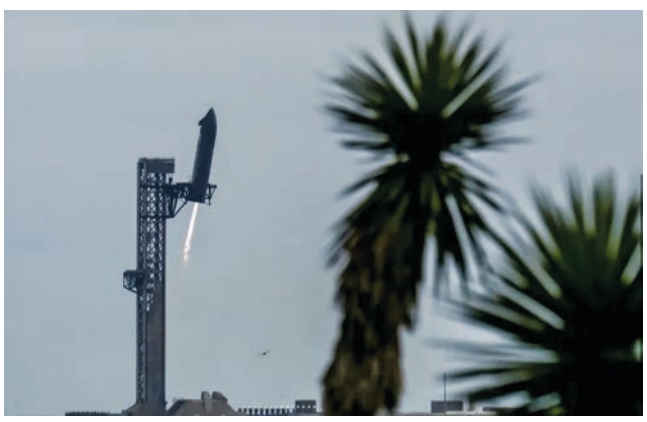
On a cloudy Saturday (Nov 14) afternoon in the southern US state of Texas, a pair of large metallic arms stretched out and caught a giant in midair as it descended from the sky.

At 124 metres (407ft) tall, SpaceX's Starship is the world's largest and most powerful rocket, intended for travel to the Moon and Mars. Yet 22 hours after its latest blast off into space, it made history on Earth while returning, as it slipped smoothly between mechanical "chopstick arms" above Launch Pad 2 at Starbase city in Texas.

Aerospace engineers across the globe have lauded the first-ever capture of the upper stage of a spaceship and welcomed the achievement, which signals that mega rockets could soon be fully reusable.

How did it work?

After orbiting Earth 14 times for 22.5 hours, SpaceX's Starship emerged from thick clouds over its Starbase launch site, flipped itself to a vertical position and slowly descended into the arms on the 'Mechazilla' launch tower. Like massive tweezers, the arms caught the upper stage of the spacecraft in midair, while its engines were still roaring. The spacecraft then hooked onto the tower's mechanical arms and shut off its engines. The roaring sound was instantly replaced by loud cheers from watchers nearby – they had just seen for the first time in history the capture of a mega rocket. "That was the



A historic catch - Starship returns to the launchpad in Starbase, Texas [Steve Nesius/Reuters]

missing link, the holy grail of spaceflight," said SpaceX mission commentator Dan Huot. "We caught a Starship and now everything changes."

Why was the capture tricky?

Spacecraft returning to Earth battle gravity and a range of atmospheric factors that are nearly impossible to perfectly predict or game. Sputnik 1, the first-ever artificial satellite sent into space, burned up while returning to Earth. Several manned spacecraft have been destroyed while re-entering the atmosphere, killing the astronauts on board. In April 1967, the Soviet Union's Soyuz 1 spacecraft re-entered the atmosphere successfully, but its parachutes failed to deploy properly. Cosmonaut Vladimir Komarov died in the crash-landing near the Ural mountains. Decades later, NASA's space shuttle Columbia disintegrated during re-entry from orbit, killing all seven astronauts on board.

In recent decades, space agencies and private firms have made major advances in safety. But many spacecraft are impossible to reuse after splashing down in the sea or on land.

Why does it matter for space technology advances?

SpaceX has become dominant in the aerospace industry primarily because the company has been trying to slash the cost of space travel by launching reusable rocket technology and rapid, repeat engineering.

So far, its Falcon 9 rocket has launched 700 times since 2010, with its first stage being reusable and its second stage discarded into the sea.

With Starship, Musk has said he wants to create fully reusable flights that can also transport humans into space with minimum refurbishment.

"SpaceX has already significantly reduced the cost of getting to orbit through Falcon 9's reusability. It's super cheap and convenient to send satellites to low Earth orbit. Starship takes this a step further by being a much bigger craft and aiming for full reusability of both the booster and the upper stage," Patel said.

'India is growing at 7%': Trump questions high US interest rates

NOVEMBER 21, 2026

WASHINGTON (TIP): US President Donald Trump has once again targeted the Federal Reserve over its interest-rate policy, using India's economic performance as an example to argue that lower borrowing costs could unlock significantly faster growth in the United States.

Speaking to reporters at the White House on Friday, Nov 20, Trump accused the US central bank of pursuing what he described as a political approach to monetary policy, arguing that it had failed to respond appropriately to strong economic indicators. He maintained that the American economy was performing well enough to justify lower interest rates and that the Federal Reserve should be supporting growth rather than constraining it.

Drawing a comparison with India, Trump pointed to its reported gross domestic product (GDP) growth of around 7% and relatively low interest rates. He suggested that the US, given the size and strength of its economy, could achieve considerably higher growth if borrowing costs were reduced.

"If you look at India, they have low interest rates, and they have a 7 per cent GDP. We'd have a 14%, 15%, maybe even a 20% GDP," Trump told reporters.

The remarks underline Trump's continuing effort to pressure the Federal Reserve into lowering interest rates, a longstanding point of disagreement between the White House and the country's independent central bank.

During the briefing, Trump went beyond his comparison with India and directly questioned the Federal Reserve's approach to setting interest rates. He



alleged that the central bank had been increasing borrowing costs whenever the US announced encouraging economic figures, instead of using the opportunity to support further expansion.

"Interest rates are too high because we have a very political Fed. I'm not blaming the chairman, but the fact that we have a very political Fed. Whenever we announce good numbers, they raise the interest rates. They do that for a reason. It should be the opposite," he said.

Trump argued that a strong economy should be in a better position to secure cheaper credit. According to him, improving economic indicators strengthen the country's financial standing and should provide the Federal Reserve with greater confidence to reduce interest rates.

He also accused the central bank of adopting a counterproductive approach that, in his assessment, was restricting economic expansion.

"We do just the opposite. We do it to destroy the country. When we have these great numbers, you shouldn't keep raising the rates. You should lower rates because we're a better credit. We would have a GDP of 15 or 20 per cent, not 4 per cent. We'd pay off the debt very rapidly. That's the way it should work. But we do it in reverse," Trump said. The president further questioned why the US should not have the lowest interest rates in the world, arguing that its economic influence and contribution to global prosperity justified cheaper borrowing costs.

"We're the country that makes other countries successful. Some of them are considered financial elite, but they are not. They are only elite because of us. So we should have the lowest," he said.

His comments reflect his broader economic argument that lower interest rates would encourage investment, business expansion, consumer spending and borrowing, thereby strengthening economic activity.

India's reference is particularly significant because the country has emerged as one of the world's fastest-growing major economies, attracting attention for its sustained economic expansion despite global uncertainty.

Trump cited India's approximately 7% growth rate to support his contention that an economy can maintain strong expansion while operating with relatively lower interest rates.

However, the comparison does not establish that lower interest rates alone account for India's growth. Economic expansion is influenced by several factors, including domestic consumption, investment, government spending, productivity, demographics, infrastructure development and global trade conditions.

India's monetary policy is also determined by its own economic circumstances, particularly inflation trends, liquidity conditions and the need to maintain financial stability.

Gold hits one-year low, silver down Rs 2.46 lakh from peak on US rate fears

NOVEMBER 20, 2026

MUMBAI (TIP): Precious metals are falling sharply, with gold down to a one-year low after losing Rs 18,000 over nine sessions and silver plunging more than 60 per cent from its record peak amid a firm US dollar, higher bond yields, and rising interest rate expectations.

The yellow metal of 99.9 per cent purity crashed Rs 5,200 to Rs 1,29,300 per 10 grams (inclusive of all taxes) in the national capital on Friday, extending its losing streak to nine sessions, according to local traders.

Gold closed at Rs 1,34,500 per 10 grams. The latest fall takes gold's cumulative losses to Rs 17,600, or 12 per cent, since November 9, when its value stood at Rs 1,46,900 per 10 grams. The metal is trading at its lowest level since November 14, 2025, when prices stood at Rs 1,29,400.

From its record high of Rs 1.83 lakh per 10 grams in January this year, gold has lost Rs 53,700, or 29.3 per cent.

Silver's correction has been even more brutal. The white metal dropped another Rs 4,000 to Rs 1.58 lakh per kg from the previous close of Rs 1.62 lakh per kg. It has lost Rs 36,500, or 19 per cent, since November 5, when it was quoted at Rs 1,94,500 per kg.

From its record peak of Rs 4.04 lakh per kg on January 29, silver has crashed a whopping Rs 2.46 lakh per kilogram, or 61 per cent.

A stronger rupee has added to the pressure on domestic bullion prices.

Saumil Gandhi, Senior Analyst of Commodities at HDFC Securities, said the Indian currency's appreciation of over 1.5 per cent against the US dollar this week had amplified the decline in gold.

"Silver's correction was being fuelled by rising US interest rate expectations. The dollar is holding near a 19-month high, while elevated Treasury yields are making non-yielding precious metals less attractive," said Gaurav Garg, Head of Research at investment platform Lemonn.

The price correction, however, has opened a window for some physical buyers in the country.

Renisha Chainani, Chief Research Officer at Augmont, said lower prices had lifted purchases this week, particularly for wedding jewellery, offering families an opportunity to shop at more attractive levels.

However, the demand outlook remains subdued. The Silver Institute expects global silver jewellery and silverware demand to decline 22 per cent and 17 per cent, respectively, in 2026. Higher prices and weaker rural spending in India are encouraging purchases of smaller, lighter products, while changing consumer preferences in China and subdued demand in Europe and the US are weighing on jewellery volumes, it said.

