

**8** Tete-a-tete with Trump: Modi's upcoming US visit will make clear India's place on priority list

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Fillip to Trade and Investment to be focus of Modi's visit to US: MEA



Prime Minister Narendra Modi is expected to discuss his wish list with President Trump when he meets the latter in Washington on June 26

**NEW YORK (TIP):** Deepening bilateral trade and economic ties will be one of the key focus areas of Prime Minister Narendra Modi during his visit to the US where he will hold talks with President Donald Trump on June 26 in their first meeting. A number of key issues, including ways to step up cooperation for *contd on Page 20*

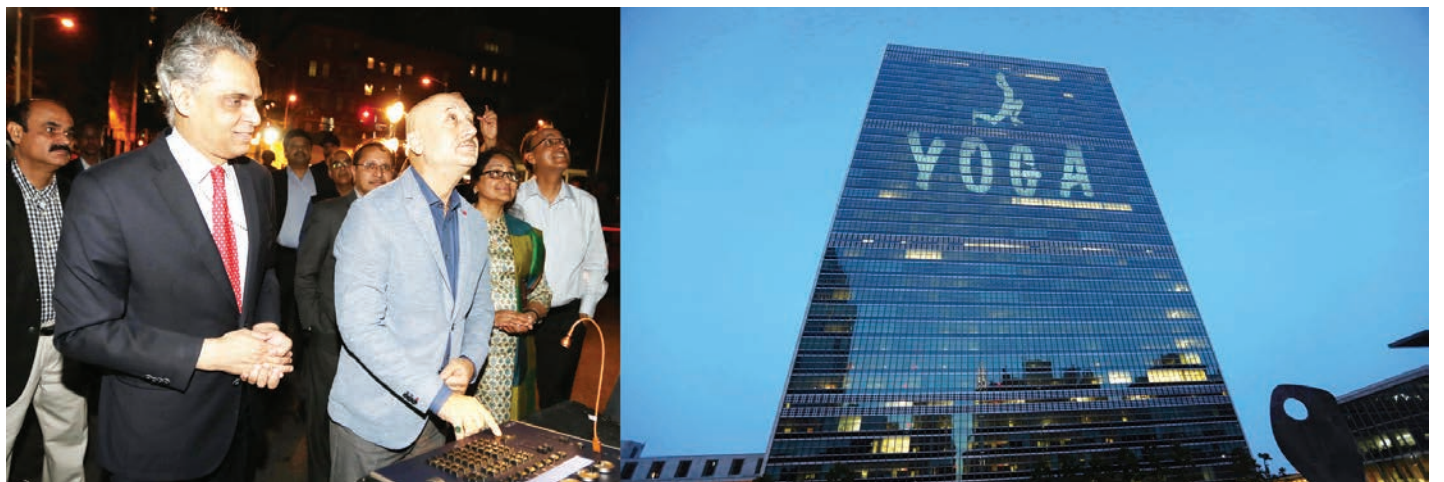
US will be replaced if it disengages from world: UN chief



UN Secretary-General Antonio Guterres expressed his concern, June 21, over US engagement with world issues

**UNITED NATIONS (TIP):** Secretary-General Antonio Guterres is warning the Trump administration that if the United States disengages from many world issues it will be replaced and *contd on Page 20*

Uniting the World through Yoga: Third International Day of Yoga celebrated at the UN and the Indian Consulate



United Nations Building in NY is lit up with Yoga sign. Bollywood actor Anupam Kher pressing the button to light the Yoga sign on UN building on 18th June 2017. India's Ambassador to UN Syed Akbaruddin is seen at left. Photo / Mohammed Jaffer-SnapsIndia

More pictures on Page 2

**NEW YORK CITY (TIP):** A large number of people from the Indian community participated in special yoga sessions organized by the Indian Consulate here to commemorate the third International Yoga Day.

Consul General Riva Ganguly Das led the Yoga Day celebrations at the Consulate premises on Monday, June 19 and participated in the yoga and Art of Living (AOL) sessions.

Prime Minister Narendra Modi's message

on Yoga Day was played before practitioners led the gathering through the two-hour yoga and meditation sessions. "Our message is to take yoga to the world. New York is the crossroads of the world and in its fast-paced *contd on Page 6*

Padma Vibhushan Pandit Jasraj inaugurates AAPI's 35th annual convention in Atlantic City



Pandit Jasraj, officially inaugurating the 35th annual convention of American Association of Physicians of Indian Origin (AAPI) with ribbon cutting. AAPI President Ajay Lodha and Convention Chair Raj Bhayani are seen to the left of Pandit Ji.

**ATLANTIC CITY, NJ (TIP):** With ribbon cutting and lighting of the traditional lamp Padma Vibhushan Pandit Jasraj officially inaugurated the 35th annual convention of American Association of Physicians of Indian Origin (AAPI) at the Harrah's Resort in Atlantic City in New Jersey on June 22, 2017. Pt. Jasraj led the more than 1,000 delegates at the Convention Centre at the prestigious Harrah's Resort to a prayer song, moving everyone's heart seeking God's bountiful blessings.

In his opening remarks, Pandit Jasraj shared with the audience his heartfelt gratitude for inviting him and *contd on page 3*

**KIDNEY DONATION AVAILABLE**  
 A person aged 27 is on his death bed. His last wish is to donate his kidneys. His blood group is 'AB+ve'. Someone somewhere may require. We may save a life.  
**CONTACT MOB: 7339681726**

- **Kenneth Juster to be the US Ambassador to India** **Page 3**
- **India's Presidential election** **Page 3**
- **The Supreme Court Defends the Integrity of U.S. Citizenship** **Page 6**

Texas woman fatally stabbed her 4-year-old daughter, authorities say

**TEXAS (TIP):** Officials say a woman has been charged with capital murder in the stabbing death of her 4-year-old daughter at a Houston-area apartment complex.

Deputy Thomas Gilliland of the Harris County Sheriff's Office says 34-year-old Laquita Lewis texted family members Sunday evening, telling them she had hurt her child. The relatives contacted the sheriff's office. When deputies arrived, they found Fredricka

Allen dead.

Lewis is being held in Harris County jail Monday. Jail records do not list an attorney to speak for her. Gilliland says that when Lewis began texting family members she was in the hospital, where she'd been taken after being injured in a traffic accident. He says deputies haven't determined why Lewis killed her daughter, though they believe Lewis got into a fight with her boyfriend earlier Sunday.

Man charged with hate crime in Texas mosque fire

**DALLAS (TIP):** A 25-year-old man was indicted June 22 on charges related to the destruction of the Victoria Islamic Center Mosque earlier this year.

The mosque in the 200 block of East Airline Road went up in flames on Jan. 28. No injuries were reported, but the blaze caused about \$500,000 worth of damages.

Marq Victor Perez is facing three charges related to the hate crime - damage to a religious property, use of fire to commit a federal felony and possession of an unregistered destructive device, according to the Victoria Advocate.

In February, investigators ruled that the fire was intentional, and initially said there was no evidence to indicate that religious bias was the root of the crime. A \$30,000 reward was offered by the Houston division of the Bureau of Alcohol, Tobacco, Firearms and Explosives for information that led to the

**The mosque in the 200 block of East Airline Road went up in flames on Jan. 28. No injuries were reported, but the blaze caused about \$500,000 worth of damages.**

arrest of whoever was responsible.

The mosque said in a statement posted to Facebook that it was "saddened and alarmed" that the fire was started on purpose.

Perez, who is a Victoria resident, was arrested on March 3 for possession of a incendiary device in another event in January that was unrelated to the mosque arson. Authorities later determined that he was connected to the fire at the Islamic center.

He is currently being held in the DeWitt County Jail.



# Air India hosted Awards night for Midwest Partners with Vandana Sharma, Regional Manager, Air India



Ms. Vandana Sharma, Regional Manager of Americas, and the Guest of Honor, Ms. Neeta Bhushan Consul General of India, Chicago, Mr. Nakul Chand, Manager - Midwest, Ms. Katherine Thorat, District Sales Manager and Mr. Tom Dempsey, District Cargo Sales Manager with Awardees

**CHICAGO, IL (TIP):** "Air India Chicago, held an awards night of celebration and gaiety for about 150 Midwest partners on June 8, 2017 to thank its travel partners and airport service providers for their welcome support at the Ashyana Banquets, 1620 75th Street Downers Grove, IL.

Ms. Vandana Sharma, Regional Manager, Air India was the Chief Guest. She applauded the Air India Midwest Partners for their commitment and wholehearted support to Air India as business partners. Ms Sharma added that Air India will be having as many as 40 flights per week operating between India and US in the near future, as the demand increases.

Ms. Neeta Bhushan, Consul General of India in Chicago was the Guest of

Honor. She stated that 'Air India is pride of India and we feel proud to travel by Air India'. While continuing her address she added, Air India has been an icon of India, be it hospitality, innovation, capabilities and as a member and representative of India, she feels proud to associate with the national flag carrier. 'Air India has always been an important feature of my posting where ever I have been posted' said Ms. Bhushan whilst referring to her earlier stints in Japan, Germany and the UAE. She added that the Maharaja Logo was extremely famous round the world and Air India has a great network to fly with whilst congratulating Ms. Vandana Sharma.

Mr. Nakul Chand, Air India Manager-Midwest welcomed the guests

and thanked all the Midwest Partners for their committed support to Air India.

The highlight of the evening was the presentation of the Awards Trophy to the top 10 Passenger Travel Agents and top 5 Cargo Agents of the Midwest who had generated the most revenues for Air India during Fiscal Year 2016-17. The awards were jointly presented by Ms. Neeta Bhushan, Consul General of India, Ms. Vandana Sharma, Regional Manager, Air India and Mr. Nakul Chand, Manager-Midwest, Air India. The top Awardees included Skybird offices of Chicago, Detroit and Houston, Riya Travel, Air Tours, GTT, Sky Pass Travel, Natraj Travel, R K Travel, Devon Travel, Crane Worldwide Logistics, Freight Systems, Agility Logistics, Air Cargo Express and Hellmann Worldwide.

Air India was represented by its team from the city office, airport and cargo including Mr. Joseph Vincent, Security Manager, Mr. Chetan Patel & Mr. Chirag Patel, Airport Duty Managers, Ms. Katherine Thorat, District Sales Manager and Mr. Tom Dempsey, District Cargo Sales Manager.

The guests were regaled with great entertainment program consisting of social hour, dance, singing and photo-session, followed by a sumptuous dinner."

Singing sensation Sameer Saini rocked the stage with catchy Bollywood numbers that kept the event going on high energy. He mesmerized the crowd with flawless and most upbeat music and truly proved that he is the best in town and had everyone on their feet.

(Photograph and Press release / Asian Media USA)

## USINPAC Engages with Congressman Raja Krishnamoorthi and Rajiv Khanna on Immigration policy



The interaction focused on issues surrounding Trump Administration's immigration reform and its impact on US-India relations

**WASHINGTON (TIP):** The US-India Political Action Committee (USINPAC) hosted an interactive Community Dialogue series, last month with Congressman Raja Krishnamoorthi representing Illinois' 8th district and Immigration lawyer Rajiv S. Khanna. The interaction focused on issues surrounding Trump Administration's immigration reform and its impact on US-India relations.

Asked about the Trump Administration positions around H1B visa and family immigration, Congressman Krishnamoorthi remarked that though America is a country of laws it is also a country of immigrants. There is a shortage of skilled labor; reform is needed to attract highly professional taskforce that is vital to grow our economy. In a hostile immigration environment, the IT Companies will move jobs offshore. Skilled immigration should figure in the talks between Prime Minister Modi and President Trump to be held on 26 June.

Congressman Krishnamoorthi did not think H1B visa program is to blame for massive US unemployment, as unemployment is at a historic low, the House just passed a rewrite of the Perkin's Act on career and technical education for building a skilled workforce for the 21st century. Regarding worker shortage in the Silicon Valley, the Congressman remarked if President Trump wants to grow the US economy at 3-4%, immigration reform must not be reckless, should not fail to retain and attract high tech workers in AI and Big Data.

Well known immigration expert Khanna suggested a detailed economic, statistical and legal bipartisan study on the effects and benefits of the H1B program to close the gap between perception and reality. Krishnamoorthi agreed, the study would guide us on how to grow our talent pool. Krishnamoorthi has co-sponsored the abolition of per country caps for H1B visa, favors both skill based and family immigration. Rajiv Khanna voiced the gap on readiness between the US Government and the real world, and encouraged USINPAC to drum up support for effective immigration reform.

Sanjay Puri, Chairman of USINPAC, said, "I thank Congressman Krishnamoorthi and Rajiv Khanna for engaging with us, on issues vital to the Indian American community. We look forward to more conversations on this topic with you."

# Hina Trivedi honored with Melwin Jones Fellow award for Dedicated Humanitarian Services

**CHICAGO, IL(TIP):** Renowned Chicago based social activist Miss Hina Trivedi received Melwin Jones Fellow award from Lions Club International foundation president for Dedicated Humanitarian services. Melwin Jones Fellow award is very prestigious award at International level. She is also being appointed as a host committee member for 100 years completion of Lions club international foundation celebration convection which is going to be held at Chicago from 29th June to 4th July.

She serves Chicago Indo-US Lions Club (President), GOPIO Chicago (Former President), Federations of Indian Associations (Former President) and many more organization.

She recently also got Exemplary Community Service Award for outstanding and dedicated service to the general welfare of the Asian American community in the state of Illinois from Asian American Coalition Of Chicago at 16th Annual Asian American Festival hosted by The Asian American Community. Lion Hina Trivedi received many Honors and Awards in past.

Lion Hina Trivedi serves the Asian



Hina Trivedi received the Melwin Jones Fellow award for Dedicated Humanitarian Services from the Lions Club international foundation

community with their needs by being a translator as she is multilingual in 7 different languages. She helps community people for

Green Card interviews, Voter registration, Medicare, Medicaid, and gives many legal and social services. She always believes in helping

Senior citizens by guiding them towards medical, federal, social security benefits.

Ms Trivedi tried to spread awareness in 2nd and 3rd Generation Indians living in USA towards their native country India through social-economic and other prospective programs so they can build strong future relationships between both the countries. She also raised issues nonresident Indians facie during their visit to India. She also attended Pravasi Haryana Divas 2017 held at Guru Gram on the personal invitation of Chief Minister Mr. Manoharlal Khattar. She was also invited to Vibrant Gujarat 2017 and attended the republic day parade on 26th January at New Delhi as a Special Guest during her Delhi visit.

She went to Sushma Swaraj's residence to meet her and greeted her for speedy and healthy recovery. She visited various cities and villages of Rajasthan, Gujarat, Maharashtra, Delhi and Haryana to spread awareness about Swatchh Bharat Abhiyaan and helped poor children with food and clothes. She was accompanied by her team and many volunteers from across India.

Photographs and Press release by: Asian Media USA



# Cultural celebration at Dallas High School raises money for Indian schools

**DALLAS (TIP):** An event at Dallas Senior High School on June 18 was all about helping people get a better education, half a world away.

The Wilkes-Barre/Scranton Chapter of Ekal Vidyalaya gathered together Sunday afternoon to hold its eighth fundraiser that celebrated Indian music and dance.

Dr. Raj Gajula, chapter president, explained that Ekal Vidyalaya is a movement built around providing education for students in rural and tribal India.

"A lot of children have no access to schools," Gajula said. "Some come from broken families, and they've learned to become more independent."

A presentation part way through the event, led by the chapter's youth leader, Leana Pande, further explained the purpose of Ekal Vidyalaya.

According to Pande, Ekal Vidyalaya has started nearly 54,000 schools throughout India and parts of Nepal, with around 1.5 million students involved overall.

Pande said the goal of the single-teacher schools is to eradicate illiteracy and promote social and gender equality in small Indian villages. Approximately 736,000 of the



students enrolled are female, and nearly 70 percent of the teachers are women as well.

Pande said that Ekal Vidyalaya does this without forcing the villagers to abandon their way of life. "Ekal doesn't want to replace their

lifestyle, but enhance it," Pande said.

Before the event, Pande said that education is vitally important, not just to the people of India, but around the world.

"Education is not just a temporary fix; it

propels you forward," Pande said. "People lack education, and they talk about things they don't know anything about. That causes problems."

The main entertainment for the night was music and dance. First, young dancers from a local group in Dallas, Nitya Rhythm Dance Academy, took the stage.

Later, they were followed by performers who were themselves students of Ekal Vidyalaya, a first for the cultural celebration. These performers played traditional Indian folk music, dancing for the crowd, all while the audience clapped along. Meanwhile, images of Indian scenery, Hindu gods and a number of cultural figures were projected onto a screen behind them.

Gajula explained why the performance by the Ekal Vidyalaya students was important, saying that it was proof positive of the foundation's success.

"You can see the impact at the grassroots level," Gajula said.

Tickets for the event were \$35, and pamphlets were available with information on how to make additional donations. Gajula said the Wilkes-Barre/Scranton chapter typically raises around \$30,000 annually.

contd from page 1

## Padma Vibhushan Pandit Jasraj inaugurates AAPI's 35th annual convention in Atlantic City

making him the special guest of honor. "This is the warmest welcome I have ever received in my life," the Padma Vibhushan awardee told the AAPI delegates.

In his warm inaugural address, Dr. Ajay, President of AAPI, reminded the delegates from across the nation of the historic nature of the convention. "It's very great joy that I want to invite you all to come and be part of the 35th annual American Association of Physicians of Indian Origin (AAPI) Convention 2017," he said.

Dr. Lodha shared with the audience the many programs and initiatives he and his executive committee have taken in the past year since assuming charge as the President of the largest ethnic medical organization in the nation, representing nearly 100,000 physicians of Indian origin. Dr. Lodha, among others, highlighted the successful organization of Global Health Summit in Rajasthan and the many initiatives at the Summit, Crash Courses in India for police officers as first responders in accidents, EPS lab studies, AYUSH, first ever international research contest and the many charitable works through AAPI the Charitable Foundation.

