

Trump, Putin to hold summit in Helsinki on July 16

Will discuss Syria, Ukraine and "many other subjects": Trump

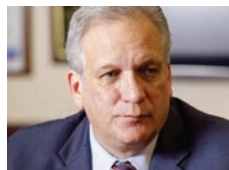


The impending meeting is drawing a lot of attention in view of Mueller's Russia Investigation (File photo)

WASHINGTON/MOSCOW (TIP): US President Donald Trump and Russian President Vladimir Putin will hold a summit in Helsinki on July 16, the White House and the Kremlin announced Thursday, June 28. *contd on Page 20*

Mangano retrial to start Oct. 9

CENTRAL ISLIP, NY (TIP): U.S. District Judge Joan M. Azrack on Thursday, June 28 set Oct. 9 as the date for the retrial of former Nassau County Executive Edward Mangano *contd on Page 20*



Former Nassau County Executive Edward Mangano and his wife, Linda, will be retried on corruption charges

US won't tolerate Pakistan becoming haven for terrorists: Nikki Haley

NEW DELHI (TIP): Pakistan becoming a haven for terror groups cannot be tolerated and the US has already delivered the message to Islamabad, US Ambassador to the UN Nikki Haley said here June 28.

"We cannot turn a blind eye to those harboring terrorists... Communicating to Pakistan that this cannot be tolerated," she said while delivering a lecture at the Observer Research Foundation- a Think Tank. *contd on Page 20*

US Ambassador to the United Nations Nikki Haley called on Prime Minister Narendra Modi in New Delhi, June 28, 2018. (Twitter photo)



Indian Origin Amul Thapar among Potential Supreme Court nominees to replace Justice Kennedy



Amul Thapar, 49, Judge with the 6th US Circuit Court of Appeals, is believed to be a contender to succeed Justice Kennedy at the Supreme Court

WASHINGTON (TIP): Indian Origin Amul Thapar, 49 is one of the potential Supreme Court nominees to replace Justice Kennedy.

Amul Thapar, 49, a McConnell favorite, was handpicked by Senate Majority Leader Mitch McConnell to serve as the US attorney for the Eastern District of Kentucky. In 2006, he went on to a seat on the US District Court for the Eastern District of Kentucky.

Trump nominated Thapar to the 6th US Circuit Court of Appeals in 2017. He was born in Michigan and served in government as well as private practice. In 2007, Thapar was the first American of South Asian descent to be named to an Article III federal judgeship. *contd on Page 20*

Time names the most influential people on the internet



NEW YORK (TIP): Kylie Jenner, Kanye West, Rihanna, Busy Philipps and Matt Drudge have landed on Time magazine's roundup of the most influential people on the internet. So did someone with 53 million Twitter followers - President Donald J Trump. *contd on Page 20*

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Enthusiasm marks International Day of Yoga celebrations in Texas

Manu Shah

DALLAS (TIP): Thousands of Texans across the state came together to celebrate the 4th International Day of Yoga in partnership with the Consulate General of India in Houston and local organizations. They moved in harmony, stretching and breathing mindfully in guided yoga sessions across parks, schools, temples and community centers.

According to a 2016 Yoga Journal report, 36.7 million people practice yoga in the US, up from 20.4 million in 2012. The yoga market is now worth \$16 bn (£12 bn) in the U.S.

Houston

In Houston, over 500 yoga practitioners showed up in their yoga gear at Midtown Park on June 21st. Non-Indians clearly outnumbered desis in the record turnout, proving that yoga has entered mainstream America.

New additions to the program included a demonstration of some of the most difficult yoga poses by Melissa Riedel, Reggie Ahmad, Austin Dunn and Nicklous Dutcher.

Yoga coordinator for Houston, Sharad Amin thanked the weather gods for a beautiful day and stated that the program "demonstrated universal oneness which can be achieved by Yoga, India's gift to world."

President and founder of Patanjali Yogpeeth USA and renowned yoga teacher, Shekhar Agrawal described yoga as a great step to "awaken the sleeping giant within us," and invited the city's top yoga teachers to take the gathering through some yoga asanas, relaxation techniques and meditation practices.



International Day of Yoga in Houston

A concluding prayer was invoked to "channel our energies in the right direction" after which participants broke out in a lively exchange of powdered colors or Holi as it is known in India.

The Hindu Temple of the Woodlands hosted a yoga session on the morning of June 23. The young volunteers of their Vision to Reality project and Community Outreach Program by the Education Youth Service (EYS), organized the event in Town Green Park. Consul General of India, Dr. Anupam Ray



Veterans and military personnel practicing Yoga in San Antonio

and retired Vascular Surgeon, renowned Yoga Therapist & Ayurveda practitioner Dr. Dilip Sarkar were the Chief Guests. The session opened with a Sanskrit prayer wishing for peace and protection. International yoga educator Cat McCarthy took the stage and led the group through several movements.

India House also hosted a yoga event which saw an attendance of 100 people.

contd on Page 20

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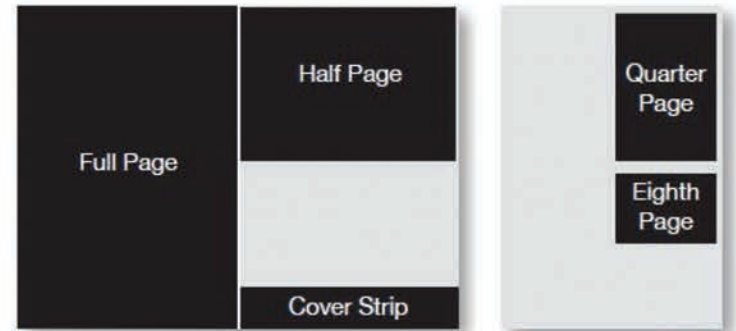


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ASIAN INDIANS in NEW YORK-
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Average Household
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The Indian Panorama is a South-Asian English newspaper with print editions in New York City, the Tristate area and now also as the first English Asian Newspaper from Dallas, printed weekly every Friday.

Indian American Aruna Miller loses Democratic primary in Maryland's 6th Congressional District

MARYLAND (TIP): Indian American Aruna Miller lost the Democratic primary for the state's open sixth congressional district on June 26.

Miller finished second with 17,315 votes, roughly 5,000 fewer than the winner, businessman David Trone.

Only 55,000 registered voters cast their votes in the Democratic primary. The presence of two Asian Americans - pediatrician and author Nadia Hashimi and State Sen. Roger Manno - did not help Miller's cause.

Hashimi received 4,764 votes, Manno got 4,245 votes.

Trone, founder of Total Wine & More, reportedly spent \$12 million of his own money for the campaign, vastly outspending Miller, who raised \$1.5 million.

Trone had spent more than \$10 million in the Democratic primary from the neighboring 8th district in 2016, when he finished second behind Jamie Raskin, who now represents the district in Congress.

Speaking to roughly 200 of her friends and supporters at a Gaithersburg, MD, restaurant, the candidate vowed to continue to fight for the issues she ran on.

"When I first started out this journey to run for Congress people said to me... 'Aruna look you really want to give up a safe seat in the House of Delegates and take on this role of running for Congress?' I said you know what you better believe it. I do, and the reason why is because our democracy, our future and our liberties for every one of the kids that are here today, it's worth fighting for and risking everything for and I don't regret it one bit."

She said the campaign was about "what we fight together, what we're seeking together," she said. "Tomorrow, we're gonna get up and we're gonna fight for democracy.



Miller thanked the Indian American community for its support

We never take our eye off that. It is something worth fighting for. People have marched for and died for so we, you and I, could have the liberties and the freedoms and all the things that we have today. And that's our responsibility to do that for the future generation."

Miller also thanked the Indian American community for its support.

"They've been incredibly supportive and I'm grateful for that support," she said. "I think the Indian American community, along with the nation, has woken up from their political slumber after the presidential election and are beginning to understand now why it's important to be politically engaged." Miller further added in her speech the way forward.

I'm sure most of you know the story - and every immigrant knows his story - that my mom and dad risked it all came to the United States, stepped out of their comfort zone in order to give greater opportunities for their children. And I'm thankful for that. ... They taught me a lesson in that that you

should always step out of your comfort zone. That's when life really begins. Get comfortable with the jagged edges, get comfortable with being uncomfortable. That's what my mom and dad and every immigrant that comes to this nation has taught me and that's something that I hope you can take away no matter what you do in life.