SpaceX seeks at least $32 billion in debt sale to finance Nvidia's latest AI chips

NOVEMBER 13, 2026

TEXAS (TIP): SpaceX is eyeing a debt sale of at least $32 billion on Thursday, as part of a larger chip-financing deal that Elon Musk's company recently cinched, marking the latest offering tied to the artificial intelligence borrowing boom.

The debt is comprised of three parts, with maturities of about four to six years, according to people familiar with the matter. Goldman Sachs Group Inc. and Apollo Global Management Inc. are running the transaction, the people said, asking not to be identified as they're not authorized to speak publicly.

The financing will pay for Nvidia Corp. chips through a special-purpose vehicle managed by an Apollo-backed entity, with SpaceX initially leasing them for about five years, according to the people. While debt repayments are linked to the lease, the financing structure allows for the borrowing to remain off of SpaceX's balance sheet. That's expected to help the company maintain investment-grade credit ratings.

SpaceX sold $86.2 billion of stock in a June IPO and priced $25 billion of



investment-grade bonds days later.

The new debt is being sold under Securities and Exchange Commission regulations whereby the debt can be broadly marketed to eligible domestic and international institutions but not to some retail investors. That allows for wide distribution and flexibility, meaning the bonds could get "into a lot more hands," said Jeff Given, senior portfolio manager and head of developed-markets fixed income at Manulife Investment Management.

SpaceX is seeking to raise $40 billion over time. The debt package will be used to pay for about $47.3 billion of graphics processing unit equipment, namely Nvidia's latest Rubin chips, the documents showed. The chips will be delivered in the first half of 2027.

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WEEKLY HOROSCOPE - NOV 23, 2026 TO NOV 29, 2026

BY ASTROLOGER CHIRAG DARUWALLA



BEJAN DARUWALLA AND CHIRAG DARUWALLA

ARIES

Ganesha says this week's horoscope for Aries encourages you to remain balanced and focused. There may be some irregularities in your life at this time, which will motivate you to face challenges. There may be some turmoil in relationships with those around you, but this is temporary. Maintain patience and try to resolve problems through dialogue. Sharing your feelings with loved ones this week will help reduce stress. Be sensitive when expressing your emotions, as others' reactions can be unpredictable. Don't be afraid of difficulties; they can also become opportunities. This week will provide you with time for personal growth and self-reflection. Recognize your inner strength and move forward with positivity. Take time to laugh and refresh yourself; this can improve your situation. Remember, this too shall pass, so stay calm and keep moving forward.

TAURUS

Ganesha says this week's horoscope for Taurus indicates the possibility of giving your overall life a new direction. This time will be full of positive changes and opportunities for you. You will experience balance and stability in your lifestyle, which will be very beneficial for your mind and soul. A new energy will flow within you, allowing you to better understand your thoughts and feelings. This week is a time of self-realization for you. You will experience new maturity and depth in your relationships. Your social behavior will be open and confident, allowing you to make new connections and strengthen old ones. Your communication skills will improve, allowing you to share your thoughts and feelings clearly. You can consider this period excellent for your personal growth. Overall, this week will be excellent for you, enhancing the quality of your life. Try to spread positivity around you and enjoy life.

GEMINI

Ganesha says this week will be very positive and wonderful for Geminis. Your communication skills and clarity of thought will increase, allowing you to express your ideas better. This is a time for you to engage in new ideas and projects. People around you will listen to you and appreciate you, which will improve your social standing. Your relationships with friends and family will become sweeter and more harmonious. Relationships with friends and family will strengthen. Through mutual communication, you will be able to resolve old issues. You will experience warmth and love in your relationships. This week will provide you with the opportunity to spend time with people with whom you can share your feelings. This is a time to showcase your experience and creativity. The experiences you share will be inspiring to others. You will feel energized, and your positive attitude will propel you forward. In short, this week will be excellent for you from both a personal and social perspective.

CANCER

Ganesha says this week will be a bit challenging for Cancerians. There may be many upheavals and changes in your life, which will require you to exercise your strength and patience. This time may bring ups and downs in your relationships. Your feelings with loved ones may be mixed, requiring some time for discussion and understanding. Expressing your feelings openly is important, as this will strengthen your relationships. Try to resolve old issues; this may ease some tension. Enlisting the support of family and friends will be crucial. This week, focus on your sensitivity and face any difficulties boldly. Remember, every challenge brings an opportunity. Demonstrate patience and understanding in your relationships. Your genuine feelings will help you move forward during this time. Maintain a positive attitude, and your relationships will gradually improve.

LEO

Ganesha says this week, you will experience a surge of inner energy and confidence. Those around you will be impressed by your positivity and charismatic personality, increasing the likelihood of forming new relationships. You will take full advantage of social opportunities this week. This is a time to spend time with friends and make new friendships. An atmosphere of joy and excitement will surround you. This time will help you connect with others and build stronger emotional bonds. Openness and honesty in conversations will bring you closer. This week, your radiance will attract everyone's attention, increasing the closeness in your relationships. This is a time to express your thoughts and feelings, and this can strengthen your relationships. This week is excellent for relationships, including celebrating love and friendship.

VIRGO

Ganesha says this week may be a somewhat challenging experience for Virgos. This time indicates turmoil in your life, which may impact your mental and emotional health. There may be some turmoil in relationships. You need to pay attention to your communication with your partner. Use patience and understanding to resolve problems. The actions you take will impact your relationships, so maintain a positive mindset. Be patient when resolving any misunderstandings or disagreements. Better communication and empathy can help strengthen your relationships. This week, you should try to channel your emotions in the right direction. Avoid any negativity and move forward with a positive mindset. Remember, difficulties are temporary, and during this time, you can take important steps to improve your relationships.

LIBRA

Ganesha says this week will be quite encouraging for Libras. You will experience a new sense of commitment and balance in your life. This is a time to revitalize your relationships. Mutual understanding and cooperation with those around you will strengthen your relationships. You will have opportunities to socialize with family and friends, which will further improve your mental state. This week, you will be able to express your feelings through a special conversation or meeting, which will increase the sweetness in your relationships. It's important to exercise caution, as some disagreements may arise, but these can be resolved through dialogue. This week, your natural shyness and charm will intensify, attracting those around you. The beginning of new relationships is also possible. Overall, you will have pleasant experiences in love and relationships this week. Share your thoughts and feelings, as this is a time to revitalize your relationships.

SCORPIO

Ganesha says this week can be a bit challenging for Scorpios. You will feel changes in your surroundings. During these times, introspection and maintaining a level head can help. You may experience some instability in your relationships. Be careful in your interactions and communicate wisely. You need to maintain harmony with those close to you. Problems are always resolved through dialogue, so pay attention to this. It's best to avoid arguments or disagreements. Expressing your feelings appropriately will prove helpful this week. This is a time for dedication and discovering your inner strength. Meditation and yoga can be beneficial for maintaining inner peace. Don't hesitate to understand and accept your emotions. Channel your energy positively and view this challenging time as an opportunity.

SAGITTARIUS

Ganesha says this week will be filled with some challenges for Sagittarius. Overall, this time will be unfavorable, which may cause mental stress and anxiety. Relationships may experience some ups and downs. Disputes or disagreements with family and friends are possible, so it's important to exercise patience and understanding. Maintain balance in conversations, as a lack of communication can exacerbate problems. Your social life may be affected this week, so focus on your close relationships and strengthen them by spending more time with them. During this time, you should participate in positive activities to improve your emotional state. Keep your thoughts positive, as this will help you cope with difficulties. View this week as a challenge that can provide you with opportunities for better relationships and personal growth. Work to understand your emotions and connect better with others.

CAPRICORN

Ganesha says this week marks the beginning of a new chapter of happiness in partnerships and relationships for Capricorns. The atmosphere around you will be filled with positivity. This is the perfect time to connect with friends and loved ones. You can forget old conflicts and start a new relationship or friendship. A sense of mutual trust and respect will strengthen your relationships this week. Cooperation and understanding will increase, deepening your relationships. Have the courage to express your feelings openly. This week holds signs of accomplishments for you, allowing you to make a fresh start in your relationships. Those experiencing some tension in their relationships will be able to resolve it this week. So don't lose heart and give your relationships time. Throughout this week, you will experience love and understanding, which will bring fulfillment to your personal life. This positivity will provide you with the energy to move forward.

AQUARIUS

Ganesha says this week is a time of completeness and harmony for Aquarius. You will be able to balance various aspects of your life. It's time to improve your relationships with those around you. Friendship and cooperation will play an important role in your life. You will be able to express your feelings openly, which will increase mutual understanding. This week, you will try to spend time with your family and friends, which will be beneficial for your mental health. Interacting with loved ones will strengthen your relationships and make you feel loved and supported. You will also have the opportunity to make new plans and share them with your loved ones. Participating in social activities will boost your energy and confidence. This is a remarkable week for you, where you can improve relationships and gain new experiences. Overall, this week will bring you satisfaction and happiness. Filled with positivity, it will open doors to new opportunities and better relationships in your life.

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BIRTHDAY HOROSCOPE : NOVEMBER 23 TO NOVEMBER 29
BY ASTROLOGER CHIRAG DARUWALLA



NOVEMBER 23

Ganesha says you strike the ideal balance between religion and logic. You will spend a lot of time traveling in the coming year. You will be fascinated by both music and literature, and listening to music can bring you peace. You love to support those who are oppressed. You will have many possibilities to help those less fortunate in the coming year. The subject of your choice will be available for study, and you will be able to delve deeper into it. As a result of this, you will be successful in your academic subject. You are obsessed with maintaining law and order.