Physicians of Indian origin are well known around the world for their compassion, passion for patient care, medical skills, research, and leadership, he said. "Indian-Americans constitute about one percent of the country's population, but we account for nine percent of the American doctors and physicians, serving one out of seven patients being treated across the nation." Also, he said, nearly 20% of the new Medical students enrolling in the US schools are of Indian origin. Dr. Lodha was particularly appreciative of the

contributions of young physicians and said, "You are the future of AAPI."

William W. Pinsky, MD, President and CEO, ECFMG, provided the audience with the details on the demography of medical students and physicians in the US. Neal Simon, President, American University of Antigua, shared with the audience his close association with AAPI and the numerous initiatives AAPI and AUA have been doing together for the betterment of the society. During the luncheon, AAPI honored AAPI members, who had worked hard to make the convention a memorable one for all. Mammen Verghis of Prudential Life addressed the audience on the many valuable service his company offers, particularly, focusing on the diverse needs of physicians of Indian origin.

In her key note address during the gala, Sadhvi Ji, showed the audience who listened with total attention and silence, the ways to true joy and peace. In her eloquent and passionate address, she said, "Having all the successes, comforts and luxuries in life does not lead one to happiness or real joy and peace. It's found within and that's what the Indian culture is teaching us, which emphasizes as you think so you become." According to her, stress is leading us into disconnection from family and ourselves. "When there is something wrong in us, we blame everyone and everything else. Mind is the source and solution to all the problems." Quoting research done at elite US schools, she pointed out how people who are religious are less likely to have strokes.

Humayun J. Chaudhry, DO, MS, MACP, FACOI, President, FSMB, presented the process of obtaining accreditation to medical school programs. Michael Nisanov, COO, Empire City Labs was honored for his support for AAPI. Dr. Lodha, in his welcome address, praised the contributions of Regional Directors to the growth and expansion of AAPI. "For the very first time, AAPI is glad to recognize and honor your hard work and dedication for the cause of AAPI by having a gala in honor of AAPI's 12 Regional Directors.

The day was packed with back to back seminars and CMEs and conferences. Dr. Nani Bhalla of AstraZeneca led the CME on Understand the Ongoing Risk of

Atherothrombosis Beyond the Culprit Lesion. The Medtronic team offered an insightful session on Multidisciplinary Approach to Managing Ischemic Stroke: From Acute Management to Transition of Care.

The India Global Engagement Forum showed about concrete ways AAPI delegates can contribute to the growth of the nation.

The day began with an hour-long yoga session led by professionals. Children were engaged in several activities challenging their minds. A beautifully choreographed fashion show was a treat to the hearts and souls of all as beautiful women and handsome men catwalked wearing elegantly designed Indian attire.

contd on Page 14

The **INDIAN**  **PANORAMA**  
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NEW YORK- DALLAS

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**We are looking for marketing persons for The Indian Panorama print editions and the web portal at a couple of locations which include Long Island, Queens, Manhattan and Buffalo in New York, Jersey City and Edison in New Jersey, Stamford in Connecticut, Atlanta in Georgia, Houston and Dallas in Texas, and Chicago in Illinois.**

**Persons with experience in newspaper reporting will be preferred.**

**The individual must be a person with experience in marketing and public relations, confident, independent and able to handle marketing on his/her own with minimum support from the management.**

**Compensation will be based on experience with up to 40% revenue created by the individual.**

Anyone who would like to work with us part time and on the basis of revenue sharing may email to [salujaindra@gmail.com](mailto:salujaindra@gmail.com) or contact at 646-247-9458.



## MQM leader briefs McCain on situation in Karachi

**ISLAMABAD (TIP):** A top Muttahida Qaumi Movement (MQM) leader met with Senator John McCain and briefed him about the crackdown on his party members by Pakistan's security forces in the port city of Karachi.

MQM convener Nadeem Nusrat told McCain, who chairs the powerful Senate Armed Services Committee, that liberal and progressive political party MQM is facing state oppression whereas Islamic militant groups are being harbored in Karachi.

"MQM Convener Nadeem Nusrat met with Senator John McCain and briefed him about the crackdown on MQM and Mohajirs by paramilitary Rangers in Karachi," the MQM said in a statement.

Nusrat along with another local MQM leader met McCain during an event in the Virginia suburb of Washington DC.

The MQM, Karachi's biggest political party, is facing a crackdown after its former self-exiled leader Altaf Hussain in London last year delivered an anti-Pakistan speech and asked his workers to launch attack on media.

The MQM emerged as a largely ethnic party in the 1980s. It has political dominance in the southern Sindh province's urban areas - notably in Karachi, Hyderabad, Mirpurkhas and Sukkur where a large number of urdu-speaking people who migrated from India during partition reside.

The MQM leader asked questions regarding the US military aid to Pakistan despite its close ties with the Haqqani network and the Afghan Taliban, and gross human rights violations by the Pakistan Army in Karachi and Balochistan, the statement said.

They also asked about the growing influence of China in Pakistan and possible impact of China-Pakistan Economic Corridor on Mohajir and Balochs.

In response, McCain said Pakistan has a ceremonial civilian government, whereas the real power is with the army.

The United States, he said, is really concerned about Pakistan's ties with Haqqani network.

With the Trump administration carrying out its review of Af-Pak policy, he said, it is the decisive moment for the Pakistani regime.

Pakistan's spy agency, the Inter-Services Intelligence, has to completely cut off ties with Haqqani and other terror groups, the statement quoted McCain as saying.

Pakistan has nuclear arsenals and the growing influence of jihadi groups could become nightmare for the peace, security and stability of the region, he added. (PTI)

## Lightning kills 22 in Bangladesh

**DHAKA (TIP):** Lightning strikes have killed at least 22 people in Bangladesh in the last 48 hours, authorities said on Tuesday, a week after monsoon rains triggered a series of deadly landslides in the country.

The deaths came as storms swept the country on Sunday and Monday, the head of the disaster management department Reaz Ahmed told AFP.

Among the dead were a couple and their young daughter who were working on a peanut farm when they were struck by lightning.

Hundreds of people die every year from lightning strikes in Bangladesh and experts say climate change has exacerbated the problem.

They also blame deforestation and the loss of taller trees like palms that used to act as lightning conductors.

Last year authorities declared a natural disaster when the official toll topped 200 deaths, with 82 people dying on a single day in May. (AFP)

## Myanmar forces kill 3 in raid on 'terrorist training camps': State media

**YANGON (TIP):** Myanmar security forces have killed three people in raids on "terrorist" training camps run by Rohingya Muslim militants in the north of Rakhine state, state media reported on Thursday. Guns, ammunition and gunpowder were found at the camps in the Mayu Mountains, part of a remote strip of land on the northwest border that is mainly home to the persecuted Rohingya Muslim minority.

More than 70,000 Rohingya have fled the area to nearby Bangladesh since October, when Myanmar security forces launched a brutal crackdown in response to militant attacks on police posts. Rohingya escapees have told harrowing accounts of security officers slaughtering babies, burning people alive and staging gang rapes and abuses, which UN investigators said may amount to crimes against humanity. (AP)

# Hafiz Saeed's detention case: Pak court defers verdict till July 3

**LAHORE (TIP):** Mumbai terror attack mastermind and Jamaat-ud-Dawah chief Hafiz Saeed and his four aides will have to celebrate Eid in custody as Pakistan's Lahore High Court today deferred its verdict till July 3 in their detention case.

"As a division bench headed by Justice Abdul Sami Khan today held the court to announce the verdict a government law officer requested it (bench) to defer it as the deputy attorney general was not present in the court," a court official told reporters outside the courtroom.

Accepting the government's request, the bench deferred the announcement of its verdict in Saeed's house arrest case till July 3, the official said.

The court official gave no further reason for deferring the announcement. "The bench will again sit on July 3 and announce the verdict in Saeed's case," he added.

The court had reserved the decision on June 7 after the Punjab government law officer submitted a reply and Saeed's counsel advocate A K Dogar completed his arguments.

The court had declared that it would announce the verdict in Saeed's detention case on June 19.

Saeed and his four close aides — Abdullah Ubaid, Malik Zafar Iqbal, Abdul Rehman Abid and Qazi Kashif Hussain — have been detained on the instruction of the federal government for their alleged involvement in activities prejudicial to peace and security of the country, says the Punjab government.



The government had also submitted the report of the judicial review board on the detention of Saeed and his aides.

In his arguments, Dogar said the government did not produce the petitioners before the judicial review board prior to expiry of their detention period (April 30) and extended their detention on its own.

He said extending detention period without the mandatory approval of the review board is "illegal".

Dogar said the government detained the petitioners to "please India and America only".

He said the courts of the country in past had declared detention of the JuD chief illegal as government failed to prove its charges against him. He prayed to the court to set aside the detention of the petitioners for being unconstitutional.

Earlier, the three-member review

board headed by Justice Ejaz Afzal Khan of the Supreme Court had reserved its verdict on the detention of Saeed.

Saeed last month had appeared before the review board and told it that he had been detained by the Pakistani government in order to "stop him for raising voice for Kashmiris".

The federal interior ministry rejected his arguments and told the board that "Saeed and his four aides have been detained for spreading terrorism in the name of Jihad".

On April 30, detention of Saeed and his four aides was extended by the Punjab government for another 90 days under preventative detention under 11 EEE (I) and 11D of Anti-Terrorism Act 1997.

The Punjab government on January 30 had put these five under house arrest in Lahore under the Second Schedule of Anti-Terrorism Act 1997. (PTI)

# Suicide car bomb in southern Afghanistan kills at least 29

**KANDAHAR, (TIP):** A huge suicide car bombing outside a bank in Afghanistan's southern Helmand province on Thursday targeted Afghan troops and government employees waiting to collect their salaries ahead of a major Muslim holiday, killing at least 29 people, officials said.

Most of the casualties in the explosion near the Kabul Bank in the provincial capital of Lashkar Gah were civilians, according to Hayatullah Hayat, the provincial governor in Helmand. The bombing also wounded at least 60 people, he said.

No group immediately claimed responsibility for the attack but Helmand has been at the center of bitter battles between the Taliban and Afghan security forces, aided by NATO troops.

The insurgents, believed to control nearly 80 percent of the province's countryside, have increasingly been pressing a push onto Lashkar Gah and its environs in efforts to take the city.

In recent weeks, the Taliban have overrun Helmand's key Sangin district, where both British and US troops had fought for years to keep them at bay.

The attacker struck as scores of people, including many Afghan soldiers and civil servants, were waiting near



the Kabul Bank to collect their salaries ahead of the Eid-al-Fitr holiday, which follows the holy month of Ramadan, expected to end later this weekend.

Esmatullah, an Afghan border policeman, who was at the scene of the explosion said the noise from the blast was deafening. He said many are missing in the ensuing chaos as witnesses, survivors and ambulances struggled to ferry first the most seriously wounded to hospital.

"We are taking children to the hospital," said Esmatullah, who like many Afghans uses only one name.

Twelve-year-old Hosnia, was crying outside the bank as she searched for her father who had brought her to buy shoes ahead of the Muslim holiday.

"I couldn't find anyone, my brother and my father," she said. "My father told me he will take me to buy shoes. We came here and then there was the explosion." (AP)



## Adi Godrej to be honored with the 2017 USIBC Global Leadership Award

WASHINGTON (TIP): The U.S.-India Business Council (USIBC) announced that Chairman and CEO of The Dow Chemical Company Andrew Liveris and Chairman of the Godrej Group Adi Godrej will be honored with the 2017 USIBC Global Leadership Award. Vice President Mike Pence will address its 42nd Annual Leadership Summit in Washington, D.C. The Annual Leadership Summit is USIBC's signature event, drawing top business and government leaders and serves as a forum for engaging in discussions on deepening U.S.-India commercial ties.



Chairman of the Godrej Group Adi Godrej will be honored with the 2017 USIBC Global Leadership Award

During the summit, USIBC will also present its "2017 Global Leadership Awards" to Andrew Liveris, Chairman and CEO of The Dow Chemical Company, and Adi Godrej, Chairman of the Godrej Group for creating inclusive business environments, integrating India in the global supply chain and advancing core values such as manufacturing, innovation and scale in tough market conditions. The Council's annual summit will bring together stakeholders including government and private sector leaders, and top media figures to discuss the bilateral relationship and chart a way forward. With the transition in the U.S. government, the Council has taken a lead role in sustaining the momentum of the U.S.-India bilateral ties.

USIBC President Mukesh Agni said, "The Council believes that this is a vibrant period for the two nations and the growing partnership is deeper and broader than ever before. We expect the upward trajectory to continue." The Council's 42nd Anniversary summit will highlight: (1) The important role of private sector in advancing the ties between the two countries; (2) Future of U.S.-India Trade relationship; (3) Strengthening and deepening of defense partnership. Executive Chairman of Cisco and USIBC Chairman John Chambers will provide the State of the Council address, reflecting on the growth and potential of the U.S.-India bilateral ties.

A congressional panel on the U.S.-India Defense & Trade Partnership will include Senator Mark Warner, Co-Chair, U.S.-India Senate Caucus, Senator John Cornyn, Co-Chair, U.S.-India Senate Caucus, Congressman George Holding, Co-Chair, U.S.-India House Caucus and Congresswoman Tulsi Gabbard, Co-Chair, U.S.-India House Caucus. Ambassador Navtej Sarna, Indian Ambassador to the United States and Congressman Pete Sessions, Chairman, House Committee on Rules will deliver special remarks during the summit.

## US Senate Health Care Bill will cut back Medicaid expansion

WASHINGTON (TIP): A health care Bill unveiled by US Senate Republicans on June 22 is designed to roll back the Obamacare expansion of the Medicaid health care program for the poor and reshape subsidies to low-income people buying private insurance. Those subsidies are expected to be linked to recipients' income, a "major improvement" from a health care overhaul Bill passed in the House of Representatives that tied them solely to age, Republican Senator Susan Collins said on Wednesday. The Washington Post reported that the Bill would also repeal most of the taxes that pay for the Affordable Care Act, popularly known as Obamacare, give states wider latitude to opt out of its regulations and eliminate federal funding for Planned Parenthood, a healthcare provider that offers abortion services.

The health care Bill will be released to the Republican Senate Conference on Thursday morning and posted online, senators said. A vote could come as soon as next week, several senators said. Senate Republicans have been working behind closed doors for weeks on legislation aimed at repealing and replacing major portions of Obamacare, former Democratic President Barack Obama's signature healthcare law.

Obamacare extended insurance coverage to millions of Americans through both subsidized private insurance and an expansion of Medicaid. "There is an urgency to get this done because of the continued collapse of the Obama healthcare law," Senator John Barrasso, a member of the Senate Republican leadership, told CNN. "People across the country are suffering pain and the pain is getting worse as insurance companies are pulling out." Democrats accuse Republicans of sabotaging Obamacare, and say the Republican health care Bill is aimed at cutting taxes for the wealthy. Democratic Senator Patty Murray of Washington said in a statement that leaked details of the Bill indicated it was "every bit as devastating for families' bank accounts and healthcare coverage as the disastrous bill that passed in the House." President Donald Trump and fellow Republicans campaigned last year on a pledge to replace and repeal Obamacare, which they described as ineffective and government intrusion in a key sector of the economy.

# Indian Embassy celebrates Third International Day of Yoga with great enthusiasm

WASHINGTON (TIP): The 3rd International Day of Yoga was celebrated on June 17, 2017 at Sylvan Theater on the National Mall in Washington DC. Nearly 2000 people from all walks of life attended the event and participated in these celebrations with great enthusiasm.

The program started with screening of the video messages from Prime Minister of India, Shri Narendra Modi, External Affairs of India, Smt. Sushma Swaraj and Minister of State for AYUSH, Shri Shripad Naik. Emphasizing the increasing relevance of Yoga in this day and age, the Prime Minister explained Yoga's role as a means of experiencing and achieving holistic life in a balanced way, while the External Affairs Minister underlined the role of Yoga in relieving stress.

Then the following dignitaries shared the stage with Ambassador Navtej Sarna. Ambassador of Sri Lanka, Ambassador of Myanmar, and Representatives from Embassy of Belgium, Embassy of Singapore and Jay Jalisi, Maryland State Delegate

Ambassador Navtej Sarna addressed the gathering. Welcoming the participants, Ambassador Sarna noted that the practice of Yoga is totally devoid of any political or communal motives and is dedicated to well-being of the humanity at large, as it leads to a state of mental and physical equilibrium.

The participants also included officials and representatives from the State Department, DC Govt, Smithsonian Institutions, World Bank, academic institutions, Think Tanks,



Ambassador Navtej Sarna joined in yogic exercises

representatives of various Embassies, local representatives of Indian news media and other key local organizations.

Many leaders from the United States issued proclamations and felicitation messages to support and commemorate the Third International Day of Yoga and spread awareness about Yoga. These included Governor of Maryland, Governor of Virginia, Senator Mark Warner, Senator Chris Van Hollen and Mayor of Washington DC.

Indian Embassy presented this event in collaboration with 'Friends of Yoga', a group of organizations which support and promote Yoga and community organizations to celebrate the Third International Day of Yoga. The event featured a musical montage of photos of

the two previous Yoga Day events followed by guided Yoga session based on 'Common Yoga Protocol' video created by Government of India. The Yoga session concluded with Sanskrit Shalokas and Shantipath, the text for which was displayed on the Jumbo LED screen.

Following Government of India's initiatives and plans for celebration of International Day of Yoga, Embassy has been organizing various yoga related curtain-raiser events to welcome and promote the International Day of Yoga. The Embassy is collaborating with Yoga organizations in the region to present events at the Capitol Hill, World Bank, Sri Siva Vishnu Temple, Heartfulness Institute, John Hopkins University in Washington DC and other places.

# Jayapal Sues President Trump for Violating the Constitution

Currently, President Trump has conflicts of interest in at least twenty-five countries

WASHINGTON (TIP): Indian American Congresswoman Pramila Jayapal has joined more than two-hundred of her colleagues in Congress including 2 Indian American lawmakers - Sen. Kamala Harris, and Rep. Ro Khanna, - in filing a lawsuit against President Trump for violating the Emoluments Clause of the U.S. Constitution. The lawsuit would give Congress the authority to vote on, and approve, any foreign emoluments on a case-by-case basis.