I just want to say: Look, it isn't over [tonight] ... Life is full of disappointments. This is only one data point in that we're gonna get up tomorrow, we're gonna fight for democracy, we're gonna make sure, as we move forward, that it's about an inclusive America that we want to create. You know I spent my entire life, and I'm sure some of you have also been in this space, trying to fit into a space that didn't have me in mind right and that's not what America is about. We're about expanding that space, so everyone belongs and that's what I want to work towards.

She went ahead and congratulated all.

I want to congratulate every one of the people that ran in [the 6th] congressional district, to all the candidates who gave up their self, their time, their energy and gave the best of themselves to share with the voters. And the voters you know made a decision and they elected an individual and you know we're gonna have to get up tomorrow morning, we're gonna have to get up again to work towards something bigger than ourselves, something more important just than our campaign. It's about moving the ball forward. It's about moving that needle more towards progress. Progress comes in incremental steps. It's never over. There is no final destination, but it's about moving towards it little at a time. And I hope that you will all join us in making sure that we do this.

Indian-Origin Sikh Lawyer Appointed as the Judicial Commissioner of Singapore's Apex Court



SINGAPORE (TIP): Dedar Singh Gill, an Indian-origin leading intellectual property lawyer of Singapore has been appointed as a judicial commissioner of the country's Supreme Court, according to an official statement.

Mr Gill will begin his role on August 1 for a period of two years

Gill, 59, has been appointed by President Halimah Yacob as the apex court's judicial

commissioner for a period of two years.

Mr Gill will begin his role on August 1 for a period of two years, a statement from the Prime Minister's Office said on June 26.

He will be sworn in on August 3.

A graduate of National University of Singapore (1983), Mr. Gill was previously managing director of intellectual property department of the law firm Drew and Napier LLC, where he spent most of his career since graduation.

A lawyer with over 30 years of experience, he is one of Singapore's top intellectual property (IP) litigators, representing corporate clients who are household names.

He is former president of the Asian Patent Attorneys Association (Singapore Group) and was also appointed as deputy president of the Copyright Tribunal.

With Mr Gill's appointment, the Supreme Court will now have a total of 21 judges - including four judges of appeal and the chief justice - six judicial commissioners, four senior judges and 15 international judges.

Indian-Origin Singapore based Woman Accused in biggest US Navy Bribe Case



Sharon Rachael Gursharan Kau, 57, Was Allegedly Involved In The \$35-Million 'Fat Leonard' Scandal

SINGAPORE (TIP): Indian-origin Singaporean woman, accused of being involved in the largest bribery case in the history of the US Navy, may face a jail term of more than three years, a media report stated.

Sharon Rachael Gursharan Kaur, a 57-year-old, who was a lead contract specialist for the US Navy, was allegedly involved in the \$35-million 'Fat Leonard' scandal, which resulted in the arrest and conviction of several senior officers of the US Navy, including a rear admiral, the media reported.

Kaur, was based at the US Navy's Supply Systems Command Fleet Logistics Centre in Singapore. The court on June 21 heard that she received more than SGD 130,000 in bribes from Leonard Glenn Francis, the Malaysian chief executive of Glenn Defense Marine Asia (GDMA) -- a subsidiary of Singapore-based Glenn Marine Group -- which provides goods and services for American ships in at least a dozen countries in Asia.

Francis, also known to several US Navy personnel as "Fat Leonard", had allegedly paid Kaur bribes between 2006 and 2011 as a reward for giving him information about the US Navy that was not available to the public.

Read full story on www.theindianpanorama.news

Indian-Origin Woman allegedly Murdered by Maid in Singapore



SINGAPORE (TIP): A 70-year-old Indian-origin woman, Mehrotra Shashi, has been allegedly murdered at her home in Singapore by a maid from Myanmar, police said. She was found lying motionless in her 12th story unit in the Choa Chu Kang North housing estate on June 25.

Zin Mar Nwe, 23, is accused of killing Mehrotra, as reported. Nwe appeared via a video-link from the Central Police Division, where she is being held in remand, the report said, adding that she is remanded for psychiatric evaluation for a week and has been denied bail. The alleged murder was discovered after police received a call, requesting for assistance at the unit. When officers arrived at the unit, they found Mehrotra lying motionless. Doctors pronounced her dead about 30 minutes later. Nwe will be back in court on July 4. If found guilty of committing murder, she will face the death penalty under the Singaporean law.

Indian-Origin Man in UK Faces Trial for Rape

LONDON (TIP): Sanjay Naker, an Indian-origin finance consultant from north London is on trial for allegedly raping an 18-year-old female after a night out drinking with his colleagues.

Mr. Sanjay denies three charges of rape, one count of attempted rape, one charge of assault by penetration, and a count of sexual assault as the trial got underway at Inner London Crown Court this week. The married 28-year-old is accused of carrying the woman over his shoulder after she was denied entry into a nightclub in central London for being drunk and raped her in an alleyway.

The jury was told that the last thing the unnamed woman remembers was standing in the smoking area with her cousin at the club and then staring at a brick wall in the alley.

Naker told police the sex was consensual and said the woman had not appeared drunk. He admitted later searching online for a definition of the word "rape" but said it reassured him he had done nothing wrong.

Showing the jury CCTV footage from the incident in March last year, prosecutor Neena Crinnion said, "He (Naker) has managed to maneuver her on to his back, into a piggyback position, and he is off across the road and down towards the passageway. The CCTV shows she appears to be slumped over his back, not really maintaining any grip".

Jurors watched footage of the woman falling from Naker's back and banging her head on the ground, according to reports. Naker is then accused of "dragging" her further along the alleyway to a "filthy corner". The prosecution alleges that Naker forced the "extremely drunk" woman to perform sex acts on him before trying to have sex with her. Naker denies the allegations as the trial remains ongoing at the London court.



Naker told police the sex was consensual and said the woman had not appeared drunk.

Maryland shooting suspect battled newspaper in court and lost

MARYLAND (TIP): The 38-year-old man suspected of killing five people at the offices of a Maryland newspaper group on Thursday had a long-running feud with the Capital Gazette, attacking the Annapolis-based family of publications in the courts and on social media.

Law enforcement sources told the Capital Gazette that police had identified the suspect as Jarrod Warren Ramos, a resident of Laurel, Maryland, who sued the newspaper and one of its journalists in 2012, alleging defamation.

Almost a year earlier, Thomas Hartley, a former columnist for The Capital, one of the group's papers, wrote a column describing the suspect's interactions with an unnamed woman Ramos contacted over Facebook, court documents showed. Hartley said Ramos sent her numerous emails in which he called her vulgar names and told her to kill herself.

The lawsuit named Hartley, its then editor-publisher Thomas Marquardt, and Capital-Gazette Communications, then the parent company of the paper.

Ramos had pled guilty to criminal harassment five days before Hartley published his column, records showed. He claimed in court documents that his perspective was not fairly represented. His lawsuit was dismissed in 2013, and an appellate court upheld the dismissal in 2015.

As the case made its way through the courts, a Twitter user calling himself Jarrod W Ramos posted numerous tweets critical of the Capital Gazette, Hartley and the Maryland judges.

A 2015 court document quoted Ramos' lawyer as saying that Ramos had worked for the US Bureau of Labor Statistics for six years. (Reuters)

Crucial '2+2' Dialogue Postponed: Strain in India-US Ties?

PM Narendra Modi knows why US deferred talks with India: Nikki Haley

WASHINGTON (TIP): US abruptly postponed the crucial '2+2' dialogue with India scheduled on July 6, for the second time in a row. US Ambassador to UN Nikki Haley, in Delhi, however said there's a good reason to delay talks and PM Modi knows about it. But questions are being asked if India-US ties are facing a rough weather and are cracks emerging in India-US relationship?

US Ambassador to United Nations, Nikki Haley, has said that Prime Minister Narendra Modi knows the reason for the Donald Trump administration cancelling 2+2 dialogue which was scheduled to be held in Washington on July 6 and 7. Speaking to NDTV, Haley said that the talks were cancelled for reasons that had nothing to do with India, adding that the world would soon be informed about the same. She added that Prime Minister Modi is aware of the "exact reason", which is a "very good" one.