NOVEMBER 24

Ganesha says your character and an optimistic outlook toward life will enable you to surround yourself with a large number of friends. Proximity to water bodies will benefit you financially in the coming year. Try to get a job in a city or town near a river or sea. Those of you who are single can guess to get married. You may have a strong sense of independence and self-assurance. In the coming year, you will roam among intelligent people. This will benefit you in every way. After your marriage, you will be prosperous.

NOVEMBER 25

Ganesha says your friends will notice your humility and humility and will come to you for help and guidance. However, you sometimes get restless and make hasty decisions as a result. It only gets worse as a result. You do not enjoy exercising your authority because you are submissive and meek by nature. However, you also hate people interfering in your matters. You value privacy and like to be alone. Your passion for reading and thirst for information will be your assets in the coming year. You will be able to harness this powerful power of observation so that you will be able to notice small movements around you.

NOVEMBER 26

Ganesha says you will experience many events in the coming year, but it is best not to overreact to unimportant issues. White, blue, purple, and cream are auspicious colors for you. You are naturally a studious person, and you are happy when you are surrounded by literature. You will be willing to defy tradition and decide what you think is best in matters of love. Those who will get married this year should look forward to a happy and prosperous life in marriage. Your dedication and hard work will be noticed by your managers, and you will be rewarded for your efforts. You are naturally good at teaching. You enjoy doing it professionally and find fulfillment in it.

NOVEMBER 27

Ganesha says in the coming year, you can expect changes both on the professional and domestic front. Some of you may suffer financial loss by betting. It is advised that you lend money only when you are sure that you will get it back. In the coming year, you will be able to make your own decisions because of your independence. You are serious by nature, and you value some level of solitude in your life. You like to spend time alone working on your projects. The suffering of physically challenged persons is unbearable. You will spend a lot of time in the coming year working as a social worker for hospitals and non-profit organizations.

NOVEMBER 28

Ganesha says although you tend to have a practical approach and take your obligations seriously, you need to rein in your tendency to act stubborn and jealous at times. Your spouse gives you love and affection, and your children excel and make you proud. If there is a sudden deterioration in the health of an elderly relative, there may be a concern. Be extra careful while driving at night. You have the potential to invest extensively in the coming year not only in speculative industries but also in real estate. Benefit in kind and cash from family and friends.

NOVEMBER 29

Ganesha says in the coming year, your self-assurance will help you become popular and successful. Family and friends will come to you for guidance and support. The domestic front will be filled with a lot of happiness and love, especially for your children. Colors Like Yellow, Purple, and Green Are Lucky for You. Some of you are likely to inherit property in the coming year, especially from your father's side. Your career will involve a lot of travel in the coming year. You enjoy developing your spiritual abilities and using them to help groups of people.

CONTD FROM PAGE 64

PISCES

Ganesha says this week will be full of challenges for Pisces. You will find it a little difficult to control your emotional state. There may be some disagreements with family and friends, which could impact your morale. The turmoil around you may cause you anxiety. During this time, exercise restraint in expressing your emotions and try to handle the situation wisely. However, it is also true that you will learn a lot from this challenging situation. This is a time to deeply understand your feelings. Take some time for self-reflection and use this time positively. Talk to those close to you and share your feelings. Consider this week a time for self-reflection and delve deep within yourself to discover your true feelings. This way, you can overcome this difficult period and strengthen your relationships. With dedication and understanding, this difficult period will also pass.

Author Bio

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







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Sikh History This Week

NOVEMBER 20 TO NOVEMBER 26

NOVEMBER 20

1270: Birth anniversary of Bhagat Namdev Ji



Bhagat Namdev Ji (1270-1350, traditionally) was a prominent Bhakti saint and poet whose devotional compositions are included in Sri Guru Granth Sahib Ji. His birth anniversary falls on November 20 in the 2026 Sikh calendar.Bhagat Namdev Ji was born in Maharashtra, traditionally believed to be at Narsi Bamani, into a family associated with tailoring and calico printing. He became known for his deep devotion to the Divine and his rejection of superficial religious practices.

His teachings emphasized devotion, humility, equality and the presence of God in all human beings. He challenged caste-based discrimination and argued that spiritual realisation did not depend on social status, ritual or outward displays of religious identity.

NOVEMBER 21

1921 - Chabian da Morcha begins



The Chabian da Morcha, or Keys Agitation, began on November 21, 1921, becoming an important episode in the Gurdwara Reform Movement against British interference in Sikh religious institutions.

The agitation arose after the British administration took control of the keys to the Toshakhana, the treasury of Sri Harmandir Sahib in Amritsar. The keys had been seized by the authorities, who sought to retain control over the treasury and its administration.

The incident provoked widespread anger among Sikhs, who regarded the move as an unacceptable interference in the affairs of their most sacred shrine. The Shiromani Gurdwara Parbandhak Committee (SGPC) and the Akali leadership demanded the return of the keys.

The protest developed into a peaceful mass movement. Sikh volunteers and religious leaders mobilised public support, insisting that the management of Sikh shrines should remain in the hands of the Sikh community rather than colonial officials and government-appointed managers.

The British authorities eventually agreed to return the keys. The agitation was formally concluded on January 17, 1922, and, at a large gathering at Sri Akal Takht Sahib, the keys were handed over to SGPC president Baba Kharak Singh on January 19, 1922.

NOVEMBER 22

Some Sikh historical chronologies record that Guru Tegh Bahadur Sahib Ji visited Sri Amritsar on November 22. However, the available calendar references do not establish a sufficiently reliable year or provide enough historical detail to present this as a firmly dated anniversary.

NOVEMBER 23

1845 - Movement to the Sutlej Ferries

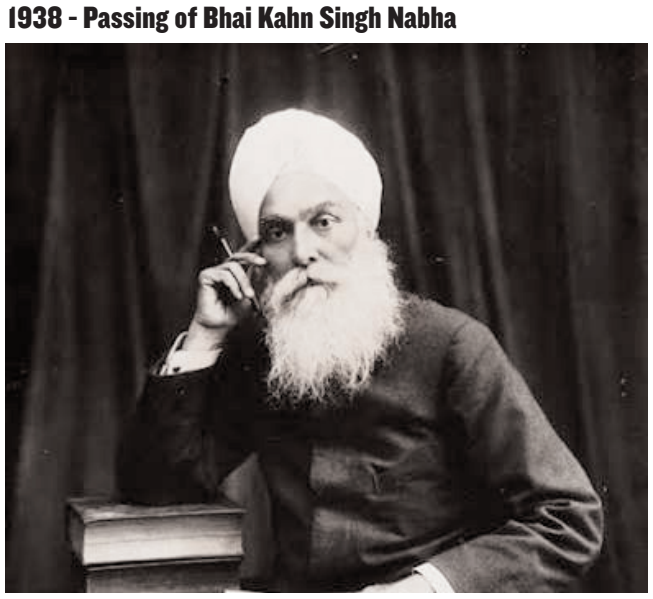
Sikh troops marched toward the Sutlej River ferries ahead of the First Anglo-Sikh War.

1894 - Birth of Hardit Singh Malik



Born on November 23, 1894, Malik became the first Indian fighter pilot with British air services in World War I, famously wearing his turban in the cockpit, and later served as India's first High Commissioner to Canada.

1938 - Passing of Bhai Kahn Singh Nabha



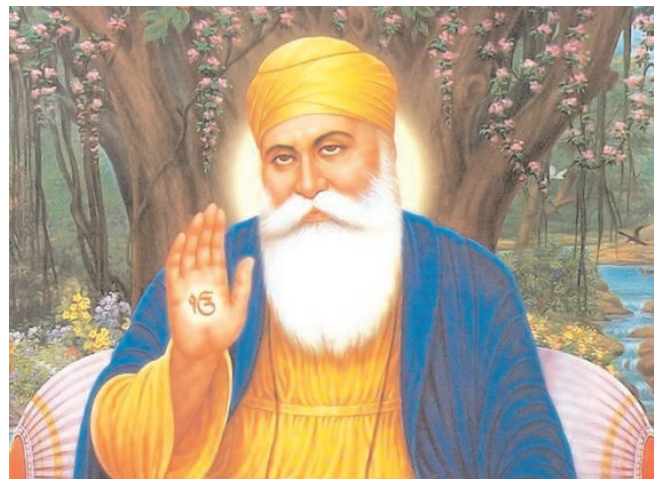
The renowned Singh Sabha scholar, lexicographer, and author of the Punjabi encyclopedia Mahan Kosh passed away (widely cited on November 23 in Sikh history calendars, though some sources list November 24).

NOVEMBER 24

1469 - Prakash Gurpurab of Sri Guru Nanak Dev Ji

Sri Guru Nanak Dev Ji, the founder of Sikhism and the first of the ten Sikh Gurus, was born in 1469 at Rai Bhoi di Talwandi, now known as Nankana Sahib in Pakistan.

Guru Nanak Dev Ji's birth anniversary is one of the most important occasions in the Sikh religious calendar. In 2026, the SGPC Nanakshahi calendar places the Prakash Gurpurab on Tuesday, November 24, corresponding to 9 Maghar, Nanakshahi Samvat 558.



Guru Nanak Dev Ji was born to Mehta Kalu Ji and Mata Tripta Ji. His elder sister was Bebe Nanaki Ji, who is remembered in Sikh tradition for recognising his spiritual qualities at an early age.