"When a president acts as though he is above the law, our democracy is deeply shaken and our country slides toward autocracy," said Rep. Jayapal. "Since the day he took office, President Trump has repeatedly violated the Constitution's Emoluments Clause by profiting from foreign governments without the consent of Congress. This pattern of behavior, like so much from this administration, is shocking and disturbing. Stymied from playing our constitutional oversight role by Republicans, we must seek accountability in the courts.

"The Constitution is clear," Jayapal continued. "It was written to prevent abuses of power, and I am confident that justice will prevail over the president's flagrant lawbreaking."

Rep. Tulsi Gabbard also joined them in the lawsuit. "If President Trump does the right thing by seeking and receiving



Members of Congress have sued Trump for Violation of Foreign Emoluments Clause

appropriate congressional approval, stops accepting financial benefits from foreign government officials, and divests himself from his properties, I will withdraw my support from this lawsuit. The people of this country deserve transparency and confidence that the President is acting on their behalf," said Tulsi Gabbard.

Background:

The Emoluments Clause of the Constitution states that "no Person holding any Office of Profit or Trust under [the United States], shall, without the Consent of the Congress, accept any present, Emolument, Office, or Title, of any kind whatever, from any King, Prince, or foreign State."

President Trump's businesses have benefitted from investments made by

foreign governments in Trump properties.

In January 2017, a lobbying firm working for Saudi Arabia spent \$270,000 on rooms and other expenses at President Trump's Washington hotel after Inauguration Day. Last month, Trump made Saudi Arabia the first country he visited as president and completely ignored their human rights violations.

Since Trump became president, the Chinese government swiftly granted preliminary approval of 38 new trademarks worth millions to Trump and one of his companies. President Trump has gone soft compared to previous rhetoric about China and reversed course on a campaign promise to label China a "currency manipulator."

Currently, President Trump has conflicts of interest in at least twenty-five countries.

The Constitution requires the President to seek and obtain the consent of Congress before he accepts any foreign emoluments. By failing to go to Congress and seek its consent as the Constitution requires, Members of Congress are denied the opportunity to cast a binding vote that either gives or withholds their consent to his acceptance of these emoluments. The denial of that voting opportunity injures them within the meaning of Article III of the Constitution.



# Uniting the World through Yoga: Third International Day of Yoga celebrated at the UN and the Indian Consulate

CONTD FROM PAGE 1

life, we feel that yoga has much to contribute," Das said on the occasion.



*Surya Namaskar at the yoga day celebrations at the Indian Consulate. Consul General Riva Ganguly Das joined the yoga exercises*

The Consulate had planned a flagship event for the day at the city's historic and popular Battery Park where hundreds of people were expected to participate in the Yoga Day celebrations.

However, due to inclement weather, the event had to be relocated at the Consulate premises.



*Doing an asana*

A large number of people attended the yoga sessions at the Consulate and performed the 'Surya Namaskar', 'Pranayam', AOL sessions and other yoga exercises.



*Yet another asana*

Das said resonance for the Yoga Day has grown in three years since the day was first marked in 2015.

"With the focus on one particular day, it helps promote the message," she said, adding that lot of people who normally would not have done yoga are also getting interested and participating in the Yoga Day events.

"People realize the benefits of yoga, and India's name is intrinsically associated with the day," she said.

Das also attended yoga celebrations at various other locations in New York. She attended one on June 10 at the Queens Museum. On June 21, she attended a yoga session at the Times Square where thousands of people descended on one of the most iconic American destinations and practiced yoga.

In commemoration of the day, the UN headquarters were lit up for the second year in a row with images of yoga postures.



*Yoga day celebrations at Times Square, New York City*

The Permanent Mission of India to the UN organized on June 20 a 'Yoga Session with Yoga Masters' at the world body's headquarters led by Swami Chidanand Saraswati and Sadhvi Bhagawati Saraswati of Parmarth Niketan Ashram, India and Swami Sivadasananda of Sivananda Yoga Retreat, Austria.

Chef de Cabinet of the UN Secretary general Maria Luiza Ribeiro and President of the General Assembly Ambassador Peter Thomson were special guests on the occasion.

The mission organized 'Conversation on Yoga for Health' at the UN on Wednesday, June 21, in association with the Department of Public Information and World Health Organization. Speakers at the event included Bollywood actor Anupam Kher, World Health Organization Executive Director Nata Menabde, Swami Chidanand Saraswati and Sadhvi Bhagawati Saraswati, former NFL athlete turned yogi Keith Mitchell, Bluechip Marketing Worldwide CEO Stanton Kawer and Swami Sivadasananda.

**International Day of Yoga at the United Nations. Diplomats and UN Secretary General joined Ambassador Syed Akbaruddin at the celebrations attended by more than a thousand yoga enthusiasts.**





# PUNJAB ASSEMBLY CHAOS: AAP MLAs THROWN OUT, TURBANS TOSSED

**CHANDIGARH (TIP):** Unprecedented scenes were witnessed in the Punjab Assembly on June 22 (Thursday) with the turban of an Aam Aadmi Party (AAP) legislator allegedly tossed and two other legislators taken to hospital with injuries.

While the AAP and Shiromani Akali Dal accused Speaker Rana KP Singh of letting loose marshalls on protesting AAP lawmakers, Chief Minister Amarinder Singh lashed out at leaders of both parties for unruly behavior inside the house and accused them of trying to obstruct the work of the assembly.

Two AAP legislators, including a woman, Sarabjit Kaur Manuka and Manjit Singh, had to be taken out of the assembly building on a stretcher and rushed to a hospital. While Manuka fell unconscious after being hit in the head during the scuffle with the marshalls, Manjit Singh was injured.

Tension prevailed inside and outside the house following the incident.

Akali Dal president Sukhbir Singh Badal called Speaker Rana KP Singh a "goonda".

"Rana KP would now be known as Goonda KP in the annals of Sikh history due to his 'Anadarshahi' hukam (order) to suppress Sikh MLAs by tossing their turbans, besides misbehavior with Sikh women members of the assembly. He let loose his bouncers on the legislators," Badal told the media.

Pandemonium prevailed inside the assembly after AAP legislator Pirmal Singh Dhaura alleged that his turban was taken off as marshalls pushed his party legislators out of the house.

Dhaura came out of the house with his turban in his hand and his hair hanging loose. He alleged that his turban came off during manhandling by the marshalls after the Speaker ordered the removal of AAP lawmakers from the house.

Dhaura said he was an 'Amritdhari'



AAP MLAs protesting forceful removal from Punjab assembly at Punjab Vidhan Sabha in Chandigarh on Thursday. Pic courtesy: HT

(baptised) Sikh and his turban had been removed by the assembly security personnel.

## DHAULA URGED AKAL TAKHT

"I will urge the Akal Takht to take cognizance of this incident and initiate action against those responsible for this," Dhaura told the media.

The Speaker had ordered the AAP lawmakers' removal after they protested his order, banning the entry of two legislators -- Sukhpal Singh Khaira of AAP and Simarjeet Singh Bains of AAP ally Lok Insaaf Party.

Both legislators were suspended from the house last week.

"This is the worst situation for democracy. We have not witnessed such manhandling. The Congress government is to blame for it," Dhaura said after coming out of the house.

AAP legislators shouted slogans inside and outside the assembly building against the Speaker and the Congress government.

Some legislators tried to enter the house again but the marshalls and

security personnel stopped them.

Akali Dal legislators also supported the AAP lawmakers.

The house was adjourned by the Speaker for some time.

Earlier, both Khaira and Bains were stopped by the security personnel from entering the building on Thursday morning.

Both were suspended for the remainder of the budget session last week but they continued their sit-in protest inside the assembly complex.

A visibly upset Amarinder Singh, who has repeatedly made his anguish clear on the opposition's behavior, said action should be taken against all MLAs who have been breaking the rules of the assembly and throwing papers at the Speaker, besides creating unnecessary ruckus over non-issues.

Asked if the AAP and SAD were conspiring together to disrupt the proceedings of the house, Amarinder said: "It definitely appeared to be so, given their conduct over the past few days, in fact ever since the budget session commenced." *Source: HT*

# Retired HC judge Karnan arrested from TN resort

**KOLKATA (TIP):**

Absconding former Calcutta High Court judge CS Karnan was on Tuesday night arrested by the West Bengal CID from Coimbatore in Tamil Nadu, more than a month after the Supreme Court sentenced him to six months imprisonment for contempt of court.

"We arrested former high court judge Karnan at around 6.45 pm from a private resort at Malumichampatti in Coimbatore," a senior officer of the CID told PTI in Kolkata.



Karnan (62), who retired from service on June 12, had been "hiding" in the resort for the last few days and tried to resist the team of CID officers from West Bengal when it went there to arrest him.

"He (Karnan) resisted our officers and there was an argument also. Despite that, we arrested him," he said, adding that the former judge will be produced in a court in Chennai tomorrow before being taken to Kolkata.

Three police teams from Kolkata were camping in Coimbatore, around 550 km from Chennai, for the past three days and traced Karnan on the basis of his mobile phone calls.

The police in Tamil Nadu gave the technical support to trace his whereabouts, officials in Coimbatore said. The apex court had sentenced Karnan to six months jail for contempt of court on May 9, when he was a serving judge of the Calcutta High Court. Karnan, evading arrest since May 9, became the first high court judge to have retired as a fugitive. A customary farewell by the high court administration to the retiring judge could not be held in the Calcutta High Court as Karnan was not present.

"A farewell given by the administration is held, which is attended by judges and senior lawyers and speeches are made as per the custom. This was not held as he was not present," Calcutta High Court Registrar General Sugato Majumdar had said.

A seven-judge Bench of the Supreme Court, headed by Chief Justice of India J S Khehar, had asked the West Bengal director general of police to take Karnan, who has been on a warpath with the Supreme Court for the last several months, into custody. He has the dubious distinction of being the first sitting high court judge to be awarded a jail term by the apex court. *Source: PTI*

# By 2030, world will have 8.6 billion people, 1.5 billion of them in India

**NEW DELHI (TIP):** The world's population will rise to 11.2 billion by 2100 from the current 7.6 billion, latest projections put out by the UN population division suggest. A billion have been added since 2005, and another billion are likely to be added by 2030 according to this forecast.

India's population, currently estimated at 1.34 billion, is projected to rise to 1.51 billion by 2030 and further to 1.66 billion by 2050 before declining to 1.52 billion by century end.

Although China is currently the world's most populous country with 1.41 billion, in 2024 both countries will have about 1.44 billion each. After that, India's population will continue to grow while the Chinese population will remain stable till the 2030s and then decline.

According to the projections, nine countries led by India, Nigeria, Democratic Republic of the Congo, Pakistan, Ethiopia, Tanzania, the United States, Uganda and Indonesia will account for more than half the growth in global population between now and 2050.



In the process, Nigeria will overtake the US as the third-most-populous country in 2047. That's remarkable considering Nigeria's current population is estimated at 191 million to 324 million of the US. Thirty years on, the numbers are projected at 387 million and 385 million respectively.

Predicting population growth is a difficult

art and the UN's mandarins constantly have to juggle factors like fertility rates (how many children being born to women) in different regions, mortality or death rates, and the newly added "population momentum", which happens because a more youthful population will promote faster population growth. This momentum factor has been added for the first

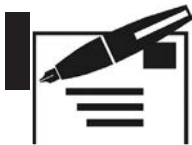
time this year after previous years' projections by the same agency were seen to come up short.

While fertility rates are dipping globally, some regions like Africa see a much lower decline from 5.1 to 4.7 while in Asia it has fallen from 2.4 to 2.2. Europe has seen an increase in fertility from 1.4 births per woman in 2000-2005 to 1.6 in 2010-2015.

However this is still below the "replacement level" of fertility that is taken as 2.1 births per woman. The replacement rate is the birth rate at which a population exactly replaces itself in one generation without any migration.

The crucial importance of fertility rates in estimating future populations is illustrated in the latest report. If fertility rate was just half a child more than what is assumed for every country, global population will reach 10.8 billion in 2050 instead of the projected 9.77 billion and 16.5 billion in 2100 instead of 11.18 billion. Conversely, just half a child less than assumed now would mean world population would be just 7.3 billion in 2100. *Source: TOI*





## GUEST COMMENT

## The PM's meeting with Trump gives India a chance to study its options in a changed world

Three years after his first visit to meet U.S. President Barack Obama, Prime Minister Narendra Modi will travel to Washington for his first meeting with the new President, Donald Trump, on June 26. His visit in 2014 was made easier by a strong Indo-U.S. relationship built steadily over the previous two decades, and grounded in Mr. Obama's personal commitment to enhancing strategic ties. It also benefited from Mr. Modi's willingness to let bygones be bygones, over the earlier denial to him of a visa to the U.S., in order to build a new relationship, and his show of diaspora strength in the U.S. Mr. Modi now goes to Washington as a seasoned interlocutor, not the 'new kid on the world leadership block' he was in previous visits. But the situation in 2017 is different. In the five months since his inauguration, Mr. Trump has made it clear that no international relationship can be taken for granted, and it will be difficult to predict which American foreign policy principles will be adhered to in the new administration, and which will be dropped without ceremony. On the partnership with India, few will be willing to hazard a guess on what Mr. Trump has in mind. As President he has spoken to Mr. Modi twice, and sent his National Security Adviser to the region. But he has also criticized India on a tough tariff regime, on immigration and professional visas, and while withdrawing from the Paris climate accord, accused India of taking "billions and billions" of U.S. aid to fund its commitments. India has not been the biggest priority on Mr. Trump's list of meetings with world leaders; the focus has been on America's closest alliances in Europe and Japan, and problem areas such as China and Turkey.

Given the changed circumstances, officials in both India and the U.S. have reportedly set aside any formal agenda for the meeting on Monday, placing the emphasis on how the one-on-one meeting between the two leaders goes. Both sides have also, appropriately, toned down expectations of any big announcements. There are indications of likely agreements to be announced on counter-terror cooperation, maritime traffic facilitation and trade. However, it would be wise to put off more substantive decisions, on military cooperation, large defense purchases, Afghanistan and fighting regional terror, and the long-pending operationalization of the nuclear deal to the next bilateral meeting, and focus instead on firming up the ground rules of engagement. That will allow Mr. Modi to get a true sense of what Mr. Trump's commitment to the relationship is, while India studies its options on how to chart its course amid the new uncertainty in world politics. That he is getting a sense of the changed U.S. administration may be clear from the decision not to hold any large gatherings of the Indian-American community this time, presumably in deference to the prevailing sentiment in Washington over immigration. *(The Hindu)*

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## AS I SEE IT

# Tete-a-tete with Trump: Modi's upcoming US visit will make clear India's place on priority list



By KC Singh

Public attention this week rivets on the offices of the Presidents of the US and India - the most powerful and the most populous democracies, respectively. The oath of office of both shares a phrase: "will to the best of my ability, preserve, protect and defend the Constitution...." Despite the Indian President's role modelled on the British sovereign, the borrowing from the US is deliberate, something the Prime Minister's oath lacks.

The next President of India's election assumes importance as not since Rajiv Gandhi's prime ministership ended in 1989, has India had a single-party government under an assertive leader ideologically attuned to the RSS. In the last three years, the positioning of individuals with a similar ideological slant in educational, cultural and even scientific institutions indicates a concerted attempt to foist on India a Hindutva model. Who becomes the next President is thus of more than academic interest. It can hasten or check the trajectory towards majoritarianism.

Having finessed the Indian presidential election, PM Modi heads to the US on June 25-26 to handle the mercurial US President. It is not a simple resumption of bilateral engagement from where Trump's two previous predecessors left it. The new President has signaled retreat from the Asia-Pacific, cavalierly withdrawing from the US initiative for linking 10 select economies via the Trans-Pacific Partnership. His flip-flops on the relevance of NATO, blatant interference in the domestic politics of European allies by his snide remarks about their refugee policy or lauding Britain's Brexit vote, and finally, his rejection of the Paris climate accord are part of his erratic policy making.

Trump has careened around the world, leaving in his wake controversy, or even turbulence. The first development of concern to India flows from his Riyadh visit on May 25-26 for a summit with principal "Sunni" Arab nations. Saudis marketed it as an alliance to counter Iran and the ISIS. Pakistan PM Nawaz Sharif attended the summit. While Trump had been debunking the P5+1 nuclear deal with Iran incessantly during his campaign, in Riyadh, he clearly aligned with the Sunni Arabs against it.

On June 5, a fortnight after the Riyadh summit, Saudi Arabia and the UAE led Bahrain, Egypt and Yemen to sever relations with Qatar, alleging terror abetment. Trump instantly lauded action against "funding of radical ideology". A MSNBC report claimed that Trump was unaware at that stage that Qatar hosts the largest US air base in the region at Al-Udeid with 11,000 servicemen and 100

**“What India is seeking needs to be prioritised taking into account Trump's predilections. Issues flowing from his electoral promises are least negotiable. For instance, the H-1 B visas are best left alone except to explain how their tweaking can benefit both nations. Perhaps a promise can be extracted for examination by experts”, says the author.**



Prime Minister Narendra Modi is expected to present a wish list to President Trump when he meets the latter in Washington on June 26

aircraft. The region split along Shia-Sunni and Arab-non Arab lines as Iran and Sunni Turkey aligned with Qatar. The result is an uneasy stalemate, but US back-pedaled, sending ships for a joint exercise with the Qatari navy and signing a \$12 billion arms sale. Saudi King Salman has now replaced the Crown Prince by his own son. This follows the overturning of the earlier succession plan ordained by the late King Abdullah. The widened fissures in the Saudi ruling family augur ill for the region.