Dismissing reports of differences between the two countries of rescheduling of the talks, Haley said that the relationship between India and US has "never been stronger". Her remarks come a day after the US conveyed to India that it had postponed the 2+2 dialogue scheduled to be held in Washington next week, due to "unavoidable reasons".

Earlier, Haley had said that the US wants to take

bilateral ties with India to the next level, adding that US President Donald Trump shares Prime Minister Narendra Modi's vision of nations pursuing growth "free and fearless in their choices" in the Indo-Pacific region.

Responding to a question, she also talked about the contentious issue of immigration amid an uproar over detention of scores of people in the US, including Indians, for illegally entering the country. America is a country of immigrants, but it cannot allow illegal immigration in the wake of the challenge of terrorism, Haley said.

India and the US enjoy a natural friendship that is based on their shared values and interests, the 46-year-old Indian American said. "The Trump Administration seeks to take the US-India relationship to the next level; to build a strategic partnership rooted in our common values and directed toward our common interests," she said.

Haley said India was a state with advanced nuclear technologies widely accepted around the world because it is a democracy and continues to be a responsible leader. Noting that in the last couple of years, India has joined three major nonproliferation groupings, she said the US also fully supports India's membership bid for the Nuclear Suppliers Group. "India continues to demonstrate it is a responsible steward of its nuclear technology," she said.

(With inputs from PTI)



Tax bill this year? Check withholding soon, avoid another one next year

WASHINGTON (TIP): Taxpayers who owed additional tax when they filed their 2017 federal tax return earlier this year can avoid another unexpected tax bill next year by doing a "paycheck checkup" as soon as possible, according to the Internal Revenue Service.

The Tax Cuts and Jobs Act, the tax reform legislation passed in December, made major changes to the tax law, including increasing the standard deduction, removing personal exemptions, increasing the Child Tax Credit, limiting or discontinuing certain deductions and changing tax rates and brackets.

These far-reaching changes could have a big impact on the tax refund or balance due on the tax return people file next year. The IRS encourages every employee to do a "paycheck checkup" soon to ensure they have the correct amount of tax taken out of their pay.

Checking and adjusting withholding now can prevent an unexpected tax bill and penalties next year at tax time. The IRS Withholding Calculator and Publication 505, Tax Withholding and Estimated Tax, can help.

The IRS encourages taxpayers to be proactive:

Do a 'paycheck checkup' soon

The Withholding Calculator can help taxpayers apply the new law to their specific financial situation and make an informed decision whether to change their withholding this year.

Adjust their withholding as soon as possible for an even, consistent amount of withholding throughout the rest of the year.

Taxpayers with more complex situations may need to use Publication 505. The publication is more effective for employees who owe self-employment tax, the alternative minimum tax or tax on unearned income from dependents. It can also help those who receive non-wage income such as dividends, capital gains, rents and royalties. Publication 505 includes worksheets and examples to guide taxpayers through their particular situations.

Underpayment penalties

To avoid paying the estimated tax penalty, taxpayers should



ensure they have enough tax withheld from their paychecks and appropriate estimated tax payments. Ordinarily, taxpayers can avoid this penalty by paying at least 90 percent of their tax during the year.

If taxpayers expect to owe at least \$1,000 in tax after subtracting withholding and refundable credits, they should make estimated tax payments.

Using the Withholding Calculator or Publication 505

Taxpayers should have their completed 2017 tax return handy to help estimate the amount of income, deductions, adjustments and credits to enter. They'll also need their most recent pay stubs to help compute their withholding to date this year. Results from these tools depend on the accuracy of information a taxpayer provides.

Employees can use the results from the Withholding Calculator or Publication 505 to help determine if they should complete a new Form W-4, Employee's Withholding Allowance Certificate, and, if so, what information to include on the form.

The calculator may also be helpful to recipients of pension and annuity income. These recipients can change their withholding by filling out Form W-4P and giving it to their payer.

If a taxpayer's personal circumstances change during the

year, they should re-check their withholding.

Adjusting withholding

If an employee determines they should adjust their withholding, they should complete a new Form W-4 and submit it to their employer as soon as possible.

Some employers have an electronic method to update a Form W-4.

Taxpayers who change their 2018 withholding should recheck their withholding at the start of 2019. A mid-year withholding change in 2018 may have a different full-year impact in 2019, so if taxpayers don't submit a new Form W-4 for 2019, their withholding might be higher or lower than intended.

If an employee has a change in personal circumstances that reduces the number of withholding allowances they can claim, they must submit a new Form W-4 within 10 days of the change.

The fewer withholding allowances an employee enters on the Form W-4, the higher their tax withholding will be. Entering "0" or "1" on line 5 of the Form W-4 means more tax will be withheld; entering a bigger number means less tax will be withheld.

Additional information

The Withholding Calculator does not request personally identifiable information such as name, Social Security number, address or bank account numbers. The IRS does not save or record the information entered on the calculator. Taxpayers should be aware of tax scams, especially via email or phone and cybercriminals impersonating the IRS. The IRS does not send emails related to the calculator or the information entered in it.

The calculator and Publication 505 are not tax-planning tools. Taxpayers needing advice regarding the new tax law and personal situations should consult a trusted tax professional.

Taxpayers can get more information on these topics at www.irs.gov/withholding. For information on steps taxpayers can take now to get a jump on next year's taxes, including how the new tax law may affect them, visit IRS.gov/getready.

On Delhi Gurudwara Visit, Nikki Haley Rolled Roti for Langar

Ambassador's itinerary included visit to a church, a mosque, a Hindu temple, and a Sikh gurdwara

NEW DELHI /NEW YORK (TIP): United States Ambassador to the United Nations Nikki Haley, who is touring India to strengthen ties between the two countries, visited several places of worship in Delhi, a day after she said, "freedom of religion was as important as freedom of people".

On her first visit to India since becoming the US envoy to UN, Ms Haley's first stop on June 28 morning was the Gauri Shankar Mandir. From there, she headed to Delhi 6 and offered prayers at the Jama Masjid. Later, she interacted with people outside the mosque.

The daughter of Sikh immigrants from Punjab, she also visited Gurudwara Sis Ganj Sahib in Chandni Chowk. Among the historical gurudwaras of Delhi, the Sis Ganj Gurudwara is of great religious significance for the Sikh community. As part of the community service, she rolled chapatis for 'langar' at the gurdwara's kitchen and was also seen stirring a huge cauldron of prasad, food served among devotees. US Ambassador to India Kenneth Juster lent a helping hand.

A tour of the Central Baptist Church was also part of her itinerary.

United States Ambassador to the United Nations #NikkiHaley visits Jama Masjid in Delhi. pic.twitter.com/n2brLO2PPq

- ANI (@ANI) June 28, 2018

The Delhi Sikh Gurudwara Management Committee (DSGMC) discussed with her the issue of 52 Indians, mostly Sikhs, being held at a detention center in Oregon for being part of a large contingent of illegal immigrants seeking asylum there.

Ms Haley kick-started her three-day tour of India with a visit to the majestic tomb of Mughal emperor Humayun. "We think



US Ambassador to the United Nations Nikki Haley and US Ambassador to India Kenneth Juster rolling chapatis at Gurdwara Sis Ganj in New Delhi. Delhi Gurdwara Prabandhak Committee President Manjit Singh GK is seen behind Ambassador Juster

freedom of religion is just as important as freedom of rights and freedom of peoples," she had said.

She met Prime Minister Narendra Modi on Wednesday and discussed ways to enhance cooperation between the two countries, including on counter-terrorism.

During her meeting with Foreign Minister Sushma Swaraj, ways to deepen the Indo-US strategic partnership and the ongoing cooperation between the two countries at the UN were discussed.

"I am here to once again solidify our love for India, our belief in the friendship that India

and the US have and our willingness to make that relation even stronger. In this day and time, we see more and more reasons for India and the US to come together," she said.

The 46-year-old diplomat, who is the highest-ranked Indian-American in US President Donald Trump's administration, will also meet top officials, NGO representatives among others and discuss a host of topics including India-US strategic ties and significant global developments.