From childhood, Guru Nanak Dev Ji displayed a questioning mind and a deep interest in spiritual matters. He challenged empty rituals and social divisions, emphasising that true religion lay in remembering the Divine and living an honest, compassionate life.

His spiritual awakening is traditionally associated with his experience at the Bein River in Sultanpur Lodhi. After this transformative experience, he began his mission of spreading the message of the oneness of God and the equality of all human beings.

NOVEMBER 25

1710: Sikh forces led by Baba Banda Singh Bahadur clashed with Mughal forces near Sadhaura, where Rustam Dil Khan was killed.

1888: A sharp public split occurred between Sikhs and the Arya Samaj during anniversary celebrations in Lahore following derogatory remarks about Sikh Gurus. Prominent Sikh figures including Bhai Ditt Singh Giani and Bhai Jawahar Singh resigned from the Arya Samaj and joined the Lahore Singh Sabha.

1967: Lachhman Singh Gill became the Chief Minister of Punjab.

NOVEMBER 26

1708 - Storming of Samana

Banda Singh Bahadur and Khalsa forces captured the town of Samana, targeting officials linked to past atrocities against Sikhs, and placed Fateh Singh in charge

1871 - Execution of Namdhari Sikhs

Giani Rattan Singh Namdhari and his associate Rattan Singh were publicly executed outside Ludhiana jail.

1972 - Los Angeles Gurdwara Service

The first Gurdwara service was held at Guru Ram Das Ashram in Los Angeles, California.

1973 - U.S. Military Turban Stand

U.S. Navy Technician 3/C Ronald Singh Sherwood faced a captain's mast at Miramar Naval Air Station in San Diego for wearing a turban after converting to Sikhism, amid broader military disputes over religious headwear.

Tulsi Vivah: Celebrating the divine union of Goddess Tulsi and Lord Vishnu

In Hinduism, nature is not merely a creation to be admired but a manifestation of the divine to be revered. Trees, rivers, mountains and plants occupy a special place in the spiritual imagination, reminding humanity of its inseparable relationship with the natural world. Among the most sacred plants is Tulsi, also known as Holy Basil, which is worshipped in Hindu households as a manifestation of divine feminine energy and an embodiment of purity, devotion and auspiciousness.

Every year, during the sacred month of Kartik, devotees celebrate Tulsi Vivah, the ceremonial wedding of Goddess Tulsi with Lord Vishnu, usually represented by the Shaligram stone or an image of Lord Krishna. The occasion is observed on Kartik Shukla Dwadashi in many traditions, although some communities celebrate it on Kartik Shukla Ekadashi or Kartik Purnima.

More than a symbolic wedding, Tulsi Vivah represents the eternal relationship between the divine masculine and feminine, the sanctity of commitment and the spiritual power of unwavering devotion. It also marks the end of Chaturmas, the four-month period traditionally associated with the cosmic slumber of Lord Vishnu, and heralds the return of auspicious ceremonies, including Hindu marriages.

The legend of Vrinda

The story of Tulsi Vivah is deeply connected with the legend of Vrinda, a woman whose extraordinary devotion and spiritual strength became central to one of Hinduism's most enduring mythological narratives.

According to a popular Puranic account, Vrinda was a deeply religious and devoted woman married to Jalandhar, a powerful asura king. Her unwavering faithfulness and spiritual purity were believed to provide her husband with extraordinary protection. So long as Vrinda's devotion remained unbroken, Jalandhar could not be defeated. Empowered by this divine protection, Jalandhar became increasingly arrogant and challenged the gods. His growing strength disturbed the cosmic order, and the gods eventually sought the intervention of Lord Shiva and Lord Vishnu.

Even Lord Shiva found it difficult to defeat Jalandhar because of the spiritual power protecting him through Vrinda's devotion. Realising that the conflict could not be resolved through ordinary means, Lord Vishnu devised a plan to end Jalandhar's tyranny.

According to the widely narrated version, Lord Vishnu assumed the appearance of Jalandhar and approached Vrinda. Believing him to be her husband, she welcomed him. This broke the spiritual protection that had made Jalandhar invincible, allowing Lord Shiva to defeat him.



Important information

Tulsi Vivah 2026

Saturday, 21 November 2026

Dwadashi Tithi start : 21 November 2026 at 06:31 am

Dwadashi Tithi ends : 22 November 2026 at 04:56 am

When Vrinda discovered that she had been deceived, she was devastated. Overcome by grief and anger, she cursed Lord Vishnu and withdrew from worldly life. Different Puranic and regional accounts describe the curse and her transformation in varying ways.

In the popular tradition associated with Tulsi Vivah, Vrinda eventually became the sacred Tulsi plant. Lord Vishnu, moved by her devotion, blessed her with eternal reverence and promised to remain united with her in his Shaligram form. He also declared that his worship would be incomplete without Tulsi leaves.

Thus, the sacred marriage of Tulsi and Lord Vishnu came to symbolize the eternal bond between Vrinda's devotion and divine grace. The annual celebration commemorates this union and honours the spiritual legacy of a woman whose faith became immortal.

The sacred significance of Tulsi

Tulsi occupies a unique position in Hindu religious life. Revered as Tulsi Mata, she is regarded in many Vaishnava traditions as an embodiment or manifestation of Goddess Lakshmi, the divine consort of Lord Vishnu. She is also associated with Vrinda, the devoted woman of the Puranic legend.

The plant is considered a symbol of purity, prosperity, spiritual protection and divine presence. In traditional Hindu households, Tulsi is often planted in a specially constructed pedestal called Tulsi Vrindavan, usually located in the courtyard or near the entrance of the home. Lighting a lamp beside the plant, offering water and circumambulating it are considered acts of devotion. Many families begin their mornings by offering prayers to Tulsi, seeking peace, good health and harmony.

Tulsi leaves hold special importance in the worship of Lord Vishnu, Lord Krishna and other Vaishnava deities. They are traditionally offered during prayers and placed in sacred food offerings, including prasad. The belief that Vishnu's worship is incomplete without Tulsi reflects the plant's central place in devotional practice.

The festival also carries a deeper message about respecting nature. By elevating a plant to the status of a goddess, Hindu tradition encourages reverence for the natural world and recognizes the spiritual significance of nurturing and protecting life.

Why is Tulsi Vivah celebrated?

Tulsi Vivah is celebrated to commemorate the divine marriage of Goddess Tulsi and Lord Vishnu. It is traditionally observed after Lord Vishnu awakens from his four-month cosmic rest, known as Chaturmas.

According to Hindu belief, Lord Vishnu enters Yog Nidra, or divine sleep, on Devshayani Ekadashi in the month of Ashadha and awakens on Prabodhini Ekadashi, also known as Devutthana Ekadashi, in Kartik. His awakening signifies the restoration of auspiciousness and the resumption of important religious and social ceremonies.

Tulsi Vivah is performed on or shortly after this occasion, depending on regional customs and the family calendar. It is regarded as an auspicious event marking the beginning of the Hindu wedding season.

The festival also represents the victory of devotion over adversity. Vrinda's transformation into Tulsi is remembered as a reminder that sincere faith, spiritual discipline and devotion possess an enduring place in the divine order. For married women, worshipping Tulsi on this occasion is traditionally associated with prayers for the long life and well-being of their husbands, marital happiness and family prosperity. Unmarried women also observe the festival, seeking blessings for a harmonious married life.

The spiritual symbolism

The marriage of Tulsi and Vishnu is not simply a reenactment of a mythological wedding. It carries several layers of spiritual meaning.

Devotion and surrender: Vrinda's story represents unwavering devotion and the strength of faith. Tulsi's place beside Vishnu symbolizes the idea that sincere devotion brings the individual soul closer to the divine.

Purity and auspiciousness: Tulsi is regarded as one of the purest offerings in Hindu worship. Her association with Vishnu represents spiritual cleanliness, sacredness and the presence of divine blessings in everyday life.

The union of divine energies: The wedding symbolizes harmony between the feminine and masculine principles of creation. Tulsi represents devotion and nurturing energy, while Vishnu represents preservation, protection and cosmic balance.

Renewal and new beginnings: The festival follows the awakening of Lord Vishnu after Chaturmas. It therefore signifies the return of auspiciousness, the renewal of spiritual commitments and the beginning of a favourable period for marriages and other ceremonies.

Tulsi Vivah rituals and celebrations

Preparations begin with cleaning the courtyard and the area surrounding the Tulsi plant. The Tulsi Vrindavan is decorated with flowers, rangoli, mango leaves and colorful fabrics. Some

families adorn it with turmeric, vermilion and decorative motifs.