The second development is President Trump delegating power to his generals to decide on additional troops for Afghanistan. Currently, 6,700 US troops are training and advising, besides 2,100 are engaged in counter-terror operations. NATO has 6,500 troops for training. The US may now induct another 3,000-5,000 troops. Critics argue that US Presidents must not leave such decisions to generals, but Trump probably chose that methodology as troop enhancement counters his election rhetoric. The more substantive critique is that induction cannot precede clarity about Trump's Afghan strategy.

Modi sets forth for the US against this unsettled regional background, besides tension with China and Pakistan. Modi's visit, the media is told, is to establish an equation with Trump. While this is standard desire at summits, but Trump is a transactional being, constantly bargain-hunting. The Chinese managed to neutralize his venom by interposing his family between them and flinging diverse investment offers. Trump veers away from the big strategic picture whenever distracted by the "deal". The question then is: what does Modi have in his bag to offer?

What India is seeking needs to be prioritised taking into account Trump's predilections. Issues flowing from his electoral promises are least negotiable. For instance, the H-1 B visas are best left alone except to explain how their tweaking can benefit both nations. Perhaps a promise can be extracted for examination by experts.

Trade imbalance is not as severe as the

Sino-US one, but Trump will seek more access to Indian market, particularly the financial and insurance sectors, as indeed concessions on intellectual property. Modi's "Make in India" and Trump's "America First" are on the surface paradoxical. The government must have done homework on how to bridge that divide. Linked is the transfer of technology issue, on which two decades of Indian diplomacy was expended to deconstruct US' technology denial regime created after India's 1974 nuclear test. The Tata group has reportedly signed a co-production agreement for F-16 aircraft in India. India will have to ascertain whether Trump is even willing to let older generation military hardware be manufactured abroad in exchange for market access.

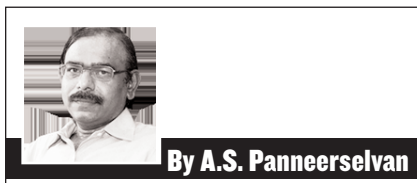
Trump can also be expected to pay less heed to India seeking NSG membership or reform of the UN Security Council. He may, on the contrary, ask Modi how India can share the security burden of the US. India may be required to clarify its stand on Iran as indeed, in turn, the US must adumbrate its Afghanistan policy. Significantly, the US has dropped the phrase Af-Pak, signifying the de-hyphenation of India from the issue, employing now "South Asia policy". The danger is, as sounded by the US PR to UN, Nikki Haley, that Trump may argue that Kashmir issue settlement is a condition precedent to an Afghan-Pakistan settlement.

Thus, Modi's US visit, followed by another trek through a distracted Europe, on the vacuous pretext of lobbying for NSG membership, and eventually the G-20 meeting, where host Germany is preparing to confront Trump with free trade rhetoric, are testing times for Indian diplomacy. That this time there is no Madison Square Garden-level hoopla shows the reality of the xenophobic and anti-globalization US catching up with Modi, the strutting showman. Modi may find the US President less easy to ensnare than Indian presidency.

*(The author is a former Secretary, Ministry of External Affairs, Government of India)*



# Sting journalism is not investigative journalism



By A.S. Panneerselvan

“Sting journalism is a lazy substitute to meticulous reporting. It may create a buzz but can never examine anything in depth”, says the author.

In this age of digital storage of information, one is not sure whether it is the power of the search engines or their own stupendous memory that helps readers to remember and recollect information and pose questions. Whatever be the case, the fact remains that the printed word, which has now entered cyberspace, seems to have acquired a much-longer shelf life since Johannes Gutenberg's invention of the printing press.

Some of the readers wanted to know whether the latest sting involving AIADMK MLAs taking money for switching factional affiliations has changed my opinion on sting journalism. They wanted to know whether, as a Readers' Editor, I would recommend undercover journalism and deployment of spy cameras for The Hindu. They cited two of my earlier columns - "The dilemmas of sting journalism" (December 16, 2013) and "Means and ends matter" (September 22, 2014) - in which I had strongly repudiated the idea of 'sting'.

My reservation against sting journalism goes back to the days when Tehelka ventured into 'Operation West End' that looked at murky deals in defense procurement. I am convinced that sting journalism is a lazy substitute to meticulous investigative reporting. It is true that some of the defense deals are murky. However, the investigations that have had some sort of national resonance are the ones that have deployed conventional investigative modes. For instance, the Bofors investigation by this newspaper was a long-haul exercise that involved meticulous documentation, first-hand interviews and, in the words of Columbia Journalism School, "evidence of a qualitatively new, unimpeachable kind".

The ubiquitous 24x7 news channels do not understand the rigors of serious investigative journalism. The moment they access a sheet of paper coming from officials, they think they have unearthed a scam, and their decibel levels reach a crescendo, only to be lost following the



discovery of another sheet of paper, to proclaim another exclusive expose. In 2008, Aidan White wrote an excellent handbook, To Tell You the Truth, in which he laid down the ground rules for journalism to remain a trustworthy endeavor. "Fierce competition and a lack of regulation have created a dangerously competitive environment in which ethical and professional standards have been sidelined. In broadcasting, for instance, where 40 television news channels compete for viewers in one of the world's most crowded media markets, 'sting journalism' - some might call it voyeurism and entrapment - has come to dominate the news mix," he wrote about Indian television channels. Now, with numbers of channels going up, the downward spiral in standards seems to be touching a new low.

## In public interest?

One of the defenses advanced by sting journalists is that the subterfuge is in public interest; hence, it should be accepted as a normal journalistic practice to bring out the

truth. I can cite at least ten outstanding investigative reports for each decade since Emergency. For instance, in the mid-1980s, Praful Bidwai explained the huge gap between the claims and reality in the functioning of the Indian nuclear establishment. Unlike the garrulous AIADMK MLAs, the Indian nuclear establishment is known for maintaining its secrecy - remember how the West was hoodwinked about Pokhran-1 in 1974? - and has a powerful legal cover in the form of the Atomic Energy Act, 1962.

The Department of Atomic Energy (DAE) had made a claim that nuclear energy had become a major source of energy. Bidwai collected data on the quantum of power purchased from the DAE by various State electricity boards and established that the DAE's figures were highly overstated. Sucheta Dalal's investigative stories - which broke the securities scam in 1992, India's biggest financial scandal until then - still remain a touchstone on how to look at data from the financial institutions.

The Saturday special of this newspaper, Ground Zero, is a contemporary version of ethical investigation that is rigorous, fact-checked, and in public interest. The stories are not based on hit-and-run, off-the-cuff, surreptitious recordings of a gullible single source, but involve painstaking suturing together of facts culled from multiple sources that make up our interlocking public.

Is it possible to do a sting to replicate Tony Joseph's "How genetics is settling the Aryan migration debate" (June 17, 2017)? Lord Leveson's voluminous report refers to sting journalism as "journalistic dark arts". Sting journalism may create a buzz, but its logic is never to examine anything in depth but to just skim the surface till it finds a new villain of the day.

(Source: The Hindu)

# CALL IT 'JIMNASTIK DAY'



By Bhartendu Sood

I have no misgiving if our entire country assembles to perform exercises with leaders of saffron outfits, leading them from the front, with the hidden aim of pleasing our PM, but my rant is for calling it 'Yoga Day'.

No doubt, these exercises, aimed at toning up the body and muscles, constitute one of the eight-fold stages of ashtanga yoga called asana, as enunciated by sage Patanjali, but it can't be called yoga unless one follows the other seven stages in a certain order. When performed without embracing the other equally important dictates of ashtanga yoga, these are mere physical exercises, as one performs in a gym, and these yoga gurus are, at best, physical instructors. These asanas can improve your looks and improve your internal systems, but it will be a fallacy to think that asanas can turn you into a better human - what real yoga aims at.

The eight stages of ashtanga yoga are yam, niyam, asana, pranayama, prathihara, dhyana, dharana and samadhi. The five yamas are: non-violence, truthfulness, non-stealing, celibacy and non-covetousness. The five niyamas are: cleanliness, contentment, austerity, self-study and surrender to God. Yam and niyam advise self-restraint. Asana is the third stage. Patanjali expected a yogi to embrace yam and niyam before coming to asana. In other words, asana is only an exercise and not yoga if it is not preceded by yam and niyam. These are the codes for moral, physical, spiritual uplift (macrocosm and microcosm development). Thus, yoga involves conditioning and cultivation of both mind and body. The first five stages are concerned with the body and the brain and the last three with reconditioning the mind. They help the yogi attain enlightenment or the full realization of oneness with God.



Enlightenment or samadhi is synonymous with spirituality while a flat tummy or toned muscles can be obtained by many methods, not necessarily having any bearing on the character, conduct or thinking of a human. The Gita also speaks of yoga as a state of equanimity, a detached outlook, serenity of mind, skill in action and the ability to stay attuned to the glory of the self (atman) and the Supreme Being (Bhagvan).

The irony is that our so-called yoga gurus are well aware of it. They don't need a lesson from me, but they continue with the business of fooling the masses. We have read about the

appointment of yoga gurus in schools to appease the saffron brigade. All I can say is that we don't need them when we already have physical instructors who are well equipped to perform these exercises.

We are fast reaching a stage when in our government schools, where incidentally 'the children of a lesser God' study, there will be a huge pile of yoga and Sanskrit teachers, but hardly any English or maths teacher, as one can see in Haryana. I shall be happy if my piece puts things in a perspective and the name is changed from 'Yoga Day' to 'jimmastik day'.



# Padma Vibhushan Pandit Jasraj inaugurates AAPI's 35th annual convention in Atlantic City

CONTD FROM PAGE 4



AAPI leaders with Pandit Jasraj, lighting the lamp at the inaugural ceremony

Several non medical topics were also offered to educated physicians and others. Dr. Benjamin Dyches offered insights into "Keys to Locking Out Lawsuits and Lowering Taxes." Sam Takkar of Perfect Tax explained to the audience why Warren Buffet, Mitt Romney, and Donald Trump don't pay more than 15% tax. For those who want to invest in India, Kotak Mahindra Bank offered insights into "How India has emerged as the favorite investment destination."

The night ended with a fabulous performance by Standup Comedian Shailesh Lodha. The AAPI has got talent event was a super hit with the event bringing out the hidden talents from AAPI delegates from across the nation.

Earlier, on June 21, AAPI's 35th annual Convention began with a record attendance of delegates and guests. Welcoming the gathered CEOs at the CEOs Forum attended by a distinguished panel of experts from around the world. AAPI President Ajay Lodha said: "Delivery and access of healthcare in the United States and around the world is rapidly changing, leading to many describing the healthcare environment as



AAPI leaders at the podium on the inaugural nite

dynamic, complex, and highly uncertain". Dr. Lodha reminded the panelists of how healthcare impacts everyone and economics play a crucial role. Engaging leaders of healthcare, business, academia and community is an essential component for any debate, discussion or development of a robust healthcare system.

"With the changing trends and statistics in healthcare, we are refocusing our mission and vision and AAPI would like to make a positive meaningful impact on the healthcare delivery system. What we discuss today on 'Healthcare Beyond 2020' and recommend will be presented to the US lawmakers on behalf AAPI, who represent almost 100,000 physicians of Indian origin."

Anwar Feroz, Honorary Advisor of AAPI, moderated the CEOs Forum, consisting of a very diverse group of leaders representing a broad segment of society, said, said, the Forum was being organized with a view to create an opportunity to discuss and gain key insights and perspectives and the recommendations that were suggested by the distinguished panel will be presented in the form of a white paper to the Department of Health and Human Services and the Lawmakers in Washington, DC as they are in the midst of drafting a Healthcare Bill, replacing Obama Care.

The CEO Forum focused on the changing trends in the healthcare sector and how they impact the providers, hospitals, pharmaceutical, medical devices, technology and corporations as



AAPI QLI host committee being honored at the convention

well as the patients. The Forum offered insights into managing efficiently the growing costs in the delivery of healthcare services.

Panelists who provided their insightful thoughts on the issues included, Sangita Reddy, Joint Managing Director Apollo Hospital Group; Dr. Arthur Klein, President & CEO Mt.Sinai Health Network; William W. Pinsky, MD, President and CEO, Educational Commission for Foreign Medical Graduates (ECFMG); Dr. Humayun Chaudhry, President and CEO, Federation of State Medical Boards; Chintu Patel, Founder, Chairman and CEO, Amneal Pharmaceuticals; Robert Levine, Executive Vice President & COO, Flushing Hospital NY; Suresh Venkatachari, Chairman and CEO at 8K Miles Software Services Inc.; Amit "Al" Limaye Logistic Solutions, Inc (LSI); Dr. Sudhir Parikh, Padma Shri Awardee, Philanthropist, CEO Parikh Worldwide Media; Dr. Amit Powar; Chief Executive Officer of Reading Health Physician Network (RHPN); Saleem Iqbal, CEO, President and Director Habib-American Bank; Neal Simon, President American University of Antigua; Manjul Bhargava, R. Brandon Fradd Professor of Mathematics at Princeton University; Dr. Madhu Aggarwal, Chair, BOT of AAPI; and Dr. Ajay Lodha, President of AAPI.

The round table discussion focused on two areas: innovation in healthcare and healthcare policy. Speakers shared their views with passion on innovation, emerging medical technology, new



Pt. Jasraj performing at the inaugural nite gala during AAPI's 35th annual convention

drug delivery pathways, newer medications, and medical equipment. "Technology is changing the way healthcare is delivered," Sangita Reddy said. "However, it's the mindset of the people that shapes the system. Technology is a tool in the hands of the physicians empowering them to provide the best care for patients."

Suresh Venkatachari of India Abroad said, "Technology is a game changer. The Cloud innovation has a tremendous impact on how healthcare is delivered." While acknowledging that technology is not a substitute for human power, he added, "Technology helps make human lives better." The importance of telemedicine was another major topic discussed during the



A section of the audience at the gala

Forum. Neal Simon referred to numerous rural areas across the United States that could benefit from telemedicine. "Use technology wisely for new discovery," he said.

Another area of discussion was on AAPI's views on healthcare policy even as the new administration is determined to abolish "Obama Care." As leaders in healthcare delivery system, the panelists were asked to offer their perspectives that a robust health plan must have to enable business to deliver quality and affordable health plan. Panelists shared their views on individual ownership and responsibility for wellness and prevention vs. entitlement and Government role in healthcare. Other recommendations that came out of the panel included the need for portability of insurance across state lines and of the need to increase the number of medical schools and Residency slots that will meet the growing needs of millions of patients around the world.

Later on, at the inaugural gala attended by nearly 1,000 participants from around the nation, Dr. Ajay Lodha while welcoming delegates to the 35th annual convention praised the hard work and efforts of AAPI host chapter, AAPI QLI and members from several other chapters. Describing AAPI as his extended family, Dr. Lodha called AAPI QLI as his own family, and thanked them for their dedication and leadership in hosting the



AAPI Regional Director are being honored with plaques during the 54th convention in New Jersey

convention.

Elaborating on the efforts and preparations that have been devoted to put together this unique event, Raj Bhayani, MD, 2017 Convention Chair, said. "We have been working hard to put together an attractive program for our annual get together, educational activity and family enjoyment. I and the Co-Chairs are fortunate to have a dedicated team of convention committee members from the Tri-State region helping us. We are happy to have a record turnout and active participation of all delegates at the convention."

"We have come a long way since the inauguration of the first ever gala of the AAPI QLI Chapter, with a few dozen physicians joining in to give shape to this noble initiative by Association of Physicians of Indian Origin in the state of New York," Dr. Rakesh Dua said. Today, I am so proud to welcome you all, on behalf of the hundreds of physicians and fellows of Indian origin, representing AAPI QLI, the largest Chapter of AAPI with nearly 800 members. AAPI's AAPI QLI Chapter has been actively engaged in harnessing the power of Indian Diaspora."

Saleem Iqbal, CEO, President and Director Habib-American Bank, presented a detailed description of similarities between AAPI and his Bank and invited the AAPI delegates to utilize the financial services offered by Habib Bank. Dr. Richard A. Shlofmitz, Chairman, Department of cardiology at St. Francis Hospital, Roselyn, NY gave an insightful talk on Precision PCI. The evening concluded with a delicious dinner and a mesmerizing



CEO Forum discussing Healthcare Beyond 2020 during the inaugural day of AAPI's 35th annual convention

classical rendition by Pandit Jasraj and was followed by a musical nite by Kailash Kher that went beyond midnight.

The 35th annual American Association of Physicians of Indian Origin (AAPI) Convention 2017 is being held at brand new state of the art Convention Centre, the prestigious Harrah's Resort in Atlantic City, New Jersey from June 21 - 25, 2017. Many of the physicians who are attending this convention have excelled in different specialties and subspecialties and occupy high positions as faculty members of medical schools, heads of departments, and executives of hospital staff. The AAPI Convention offers an opportunity to meet directly with physicians who are leaders in their fields and play an integral part in the decision-making process regarding new products and services. "Physicians and healthcare professionals from across the country and internationally are participating in the scholarly exchange of medical advances, to develop health policy agendas, and to encourage legislative priorities in the coming year. We are so excited to have a record turn out in Atlantic City, New Jersey," said Dr. Lodha .

For more information on AAPI and the 34th convention, please visit: [www.aapiconvention.org](http://www.aapiconvention.org)



Fashion Show organized by Dr. Hetal Gor



# EID AL-FITR

Muslims across the world will be hosting dozens of celebrations for Eid, including prayers, feasts and parades.

The date Eid falls this year depends on when Ramadan starts. The Islamic Crescent Observation Project (Icop) has said that astronomically Eid Al Fitr of Hijri year 1438 will be on Sunday, June 25 in most Muslim countries, considering that sighting of the moon is a precondition for the beginning of the month of Shawwal.

## What is Eid Al Fitr

Eid Al Fitr and Eid Al Adha are the two major festivals in Islam. Eid Al Fitr, or the 'festival of breaking fast', marks the end of the holy month of Ramadan and the beginning of Shawaal, the 10th month of the Islamic lunar calendar. The festival is celebrated by the 1.6 billion Muslims across the globe. The date for Eid Al Fitr is based on the lunar calendar.