Ms Haley had last visited India in 2014 when she was the South Carolina Governor.

(Source: PTI)

US Pressure compels India to cut oil imports from Iran: Sources

NEW DELHI /WASHINGTON (TIP): Trump administration wants India to respect US sanctions against Iran. While a State Department official has said that Washington wants Iranian oil buyers to halt imports from November, US Ambassador to the United Nations Nikki Haley has told Prime Minister Narendra Modi to lessen dependence on Iranian oil.

India has said it does not recognize unilateral restrictions imposed by the US, and instead follows UN sanctions. But the industry sources said India, the biggest buyer of Iranian oil after China, will be forced to take action to protect its exposure to the US financial system.

India's oil ministry has asked refiners to prepare for a 'drastic reduction or zero' imports of Iranian oil from November, two industry sources said, the first sign that New Delhi is responding to a push by the United States to cut trade ties with Iran.

India's oil ministry held a meeting with refiners on Thursday, June 28 urging them to scout for alternatives to Iranian oil, the sources said.

"(India) has asked refiners to be prepared for any eventuality, since the situation is still evolving. There could be drastic reduction or there could be no import at all," said one of the sources, who has knowledge of the matter.

"As far as we are concerned we will take all necessary steps including engagement with relevant stakeholders to ensure our energy security," news agency ANI reported quoting Raveesh Kumar, official spokesperson of ministry of external affairs.

During the previous round of sanctions, India was one of the few countries that continued to buy Iranian oil, although it had to reduce imports as shipping, insurance and banking channels were choked due to the European and US sanctions.

The source said this time the situation is different. "You have India, China and Europe on one side, and US on the other... At this moment we really don't know what to do, but at the same time we have to prepare ourselves to face any eventuality," said the source.

Haley, currently in Delhi, spoke with US Secretary of State Mike Pompeo early on Wednesday, before meeting Modi.

The US push to curb countries' imports of Iranian oil comes after President Donald Trump withdrew from a 2015 deal between Iran and six world powers and ordered a reimposition of sanctions on Tehran.

Some sanctions take effect after a 90-day "wind-down" period ending on August 6, and the rest, notably in the petroleum sector, following a 180-day "wind-down period" ending on November 4.

Under pressure from the US sanctions, Reliance Industries Ltd, the operator of the world's biggest refining complex, has decided to halt imports.

Nayara Energy, an Indian company promoted by Russian oil major Rosneft, is also preparing to halt Iranian oil imports from November after a communication from the government, a second source said. The company has already started cutting its oil imports from this month.

It is widely believed that the crucial "2 + 2" talks between the US and India were deferred for reasons connected with the sanctions against Iran. Trump administration is said to be unhappy with India's continued trade relations with Iran.

Massive demonstration against Trump's immigration policies in DC: 600 protesters are arrested

WASHINGTON (TIP): 600 protesters were taken in custody, June 28 in DC where a massive demonstration was organized to against Trump's immigration policies. Among them was Washington state congresswoman Pramila Jayapal.

The protests came as demonstrations occurred around the country over the Trump administration's policy of separating immigrant families

The sit-in of protesting women was organized by two liberal groups, Women's March and the Center for Popular Democracy

The action lasted more than two hours

Capitol Police said around 575 people were charged with unlawfully demonstrating inside the office building

Capitol Police arrested nearly 600 people Thursday after hundreds of loudly chanting women demonstrated inside a Senate office building against President Donald Trump's treatment of migrant families.

'What do we want? Free families!' and 'This is what democracy looks like' were among their cries.

Rep. Pramila Jayapal, D-Wash., said she was arrested during the protest. Jayapal, who was born in India, tweeted a video of herself in which she said she was proud to be arrested to protest Trump's zero-tolerance policy.

'We're here to fight for our families to be free, to fight for the ability of our kids to be with their parents - not in cages, not in prison, but able to live their lives free, safe



Immigration activists rally in Washington D.C. Actress Susan Sarandan holds a banner as immigration activists rally as part of a march calling for "an end to family detention" and in opposition to the immigration policies of the Trump administration, in Washington, D.C., June 28, 2018.

and secure,' Jayapal said.

Democratic Sens. Jeff Merkley of Oregon, Kirsten Gillibrand of New York and Edward Markey of Massachusetts also appeared before the crowd.

Under Trump's 'zero tolerance' policy, the government has begun prosecuting all

migrants caught entering the country without authorization.

Trump has halted his policy of taking children from their detained parents under public pressure but around 2,000 of them are still being held, with many families saying they've not known how to locate them.

India-US military ties take a hit after American sanctions against Russia

NEW DELHI (TIP): The upward trajectory of India-US military relationship appears to have taken a hit because of American sanctions against Russia — the country's top arms supplier — and resolving the problem has emerged as a top priority for New Delhi.

The US has already flagged concerns about the proposed sale of Russian S-400 Triumf air defence missile systems to India saying it would complicate interoperability between Indian and American forces, and also asked India to lessen its dependence on Russian military hardware.

Experts and senior military officials said it was impossible for India to sever its military ties with Russia and it would have to explore ways to bypass the American sanctions.

"Recent trends in the Indo-US relations, particularly the hard sanctions against Russia, would have major implications for India-Russia defence ties. The S-400 being a case in point as the American policy casts a shadow on the purchase," said military affairs expert Air Vice Marshal Kapil Kak (retd).

The US passed the Countering America's Adversaries through Sanctions Act earlier this year.

Russia accounted for 62% of India's arms imports during 2013-17, according to a report released by the Stockholm International Peace Research Institute (SIPRI) in March. It revealed that arms exports from the US jumped 557% in 2013-17 as compared to 2008-12, making it India's second largest arms supplier.

Kak said it was crucial for India to sustain its ties with Russia and any dilution in the relationship would directly impact India's operational preparedness. The government has made it very clear that CAATSA cannot be allowed to derail India's military ties with Russia, said a senior army officer who did not wish to be named.

On June 5, defence minister Nirmala Sitharaman said talks for buying the S-400 systems were in the final stage and India had told the US that sanctions cannot impact Indo-Russian military cooperation.

India could ink a Rs 39,000-crore deal with Russia later this year for five advanced S-400 missile systems, capable of destroying jets, missiles and (UAVs) at a range of 400 km.

The setting up of the defence technology and trade initiative (DTTI) in 2012 has led to the deepening of India-US military cooperation. It seeks to identify opportunities for co-development and co-production of military hardware, collaborate on science and technology projects and jointly explore policy changes needed to further the military relationship.

The DoD established an exclusive India Rapid Reaction Cell in 2015 to support the DTTI. Since 2008, India has bought or ordered military equipment worth \$15 billion from the US. Experts said while the volume of military purchases from the US was quite high, the bilateral relationship was devoid of strategic purpose. "Neither side has clarity about strategic intent," said an expert.

Source: HT

LeT plotted to kill Kashmir journalist Bukhari, four murderers identified

SRINAGAR (TIP): Police have claimed that Pakistan based Lashkar-e-Tayyeba (LeT) outfit hatched conspiracy to shoot dead senior Kashmiri journalist Shujaat Bukhari and three militants including a Pakistani fugitive Naveed Jatt executed the broad day light murder in the press enclave area of capital Srinagar on June 14.

Police released photographs of four persons named in the conspiracy including a Srinagar resident Sheikh Sajjad Gul who has been living in Pakistan since March 2017. Police said a lookout notice would be issued against Gul, who has written blogs against Bukhari, and Interpol help would be sought to nab him.

Addressing a press conference at Police Control Room here, Inspector General of Police (Kashmir range) Soyam Prakash Pani said that police have always referred to Bukhari's killing as terror related crime.

"We have gathered tangible evidence in the case that would be produced in the charge-sheet," he said adding the witnesses and documents have to be protected. He said the case has conspiracy part and execution part. Pani said that Sajjad Gul is a Srinagar resident based in Pakistan who started an intimidating campaign against Bukhari on certain social media platforms like kashmirfight.wordpress.com and facebook account "Kadwa sach Kashmir" and twitter handle "Ahmad Khalid" ahmadkhalid@313.