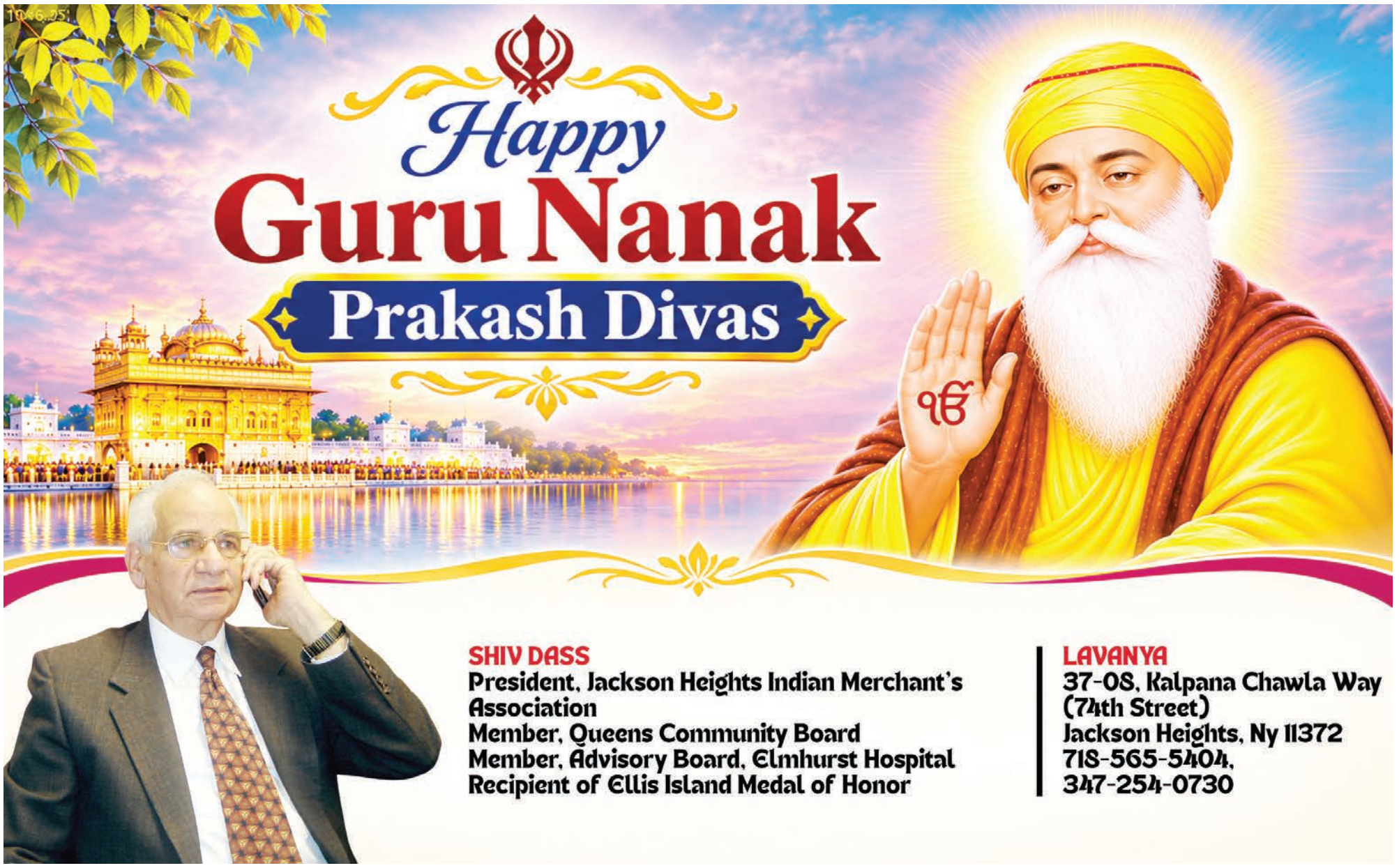
The plant is dressed like a bride, often with a red or yellow cloth, miniature ornaments, bangles and a decorative veil. A small mandap is constructed around it, creating the atmosphere of a traditional wedding ceremony.

Many devotees observe a fast on Tulsi Vivah. Some undertake a complete fast, while others consume fruits, milk and permitted fasting foods. The fast is observed as an expression of devotion to Lord Vishnu and Goddess Tulsi.

Devotees take a religious vow, known as Sankalp, before beginning the puja. They pray for family happiness, prosperity, marital harmony and spiritual well-being.

The ceremony begins with prayers to Lord Ganesha, seeking his blessings for the successful completion of the wedding rituals.

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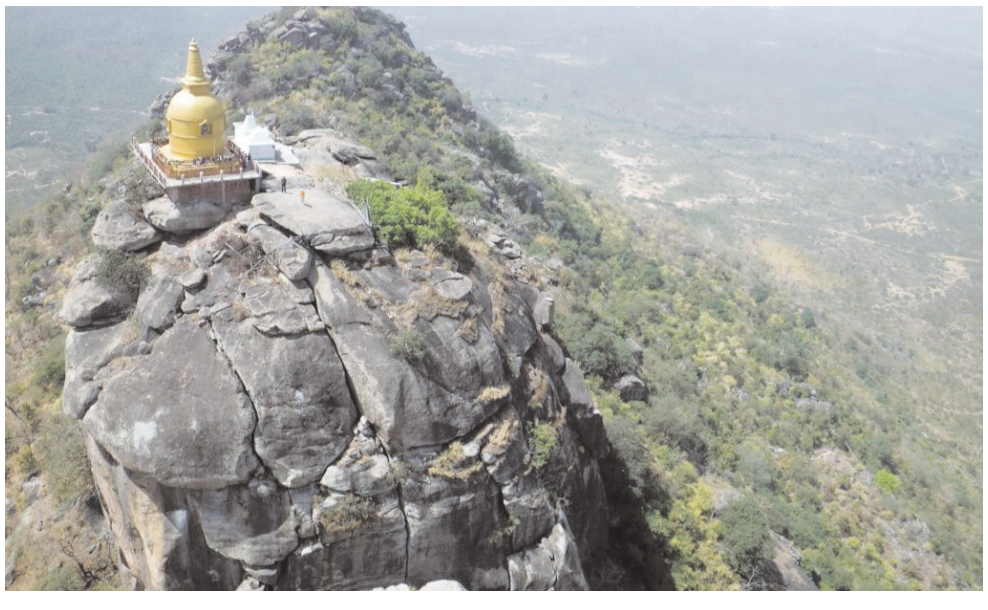
Bodh Gaya and beyond: Exploring Bihar's sacred Buddhist heritage

Bihar is a land where history, spirituality and ancient traditions come together. Among its most significant religious destinations is Bodh Gaya, a place that holds a special position in the hearts of Buddhists across the world. It was here, beneath the sacred Bodhi Tree, that Prince Siddhartha Gautama attained enlightenment and became the Buddha, or the Enlightened One.

Located in Gaya district, Bodh Gaya attracts pilgrims, monks, scholars and tourists from across the globe. Its spiritual atmosphere, ancient monasteries, magnificent temples and historical monuments make it one of India's most important pilgrimage destinations. The Mahabodhi Temple Complex, a UNESCO World Heritage Site since 2002, stands as a reminder of the profound event that transformed the course of religious and philosophical history. The region, however, offers much more than Buddhist heritage. Ancient caves associated with Buddha's spiritual journey, Hindu pilgrimage sites dedicated to ancestral rituals, and centuries-old temples make Gaya and its surroundings an extraordinary destination for those interested in India's diverse religious traditions.







Bodh Gaya: Where Buddha attained enlightenment

Situated on the banks of the Niranjana River, Bodh Gaya is regarded as one of the four most sacred pilgrimage destinations in Buddhism. The other three are Lumbini in Nepal, where Buddha was born; Sarnath in Uttar Pradesh, where he delivered his first sermon; and Kushinagar, where he attained Mahaparinirvana.

Bodh Gaya was historically known as Uruvela. It was also referred to as Sambodhi, Vajrasana and Mahabodhi in different historical and religious traditions.

According to Buddhist accounts, Siddhartha Gautama renounced his princely life in search of the truth about human suffering. After years of spiritual practice and severe austerities, he arrived at Uruvela. Here, he adopted a balanced approach to spiritual discipline, abandoning extreme self-mortification.

He eventually sat in meditation beneath a Peepal tree, determined to discover the truth. After deep contemplation, he attained enlightenment and understood the nature of suffering, its causes and the path to liberation. The tree came to be known as the Bodhi Tree, while the place became one of the most revered destinations in Buddhism.

The magnificent Mahabodhi Temple Complex is the centrepiece of Bodh Gaya. Its main temple, with its towering pyramidal structure and intricate carvings, houses a golden image of the Buddha in the earth-touching posture, symbolizing his enlightenment.

The complex also contains the sacred Bodhi Tree, the Vajrasana or Diamond Throne, and several locations associated with the seven weeks Buddha is believed to have spent in meditation after attaining enlightenment.

The site attracts Buddhist pilgrims from Sri Lanka, Thailand, Myanmar, Japan, China, Tibet, Bhutan and several other countries. International Buddhist communities have also contributed to the development of monasteries and religious facilities in the area, giving Bodh Gaya a distinctly international character.

The Great Buddha Statue

One of Bodh Gaya's most striking landmarks is the Great Buddha Statue, an imposing representation of Gautama Buddha seated in meditation on a giant lotus. Standing approximately 80 feet tall, the statue is among the tallest Buddha statues in India. It was inaugurated by the 14th Dalai Lama in 1989 and has since become a major attraction for visitors.

Constructed using sandstone and red granite, the statue reflects remarkable craftsmanship. Its peaceful expression and meditative posture create an atmosphere of tranquillity, making it a popular place for devotees and visitors seeking moments of reflection.

Surrounded by smaller statues of Buddha's disciples, the monument represents the spiritual values of compassion, peace and wisdom that lie at the heart of Buddhism.

Pretshila Hill: A sacred destination for ancestral rituals

While Bodh Gaya is internationally recognised for its Buddhist significance, Gaya is equally important to Hindu pilgrims. Around eight kilometres northwest of Gaya lies Pretshila Hill, a sacred destination associated with the performance of Pind Daan, a religious ritual conducted for the peace and salvation of departed ancestors.