## What does Eid Mubarak mean?

Eid translates into English as "celebration" and Mubarak literally means "blessed".

Eid Mubarak can therefore be taken to mean "blessed Eid" or "blessed celebration".

Muslims greet each other with the phrase twice every year. The greeting is used during Eid al-Fitr after Ramadan and during the holy festival of Eid al-Adha.

Arabic speakers might also add "Kul'am wantum bikhair", which means "Wishing you well every year" in English.

## When does Eid al-Fitr begin?

It begins with the first sighting of the new moon, so most of the time Muslims have to wait until the night before Eid to verify its date. The starting day varies every year and from country to country depending on geographical location.

## How do people celebrate?

Eid traditionally start with prayers followed by a short sermon. In some countries the prayers take place outside, while others are hosted in mosques or large halls. After the prayers, Muslims wish those around them a happy Eid. People then visit relatives, friends and sometimes graveyards to pray for their dead.

Many people wear traditional clothes, give gifts or money to children, and donate to charity. In some countries, the holiday is known as Sweet Eid for its variety of sweets.

## How do people dress for Eid?

An important marker of Eid is the clothes. Some would wear clothes from their culture, while others would pick out something new to wear.

This year, social media users were already fretting over Eid clothes mid-way through Ramadan. A few Muslim-owned businesses started trading free Eid outfits for retweets.

What are the common Eid greetings?

The most popular greeting is Eid mubarak (Blessed Eid) or Eid sa'id (Happy Eid). Eid greeting also vary depending on the country and language. For instance, in Indonesia Eid is called Lebaran, so Indonesians would say, "Selamat Lebaran" which means Happy Eid. Other variations of Happy Eid are "Mutlu Bayramlar" in Turkish and "Barka da Sallah" in Hausa, a Nigerian language.

## How is it observed?

During the holy month of Ramadan, Muslims fast for 29 to 30 days from dawn to dusk. It is a month of worship and spiritual cleansing for Muslims. They not only refrain from eating and drinking but also stay away from any misdemeanour, sexual relations, bad language and sinful acts. Extensive acts of charity are performed during the month.

After a month of spiritual training and successful completion of Ramadan, Eid Al Fitr is a day of celebration for Muslims. It is celebrated as a day of reward and victory for



all those having devoted themselves to good deeds and worships during Ramadan.

## Unique Eid Al Fitr celebrations

### Indonesia

A thousand layer cake - lapis legit - is prepared and eaten on the day of Eid Al Fitr (Lebaran) in this country which is home to the largest Muslim population in the world.

### Afghanistan

Egg fight or Tokhm Jangi makes the Eid celebrations unique here. People of all ages gather in parks and try to break each other's hard boiled eggs.

### Australia

Eid celebration here is marked by the colours of secularism and unity. On this day, Muslims and non-Muslims celebrate Eid together in the multicultural Eid Festival and

Fair. The festival first began in 1994 in Sydney before being celebrated in other parts of the country.

### Turkey

Sweets are an important part of Eid celebration in this country. Known as Ramadan Bayram or festival of sweets, children are given various varieties of sweets on the day of Eid which mostly include Turkish delight and Baklava.

### Celebration of Eid ul Fitr World Wide

Eid ul Fitr is celebrated world wide with much religious zeal and observance. In South Asian countries such as India, Bangladesh, Sri Lanka and Pakistan, celebration starts a day before the actual festive day. The night before the Eid is known as 'Chand Raat' and stands for the might of moon. Exchange of gifts is a common ritual every where. In the South East Asian countries such as Indonesia, Malaysia,

Singapore and Brunei the festival of Eid ul Fitr is known as 'Hari Raya Aidilfitri', 'Hari Raya Idul Fitri', 'Hari Otak' or 'Hari Raya Puasa'. It is one of the biggest festivals and a official holiday in South East Asia. In Indonesia and Malaysia, people visit their home town from the metropolitan cities. This is known as 'Balik Kampung' or 'Pulang Kampong', meaning return back to home to celebrate Eid with family members. Various types of Indo-Malay delicacies are served on the dining table for the occasion of Eid. In United Kingdom, Eid starts with Imam (the superior head of the community) giving advice to the entire community for healthy living. Though the day is not a recognized public holiday, Muslims gather in a open space for morning prayers. In North America Eid ul Fitr is celebrated on different days on the eastern and western side of the continent. In Middle East, Eid ul Fitr is the most awaited festival of the year. The celebration is infused with national tradition.





## PRIYANKA: I HAD TO FIGURE SHOWBIZ OUT ON MY OWN

Come July and Priyanka Chopra will start shooting for the third season of the American television drama that has made her a household name in the United States. In less than two years since her small-screen debut, she has not only been photographed at the most prestigious red carpet events in the West and displayed an uninhibited frankness when invited on American TV talk shows, but also made her Hollywood debut. Ask the Desi Girl what makes her such a favourite in videsh and she quickly replies, "I didn't feel entitled when I walked into another country. I didn't walk in expecting people to know me. When I met people who didn't know me, I was okay introducing myself. This could be the reason for the kind of reception I got in America. The recognition has been quick and wonderful."

# KRITI SANON ON BEING AN OUTSIDER IN BOLLYWOOD



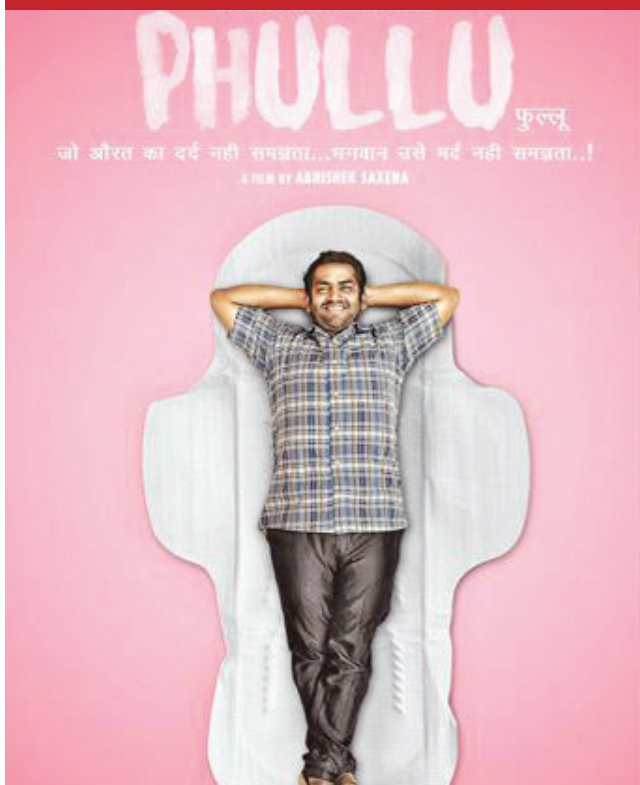
The big bad world of Bollywood is so brutal and competitive that even stars who have been in the industry for a prolonged period of time have also revealed about the hardships that they've faced. Saif and Sridevi even went on records saying that they were a little apprehensive when their kids expressed their interests in joining Bollywood, but they showed extreme support towards their aspirations to make it big in the industry.

While several stars who were not born with a silver spoon, but with sheer talent, have made it to the top in Bollywood, Kriti Sanon happens to be one of the outsiders who has mesmerised us all with her girl-next-door looks and acting talent.

Speaking of making it big in Bollywood despite being an outsider, she told a leading daily, "When you don't come from a film background and you don't have a surname it is very important for you to stand out in a film and make people notice you. It takes a little longer for people to know you in the industry and outside. I have to make more efforts to reach out to people. It takes a little more time I feel. But if you are doing good work, eventually it doesn't matter."

Source: TOI

## MOVIE REVIEW



### PHULLU

**CAST:** Sharib Ali Hashmi, Jyotii Sethi, Nutan Surya

**DIRECTION:** Abhishek Saxena

**GENRE:** Drama

**DURATION:** 1 hour 36 minutes

#### STORY

Phullu makes it his life's mission to educate and empower the women in his village by providing better sanitary solutions.

#### REVIEW

If government-sponsored public service ads suddenly got bigger production budgets, they would look a lot like Phullu.

Like a PSA, the movie over-emphasizes everything with straightforward lines mouthed by amateur actors who pause for effect as the melodramatic background score kicks in. It is a few steps above the anti-smoking spot that plays before movies, and a few steps below the Swachh Bharat campaign, that at least manages to evoke laughter while urging people to build lavatories.

The message here is simple: women should have access to affordable sanitary pads. The social stigmas attached with

menstruation and men's ignorance of the subject provide ample fodder for a clever comedy. The jokes should practically write themselves. But the ones that writer Shaheen Iqbal includes here, are laboured and crass. The writing also does a disservice to the characters; they are weirdly naive about certain issues but could beat sexperts with their in-depth knowledge of certain others.

Like the titular Phullu (Hashmi), a grown man who claims to "take care" of the lonely wives of the village and brings sanitary pads for them, but is utterly clueless about periods. He keeps referring to it as "janaanirog" (female disease) even after months of being married and having an active sex life. It's all just bizarre. Aren't the characters talking to each other when the camera isn't rolling?

Phullu is shocked to know of the side-effects of using a piece of cloth instead of sanitary pads (another PSA moment with a doctor dispensing facts) and strives to learn the process of manufacturing them. But between beautiful aerial shots of a lake, slo-mo songs, random domestic comedy and abruptly cut sequences, the actual runtime dedicated to his education is too little. It is reduced to a few shots of him cutting-up bundles of cotton with scissors.

The only highlights here are Phullu's mother and a beggar outside a mosque (a great cameo by Inaamulhaq) who provide comic relief. Other than that, it's all bloated with basic information and will give you cramps.





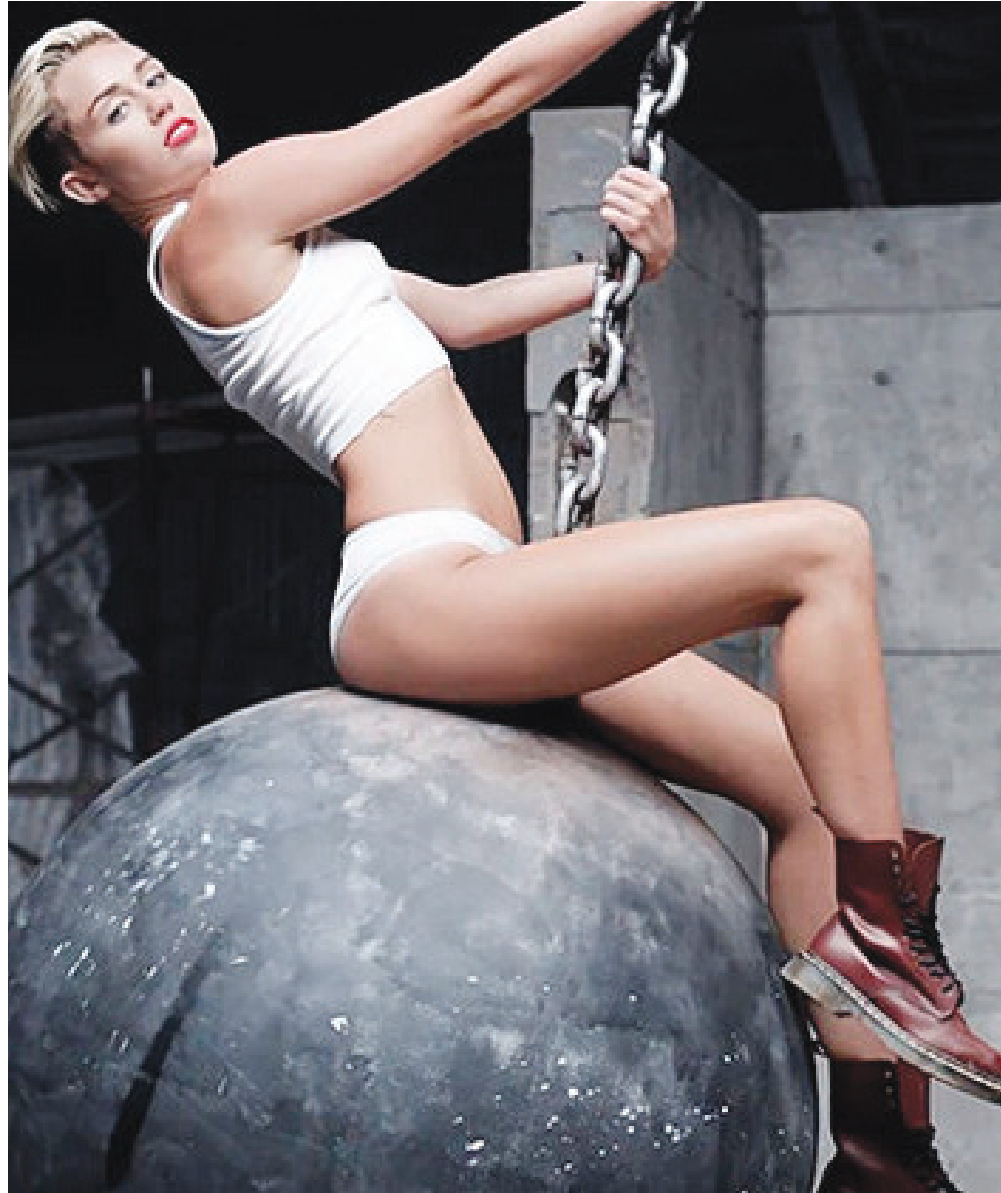
## DREW BARRYMORE DATING DAVID HUTCHINSON

**H**ollywood star Drew Barrymore is reportedly dating David Hutchinson following her divorce from Will Kopelman.

Hutchinson is the senior vice president of Maesa, which makes the actress' Flower Beauty products. The new couple were spotted sipping on drinks and taking in a DJ set by Norwegian superstar Kygo at the XS Nightclub in Wynn Las Vegas.

Romance rumours first sparked between the two earlier this month, after Barrymore, 42, tagged Hutchinson in a two of her captions on Instagram.

# MILEY CYRUS OPENS UP ABOUT HER ADDICTION TO MARIJUANA



**I**nternational pop sensation Miley Cyrus was once known as the "Disney Queen", but before we knew it, puberty took a toll on her in a way that never imagined her to be. From being touted as the Disney princess, to being an addict to intoxicated products that really messed her up, Miley definitely saw some really dark days in her life.

Recently, she revealed about her addiction to marijuana and how her paranoia gave her a reality check in life and thus she chose to go clean. She said: " I kept having this nightmare, it was seriously horrible. I had this dream that I would die during my monologue on 'SNL' for some reason. That I would just get so stoned that I just died. Which I googled, and that's never happened. No-one's ever died from weed, but no-one has ever smoked as much as I did, so they don't really know (if it's possible). "

She also revealed how she gained perspective after quitting marijuana, and how the upcoming album will be more meaningful. It also happens to be the "most important" album of her life.

Speaking during an appearance on a famous chat show, Miley said: " To sit here, and talk about what I'm doing, I want to be really clear, because I'm actually the most passionate about what I'm doing with this record than I've been. This is the most important album that I've ever made.

## MOVIE REVIEW



## DESPICABLE ME 3

**CAST:** Steve Carell, Kristen Wiig, Trey Parker, Russell Brand, Jenny Slate, Miranda Cosgrove, Dana Gaier

**DIRECTION:** Kyle Balda and Pierre Coffin

**GENRE:** Animation

**DURATION:** 1 hour 30 minutes

### STORY

The third chapter in the life of Gru (Steve Carell), his adorable wide-eyed little girls and the minions, sees them embarking on a new adventure that involves a dancing villain Balthazar Bratt (Trey Parker), Gru's blonde twin brother Dru (Carell) and a unicorn. Also, having given up his 'villainy', will Gru partake in a heist to keep his family tradition alive?

### REVIEW

The latest instalment of Illumination's hit

franchise is the 'Knight and Day' and 'Mission: Impossible' of animation films. It has truckloads of action to keep you entertained and a bit of drama to evoke emotions. Fast-paced and loaded with adventure, this one rarely has a dull moment. On the flip side, you miss the heart-to-heart conversation between Gru and the girls that caught your fancy in the first film.

To sum it up, this one's an outlandish and overstuffed sequel that has too many things going on all at once. It comprises a heist, Gru's discovery of his long lost twin brother Dru, bubble gum firing bad guy, minions displaying their singing skills etc. What it lacks emotionally, it tries to make up in the form of constant action sequences.

While it's not easy to make an exciting instalment with the same template, Kyle Balda and Pierre Coffin manage it to a certain extent, thanks to Steve Carell and Kristen Wiig's fantastic and consistent voice contribution.

Though not as endearing as the first film or funny as the second, Despicable 3 achieves what it sets out to - entertain the kids. Unlike the previous films, this predominantly caters to the younger crowd. It lacks the warmth of the original but if you don't mind too many Grus, guns, bubblegums and robots, this colourful, cutesy film can be a fun one time watch.



# Theresa May promises to listen harder on Brexit: Queen's Speech

LONDON: Prime Minister Theresa May promised on Wednesday to listen more closely to business concerns about Britain leaving the European Union as she set out a Brexit-focused government programme, pared back to reflect her weakened authority.

Chastened by an election which left her Conservative Party short of a majority in parliament and reopened debate on the nature of Britain's EU exit, May also sidelined reform on social care, education and corporate governance.

May's two-year programme, known as the Queen's Speech and prepared by ministers, was read out by Queen Elizabeth at parliament's opening ceremony. She has yet to secure a deal with Northern Ireland's DUP party to prop up her government.

The queen told lawmakers from both the upper and lower houses of parliament that the government is committed to building "the widest possible consensus" on Brexit, working with parliament, devolved administrations, business and others.

"My government's priority is to secure the best possible deal as the country leaves the European Union," the queen said.

The traditionally ceremonial address, usually dominated by pageantry, was a crucial testing ground for May's ability to run the country during its most challenging period for generations.

Her authority has been badly damaged just as Britain begins Brexit negotiations. Four militant attacks have raised questions about her grip on national security, and the death of at least 79 people in a tower block fire has become a flashpoint for public anger at her party's record in government.