"These sites were spreading hate campaign,



malicious and intimidating content against the Kashmiri journalist," Pani, who was flanked by AK Birdi, Deputy Inspector general (central Kashmir) said. Birdi is heading a Special Investigation Team (SIT) probing Bukhari's murder.

He said Gul alias Ahmad Khalid has settled in Pakistan since March 2017. Earlier, he has been arrested by Delhi Police in 2003 in a terror case and Parimpora (Srinagar) police in 2016. "We have gone for lookout notice against Gul. He is one of the persons who created blogs and spread lot of rumours in public domain. We have strong evidence against him," Pani claimed.

He identified the militants who executed the conspiracy

as AzadAhmad Malik, a known LeT operative from Anantnag, MuaffarAhmad of Kulgam and Naveed Jatt, a Pakistani militant who fled from police custody in February this year.

He said Police have tangible evidence to establish that the whole conspiracy was hatched in Pakistan by proscribed militant outfit Laskar-e-Toiba (LeT).

Pani said this is a high profile case and further details shall be recorded in the chargesheet against the accused. He said Police will issue lookout notice against local accused and interpol notice through proper channel shall be issued against Pakistan based Kashmiri blogger Sajjad Gul.

Asked whether the motive behind the conspiracy was found pani said that this part would be taken care of in the charge sheet.

He said the role of Junaid Qayoom, a local resident who was arrested on the basis of his presence at the shootout site, is being probed. Qayoom picked up pistol of one of the two slain policemen guarding Bukhari. The pistol and two cellphones have been recovered from his possession.

Bukhari, Editor-in-chief of a conglomerate of newspapers including English daily Rising Kashmir, was killed on June 14 outside his office at press enclave in Srinagar. Hours after the sensational killing, police released CCTV grabs of the attackers, who were riding a motorcycle. While one of the suspects concealed his identity under helmet, another covered his face with a mask. The third rider's face is invisible who is holding a bag reportedly carrying assault rifles used in the attack. A volley of fire silenced Shujaat and his bodyguards soon after they embarked on their SUV on the fateful evening.

Militant groups including LeT have denied their involvement in the killing. "We would like to call their bluff. If Indian forces are truly convinced that this heinous crime was committed by mujahideen, then they should have no objection to an independent investigation of this murder by a neutral country such as China or Russia," LeT's chief spokesman Mahmood Shah said in statement.

BJP, Congress in a war of words over surgical strike videos

NEW DELHI (TIP): The BJP on June 28 rejected the Congress's allegation of politicising the surgical strikes against terror camps in Pakistan occupied Kashmir and lashed out at the Opposition party for doubting the courage and commitment of the armed forces.

The ruling party was responding to the charges that the government was using the armed forces for political gains following airing of video footages of the September 2016 surgical strikes.

Union Law Minister Ravi Shankar Prasad said if the BJP wanted to draw political mileage or seek votes in the name of surgical strikes, then the video would have been released during elections in states like Uttar Pradesh, Gujarat or Karnataka. The Congress party's remarks would only gladden the hearts of terrorists and their sponsor across the border, he added.

Referring to recent comments by senior



Congress leader Ghulam Nabi Azad that more civilians were getting killed than terrorists in Kashmir, the minister taunted that the LeT

had approved of Azad's comment and the Congress would get soon a similar certificate.

Prasad said the Congress was getting so

desperate after its repeated electoral losses that it was questioning the commitment of the armed forces. "It is boosting the morale of terrorists and breaking the morale of our forces. What extent the Congress will stoop to for votes?" he asked.

Pointing out that Congress president Rahul Gandhi had, soon after the surgical strike, referred to it as "khoon ki dalali", Prasad asked the party to clarify if it believed the videos were fake.

The minister was reacting to the comments of Congress leaders suggesting that the release of surgical strike videos was aimed at soaring up Prime Minister Narendra Modi's image. "Let the ruling dispensation remember that the blood and sacrifice of our brave soldiers cannot become a political vote garnering tool for the Modi Government and the BJP," Congress spokesperson Randeep Surjewala alleged.

Source: The Indian Express

Pakistan's top court, election panel deal fresh blows to Nawaz Sharif's party

ISLAMABAD (TIP): Pakistan's Supreme Court dealt a fresh blow on June 28 to the party of Nawaz Sharif, the prime minister it removed last year, by barring former privatisation minister Daniyal Aziz from contesting a general election on July 25.

The ban on Aziz came just a day after an Election Commission tribunal barred the outgoing prime minister Shahid Khaqan Abbasi, who took over after Sharif was ousted, from standing for election in his home constituency, though he is contesting another seat in Islamabad.

Sharif and his party have termed the cases and other several measures as a pre-election attempt to tip the scales in favour of opposition politician Imran Khan.

Speaking to Reuters, Aziz gave a broad hint on Thursday that establishment forces - a shorthand for vested interests led by the country's powerful military - were behind his disqualification.

"Pakistan's history in terms of using state institutions to manage political processes are well known ... and the hope and prayer was that we had moved beyond that and the facts are before you," Aziz told Reuters.

The Supreme Court had held Aziz in contempt of court for describing its removal of Sharif as politically motivated. Aziz has denied the charges, saying that he was misquoted.



In the case of Abbasi, an Election Commission tribunal ruled that he had failed to declare an accurate value of his assets in his nomination papers.

Abbasi denied the charges and termed the decision illegal, saying he would appeal against the ban.

"It is an election for the parliament. They have made it a joke," he told television news channels.

Abbasi's disqualification applies only to his Murree constituency and not the Islamabad seat that he is also contesting.

Under Pakistan's election rules, candidates can contest several constituencies. The rulings follow the

arrest by an anti-corruption body of Qamarul Islam, another member of Sharif's Pakistan Muslim League-Nawaz (PML-N), after he was named to contest a seat. Since his removal, Sharif has argued that the Pakistani military establishment, aided by top members of the judiciary, had orchestrated the lifetime ban on him returning to politics.

Sharif is separately facing criminal charges in an anti-corruption court that could see him jailed in the coming weeks. The anti-graft body has also approved a fresh inquiry into both Abbasi and Sharif over a liquefied natural gas (LNG) terminal project. (Reuters)

Pak NSA resigns amid reports of differences with caretaker PM

ISLAMABAD (TIP): Pakistan's National Security Advisor Lt Gen (retd) Nasser Janjua resigned on June 27, amid reports that he had differences with caretaker Prime Minister Nasirul Mulk.

Janjua's resignation was accepted by Prime Minister Mulk, according to a notification issued by the Cabinet Division.

The former chief of Southern Command was appointed as NSA during ousted prime minister Nawaz Sharif's tenure in October, 2015 with a status of minister of state. He had replaced Sartaj Aziz who was holding dual posts as Special Assistant to the Prime Minister on Foreign Affairs as well as NSA.

Though the reason for Janjua's exit is not yet known, sources in the government said the NSA was not feeling comfortable with the caretaker government led by former chief justice Mulk, Dawn reported.

His replacement has not been announced so far but the resignation coincided with the induction of retired Lt Gen Khalid Naeem Lodhi in the Cabinet.

Janjua had played important role in building trust with Afghanistan and instituting a bilateral peace process earlier this year. He also worked on 'Azm-i-Nau', a military preparedness exercise with particular focus on India. In December 2017, the then premier, Shahid Khaqan Abbasi, had tasked Janjua to present the national security policy, the paper said.

Janjua was the second military official to hold the post after Major General (retd) Mehmood Durrani who was NSA during an earlier Pakistan Peoples' Party government.

On June 22, the caretaker premier had removed Pakistan Muslim League-Nawaz (PML-N) leader Marvi Memon as the chairperson of Benazir Income Support Programme (BISP), according to media reports. According to sources, the interim government took the decision over criticism from different political quarters for not replacing a PML-N nominee. (PTI)

Attacks kill 29, including elders urging peace in Afghanistan

KABUL (TIP): An Afghan official says insurgent attacks in two provinces have killed 29 people, including a bomb that targeted a meeting between the Taliban and village elders urging them to enter peace talks.

Hasibullah Stanikzai, a provincial council member in the eastern Logar province, says Thursday's bombing killed 13 elders and an unknown number of Taliban.