The name Pretshila is commonly interpreted as the Hill of Spirits. According to Hindu belief, performing ancestral rites at this location helps departed souls attain peace and liberation. Atop the hill stands a temple dedicated to Lord Yama, the Hindu deity associated with death and justice. The temple is traditionally attributed to the patronage of Rani Ahilyabai Holkar of Indore and has undergone several renovations over the years.

Near the temple is Ramkund, a sacred water tank associated with Lord Rama. According to local belief, Rama bathed here during his stay in the region. Devotees consider a dip in the tank spiritually purifying. The hill is particularly visited during Pitru Paksha, the fortnight dedicated to remembering and honouring ancestors. Gaya is one of the most important destinations for these rituals, and thousands of families travel here to perform Pind Daan.

Dungeshwari Cave Temples: Where Buddha practised austerities

Approximately 12 kilometers northeast of Bodh Gaya are the Dungeshwari Cave Temples, also known as the Mahakala Caves. These ancient caves are closely associated with the years Buddha spent in spiritual exploration before attaining enlightenment.

According to Buddhist tradition, Siddhartha Gautama practised severe austerities in these caves. He subjected himself to extreme fasting and physical deprivation in an attempt to overcome worldly desires and discover the path to liberation.

His prolonged self-mortification left him extremely weak. It was at this critical stage that a village woman named Sujata offered him food, traditionally described as a bowl of milk-rice pudding.

The offering helped Siddhartha regain his strength and prompted an important realization: neither indulgence nor extreme deprivation could lead to enlightenment. Instead, he recognized the importance of the Middle Way, a balanced path between the two extremes.

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CONTD FROM PAGE 1

Trump vows to punish U.S. firms...

chips to companies headquartered in China, Macau or other territories under U.S. embargoes.

The breakneck development of artificial intelligence (AI) technology depends heavily on the construction of large electricity-hungry data centers, which have sparked political backlash in communities across the United States.

The data centers have pushed electricity rates higher, emit air pollution and consume vast amounts of water.

Singapore seeks 'trusted access' to AI chips after new US curbs

Mr. Trump cautioned that any slowdown in data center construction in the United States would impact its lead in AI, which his administration refers to as Super Intelligence (SI).

"Whoever wins SI, wins. And you want to take advantage of the data centers. Make them pay you. Make them pay your community," he said ."But take advantage. Don't shut them off."

He also alluded to other unspecified "penalties" the administration could put on companies that build data centers abroad. (Source: AFP)

Nepal PM Balendra Shah to visit India on...

This will be the Nepal Prime Minister's first visit to India since he took charge last March. Finance Minister Swarnim Wagle and Foreign Minister Shisir Khanal, who both visited India earlier this year, will join the delegation.

Official spokesperson for the Ministry of External Affairs Randhir Jaiswal said Mr. Shah's trip will be a "state visit, during which he will be accorded state honors."

"He will meet with our President and hold discussions with our Prime Minister. Given that this is a highly multifaceted relationship, the talks will cover a wide range of topics, including our development partnership, economic cooperation, and various other matters," said Mr. Jaiswal during the biweekly media briefing on Friday, November 20, 2026.

Mr. Rai said the two countries are expected to sign several memorandums of understanding covering different areas of cooperation, and a few completed projects are expected to be inaugurated following PM Balendra Shah's meeting with Prime Minister Narendra Modi.

Sources said the Dharchula Bridge, the land port of Banbasa at the Uttarakhand-Nepal border, and a train route between Janakpur and Gorakhpur are slated to be opened.

Earlier this month, India's Foreign Secretary Vikram Misri visited Kathmandu. India's External Affairs Minister S. Jaishankar will be the first government representative to call on Prime Minister Shah upon his arrival on Sunday (November 22, 2026). Formal engagements will begin Monday morning with a ceremonial reception at the Rashtrapati Bhavan, followed by a visit to Rajghat, where Mr. Shah will lay a wreath at Mahatma Gandhi's memorial. He will then meet Prime Minister Modi at Hyderabad House, where the MoUs will be signed. He will leave for Kathmandu later that afternoon.

The former media figure and rapper-turned-Prime Minister took office after the Rastriya Swatantra Party (RSP) won the election following the overthrow of Prime Minister K.P. Sharma Oli's government during the Gen-Z uprising in Kathmandu in September 2025.

Rastriya Swatantra Party chief Rabi Lamichhane was hosted in New Delhi earlier this summer. He also visited Uttarakhand and Assam in October for a pilgrimage to Kainchi Dham and the Kamakhya temple. (Source: The Hindu)

Nvidia CEO race: Meet the 3 Indian-origin...

JAY PURI: Former Nvidia executive with two decades at the company

Jay Puri is among the internal candidates being considered for the top job. He joined Nvidia in 2005 and served as Executive Vice President of Worldwide Field Operations, overseeing its global business.

His responsibilities included sales, business development, partner alliances, engineering, programme management and support services. His tenure coincided with Nvidia's expansion from a graphics processor maker into accelerated computing and artificial intelligence.

Before joining Nvidia, Puri spent 22 years at Sun Microsystems in senior sales, marketing and general management positions. He also worked at Hewlett-Packard, Booz Allen & Hamilton and Texas Instruments.

Puri holds an electrical engineering degree from the University of Minnesota, a master's degree from the California Institute of Technology and an MBA from Harvard Business School.

NIKESH ARORA: Palo Alto Networks chief and former SoftBank president

Nikesh Arora, chairman and CEO of Palo Alto Networks, is among the external names being discussed for the position. He has headed the cybersecurity company since 2018, overseeing its expansion into areas such as AI-powered security.

Before joining Palo Alto Networks, Arora was president and chief operating officer of Japan's SoftBank Group. He also spent approximately a decade at Google, where he held senior commercial positions, including chief business officer.

His experience spans technology, cybersecurity, international business and corporate leadership.

THOMAS KURIAN: Google Cloud CEO with enterprise technology experience

Thomas Kurian, CEO of Google Cloud, is the third Indian-origin executive whose name has emerged in the succession discussion.

Kurian joined Google in 2018 after spending 22 years at Oracle, where he rose to become president of product development. He took charge of Google Cloud in 2019 and oversees its cloud infrastructure, enterprise software and AI services.

His role involves working with large enterprises adopting cloud computing and AI infrastructure. Google Cloud is also a major Nvidia customer and collaborates with the chipmaker on AI-related technology.

Fortune reported that Dan Ives considers Kurian one of the three strongest external candidates for the role. The other two executives in his assessment were Apple CEO Tim Cook and Nikesh Arora.

Indian diaspora marks Guru Nanak Dev Ji's...

visitors and passersby during the gathering, highlighting the teachings of Guru Nanak Dev Ji and the spirit of seva.

Addressing the gathering, Chatwal congratulated the Sikh community on the occasion and described the event as a significant initiative to take the message of Guru Nanak Dev Ji to people across the world.

"Congratulations to everyone on the 557th birth anniversary of Guru Nanak Sahib. It is a matter of great joy that for the first time, Onkar Singh and his entire team organized this program at Times Square, a message that will go out to the entire world. Such an event has never taken place in Times Square before," Chatwal said.

Emphasizing the universal significance of Langar, Chatwal said the tradition initiated by Guru Nanak Dev Ji had grown into a practice observed across the world, transcending religious boundaries and bringing people together through the simple act of sharing food.

"Guru Nanak Dev Ji started Guru Ka Langar and today Langar is served across the entire world. We want to send this message across the entire world so that all Americans come to know who the Sikh community is," he said.

Further underlining the inclusive nature of the tradition, Chatwal said Langar was open to people irrespective of their religious affiliations.

"Guru Nanak is not only for Sikhs, but for Hindus, Muslims... anyone, regardless of religion, can eat langar at any Gurdwara," he added.

Langar is a free community meal served through a communal kitchen, particularly in Sikhism, where everyone is welcome to eat, irrespective of their religion, caste, gender, financial status or social background.

The gathering at Times Square sought to highlight Guru Nanak Dev Ji's teachings of selfless service and sharing, with volunteers serving free meals to people from different backgrounds in one of New York's prominent public spaces. Through the initiative, the organizers aimed to carry the message of seva beyond the Sikh community and promote the values of compassion, equality and togetherness among people across faiths and communities. (Source: ANI)

History This Week NOV 20 - NOV 26

NOVEMBER 20

November 20, 1943 - The Battle of Tarawa began in the Pacific War as American troops attacked the Japanese on the heavily fortified Gilbert Islands. It took eight days for the 5th Amphibious Corps, 2nd Marine Division and the 27th Infantry Division to take Tarawa and the Makin Islands. Over 1,000 Americans were killed with 2,311 wounded. The Japanese lost 4,700 men.

November 20, 1945 - The Nuremberg War Crime Trials began in which 24 former leaders of Nazi Germany were charged with conspiracy to wage wars of aggression, crimes against peace, war crimes, and crimes against humanity.



November 20, 1947 - England's Princess Elizabeth married Philip Mountbatten. Elizabeth was the first child of King George VI and became Queen Elizabeth II upon the death of her father in 1952.

November 20, 1962 - The Cuban Missile Crisis concluded as President John F. Kennedy announced he had lifted the U.S. Naval blockade of Cuba stating, "the evidence to date indicates that all known offensive missile sites in Cuba have been dismantled."

November 20, 1980 - In China, Jiang Qing, the widow of Mao Zedong, went on trial with nine others on charges of treason.

November 20, 1992 - Fire erupted inside Queen Elizabeth's residence at Windsor Castle causing extensive damage.