"The election result was not the one I hoped for, but this government will respond with humility and resolve to the message the electorate sent," May said in remarks introducing the policy plan.

"First, we need to get Brexit right. That means getting a deal which delivers the result of last year's referendum and does so in a way



that commands maximum public support."

The shift to a more consultative tack drew a cautious welcome from business groups, which worry that May's plan focuses more on controlling immigration than protecting the economy.

Her new approach will be tested almost immediately, when she travels to Brussels on Thursday for a summit of EU leaders.

Lawmakers will have to approve the speech in a vote, expected on June 29, that will be a de facto vote of confidence. Minority governments are a rare occurrence in British parliamentary politics where the electoral system usually produces a governing majority. May is under increasing pressure to do a deal with the DUP (Democratic Unionist Party) to support her government after nearly two weeks of talks.

Jeremy Corbyn, leader of the opposition Labour Party, whose surprisingly strong election performance damaged May, called the speech "thin gruel". He said the government was ignoring the need for important domestic

reforms to promote social justice.

"A threadbare legislative programme from a government that has lost its majority and apparently run out of ideas altogether," he told parliament.

The Queen delivered the speech in a toned-down ceremony that dispensed with a horse-drawn procession to parliament, and she swapped her crown for a blue hat. The changes to the ceremony were planned and due to a lack of rehearsal time.

She was accompanied by Prince Charles after her 96-year-old husband, Philip, was taken to hospital with an infection.

**BREXIT FOCUS:** As London sweltered in unseasonably hot weather, about 250 protesters gathered outside parliament after the speech, blaming the deadly fire in west London on years of Conservative cuts and demanding the fall of May's government.

May apologised for the government's inadequate response to that fire and acknowledged the country faced "difficult times". "Not every problem can be solved by

an act of parliament," she said. "Our response to disaster and acts of terror which take the lives of innocent people must be this: compassion, unity, resolve."

The legislative programme spelt out a Brexit-dominated set of policies and indicated May was keen to secure broad support for leaving the EU - a change in tone from the strident approach she set out before the June 8 election.

"While this will be a government that consults and listens, we are clear that we are going to see Brexit through, working with parliament, business, the devolved administrations and others to ensure a smooth and orderly withdrawal," she said.

A briefing document issued alongside the speech said the government would consult more closely with businesses and other interested parties to "test and validate positions and to continue to build support from the business community as we move forward".

"This welcome change in tone needs to be backed by clarity and action now," the Director-General of the Confederation of British Industry lobby group, Carolyn Fairbairn, said.

"Firms will expect all politicians to put pragmatism before politics, starting with Brexit," she said.

Manufacturers' group EEF said industry needed more information on how the benefits of the EU's single market and customs union would be maintained throughout Britain's exit.

"There must be a much closer partnership with industry if we're to avoid economic chaos when we leave the EU," EEF Chief Executive Terry Scuoler said.

May's programme for government was largely restricted to the technical work of making sure Brexit can happen: a bill that sets out how the government will transpose huge swathes of EU law into British law and separate bills on related topics such as immigration, customs and fisheries. (Reuters)

## China celebrates yoga day at Great wall of China

**BEIJING (TIP):** Chinese yoga lovers came together to celebrate yoga in more than a dozen places across China including the Great Wall in Beijing on Tuesday. This is the first time that a yoga program was held on the iconic Great Wall ahead of the International Yoga Day on Wednesday.

The Great Wall event was attended by minister of state for external affairs V.K.Singh who joined other enthusiasts in practicing the asanas along with Amit Narang, deputy chief of mission at the Indian Embassy in Beijing. The Chinese People's Association for Friendship with Foreign Countries, a quasi-government organization, also participated in the event.

The Dujiangyan city in China's Sichuan province is hosting a five-day yoga festival, which will end tomorrow. Yoga Day celebrations began in different parts of China last month, which saw local governments in small towns staging yoga events in innovative fashion. State media published pictures of yoga practitioners conducting asanas within empty rows in a vast sunflower garden in Shiliting township in China's Hebei province.

"In initial years, I found there were more yoga tourists than real practitioners. There is a qualitative

change now. Yoga lovers know the meaning of different asanas, and have even begun to understand the philosophy behind yoga," Zubin Zarthoshtimanesh, a close disciple of B.K.S.Iyenger, said about his 10-year experience with Chinese students.

A Chinese university, the Yunnan Minzu University, has announced that it will offer a masters degree in yoga in its India-China Yoga College from the end of this year. It will enroll 30 yoga graduates for the master's program, and attract another 40 students for its yoga undergraduate program.

"The interest in yoga is spreading because Chinese see it as a means to tackle stress and stay fit. But I find that most of the yoga enthusiasts are young girls. Just about 20 percent of Chinese practitioners are men. This is something that must change," Umesh Babu, the yoga instructor attached to the Indian Embassy told TNN.

China has hundreds of yoga schools in its different provinces. Many of the teachers have learned from visiting Indian gurus or attended courses in India. There has been some concern about the manner in which yoga is taught in a section of the schools but Indian gurus report that there is a huge improvement in education standards of late. (PTI)





# YOGA ENTHUSIASTS ACROSS WORLD CELEBRATE YOGA DAY

**WASHINGTON/BEIJING/NEW DELHI:** Yoga enthusiasts across the world on Wednesday performed various asanas at events organised by Indian missions at iconic places in several countries ahead of the third International Yoga Day.

Dressed in white T-shirt and trouser, people stretched themselves in various postures at Yoga events held in the US, Japan, China, Pakistan and other countries.

In Washington, hundreds of people gathered at the historic National Mall and performed asanas to mark the Yoga Day to be held on June 21.

The Indian Ambassador to the US, Navtej Sarna, said it was a moving sight to see people turning up in large numbers at the heart of the US capital for the event.

Sarna said the international event is neither a political movement, nor an economic movement. "This is something which is only for the benefit of all humanity at both an individual level and a macro level, because ultimately all societies in all countries are made up of human beings," he said.

Maryland Governor Larry Hogan, in a citation, sent his best wishes for "a joyous observance" of the Yoga Day organised by the Indian Embassy in association with the Friends of Yoga.

Virginia Governor Chris Van Hollen also sent his citation on the occasion in recognition of "the spiritual value that yoga and meditation offer, and with appreciation and gratitude for the organising committees outstanding efforts to encourage, peace, harmony and consciousness".

The Indian High Commission in Pakistan also celebrated the International Day of Yoga with great fervor. Led by Indian High Commissioner Gautam Bambawale, a large number people performed various asanas.

Yoga fever also gripped China as thousands of Chinese Yoga enthusiasts performed asanas in Wenzhou which became the sixth city in the Communist nation to host the celebrations.

More than 1000 yoga lovers from all over Wenzhou participated in the Yoga session at the event held at the scenic Dongtuo Wanghai Pavilion.

The celebration also hosted a unique performance of Chinese Taichi, Kongfu and Yoga together as a synchronised dance sequence to open the event.

China has planned to organise scores of events across the country, which officials say will make it the second biggest celebrations of



Prime Minister Narendra Modi performs yoga during a mass yoga event on 3rd International Yoga Day in Lucknow on Wednesday.

Photo courtesy: PTI

the day in the world after India.

Though Yoga, which originated in India, has become immensely popular over the years in China vying with ancient indigenous physical fitness martial art form Tai Chi, it got an official sanction when Chinese Premier Li Keqiang joined Prime Minister Modi in Beijing in 2015 at a joint event during the latter's visit.

China also backed India's move in the UN to make June 21 as International Yoga Day, giving a fillip to hundreds of yoga clubs and organisations. The function was jointly organised by Consulate General of India, Shanghai along with Wenzhou Municipal People's Government.

In Japan, the Indian Embassy celebrated the Yoga Day at the Taimei Elementary School in Tokyo. Prime Minister Modi during his visit to Japan in September 2014 had visited the school and interacted with the students.

This is the third year that the Embassy of India has been celebrating the International Day of Yoga at the school.

The event began with the inaugural address by India's Ambassador to Japan Sujan Chino, who read out the message of the Prime



Yoga enthusiasts perform headstands as part of a record attempt in front of the Vidhana Soudha, the seat of the State Legislature of Karnataka in Bengaluru. Image courtesy: PTI

Minister.

Indian-origin beauty queen Priyanka Yoshikawa, who was crowned Miss World Japan last year, also participated in the event. Japan is the only country that has set up a Parliamentary League for the promotion of Yoga, which was established during the visit of

Art of Living founder Sri Sri Ravi Shankar to Japan in April 2017.

Many Japanese dignitaries, including former Prime Minister, former Ministers and Members of Parliament sent congratulatory messages to the Ambassador and the Government of India on this occasion.



Indian Ambassador to US Navy Sarna joining yoga enthusiasts to celebrate International Yoga Day at the National Mall in Washington DC. Image courtesy: PTI



Yoga enthusiasts participate in an event to celebrate the 3rd International Day of Yoga in Wenzhou, China on Sunday. Image courtesy: PTI



# WAYS TO NOT LET EGO RUIN YOUR RELATIONSHIP

**Y**ou might not be aware but your ego may be getting in the way or worse, actively destroying your relationship with your loved ones. There is a thin line of difference between what is called self esteem and ego.

Ego has a negative connotation to it. It is the feeling of supreme. It is an attitude of thinking ourselves superior to others. Ego blocks the mind as it gives lot of importance to one's own self and rejecting other personalities and point of views. On the contrary self esteem has the feelings of confidence and self assurance. While in ego the associated feeling is of insecurity and fear.

Therefore it is important to not let ego get in the way and ruin our friendships, love life and family relationships. This can be done by:-

## Understanding your own true self

At the bottom of letting go of or controlling your ego is being aware about your true self. Question yourself, what do you love most about yourself? What do you value most? Mind you, this would not easy and will take time, but learn to understand and know your self-worth. Identify your core values and your goals. Don't let others get in the way of that, and you'll realize that your ego need not be destructive.

## Remember that you don't have to be always right

It's okay to be wrong. No one is perfect. There are always going to be situations where you make a wrong call, have a wrong attitude, or simply on the wrong side. Learn to understand these situations, and not be afraid to admit that you are wrong. It may be difficult in



the beginning, but being able to admit when you're wrong gives a sense of freedom.

## Overcome the need to be better than everyone else

An ego out of control leads you to think that you are better than everyone else. Just like remembering that you don't have to be right all the time, understand that you needn't be superior to everyone around you. There will always be someone better, more beautiful, smarter, faster. From infancy to adulthood, this has always been the case.

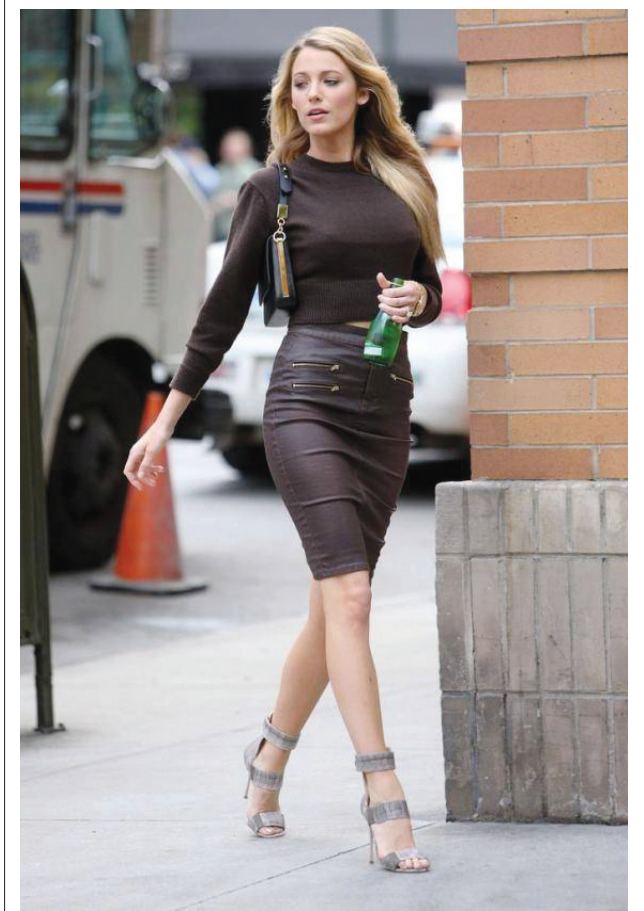
Instead of competing with others in this way, why not think of making yourself better instead? Focus on how you can improve yourself, and your relationships will fall into place.

## Practice tolerance with determination

A huge ego is easily offended, which can easily lead to arguments and even a breakup. In order to let go of your ego, you have to consciously practice tolerance and make it a point to make getting offended the last thing on your mind. This does not mean that you put aside your sense of self-worth. Instead, it is creating a mindset that people may be different from you and have different ways of expressing themselves.

## Practice contentment

Lastly you should set your mind to being content with what you have. Having this mindset can help you cover all of the points above. Knowing that you have what you need, will help you be more open to what others will say and understand how they behave.



## YOU CAN LOOK TALLER THAN WHAT YOU ARE

**I**f you are short or of average height, you may sometimes wish to look taller than you are. You can do that by dressing smartly. Even medical experts say being short or of average height has its pros and cons.

According to a study by Indian-origin cardiovascular expert, Nilesh Samani, of the University of Leicester, every 2.5 inches change in your height affects your risk of coronary heart disease by 13.5%. However, there is a positive side to it as well. If you are moderately short or even short, one study suggests that if you are about 5 feet 9 inches and under, you could be enjoying sex better and plenty.

Whatever keeps you happy, here are some styling tricks from experts on how you can dress to look tall:

### FLARED JEANS

Well-fitted flared jeans that have a long hemline will instantly make your legs look longer.

### DEEP V-NECKS

Deep and elongated V neck dresses and tops automatically shift the focus to the upper half of your body and will subtly take away the focus from your legs, while adding glamour and style to your outfit.

### MAXI DRESSES

Maxi dresses look good on all body shapes and heights. Pairing up heels with your maxi dress is a win-win as it enhances your body shape and add a few inches at the same time.

### LOW CONTRASTING FOOTWEAR

Shoes for short men are critical as they can have a lengthening effect. But ensure that the shoes don't contrast too much with the trousers. The low contrast will visually elongate legs.

### LONG TOPCOATS

Topcoats that fall to the mid-thigh area helps to lengthen the torso and create the illusion of height. Just make sure that it doesn't contrast heavily with the rest of the outfit.

### BELTS

Keep them slim. It's best if they are no thicker than 1.5 inches and shouldn't contrast too heavily with your outfit. Thin belts or no belts make you look tall. Also, suspenders are a refreshing way to add to the vertical visual effect. Plus they look classy.

## FOOD CORNER

### MUTTON KOFTA

#### INGREDIENTS

500 gm minced mutton, 1 teaspoon ginger powder, 2 pinches asafoetida, 6 tablespoon vegetable oil, 2 tablespoon gram flour (besan), 1 cup water, 4 clove, 1 1/2 teaspoon red chilli powder, 3 teaspoon aniseed, 3 tablespoon yoghurt (curd), 3 crushed black cardamom, 3 pinches salt, 1/2 teaspoon garam masala powder, 2 bay leaf

#### Method

- For preparing this yummy mutton recipe, take a large bowl and add minced mutton in it along with the spices - red chilli powder, ginger powder (1/4 teaspoon), aniseed powder (1 teaspoon), asafoetida (1 pinch), yoghurt (1 tablespoon), oil (2 tablespoons), black cardamom seeds, gram flour or besan and half of the salt. Knead well with your hand till the spices are well blended and the mixture starts to grease your hands.
- Make 15 equal portions of the mixture. On a flat greased surface, roll each portion gently into round ball. Put these aside.
- Next, put a kadhai on medium flame and heat 4 tablespoons of oil in it. On the other hand, mix red chilli powder and yoghurt together and make a paste of it.



When the oil is hot enough, add the yoghurt paste and stir briskly. When the oil separates, add the water and stir again.

- Add the remaining ginger powder, aniseed powder and garam masala powder, asafoetida, cloves, bay leaves, black cardamom skins and the remaining salt into the pan. Cook till the gravy comes to a boil.
- Carefully slide in the koftas, one at a time and cook on high flame till the gravy starts to thicken. Lower the flame and cook, stirring gently till the oil separates. When the mutton kofta is cooked completely, serve it hot with rice or butter naan.



# THERE AN ART OF DRINKING WATER

Just like there is an art of eating, and an art of living, it might amuse you, but there's also an art of drinking water. Human bodies are built up of 70 to 80 billion cells and about 75 to 80 per cent of these cells comprises of water.

Our body requires water for metabolic activity for a strong immunity, for weight loss, for cellular function etc. The way we drink water is extremely important for a healthy well-being.

Holistic nutritionist and specialist in alternative medicine Luke Coutinho explains how we can effectively master this art, for a healthy system...

## The perfect way to drink water

The one question that may make you wonder is what's the perfect way to drink water? Is there an art of drinking water?

Luke says, "All you need to do is sit and sip your water slowly so that it mixes with your saliva. Your saliva being alkaline in nature when enters into the stomach also helps to stabilize the excess acid in the stomach. So one way of getting that saliva from your mouth to your stomach is through the way you drink water. Sipping water slowly helps to effectively carry saliva from your mouth into the stomach, to soothe the acids."

## Don't drink water with meals

Another tip while you sip water is having a glass of water 15 to 30 minutes before or after your meal and preferably at a lukewarm or room temperature water. And if you feel thirsty while eating your meals, it's advisable to have just a sprinkle of water. Refrain from drinking large sips of water combined with your meals. Remember too much of water will dilute your digestive acids, affecting digestion.

## Listen to your body before gulping down water

Always drink only when you are



thirsty and don't wait to get too thirsty. Listen to your body's defence and warning mechanism. Just like it signals when you are hungry, listening to it more closely also indicates you when we're thirsty.

When one is working in an air-conditioned environment, your body may not get the thirst signal due to the air temperature, causing the problem of dehydration. Lips drying quickly are another indicator of low levels of water and there is a need to hydrate immediately. One also needs to hydrate when the colour of their urine is dark.