No one immediately claimed the attack, but a local affiliate of the Islamic State group has targeted previous gatherings between the Taliban and those calling for an end to 17 years of war.

In a separate incident, a Taliban assault on a security post in the northern Takhar province killed 16 border police, according to Sonatullah Timor, a spokesman for the provincial governor.

Thai deputy PM says general election to be held between Feb 24 and May 5

BANGKOK (TIP): Thai Deputy Prime Minister Wissanu Krea-ngam said on June 20 a general election will be held next year between Feb. 24 and May 5, signalling the possibility of another delay of a vote that had tentatively been set for next February.

Wissanu also told reporters the ruling junta would lift a ban, in place since a 2014 coup, on some political activity by parties between September and December this year.

But a ban on campaigning would remain during that period, Wissanu said.

The military has been running Thailand since the May 2014 coup when it ousted the civilian government of Prime Minister Yingluck Shinawatra. (Reuters)

US, UK teams join Thailand's search for 13 missing in cave

MAE SAI (TIP): A US military team and British cave experts joined the search in northern Thailand for 12 boys and their soccer coach missing for five days inside a cave being flooded by near-constant rains.

A Thai army general coordinating the rescue said Thursday morning that overnight rain had raised water levels again and authorities switched off power and water pumps for fear of electrical hazards. Power had just been installed a few days earlier to provide lights and better communications and pump out water. Maj. Gen. Bantha Duriyapat said Thai navy SEALs, UK cave-diving experts and a US military team were inside the cave and rescuers were continuing to work despite the rain and setbacks.

At a morning briefing between the Thai SEALs and the US team, the Thais explained that water levels had been rising overnight at a rate of about 15 centimeters (6 inches) per hour, complicating efforts to squeeze through tight passages, some of which require divers to contort their bodies around L-shaped bends.

The missing boys and coach entered the Tham Luang Nang Non cave in Chiang Rai province on Saturday afternoon. The cave complex extends several kilometers (miles) with narrow passageways and uneven ground and is known to flood severely in rainy season.

Still, authorities have expressed hope there are dry places on higher ground



within the cave where the group may be able to wait.

Deputy national police chief Wirachai Songmetta said he would join more than 600 rescuers above ground trying to find shafts that might be possible entrances into the cave. The few shafts found so far did not provide access.

"We won't give up. That's the key here," he said as he got into a vehicle that was part of a convoy carrying rescuers.

US Indo-Pacific Command in Hawaii confirmed a US team of about 30 people was sent to assist the search. Navy Lt. Cmdr. Nicole Schwegman said Wednesday that a search and rescue team had been sent at the request of Thailand's government. Some parents of the missing

children have been spending the nights in tents outside the cave entrance as the rain poured. On Thursday morning, a Buddhist monk led a prayer for a small group of relatives, many of them red-eyed and crying during the prayer.

Medics sat in a tent nearby, and bicycles, backpacks and soccer cleats the boys left behind remained at the entrance. Anmar Mirza, national coordinator of the National Cave Rescue Commission in the US and editor of the book Manual of US Cave Rescue Techniques, said that in a situation like this it would seem there were only two things that could be done: pump the water down and search for alternative entrances. (AP)


**GUEST
COMMENT**

Deferment of Indo-US 2+2: Turbulence in ties or inconvenient scheduling?

It was a strange way to announce the postponement of the first-ever simultaneous meeting of the Indian and American defense and external affairs ministers. US Secretary of State Mike Pompeo broke the news to Foreign Minister Sushma Swaraj after UN Permanent Representative (UNPR) Nikki Haley touched down in New Delhi to soothe feathers ruffled by a burgeoning trade dispute and attempts to circumscribe New Delhi's freedom to buy oil and weapons from Iran and Russia, respectively. The first postponement in April was understandable - Trump had recently fired his Secretary of State and his replacement was going through confirmation hearings before the US Congress. The latest deferment lends itself to many interpretations and - since Pompeo did not elaborate - to negative inferences about the state of play of US-India relations.

Nothing much could be deduced from the public statements by Nikki Haley who largely made boiler plate announcements that no one can find fault with. The 2+2 format, borrowed from the Japanese diplomatic blue book, is supposed to speed up strategic and security partnerships. But in actual practice the focus is narrower: all the 2+2 formats currently in vogue are aimed at containing China or Russia or both. And PM Modi crossed a Rubicon by parleying with Presidents of both these countries in settings that lend themselves to elaborate deal making and clearing of the air.

The US would have rightly sensed that India will be hard placed to accommodate its security and defense requirements after it asked India for a complete ban on Iranian oil by November 4 and threatened its contracts for Russian military hardware. Both directives are anathema to India because of its long-standing policy of not putting all its energy and military eggs in a single basket. Trade disputes and Indian immigration woes are the other irritants. In this stalemate, both sides need sustained, creative and energetic diplomacy that gives India the freedom to pick its partners. The nature of Indo-US ties does not lend itself to permanent estrangement. But the moot question is whether a distracted and depleted US diplomacy is up to the task.

(Tribune, India)

Trump disrupts global governance

AS I SEE IT

By G Parthasarathy

New Delhi has been at the receiving end of Trump's economic policies of "America first." Trump's duties on imports of aluminum and steel have resulted in India taking up the issue with the WTO and imposing reciprocal trade restrictions on US exports. India's trade surplus with the US in 2017-18 was around \$21 billion, barely 5 per cent of the trade surplus of China. But, the Trump administration would evidently like to end GSP trade preferences, accorded to India since 1974, together with demands that India ends restrictions on imports of American dairy products.

While Trump is proposing tariffs on some \$50 billion of Chinese exports, he also supports special treatment for China, while heaping praise on President Xi Jinping. He intervened to reverse a US Congressional ban on ZTE, China's manufacturer of Android phones, which accepted that it had violated sanctions, by exports to Iran and North Korea. The US Commerce Department banned US companies from exporting components essential for ZTE's survival and brought the company to its knees. Trump, however, stepped in, tweeting that he would work with Xi, to reverse the ban.

With high-level meetings under way, India should respond to Trump's policies by being judicious in extending support, while seeking a quid pro quo for its actions, which support US policies. Any significant purchase of defense equipment, or civilian transport aircraft should be linked to specific political, economic and security gestures from Washington, while ensuring that US actions do not undermine the India-Russia defense relationship.

We need to work with Russia and China so that Washington does not take us for granted. Defense Secretary Mattis and Secretary of State Pompeo appear to have a realistic understanding of India's policies, potential and imperatives.

We need to keep a close watch on US policies on Afghanistan, where an effort appears under way to mainstream the Taliban. This should not lead to politically equating the Taliban with the legitimate Afghan Government.

The annual summit meetings of the G7 grouping are marked by camaraderie. They make a significant contribution to issues of global governance, ranging from environment, trade and investment, to peace, stability and security. Trump shook this record by his behavior during and after the G7 summit in Vancouver earlier this month. The summit was marked by simmering tensions on trade relations, with the US unilaterally imposing additional tariffs on imports of steel and aluminum, from its G7 partners. Differences on this issue led to Trump disowning the Summit

India has been at the receiving end of Trump's economic policies of "America first." His duties on imports of aluminum and steel have resulted in India taking up the issue with the WTO and imposing reciprocal trade curbs on US exports.



Trump's erratic and rude behavior has not just shocked his allies and nations across the world but also converted international governance into a theatrical farce

Declaration he had signed and calling Canadian Prime Minister Trudeau: "Dishonest and Weak." Outraged European leaders joined ranks, taking exception to Trump's comments, while Japanese Prime Minister Shinzo Abe, already shaken by Trump's U-turns on China and North Korea, maintained a silence.

He revoked US participation in the "Trans-Pacific Partnership", which sought to integrate the economies of the Asia-Pacific, ranging from Canada and the US to Japan, South Korea and ASEAN markets. China, now pushing for a "Comprehensive Economic Cooperation" agreement with ASEAN and its dialogue partners like India, Japan and Australia, will only increase its economic domination of the Indo-Pacific, by these American actions.

Other destabilizing Trump policies include his determination to scuttle the North American Free Trade Agreement, his ban on travel to the US by people from six Muslim countries, his imposition of nuclear sanctions on Iran and his insulting labelling of Haiti and countries in Africa as "shithole countries," which provoked formal protests by six African countries.