Birthday - Swedish author Selma Lagerlof (1858-1940) was born in Varmland Province. She was a member of the Swedish Academy and in 1909 became the first woman to receive the Nobel Prize for literature.

Birthday - American astronomer Edwin Hubble (1889-1953) was born in Marshfield, Missouri. He pioneered the concept of an expanding universe. The Hubble Space Telescope was named in his honor. It was deployed from the Space Shuttle Discovery in 1990, allowing astronomers to see farther into space than they had ever seen from telescopes on Earth.

Birthday - Robert F. Kennedy (1925-1968) was born in Brookline, Massachusetts. He was the younger brother of President John F. Kennedy and served as his attorney general. Following the assassination of President Kennedy, Robert Kennedy became a U.S. Senator from New York. In 1968, he sought the Democratic nomination for president and appeared headed for victory, but was shot and killed by an assassin in Los Angeles, just after winning the California primary.

NOVEMBER 21

November 21, 1992 - The Anglican Church of Australia voted to allow women to become priests. The largest of the dioceses voted against the bill, however, it still received the required two-thirds approval.



Birthday - French author and philosopher Voltaire (1694-1778) was born in Paris (as Francois-Marie Arouet). He was an advocate of human rights who published the landmark Philosophical Letters in 1734. Other writings include; Zadig, The Century of Louis XIV, The Russian Empire under Peter the Great, The Philosophical Dictionary, and Essay on Morals.

NOVEMBER 22

November 22, 1935 - Trans-Pacific airmail service began as the China Clipper, a Pan American flying boat, took off from San Francisco, reaching the Philippines 59 hours later. The following year, commercial passenger service began.

November 22, 1943 - The Cairo Conference occurred as President Franklin D. Roosevelt, British Prime Minister Winston Churchill, and Chinese Nationalist leader Chiang Kai-shek, met to discuss the war in the Pacific against Japan.

November 22, 1963 - At 12:30 p.m., on Elm Street in downtown Dallas, President John F. Kennedy's motorcade slowly approached a triple underpass. Shots rang out. The President was struck in the back, then in the head. He was rushed to Parkland Memorial Hospital where fifteen doctors tried to save him. At 1 p.m., John Fitzgerald Kennedy, 35th President of the United States, was pronounced dead. On board Air Force One, at 2:38 p.m., Lyndon B. Johnson was sworn in as the 36th President.

November 22, 1975 - Juan Carlos was sworn in as King of Spain, following the death of General Franscisco Franco who had ruled as dictator since 1939.

November 22, 1990 - British Prime Minister Margaret Thatcher announced she would resign after 11 years in office, the longest term of any British Prime Minister in the 20th century.



Birthday - Charles De Gaulle (1890-1970) was born in Lille, France. He led the Free French against the Nazis during World War II and later became President of France, serving from 1958-69.

Birthday - Barnstorming aviator Wiley Post (1898-1935) was born in Grand Plain, Texas. He was a self-taught pilot who became an international celebrity in the 1930s and co-authored Around the World in Eight Days. In 1935, Post and his friend Will Rogers began a flight to the Orient, however, the plane crashed near Point Barrow, Alaska, killing both of them.

Birthday - British composer Benjamin Britten (1913-1976) was born in Lowestoft, Suffolk, England. Best known for his operas including Peter Grimes and his choral works A Ceremony of Carols and War Requiem.

NOVEMBER 23

Birthday - Franklin Pierce (1804-1869) the 14th U.S. President was born in Hillsboro, New Hampshire. He served from March 4, 1853 to March 3, 1857. He was not re-nominated by the Democratic Party for a second term.

Birthday - Wild West outlaw Billy the Kid (1859-1881) was born in New York City (probably as Henry McCarty, better known as William H. Bonney). He was a ruthless killer who escaped from jail and a sentence of hanging at age 21. He was recaptured at Stinking Springs, New Mexico, but escaped again. At Fort Sumner, on the night of July 14, 1881, he reportedly asked, "Who's there?" only to be shot twice through the heart by Sheriff Pat Garrett.



Birthday - Horror film actor Boris Karloff (1887-1969) was born in London (as William Henry Pratt). Best known for appearing in the title role in Frankenstein and The Bride of Frankenstein.

NOVEMBER 24

November 24, 1969 - The U.S. Army announced that Lt. William L. Calley had been charged with premeditated murder in the massacre of civilians in the Vietnamese village of My Lai in March of 1968. Calley was ordered to stand trial by court martial and was later convicted and sentenced to life in prison. However, his sentence was later commuted to three years of house arrest by President Richard Nixon.

November 24, 1989 - In Czechoslovakia, mass demonstrations resulted in the resignation of the entire presidium and secretariat of the Czechoslovak Communist Party.

November 24, 1992 - The U.S. military departed the Philippines after nearly a century of military presence. In 1991, the Philippine Senate had voted to reject a renewal of the lease for the American military base.



November 24, 1998 - Britain's Queen Elizabeth II opened a new session of Parliament by announcing a bill to do away with the centuries-old right of aristocrats to sit in the House of Lords, thereby taking membership and voting rights away from 759 Dukes, Earls and other hereditary nobles with titles dating as far back as the Middle Ages.

Birthday - German Field Marshal Erich von Manstein (1887-1973) was born in Berlin. His plan for the German invasion of France in 1940 involved staging a surprise attack through the Ardennes Forest, and was a stunning success. He went on to achieve several important victories over the Russians in the East, but was dismissed by Hitler in 1944 following a series of arguments over military strategy.

Birthday - Motivational lecturer Dale Carnegie (1888-1955) was born in Maryville, Missouri. Best known for his 1936 book How to Win Friends and Influence People which sold millions of copies and was translated into 29 languages.

NOVEMBER 25

November 25, 1936 - Nazi Germany and Imperial Japan signed the Anti-Comintern Pact, an agreement to collaborate in opposing the spread of Communism.

November 25, 1963 - Three days after his assassination, John F. Kennedy was buried with full military honors at Arlington National Cemetery.

November 25, 1974 - Britain outlawed the IRA (Irish Republican Army) following the deaths of 21 persons in a pub bombing in Birmingham.

November 25, 1992 - The parliament in Czechoslovakia voted to divide the country into separate Czech and Slovak republics.

November 25, 1995 - By a margin of less than one percent, Ireland voted to legalize divorce, the closest vote in the nation's history.



Birthday - Pope John XXIII (1881-1963) was born in Sotte il Monte, Italy (as Angelo Roncalli). He became the 261st Pope of the Roman Catholic Church in 1958 and served until his death in June of 1963. During his reign, he convened the Second Vatican Council which modernized the mass and increased openness to other religions and denominations.

NOVEMBER 26

November 26, 1703 - A "Great Storm" lasting two days struck southern England, flooding the Thames and Severn Rivers, killing at least 8,000 persons.

November 26, 1789 - The first American holiday occurred, proclaimed by President George Washington to be Thanksgiving Day, a day of prayer and public thanksgiving in gratitude for the successful establishment of the new American republic.

The INDIAN PANORAMA
EVER TRUTHFUL
FRIDAY NOVEMBER 20, 2026
20TH YEAR

Round Glass, a synonym for the Indian Diaspora, has the PM making a special mention in his Mann Ki Baat



BY
PRABHJOT SINGH







Round Glass, a synonym for the Indian Diaspora, is the new glittering star of Indian sports on the global horizon.

Its name and fame have echoed not only in the country's sports echelons, but have also led Indian Prime Minister Narendra Modi to publicly acknowledge the great services rendered by Round Glass Academy and its chief hockey coach, Olympian Rajinder Singh Senior.

US-based Gurpreet "Sunny" Singh has built his $1.5 billion empire through sheer hard work, commitment and sincerity. His father, Sarpal Singh, has been associated with Indian sports at various levels, including as a hockey administrator, coach and philosopher.

Also watch this video in which New India Abroad Editor-in-Chief, Lalit K. Jha, managed to buttonhole Gurpreet "Sunny" Singh for a rare interview:

VIDEO-2026-10-29-15-08-50.mp4

The father and son team has some of the top names in Indian sports, including 1980 Moscow Olympic Games gold medalist Rajinder Singh Senior, associated with its Roundglass Academy.

In one of its recent episodes, Narendra Modi personally complimented them both by recalling all their achievements. The Prime Minister, in his emotive address to the nation, mentioned that after winning the 1980 Moscow Olympic Games gold medal, Rajinder Singh, who has "Senior" affixed to his name, was the coach of the 2001 Junior World Cup team that brought home a gold medal. Two years later, Indian seniors won the Asia Cup under his command.

Eulogizing Punjab's deep defender, he lauded the role Rajinder Singh Senior has been playing in promoting sports at the grassroots level in general and hockey in particular.

Several junior players, trained by Round Glass Academy, have already donned national colors in Asia Cup Champions Trophy and Asia Cup Junior Tournaments, both for boys and girls.

Incidentally, in May this year, Round Glass became the first Indian junior outfit to win the coveted Sikh Union Centenary Hockey Cup in Nairobi. The event, organized by one of the oldest sports clubs of the Indian diaspora overseas, saw teams from Malaysia, England, India and Kenya competing on a newly commissioned latest version of a deep blue synthetic surface. Roundglass won the final 4-1 against the pre-tournament favorites, a Kenyan team.

Countless achievements by the Round Glass Foundation in less than a decade of its emergence on the Indian sports scene as a "shining star" have made it the most noticeable venture by a prominent member of the Indian Diaspora, who, guided by his Dronacharya awardee coach father, has been sparing no effort to give back as much to his motherland as he can.