## Have two glasses of water for each glass of coffee

For a good cellular metabolism and cellular energy, it is important that water gets absorbed into our cells completely; sipping water slowly allows it to get absorbed into the system. Another point to note down is while one drinks too much of tea and coffee, it acts as diuretics in the body; which flushes out excess water and vitamins from the body.

So for every glass of coffee, one has to have one to two glasses of water to replenish the excess water that's flushed out.

## Use water to lose weight

Using water to lose weight is also a great idea. While water is being sipped slowly, it allows digestion to ease and to be enhanced; allowing the body to use the right amount of energy for digestion. Today most of our energy is robbed by our digestive systems to digest all the food that we eat, the excess food and especially the food consumed in the wrong way.

Sipping water helps to minimize the energy spent on digestion, just bringing one closer to the process of weight loss.

So like there's an art of eating well there is also an art of drinking water well. So the next time you take the bottle and chug in the water really fast, remember about the lifestyle change you can bring about by slowly sipping water, trying to get it mixed with saliva and see the wonders for yourself.

Source: TOI



## REV UP YOUR METABOLISM WITH THESE CHEATS

Women, as they age, need to combat the weight that piles on due to factors like muscle loss, hormones and daily stress. In order to battle unnecessary weight, they need to rev up their slow fat-burning engines. Having foods that boost metabolism, getting adequate sleep and exercising daily is the key.

### Mind the quantity of food and calories

Just cutting down on calories drastically is wrong. If you eat less 1,200 calories in day (approximately or most women) your metabolism slows down and your body begins to break down calorie-burning muscle tissue for energy," says sports nutritionist Deepshikha Agarwal. Experts say that eating just enough through the day (around 150 calories snacks and 430 - calorie meals) will ensure your metabolism is running well.

### Jump start your metabolism

Having breakfast jump-starts metabolism and gives you the energy you need. Never skip this meal.

### Fight fat with fibre

"Research has found that some fibre in your daily meal can rev up your fat burning process by as much as 30 per cent. Women who have fibre-rich food gain less weight over time." says Nupur Krishnan, clinical nutritionist.

### Love the proteins

In order to maintain our lean muscle, our bodies need protein. Researchers have found that protein in your meals can up the post meal calorie burn by as much as 35 per cent.

### Include calcium in your diet

A marked rise in calcium deficiency is seen in women as they age. It has been found that calcium deficiency could slow down your metabolism. Experts say that having milk that is fat-free and yogurt, cottage cheese etc can help you to increase your metabolism. Fat absorption from other foods is prevented by these milk products.

# Suffering from vitamin D deficiency? Your job may be the cause

Stuck behind your office desk for most part of the day? Your nine-to-five job could be a major factor that puts you at high risk of Vitamin D deficiency. Shift workers, healthcare workers and indoor workers in particular are at high risk of vitamin D deficiency, researchers at the University of Alberta, Canada suggest.

Understanding the prevalence of vitamin D deficiency in different professions could improve public health interventions and prevention efforts.

Dr. Sebastian Straube, the corresponding author said: "Our results suggest that occupation is a major factor that may contribute to suboptimal vitamin D levels. Regular screening of vitamin D levels in at-risk groups should be considered for future clinical practice guidelines and public health initiatives. Workplace wellness programs could include education about the importance of adequate vitamin D levels. This could help prevent adverse health outcomes linked to vitamin D deficiency, such as metabolic



disorders, psychiatric and cardiovascular disorders, and cancer."

The researchers found that prevalence of vitamin D deficiency was highest among shift workers (80% of individuals), followed by indoor workers (77%) and healthcare students (72%). Among healthcare workers, rates of

vitamin D deficiency varied depending on whether they were students, medical residents (65%), practicing physicians (46%), nurses (43%) or other healthcare professionals (43%).

Dr. Straube said: "Vitamin D production by the body is reliant on sunshine and UV

exposure so any activity that reduces exposure tends to reduce vitamin D levels. Sunlight deprivation in young medical professionals, who may have particularly long working hours, and other indoor workers, puts them at higher risk of both vitamin D insufficiency and deficiency."

A high percentage of indoor workers (91%) were also found to have insufficient vitamin D, which means that their levels of vitamin D weren't necessarily as low as those found in vitamin D deficient individuals, but lower than levels recommended for health. By comparison, 48% of outdoor workers had vitamin D deficiency, while 75% had vitamin D insufficiency.

In order to evaluate vitamin D levels, deficiency and insufficiency in different occupations and to identify at-risk groups of workers, the authors conducted a systematic review of 71 peer-reviewed journal articles which involved 53,425 individuals in total and spanned a range of latitudes in both the Northern and Southern hemispheres. Source: ANI



## MYSTERY BEHIND 'BRIGHT NIGHTS' SOLVED



**TORONTO (TIP):** Scientists have solved a centuries-old mystery of "bright nights" - an unusual glow that appears in the sky after dark and lets observers see distant mountains, read a newspaper or check their watch.

Researchers suggest that when waves in the upper atmosphere converge over specific locations on Earth, it amplifies naturally occurring airglow, a faint light in the night sky that often appears green due to the activities of atoms of oxygen in the high atmosphere.

Normally, people do not notice airglow, but on bright nights it can become visible to the naked eye, producing the unexplained glow detailed in historical observations.

Historical accounts of bright nights go back centuries.

European newspapers and the scientific literature also carried observations of these events in 1783, 1908 and 1916.

"Bright nights do exist, and they're part of the variability of airglow that can be observed with satellite instruments," said Gordon Shepherd, an aeronomer at York University in Toronto in Canada.

"The historical record is so coherent, going back over centuries, the descriptions are very similar," said Shepherd, lead author of the study published in the journal *Geophysical Research Letters*.

Modern observations of bright nights from Earth are practically nonexistent light pollution. Even devoted airglow researchers have never seen a true bright night.

However, even before the advent of artificial lighting, bright nights were rare and highly localised.

Researchers could see bright night events reflected in airglow data from the Wind Imaging Interferometer (WINDII), an instrument once carried by NASA's Upper Atmosphere Research Satellite (1991-2005).

They searched for mechanisms that would cause airglow to increase to visible levels at specific locations.

Airglow comes from emissions of different colors of light from chemical reactions

in the upper reaches of the atmosphere. The green portion of airglow occurs when light from the sun splits apart molecular oxygen into individual oxygen atoms.

When the atoms recombine, they give off the excess energy as photons in the green part of the visible light spectrum, giving the sky a greenish tinge.

To find factors that would cause peaks in airglow and create bright nights, researchers searched two years of WINDII data for unusual airglow profiles.

They identified 11 events where WINDII detected a spike in airglow levels that would be visible to the human eye, two of which they describe in detail in the study.

Finally, the researchers matched up the events with the ups and downs of zonal waves, large waves in the upper atmosphere that circle the globe and are impacted by weather.

When the peaks of certain waves aligned, they produced bright night events that could last for several nights at a specific location.

These events were four to 10 times brighter than normal airglow and could be responsible for the bright nights observed throughout history.

Researchers estimate that at a specific location, visible bright nights occur only once per year, and their observation would rely on a sky watcher looking from a remote location on a clear, moonless night with dark-adjusted eyes. *Source: PTI*

**Researchers suggest that when waves in the upper atmosphere converge over specific locations on Earth, it amplifies naturally occurring airglow, a faint light in the night sky that often appears green due to the activities of atoms of oxygen in the high atmosphere**

# FACEBOOK'S NEW TOOLS FOR INDIA TO PROTECT PROFILE PICTURES

**LOS ANGELES (TIP):** Facebook has introduced new tools in India that will allow users to protect their profile pictures from being downloaded and shared, a move that may help reduce misuse of images on the popular social networking site.

Profile pictures are an important part of building community on Facebook because they help people easily find friends make connections. However, not everyone feels safe adding a profile picture. Facebook researchers found that some women choose not to share profile pictures that include their faces anywhere on the internet because they are concerned about what may happen to their images.

The new tools, developed in partnership with safety organisations, including Centre for Social Research and Learning Links Foundation in New Delhi, are designed to give people more control over their experience and help keep them safe online. "We are piloting new tools that give people in India more control over who can download and share their profile pictures," Aarati Soman, Product Manager at Facebook, said in a blog post.

"In addition, we are exploring ways people can more easily add designs to profile pictures, which our research has shown helpful in deterring misuse," Soman said. "Based on what we learn from our experience in India, we hope to expand to other countries soon," she said.



Users in India will start seeing a step-by-step guide to add an optional profile picture guard. When this guard is added, users will no longer be able to download, share or send the profile picture in a message on Facebook.

Facebook users who are not your friends will not be able to tag anyone, including themselves, in your profile picture, Soman said. "Where possible, we'll prevent others from taking a screenshot of your profile picture on Facebook, which is currently available only on Android devices," she said. A blue border and shield will appear around profile pictures as a visual cue of protection. Based on preliminary tests,

researchers found that when an extra design layer is added to profile pictures, other users are 75 per cent less likely to copy that picture.

"We partnered with Jessica Singh, an illustrator who took inspiration from traditional Indian textile designs such as bandhani and kantha, to create designs for people to add to their profile picture," Soman said.

"If someone suspects that a picture marked with one of these designs is being misused, they can report it to Facebook and we will use the design to help determine whether it should be removed from our community," she added. *Source: PTI*

## US to experience rare total solar eclipse

**WASHINGTON:** For the first time in almost a century the United States is preparing for a coast-to-coast solar eclipse, a rare celestial event millions of Americans, with caution, will be able to observe.

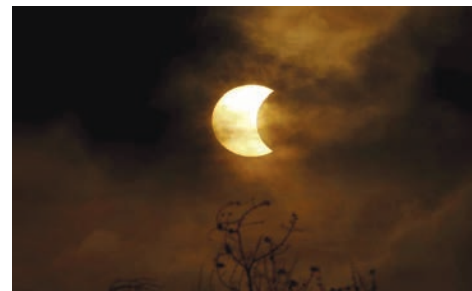
During the eclipse on August 21, the first of its kind since 1918, the moon will pass between the sun and Earth, casting a dark shadow and making visible the sun's normally obscured atmosphere, or solar corona, as well as bright stars and planets.

Observers will be able to see the moon's 70-mile wide shadow from Oregon in the west to South Carolina in the east over the course of more than two daylight hours, with two minutes of darkness engulfing 14 states.

Almost 12 million Americans live within this strip of the country, while some two-thirds of the nation's population reside within a day's car ride, said Martin Knopp of the Department of Transportation.

The US will be the only country to experience the total eclipse, and international visitors are expected to descend for the event.

Spacecraft, NASA aircraft, more than 50 high-altitude balloons and astronauts aboard the International Space Station will capture images.



"Never before will a celestial event be viewed by so many and explored from so many vantage points, from space, from the air, and from the ground," said Thomas Zurbuchen, associate administrator of NASA's Science Mission Directorate in Washington. A total eclipse has not covered regions of the contiguous US since 1979. There will be another in 2024, which will cover regions of the country from Texas to Maine.

NASA will broadcast live video of the cosmic event, and watch parties are expected to be held in parks, libraries and stadiums nationwide. The continental US outside of the total eclipse strip will experience a partial solar eclipse, according to Rick Fienberg, a spokesman for the American Astronomical Society.

## Watch Netflix, YouTube-like shows on Facebook soon

**Y**ou will soon be spoiled for choice as Mark Zuckerberg-led Facebook is expected to release its first slate of Netflix-like content by mid-June thereby declaring itself as a strong contender in the ongoing streaming wars.

According to a Business Insider report, Facebook that plans to produce top tier scripted TV shows and have them ready by mid-June.

Facebook will become a strong contender as it already has over 2-billion-member social network and others such as Amazon, YouTube, and Snapchat are locked in an arms race to secure their own premium video programming.

The programming will consist of signing of A-list celebrities and a dating show that takes place in virtual reality before the contestants meet in real life.



# AIR INDIA'S DEBT UNSUSTAINABLE, PRIVATISE IT, SAYS NITI AAYOG

**NEW DELHI (TIP):** Air India should be privatised as its debt level is "simply not sustainable" and government action on the airline's future course is likely within six months, NITI Aayog vice-chairman Arvind Panagariya said.

The government is looking at various options, including possible privatisation, to revive the loss-making national carrier and Tata Group is believed to be interested in buying stake in Air India.

"I think really where Air India stands now, it is almost a matter of existence. The debt is already about Rs 52,000 crore (and) we are adding Rs 4,000 crore debt every year so this is simply not sustainable," Panagariya said.

In an interview to a news channel, he said: "In the end, I think the airline does need to go with management in the private hand."

While discussions are going on to decide the future course of action for



Air India, NITI Aayog has recommended complete privatisation of the airline. Panagariya said something should be happening this year with respect to Air India.

"We are in June, so we have six months (more) this year. You know, actually something happens or not depends on buyers but from the government side, we should see some

action in the next six months," he added.

Noting that successive governments recognised the problems with the airline but failed to act on them, Panagariya said Prime Minister Narendra Modi is bolder and more decisive.

Air India is surviving on Rs 30,000-crore bailout package extended by the previous UPA government. *Source: PTI*

## RBI gets tough on bad loans

**NEW DELHI (TIP):** The RBI has asked banks to resolve 55 high value cases of bad loans within six months or face the prospect of being directed to go in for the new insolvency resolution mechanism as part of the strategy to rein in unacceptable level of non-performing assets (NPAs).

Earlier this month, RBI identified 12 accounts for insolvency proceedings with each of them having over Rs 5,000 crore of outstanding loans, accounting for 25% of total NPAs of banks.

RBI has asked banks to find solution for 55 identified NPA accounts within six months otherwise the central bank would examine those cases and refer for resolution under the Insolvency and Bankruptcy Code (IBC), official sources said.

RBI is of the view that banks should expedite the NPA resolution process for these cases as soon as possible, the sources said.

In cases where a viable resolution plan is not agreed upon within six months, banks would be asked to file insolvency proceedings against the defaulters under the IBC, the sources added. *Source: PTI*

### RS 8 LAKH CRORE OF NPAs

■ The RBI has asked banks to resolve 55 high-value cases of bad loans within six months or face the prospect of being directed to go in for the new insolvency resolution mechanism

■ The banking sector is saddled with NPAs of over Rs 8 lakh crore, of which Rs 6 lakh crore is with public sector banks. The 12 identified cases account for Rs 2 lakh crore of NPAs

## Investor pressure, Uber CEO quits



**NEW YORK (TIP):** Uber's embattled CEO Travis Kalanick, 41, has resigned in the face of intense pressure from some of its investors. Kalanick's departure caps a tumultuous period for the world's largest ride-services company, which upended the taxi industry and transportation regulations globally with Kalanick at the helm.

Kalanick, in a statement, said he has "accepted a group of investors' request to step aside so that Uber can go back to building rather than be distracted with another fight". He said he will continue to serve on Uber's board.

Kalanick added that he needed space to grieve the death of his mother, who died recently in a boating accident in which his father was also seriously injured, and to work on his leadership skills.

Reports had suggested that five large investors, including venture capital firm Benchmark, had demanded that Kalanick resign immediately as the company needed a change in leadership. The US-based company had come under fire after allegations of

widespread mismanagement and harassment at workplace.

In an attempt to repair its reputation, Kalanick had earlier said he would take a leave of absence as the CEO. Troubles started for Uber, the world's most valued startup, after a former employee wrote a blog post alleging sexual harassment and sexism at the firm.

Matters came to a head when reports emerged that a top Uber executive had allegedly obtained medical records of a 26-year-old woman raped by an Uber driver in India in 2014. Since then, Uber's board has adopted recommendations following an investigation led by the law firm of former US attorney general Eric Holder, who was retained to look into Uber's culture and practices.

Apart from Kalanick going on leave, the recommendations will see Uber exercising more control over HR and the overall culture at the workplace. Uber has also rolled out a plan for 180 days, under which it will work to make "meaningful changes" for enhancing the experience of its driver partners.

*Source: Agencies*

## American Airlines pushes back on Qatar Airways plan to buy stake

**WASHINGTON (TIP):** American Airlines' chief executive said he is not "particularly excited" about Qatar Airways' interest in buying up to 10% of the U.S. carrier's shares, in a letter to employees following the state-owned Gulf airline's overture.

The move by Qatar Airways would expand its investments in North America as Qatar is embroiled in the region's worst diplomatic crisis in years and is locked in an airspace rights row with three other Gulf states.

Separately, American Airlines Group Inc is already part of a push by U.S. carriers to squeeze Qatar out of their domestic market.

Along with United Continental Holdings Inc and Delta Air Lines, American has pressed the U.S. government to curb U.S. flights by Qatar Airways and rival Gulf carriers Emirates and Etihad Airways.

The U.S. carriers charge that their Gulf rivals have received billions of dollars in unfair state subsidies, allegations the Gulf carriers deny. In his letter, American CEO Doug Parker promised to continue American's "full court press ... to stand up to companies that are illegally subsidized by their governments."

## INDIAN IT INDUSTRY NOT H-1B DEPENDENT: INFOSYS CEO

**WASHINGTON (TIP):** Infosys CEO Vishal Sikka has refuted the general impression that the Indian IT industry is overly dependent on H-1B visas for its business mode, amid the Trump administration's crackdown on firms abusing the visa system to hire foreign workers on a low wage.

Sikka also believes that the Indian IT companies need to grab the opportunities provided by new technologies like artificial intelligence in a big way to retain its global leadership edge in this fast changing infotech environment.

"It is wrong to say and to think that we are dependent on H-1Bs. For example, if you look over the last 10 years, there are about 65,000, something like that, H-1B visas granted every year. That means over 10 years it is 650,000. And we collectively employ millions of people. Infosys alone has 200,000 employees. TCS close to double that number and so on," 50-year-old Sikka told PTI in an interview.

So, the assumption that Indian IT firms are dependent on H-1B visas is not correct, he said in response to a question on the charges that the business model of Indian IT companies is based on H-1B visas and major Indian IT firms like Infosys, Wipro and TCS are expected to be hit by the Trump administration's crackdown on firms abusing the visa system.