Trump has created new tensions by recognizing the whole Jerusalem as part of Israel, ignoring the global consensus that East Jerusalem would be under Palestinian control in any peace settlement in West Asia.

Trump's impetuously ignored the security concerns of key allies South Korea and Japan and went ahead with a summit meeting in Singapore, with North Korean leader Kim Jong Un, whom he had earlier spoken of in derogatory terms. Trump expressed his admiration for the North Korean leader and cancelled longstanding

military exercises with South Korea, thereby implicitly accepting the assurances of the North Korean leader that he would end his country's nuclear weapons program. These actions were ill advised, naïve and undermined the trust that South Korea and Japan had reposed in the US. There is little prospect of North Korea discarding its nuclear arsenal anytime soon. Moreover, one wonders if Shinzo Abe can afford to remain a mere spectator, with China and North Korea possessing missile and nuclear arsenals, with US acquiescence.

Interacting with well-informed journalists and analysts in the US during a stay at the US west coast, where people voted massively against Trump, one feels that a larger section of people now appear more indulgent towards religious bigotry and racism. There is appreciation of the fact that not only did Trump receive nearly 63 million votes in the presidential elections, but his economic policies, particularly on tax relief, have been accompanied by reduced unemployment, with a booming stock market. Acceptance and support, particularly amongst small-town white Americans, of Trump's immigration policies, is evident. A large number of Americans, especially in the mid-west and south, feel that far too much of their national resources has been spent on involvement beyond the country's borders and that there is, therefore, merit in Trump's slogan of "America First". Aspirants for quick "green cards" and those with unrealistic expectations of continuing American "liberalism," would be well advised to bear this in mind.

(The author is a career diplomat)

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PRESIDENT/PUBLISHER: Prof. Indrajit S. Saluja
VICE PRESIDENT: Chitagam Saluja
CHIEF EDITOR: Prof Indrajit S. Saluja
ASSISTANT EDITOR: Bidisha Roy
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The Indian Panorama
P.O. Box No. 190067, South Richmond Hill, NY 11419,
Tel: 646-247-9458
Email: editor@theindianpanorama.com
DALLAS EDITION
P.O. BOX 121695, ARLINGTON, TX 76012
Lovlien Kaurr, VP & Bureau Chief

E-mail tipdallas01@gmail.com; Phone: 646-247-9458
www.theindianpanorama.news
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TURN THE PRISM OF THE PAST

India must view in a new light its ties with both China and Pakistan



By MK Bhadrakumar

Without doubt, a new criticality has arisen in the state of Jammu and Kashmir, but as can happen, 'sweet are the uses of adversity' - to borrow from Shakespeare. There are both internal and external factors at work here. The contradictions in the political situation in J&K may ease if a level playing field is made available for all political parties and groups to make a new beginning. It doesn't have to be the case that things move from the frying pan into the fire.

One important reason for expressing cautious optimism is that in the external environment, an opportunity is at hand to take a road less travelled by, which could make all the difference. This involves engaging with Pakistan. The political dynamics within J&K invariably have an external dimension and not engaging with Pakistan is untenable. No one probably knows this better than the incumbent Governor NN Vohra in Srinagar, given his vast experience in statecraft. During the transition ahead, it will help matters a great deal if the disconnect between the efforts to shore up internal security and engagement with Pakistan is addressed. Of course, a hugely consequential electoral battle is looming ahead in the country in less than a year, which makes it obligatory for political parties to engage in grandstanding, but again, a non-partisan eye cannot miss the point that the reactions to the latest events in J&K suggest that no one is in any real combative mood. In fact, the mood is somber. There are no victors here. Pakistan was not even dragged into media discourse.

A question is often put why engage with Pakistan at all, given the past experience? But then, that is a self-serving digression, neither fair nor honest, because engaging Pakistan was never a substitute for doing homework that was also needed on our part, which was never quite forthcoming, for one reason or another. Yet, the past serves a purpose insofar as the scars remind us that we did survive our deepest wounds and it is not only an accomplishment, but an enduring reminder that the heavy toll that life took left us more resilient, and perhaps, better equipped to face the present. The ruins of a stupendous past are all around us today.

Second, a nation never replays its history.

Succinctly put, China's initiative to create a trilateral forum to foster amity between Afghanistan and Pakistan has gained traction. In fact, China and Pakistan have agreed to look at extending their \$57 billion China-Pakistan Economic Corridor to Afghanistan. To be sure, India-China-Pakistan triangle always brought to bear the regional backdrop. Therefore, we need to comprehend that Chinese policies too cannot be stereotyped through the prism of a bygone era. Regional stability and security providing the external environment in which development objectives are optimally realized becomes a top priority for Chinese policies. Thus, China is acting as a moderating influence on Pakistan.



New Delhi needs to be in tune with the positive power shift in the region

Despite our dogmas regarding Pakistan, that country of yesteryear no longer exists. Pakistan has been in transition with a searing knowledge that the past cannot be altered and is fixed, and the present is its reflecting actuality, while the future remains undefined and nebulous until a part of the present becomes a part of the past so that an unrealized future can become the new present. Plainly put, what is playing out in the Hindu Kush in recent weeks testify to a rethink in Pakistan. Curiously, this rethink is attributed to none other than army chief Gen Qamar Bajwa. With an interim government training its energies on the conduct of the forthcoming election, General Bajwa is having a free hand to withdraw the sticky tentacles of past Afghan policies from the present so that a future dawns for Pakistan in terms of regional connectivity, a flourishing economy and a nation at peace with itself and its neighbors. From the Indian perspective, therefore, it is hugely consequential that General Bajwa has held out positive signals for better relations with New Delhi. The Modi government seems to appreciate it.

The dramatic happenings of the past few weeks testify to the winds of change sweeping

Pakistan-Afghanistan relations, especially the Eid festivities with Taliban fighters and security forces taking 'selfies' in cities and towns, and secondly, the killing in Afghanistan of the Pakistan Taliban chief, Mullah Fazlullah, variously described as the mastermind of Pakistan's suicide culture, in a US drone strike. The latter is particularly important, as evident from Afghan President Ashraf Ghani's eagerness to personally transmit to General Bajwa the fulfilment of a long-standing Pakistani demand. Ghani expects him to reciprocate.

Succinctly put, China's initiative to create a trilateral forum to foster amity between Afghanistan and Pakistan has gained traction. In fact, China and Pakistan have agreed to look at extending their \$57 billion China-Pakistan Economic Corridor to Afghanistan. To be sure, India-China-Pakistan triangle always brought to bear the regional backdrop. Therefore, we need to comprehend that Chinese policies too cannot be stereotyped through the prism of a bygone era. Regional stability and security providing the external environment in which development objectives are optimally realized becomes a top priority for Chinese policies.

Thus, China is acting as a moderating influence on Pakistan.

On the other hand, if there was a past when China was indifferent toward India, it is far from the case today. India's impressive growth is taken seriously by the Chinese. All evidence suggests that despite the drift in the Sino-Indian relationship in the most recent years, the Chinese perception regarding PM Modi remain positive and his reform agenda has consistently drawn praise from Chinese commentators - underscoring faith in him that he is a strong leader who can take difficult decisions leading to a paradigm shift in Sino-Indian ties. Above all, China hopes that a bonding with India - 'China India Plus' - can be a game changer in the prevailing international milieu, characterized by anti-globalization trends, protectionism and growing pressure from the entrenched West, which is chary of redistribution of power in favor of emerging powers.

It is highly significant that in a speech last Monday in Delhi, outlining Beijing's strategy toward India, Chinese ambassador Luo Zhaohui singled out the idea of creating a new platform of China-India-Pakistan leaders' meeting under the framework of the Shanghai Cooperation Organisation. Taking into account foreign minister Wang Yi's recent remarks after the SCO summit in Qingdao that membership of India and Pakistan will strengthen the fight against terrorism and promote India's connectivity with Central Asia, one can quite figure out the Chinese intentions. The bottom line is that China sees it as in its self-interest that India-Pakistan tensions do not pose a contradiction in its efforts to boost the content and inject new verve into its relations with India.