Sarpal Singh and son Gurpreet "Sunny" Singh have some of the top names in Indian sports, including 1980 Moscow Olympic Games gold medallist Rajinder Singh Senior, associated with its Roundglass Academy.

From November 19, Roundglass Academy will host its second edition of the Punjab Hockey League for juniors, featuring the selected top 10 teams of the country. The prize money has been revised upwards to Rs 30 lakh this year. Last year, 8 teams participated in the Punjab Hockey League, while this year, we have increased participation to 10 teams. Last year's winner, the NCOE, Sonepat, will be defending its title in the tournament, the first phase of which will be played at Olympian Balbir Singh Senior Hockey Stadium in Mohali.

The second and final phase will shift to Olympian Surjit Singh Hockey Stadium in Jalandhar.

According to Ashfaque Ullah Khan, Senior Lead, Hockey Operations, of Round Glass, the organizers received applications from more than 36 teams across India, out of which they selected the top 10 teams.

"We have also increased the total prize money by 10% to Rs 33 lakh, making it one of India's highest prize-money tournaments in junior hockey.

"Our vision is to make the Punjab Hockey League a flagship national-level junior hockey tournament. With limited opportunities for junior players in India, we want to create a strong platform for young talent and establish

"Punjab is a preferred destination for competitive hockey. Our long-term goal is to make this tournament an important part of the national hockey calendar, where teams from across India aspire to participate every year.

"We are also planning to invite Olympians and international hockey players, particularly from Punjab, to attend the matches and encourage young players. We are making special efforts to have several Olympians present at the opening ceremony.

Also, click on these links:

https://www.newindiaabroad.com/english/sports/sikh-union-centenary-hockey-tournament-roundglass-scripts-history-with-a-golden-debut-overseas

https://southasianherald.com/roundglass-academy-wins-sikh-union-club-centennial-hockey-title-in-kenya/

"For the first time, we have introduced three League Brand Ambassadors: Manpreet Singh, Hardik Singh, and Dilpreet Singh.

"Since everyone talks about the achievements of academy players who have reached the national and international levels. But I believe Round Glass Hockey's biggest achievement is our strong grassroots development programme," he said.

Olympian Rajinder Singh Senior says, "Today, we are running 60 centers across Punjab, with over 40 coaches training more than 3,000 children regularly. These are young players from villages and small communities who need the most support and opportunities. We provide them with coaching, kits, equipment and a proper development pathway.

"We have two synthetic surfaces at our New Chandigarh center. Besides hockey surfaces, we have a synthetic surface for football and several tennis surfaces - clay, grass and synthetic.

"Our focus is not just on producing top players but on building a strong foundation for the future of Indian hockey.

"The Punjab Hockey League is our premium tournament, but beyond that, we organize Inter-Development Centre Leagues, Grassroots Leagues, Baby Leagues and girls' tournaments. This year alone, we have organized two girls' tournaments.

"Our next major focus is women's hockey. Over the next 2-3 years, our ambition is to identify, develop and bring more talented girls from Punjab to the national level.

"For us, the real achievement is not only celebrating the players who have already made it but also creating opportunities for thousands of children whose talent is still waiting to be discovered," concludes Rajinder Singh Senior.

(Prabhjot Singh is a senior Toronto-based, award-winning independentjournalist, who worked with The Tribune, Reuters, and several media groupsin a career spanning nearly five decades. He has written extensively aboutDiaspora, Politics, Business, Aviation, Health, Public and Private Sectors andSports. He can be reached at prabhjot416@gmail.com)

India post 720/9 against New Zealand, record highest Test total on Kiwi soil

NOVEMBER 22, 2026

WELLINGTON (TIP): India produced a historic batting masterclass over two-and-a-half days, registering their highest-ever Test innings total away from home against New Zealand at the Basin Reserve in Wellington on Sunday.

Led by Shubman Gill, the visitors piled up a mammoth 720/9 in 166 overs before declaring their first innings with a commanding 352-run lead.

The total also became the highest-ever team score in a Test match played in New Zealand since 1930, surpassing the hosts' previous record of 715/6 declared against Bangladesh in Hamilton in 2019.

India's monumental effort featured centuries from KL Rahul (136) and Rishabh Pant (128), while Gill narrowly missed out on a hundred with 98. Yashasvi Jaiswal (85), Devdutt Padikkal (80) and Dhruv Jurel (78) also made significant contributions, ensuring India crossed the 700-run mark and rewrote the record books.

India also scripted a unique record, becoming the first team in Test cricket history to register 50-plus run partnerships for each of the first seven wickets in a single innings.

The mammoth total also marked India's highest-ever Test innings score on foreign soil, surpassing their previous best of 707 against Sri Lanka in Colombo in 2010.

India's dominant batting display was headlined by several historic individual milestones from KL Rahul and Rishabh Pant. Rahul became the first Indian and only the second Asian opener to score Test centuries in all four SENA nations — South Africa, England, New Zealand and Australia.

Pant, meanwhile, created history by becoming the first visiting wicketkeeper to register Test centuries in all four SENA countries. The explosive left-hander smashed six sixes during his 128-run knock, including one that brought up his ninth Test century.



India beat South Korea 2-1 to register 2nd consecutive win in Asian Champions Trophy women's hockey

NOVEMBER 22, 2026

BHOPAL (TIP): Two-time defending champions and Asian Games gold medallists India beat South Korea 2-1 to register their second consecutive win in the round-robin stage of the women's Asian Champions Trophy here on Saturday.

The hosts had earlier defeated Malaysia 4-1 in their tournament opener on Thursday, Nov 20.

India broke the deadlock through Mumtaz Khan's fine field goal in the 30th minute, before Sunelita Toppo doubled the lead four minutes into the third quarter through a rebound from a penalty corner.

South Korea pulled one back in the 56th minute through a field effort from Youngeun Hong.

The Indians started on a bright note and dominated possession early on, trespassing into the Korean circle repeatedly with ease but failed to make those efforts count.

India soon earned back-to-back penalty corners, but the second effort from Navneet Kaur was saved by the Korean goalkeeper.

Navneet was the star in creating chances for India with her smart play, but all her efforts went in vain as the Koreans defended in numbers to protect their goal.

It took a superb line-breaking ball from the Indian defence which found Navneet, who then found Deepika. Her shot was parried away by the Korean goalkeeper, but Mumtaz was at the right place at the right time to slot it home and put India ahead just at the stroke of half-time.

India continued their dominance after the change of ends, exerting pressure on the Korean defence with repeated forays.

Skipper Salima Tete earned another penalty corner for India soon after half-time, but Deepika's flick was saved by the Korean goalkeeper.

Sunelita doubled India's lead with a sublime touch from a penalty corner after a direct try from Navneet.

Korea too earned a few penalty corners in between, but Indian custodian Bansuri Solanki, who replaced veteran Savita Punia in the squad, made some valiant saves to deny the opponents.

The Indians then kept up the pressure on the Korean defence but failed to breach it.



Lakshya Sen loses Hong Kong Open semi-final to Anders Antonsen

NOVEMBER 22, 2026

KOWLOON (TIP): India's Lakshya Sen's 13-match winning streak came to an end after he suffered a straight-sets defeat against Denmark's Anders Antonsen in the men's singles semi-finals of the Hong Kong Open 2026 on Saturday, according to Olympics.com.

The defeat, along with the exit of India's men's doubles pair of Satwiksairaj Rankireddy and Chirag Shetty in their semi-finals, brought India's campaign at the BWF Super 500 tournament to an end.

Lakshya, ranked 11th in the world, went down 21-13, 21-13 against world No. 3 and third seed Antonsen in a 42-minute contest at the Kai Tak Arena in Hong Kong. The Indian made a promising start to the opening game, taking a narrow 7-6 lead. However, Antonsen won five of the next six points to head into the mid-game interval with an 11-8 advantage.

The Danish shuttler maintained his momentum after the break and closed out the opening game 21-13.

The second game proved more one-sided as Antonsen raced to an 8-3 lead. Lakshya attempted a comeback, reducing the deficit to 8-6, but the Dane remained in control to seal the match in straight games. Reflecting on the defeat, Lakshya admitted that he struggled to match his opponent's pace.



Lakshya Sen

"Today it was very difficult for me to keep up the pace with him," he said after the match, as quoted by Olympics.com.

The 25-year-old also acknowledged that fatigue had affected his performance and that he had been impatient during rallies.

"Both my legs, I was like pretty tired in the last two weeks," Lakshya said, adding that he had discussed with his coach the need to avoid excessive sliding on court due to the risk of injury.

The result extended Antonsen's head-to-head advantage over Lakshya to 6-3.

Lakshya had entered the semi-finals on the back of 13 consecutive victories, having won the Hylo Open and Kumamoto Masters Japan earlier this month. He was aiming to secure a hat-trick of BWF World Tour titles in Hong Kong.

His winning streak also matched the 13-match run achieved by former world No. 1 Kidambi Srikanth in 2017, which included titles at the Indonesia Open and Australian Open during the Superseries era. Despite the semi-final defeat, Lakshya secured qualification for the season-ending BWF World Tour Finals 2026, scheduled to be held from December 9 to 13 in Hangzhou, China. India's two-time Olympic medallist PV Sindhu has also qualified for the tournament.

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Best Wishes, Peter



Peter J McDonnell, MD Director Wilmer Eye Institute, Johns Hopkins



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