In fact, Prime Minister Narendra Modi is expected to raise this issue with US President Donald Trump during his White House meeting here next week.

During his wide ranging phone conversation from Palo Alto in California, Sikka acknowledged that in the last decade and a half, there was a lot of usage of the H-1B visas. "But, ultimately it has always been about delivering value," he asserted.

"The Indian IT industry has delivered a tremendous amount of value, especially in the US. But the nature of that value delivery is changing dramatically. Just as in the past it was easier and it was possible to move jobs to India or to companies where large amount of work would happen in India. So, these kind of a global delivery model or onsite, offshore and so forth...More and more of the work can now be done with the automation," he said. *Source: PTI*



Vishal Sikka



**contd from page 1****Fillip to Trade and Investment to be focus of Modi's visit to US: MEA**

effectively combating terrorism and further strengthening defense ties, are also likely to figure during the talks between the two leaders.

Modi will visit the US on June 25 and 26 as part of a three-nation tour beginning on Saturday.

"One of the agendas of the visit is how to further push and develop economic and commercial cooperation between the two countries for mutual benefit," External Affairs Ministry Spokesperson Gopal Baglay said.

Refusing to give further details, he said that all matters of bilateral interests will be on the table, adding, "The leaders will have an entire gamut of relationship in front of them when they talk."

Asked whether incidents of alleged racial attacks will be raised by the Prime Minister with the US president, Baglay said that not all attacks were racial. "Whenever there have been attacks on Indians, it is because of some reason or the other, we have seen that they have been condemned very strongly by the US government," he said.

He added that the Indo-US relationship has been very robust and strong and thrust would be to take it further.

Asked whether Modi will raise the issue of cross-border terrorism emanating from Pakistan, Baglay said that India's concerns regarding it are very well known and that it was logical to assume that matters relating to regional and global security will be discussed.

"Terrorism that emanates from there (Pakistan) affects not only India, but other countries in South Asia and the world over," he said.

On whether India will apprise the US about its concerns over the US military aid to Pakistan being diverted for anti-India activities, Baglay did not give a direct reply, but said such concerns have been conveyed whenever there has been an occasion.

To a query on how preparations for the Modi-Trump meeting were going on considering the US leader's "maverick nature", Baglay said, "I don't agree with your description of the president."

The MEA spokesperson said Modi will meet CEOs of top US companies and senior representatives from the business community on June 25. On Modi's meeting with the CEOs, he said discussions are expected on giving further fillip to trade and investment.

There will be an Indian community event in the afternoon of that day as well.

Modi would visit Portugal on June 24 and the Netherlands on June 27.

**US will be replaced if it disengages from world: UN chief**

that won't be good for America or for the world.

Guterres also expressed concern, June 21, that there could be a direct confrontation between the United States and Russia over Syria and urged a de-escalation of the dispute over the US downing of a Syrian jet.

He also warned in his first press conference since taking the reins of the UN on January 1 that proposed US funding cuts to the United Nations "would create an unsolvable problem to the management of the UN"

Guterres said he plans to visit Washington soon to engage members of Congress on the need to keep funding the United Nations.



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**Hindu Swayamsevak Sangh in cooperation with various organizations celebrated IYD in Long Island, NY.**

**HICKSVILLE, NY (TIP):** Yoga is an ancient physical, mental and spiritual practice that originated in India 5000 year ago, said Jagdish Sewhani. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness.

On December 11 in 2014, the United Nations General Assembly declared

June 21st as the International Day of Yoga. The declaration came after the call for the adoption of June 21st as International Day of Yoga by Hon'ble Indian Prime Minister, Mr. Narendra Modi during his address to UN General Assembly on September 27, 2014

"175 nations, including USA, Canada and China co-sponsored the resolution."

It Had the "highest number of co-sponsors ever for any UNGA Resolution of such nature."

Art of Living, Braham Kumaris, Sadguru Isha foundation, Ranju Narang of Om Meditation and Sanjay participated in the IYD.

*(Based on a press release)*

**Joe Lhota Confirmed to Run the MTA as Chairman**

**NEW YORK CITY (TIP):** Joe Lhota was confirmed late Wednesday, June 21 night by the New York Senate to run the MTA as chairman.

Gov. Cuomo had nominated Lhota earlier in the day on Wednesday, transit sources told NBC 4 New York.

The sources said although he will be the chairman of the MTA, he will not be the CEO, since the governor plans to split those positions. It's not yet who the CEO would be.

Lhota will return to the post he held before leaving to run for mayor in 2013.

Lhota was widely credited with cleaning up dirty stations and responding quickly to Sandy-damaged tunnels in the fall of 2012.

The nomination - at the very end of the legislative session in Albany - blunts criticism of Gov. Cuomo that he has left the authority rudderless since Tom Prendergast left after the opening of the Second Avenue subway line.

Meanwhile, Mayor Bill de Blasio in a statement on June 22, has commended the Governor for his choice. Blasio said, "The MTA is at an important crossroads in its mission to serve the millions of New Yorkers who deserve safe, reliable transportation every day. There are few



*Lhota will return to the post he held before leaving to run for mayor in 2013.*

public servants more capable of helping navigate this critical evolution than Joe Lhota. I commend the Governor for his choice and I pledge my administration's cooperation in helping the Governor, Chairman Lhota and the MTA meet the needs of New York City subway and bus riders."

Lhota's nomination comes at a messy

time for the MTA, which is dealing with an aging subway system.

The stress of a crumbling system with more passengers than ever - 5.6 million weekly in 2016 - has caused the number of train delays to triple during the past five years, to 70,000 per month.

Much of the signal system is more than 80 years old, and 30 percent was installed before 1965. The subway system took a big hit in 2012, when Superstorm Sandy washed out tracks and flooded tunnels. Equipment, from the trains themselves to the ancient signaling system, hasn't been replaced because of the enormous cost and pressure to keep fares from rising. A single ride now costs \$2.75.

The MTA promised in May to roll out a \$20 million plan to help ease extensive delays around the subway by deploying a rapid response team to fix signals and switches when they break.

The MTA board is made up of 14 voting seats: New York state controls 6; New York City has 4; and Nassau, Suffolk, Westchester, Dutchess, Orange, Rockland and Putnam have one seat each (the latter four split one vote each on the board, however).

*(Source: NBC)*



### Schedule of Events

Friday, July 21, 2017

11:00 AM— Registration and Lunch\*

12:45 PM— Announcements and Rules

1:00 PM— Shotgun start  
(Foursome Scramble)

5:00 PM— Awards Ceremony with  
Food / Drink

>\*Full lunch will be provided

>Drinks for sale from the roving  
refreshment carts.

-Prizes and Contests

-Longest Drive, Longest Putt, Hole in One,  
Closest to the pin skill prizes

-All players will receive a tournament gift  
-50/50 drawing

-Mulligans will be available

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### Golf For Sight



Friday, July 21, 2017

Morgantown, WV





## Captain Virat Kohli reveals a lot without saying anything

**MUMBAI (TIP):** The Indian cricket community were waiting for a reaction from skipper Virat Kohli on Anil Kumble's resignation as coach for the last 48 hours. Well, they didn't get the reaction they wanted. But, they got a lot more. By afternoon, it had emerged that Kohli had deleted the tweet in which he had welcomed Kumble on June 23 last year. In that tweet, Kohli wrote, "Heartiest welcome to @anilkumble1074 Sir. Look forward to your tenure with us. Great things in store for Indian cricket with you."

By evening, as time came to address the pre-match press conference at Port of Spain, ahead of India's limited overs series comprising five ODIs and 1 T20 against West Indies, which begins on Friday, Kohli was in the mood to give the media enough scope for a juicy story if they were prepared to read between the lines.

He highlighted the respect that he and the rest of the Indian team has for Kumble but

offered little dope on what transpired between him and the legendary leggie that led to Indian cricket's second most infamous coach-captain rift. No prizes for guessing the first one. After asking the customary token question of how relaxing it would be for the team to play in the scenic islands of the Caribbean and hearing Kohli answer it articulately, the media quickly got to the point. Kohli was more cautious in dealing with the query than he was while dealing with Mohammad Amir in the Champions Trophy final. Asked to comment on Kumble's resignation letter, Kohli said, "Obviously, he has reacted and it's his opinion, which I respect," Kohli said on the eve of the first ODI and highlighted his great feats for Team India.

"I have total respect for Anil bhai as a cricketer and what he has achieved for the nation (It took exactly a year for Sir to become bhai). All the years he has played, there is no taking away from that aspect of him at all.

And we all respect him totally."

Total respect for him as a cricketer? Does it mean he and the rest of the team did not respect his credentials as a man-manager and coach? Didn't we say read between the lines?

Wait, there was more to come. In a veiled dig at the former coach, Kohli chose his own way to give a parting shot and spoke about the importance of maintaining the sanctity of the dressing room. Again, it seemed to be a dig that he was choosing to do something which the coach had not.

"His resignation is something that has happened right after the Champions Trophy. I addressed 11 pressers in the Champions Trophy but did not speak on it. We have created a culture over the last three or four years that whatever happens in the change room, we've tried to maintain the sanctity of the change room throughout. For us that is paramount. I've always respected that and we have continued to maintain that as well," he

stressed.

He was emphatic about not making the details of the discussions between him and Kumble, public. "What happens in the change room is sacred and private to us. That is something that I would not express in detail in a public space. His point of view is out there and we respect that decision."

For the record, he also revealed that Ajinkya Rahane who did not get to play a single game in the Champions Trophy will open with Shikhar Dhawan and the importance of identifying a pool of 25 players for the 2019 World Cup.

Kohli also said that the team had learnt from the defeat in the Champions Trophy final to Pakistan on Sunday. "We learn from every loss," Kohli stressed and added that the team learns from victories too.

India and the West Indies last played an ODI in Perth at the World Cup in 2015 and India won that game with ease. (PTI)

## Hockey World League Semi-Final: India lose to Malaysia 2-3 in quarters

**NEW DELHI (TIP):** Fancied India suffered a shocking 2-3 defeat at the hands of Malaysia in a quarterfinal match on Thursday in the Hockey World League Semi-Final.

It was a hard-fought encounter as both the teams played with great intensity. The Indians only had themselves to blame as a below-par opening 20 minutes and some sloppy defending ruined their hopes.

India conceded as many as seven penalty corners, three of which were converted by Malaysia through Razie Rahim (19th, 48th minutes) and Tengku Tajuddin.

India's goals came from the sticks of Ramandeep Singh (24th, 26th).

By virtue of this win, Malaysia have qualified for next year's World Cup to be held in India.

For India, it is their second defeat against Malaysia in little less than two months.

Roelant Oltmans' men had earlier lost 0-1 to the same opponents in the Azlan Shah Cup last month.

Malaysia will face reigning Olympic champions and world number one Argentina in Saturday's semifinal.

Argentina had earlier in the day defeated Pakistan in the first quarterfinal match.

Ranked sixth in the world, the Indians started as overwhelming favourites against 14th placed Malaysia but the script did not unveil as expected at least in the first 23 minutes of the game.

The Indians were yet again slow to get off the blocks and looked scrappy.

Malaysia, on the other hand, were compact in their defensive structure initially and also troubled India's backline.

Malaysia pressed hard early on and secured two penalty corners but wasted both the

chances. The first quarter ended goalless with Malaysia controlling the proceedings.

Malaysia continued their attacking game and got a great opportunity to break the deadlock in the 17th minute when a scoop from the deep found Nabil Noor alone inside the Indian circle but an alert goalkeeper Vikas Dahiya came off his line to deny Noor.

Two minutes later, Malaysia earned another penalty corner but this time Dahiya failed to keep Razie Rahim's flick out of the goal as the ball went in after hitting his body.

A minute later, Malaysia doubled their lead against the run of play as Tengku Tajuddin neatly deflected in from their fourth penalty corner.

Down by two goals, it was time for India to bounce back strongly into the game and they did exactly that and levelled the scores with two goals in a span of two minutes.

Ramandeep scored from literally India's first shot at the goal, deflecting in Sumit's defence-splitting cross from the right flank.

Two minutes later, Ramandeep once again found himself at the right place at the right time and scored the equaliser after skipper Manpreet Singh messed up a variation effort from India's first penalty corner.

After the change of ends, the Indians continued to dominate the proceedings and earned two penalty corners in quick succession but Harmanpreet Singh failed to deliver once again.

While the Indians played attacking hockey, the Malaysians preferred to sit back and defend and rely on counter-attacks.

Malaysia's ploy worked and they secured two more penalty corners in the 48th minute, the second of which was converted by Razie Rahim for his second goal of the day. (PTI)



"|| SHRI GANESHAYA NAMAHA ||"



BEJAN DARUWALLA

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Predictions for the month of JULY, 2017

Today there is computerized voice type analysis. My observation is you, Scorpio, Taurus and Libra are blessed with the baritone which persuades people to do your bidding. This is certainly yoga time or yoke time or partnerships of all possible sorts. I suggest yoga and partnership with God will be exceptionally fruitful. Enjoy it. Life is sweet but short.

**Aries**

Ganesha says - A larger canvas for you this month. You reach out in every way you can - from meetings and rendezvous to fax, email, voice-mail, the works, in short. Not just to people, please remember, but places. The environment, eco-concerns, wider issues also keep you busy. And how: A huge level of awareness and commitment is to be seen in you this week. You are the world, now. Not in confrontation but in fine accord.

**Taurus**

The growing awareness of last month develops further. After the pleasures and pain of the material plane, your mind is irresistibly drawn to a higher level. You set your sights on a higher and superior consciousness, spirituality, the cosmic cycle of karma. Also, research, higher studies and imbibing knowledge for its own sake. Travel of the mind, and perhaps actual journeys, too, not just spiritual ones, keep you firmly anchored in this world even while you seek another. Conference, business meets, seminars, study tours, pilgrimages.

**Gemini**

A somewhat taxing and certainly demanding month lies ahead. A little stress may develop. You could be over-wrought perhaps about unfairness in your work / business and somewhat depleted in health. At the same time, there are useful discussions, meaningful dialogues with those to whom you can reveal your innermost thoughts. Perhaps a mystery could be revealed. The possibility is there, says Ganesha.

**Cancer**

A strengthening of commitment comes now - and it's really needed, too. Money will be easy, though not wonderful. Nor will your health. More rest will be very desirable to you as once again, all kinds of pulls could level you feeling as if your batteries are running low and you just can't cope with all that you're required to do. Your faith will energize you, as will your warm interactions with loved ones. Once again you focus very definitely on home, family, property, in several ways.

**Leo**

A time when Ganesha endows you with a large measure of satisfaction, the belief that you're going the right way to a better life. Harmony and contentment are your goals now. All that the preceding forecast was about is now sought to be put into action, or motion, by you. You get off to a dramatic, stylish start in the work arena. You are redefining your attitudes to home and career, refocusing on fresh goals in terms of advancement.

**Virgo**

A truly fine period, again, in which you find satisfaction in all spheres - work, family, love and marriage. You gain in effortless ways both at home and at work. Understanding and rapport with people who are part of your personal "think-tank" lends to an energizing effect on both money matters and affairs of the heart. You work with equal zest and energy as you play.

**Libra**

Energy, inspiration, enthusiasm all comes to you in a torrent with this new moon. The operative word here is new - most definitely. It's ideal for creating a new product / project / venture / piece of art / book / a symphony / poem. Creativity manifests itself even in getting a new job or a new addition to the family. Also, a wonderful time for those in the media, publicity, writing, copywriting, the e-world (and that in itself is really a universe, isn't it?)

**Scorpio**

A typical Scorpio with its emphasis on faith, religion, spirituality. You feel an urge to live less in the material world and more in the spiritual, but it is material concerns that will force themselves on your attention. Finances, joint-funds, debts and loans will all have to be dealt with or handled in some form or the other. If not your own, they could pertain to the family interactions of the last week.

**Sagittarius**

Much comes to you now, and in easy, harmonious ways; you don't have to struggle to achieve. Your efforts produce effects far beyond your expectations. Fun and games are embraced joyfully in a spirit of celebration. Don't let go of the cleanliness of communication and sharing you've established with those around you - friends as well as workmates. You realize and appreciate the role of good people in your life.

**Capricorn**

Solid gains - in this world and the higher one too make it a week of progress. You ponder on deeper questions, undertake further study / training / orientation and gain much in terms of ultimate wisdom and maturity. Good ideas at work, solid interaction with friends, family, mate or lover, all add to the creation of deeper ties. So, travel and ties with a whole new connotation. Not armchair travelling, but travel of the spirit.

**Aquarius**

Right now, you're really a fine person to know and this will continue, since it's a trend for the month. You are full of grace in your public position, and exercise authority with affection and charm. And that is probably the least of your gains, though it brings mind-bogglingly good results at work and in the family scene. You feel a little more internal, more reflective, more introspective.

**Pisces**

Your spiritual and emotional growth has been steady and sustained. It's a much larger canvas that you are painting on, once again, leaving your own individual imprint. You function as a part of a group or social organization, see your place in the world order and open up the vistas of your mind. Original studies, research, higher learning, these, hypothesis - even the media, and particularly television - are all part of your sphere.

Bejan Daruwalla is world's most famous astrologer today. He appears regularly on world wide TV shows. Bejan who has been a professor in English, has authored a number of books on astrology. India's Prime Minister Narendra Modi, on March 29, 2012, lunched one of Bejan's books, '2012- End of the World? Bejan contributes to a number of journals and

newspapers in many parts of the world which include Berkley Communications (London) Times of India (Delhi, Mumbai, Kolkata, Chennai) and The Indian Panorama ( New York and Texas). Bejan's predictions have mostly been correct and people the world over rely on his predictions.

Bejan Daruwalla is available for astrological consultations. He can be reached at [info@bejandaruwalla.com](mailto:info@bejandaruwalla.com) and on phone 011-91-9825470377 [www.bejandaruwalla.com](http://www.bejandaruwalla.com)





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