Interestingly, Ambassador Luo also revisited the long-standing proposal on signing a 'Treaty of Good Neighborliness and Friendly Cooperation' with India. Suffice to say, it will be to India's advantage if an imaginative approach toward the situation in J&K could run parallel with a diplomatic track attuned to the positive power shift in the region.

(The author is a former ambassador)

Consuls in NYC Team Up to Call for Family Reunification

NEW YORK (TIP): On Tuesday, the New York-based consuls of Mexico, El Salvador, Honduras, Guatemala and Costa Rica joined Mayor Bill de Blasio and Gov. Andrew Cuomo in demanding the Trump administration provide "complete and transparent" information on the migrant children who have been separated from their parents at the border and sent to New York.

The Central American diplomats created a common front to protect the children and analyze the tools with which they hope to be able to access the federal data but warned that a prompt reunification will be difficult if Washington continues to refuse to release the information.

"This goes beyond policies and countries; it is about human dignity, and what we need to do is ask the government to clarify the information and promote reunification," said Juan Diego Zelaya, consul of Honduras, adding that so far, they know there are 449 minors from his country in New York City.

The diplomat said that he has already met with a number of children who are under the care of the Cayuga Center in



Latino consuls and NYC Council members come together to demand that undocumented children are promptly reunited with their parents. From left: Council members Stephen Levin (District 33) and Carlos Menchaca (District 38), Mexican Consul Diego Gómez Pickering, Honduran Consul Juan Diego Zelaya, Guatemalan Consul Pedro Tzunún, and Costa Rican Consul Rolando Madrigal. (Photo via El Diario)

Manhattan. There, he was told that the center has information on each one of the minors but is prevented from sharing it without federal authorization.

"[They said that] when a child is detained at the border and has been separated from their father and mother, there is a special file detailing where the parent and the child were sent, and we requested access to that information to be able to help," added Zelaya.

Similarly, Guatemala's consul Pedro Tzunún said that there are 692 Guatemalan minors in New York, 500 of them male and mostly teenagers. He added that it is painful to know that they are away from their families.

"It is hard to see that the kids don't even know or understand what is happening. The youngest is a 5-year-old girl. She does not talk much, but you can see the sadness in her, and it hurts to see that they will end up traumatized," said the consul, who also asked to have access to the children's data.

Read full story on www.theindianpanorama.news



FIFA WORLD CUP RUSSIA 2018

FIFA World Cup, in football (soccer), quadrennial tournament that determines the sport's world champion. It is likely the most popular sporting event in the world, drawing billions of television viewers every tournament.

The first competition for the cup was organized in 1930 by the Fédération Internationale de Football Association (FIFA) and was won by Uruguay. Held every four years since that time, except during World War II, the competition consists of international sectional tournaments leading to a final elimination event made up of 32 national teams. Unlike Olympic football, World Cup teams are not limited to players of a certain age or amateur status, so the competition serves more nearly as a contest between the world's best players. Referees are selected from lists that are submitted by all the national associations.

The trophy cup awarded from 1930 to 1970 was the Jules Rimet Trophy, named for the Frenchman who proposed the tournament. This cup was permanently awarded in 1970 to then three-time winner Brazil (1958, 1962, and 1970), and a new trophy called the FIFA World Cup was put up for competition. Many other sports have organized "World Cup" competitions.

The 8 teams who managed to top their respective groups followed by the next best side

Group A - Uruguay, Russia
Group B - Spain, Portugal
Group C - France, Denmark
Group D - Croatia, Argentina
Group E - Brazil, Switzerland
Group F - Sweden, Mexico
Group G - Belgium, England
Group H - Colombia, Japan

The biggest upset in the group stage was by far the exit of four-time champions Germany as they lost 2-0 against South Korea in Group F on Wednesday. It was also the sixth instance when the defending champions have been knocked out of the World Cup in the first stage.

FIFA WORLD CUP

Belgium top Group G after 1-0 win over England



Belgium's Adnan Januzaj celebrates after scoring in the Group G match against England.

KALININGRAD (TIP): It had been viewed as the game no-one wanted to win but Adnan Januzaj's fine finish early in the second half gave Belgium a 1-0 victory over England to secure top spot in Group G as both sides made wholesale changes to their lineups.

The result means Belgium, who won all three of their group games to finish on nine points, will face Japan in the last 16 while England, who finished second with six, take on Colombia.

All the pre-match talk had been about whether second place might offer an easier path to the semi-finals, given that the group winners could face Brazil in the last eight.

If that was a consideration then Gareth Southgate's England side can take some consolation from the defeat given that it offers a potential quarter-

final against Sweden or Switzerland rather than Brazil or Mexico, who could await Belgium.

There is, though, something presumptuous about such talk and Colombia, a team with plenty of talent, certainly won't appreciate being considered part of an 'easier path' to the quarter-finals. But when Belgium and England next enter the field, in the last 16, the team lineups will bear little resemblance to those fielded on Thursday to complete the group stage.

As expected both managers utilised their squads to the full — Belgium's Roberto Martinez switching nine players and Southgate bringing in eight from his reserves, a decision he had described as a 'no brainer' in the circumstances.

Belgium created the better openings in a poor first half while England showed

greater urgency but a lack of finesse in the final third.

Former Manchester United midfielder Januzaj broke the deadlock with a superb curling effort in the 51st minute and the manner of the goal celebration should have silenced any fears that Martinez's side were not interested in victory.

England then pushed on looking for an equaliser but, without their rested talisman Harry Kane they lacked a cutting edge.

Marcus Rashford had the best chance but his shot was already wide of the target when Thibaut Courtois got his fingertips to the ball.

Belgium came close to a second goal in the final minutes when Jordan Pickford made a fine, diving save to keep out a rasping Dries Mertens effort.

WINNERS' LIST

1930	Uruguay	Argentina	Estadio Centenario	Montevideo, Uruguay
1934	Italy	Czechoslovakia	Stadio Nazionale PNF	Rome, Italy
1938	Italy	Hungary	Olympique de Colombes	Paris, France
1950	Uruguay	Brazil	Estádio do Maracanã	Rio de Janeiro, Brazil
1954	West Germany		Hungary Wankdorf	Bern
1958	Brazil		Sweden Råsunda	Solna, Sweden
1962	Brazil		Czechoslovakia Nacional	Santiago, Chile
1966	England		West Germany Wembley	London, England
1970	Brazil		Italy Estadio Azteca	Mexico City, Mexico
1974	West Germany		Netherlands Olympiastadion	Munich, West Germany
1978	Argentina		Netherlands Monumental	Buenos Aires
1982	Italy		West Germany Bernabéu	Madrid, Spain
1986	Argentina		West Germany Azteca	Mexico City
1990	West Germany		Argentina Olimpico	Rome, Italy
1994	Brazil		Italy Rose Bowl	Pasadena, California
1998	France		Brazil Stade de France	France
2002	Brazil		Germany International Stadium	Yokohama
2006	Italy		France Olympiastadion	Berlin, Germany
2010	Spain		Netherlands Soccer City	Johannesburg
2014	Germany		Argentina Maracana	Rio de Janeiro



China will not concede an inch of land, Xi Jinping tells James Mattis

BEIJING (TIP): China will not concede "any inch of territory" passed down from ancestors to others, President Xi Jinping has told US Defence Secretary James Mattis, amidst rising bilateral tensions over Beijing flexing its military muscles in the disputed South China Sea.

Relations between Washington and Beijing have been marred recently by rising tensions -- not only by an impending trade war but also by both militaries viewing each other with increasing suspicion.

The US has been sending periodic air and naval expeditions to assert its right of the freedom of the navigation in the South China Sea area, most of which is claimed by China.

"The Pacific Ocean is vast enough to accommodate China and the US, as well as other countries," Xi told Mattis during a meeting here yesterday.

Despite disagreements in the Pacific over the South China Sea, "it has long been known that the real experts on military affairs do not want to employ military means to solve issues," Xi, also the General Secretary of the ruling Communist Party of China, said.

China is engaged in hotly contested territorial disputes in the South China Sea, Vietnam, the Philippines, Malaysia, Brunei and Taiwan have counter claims over the vital transit route for world trade.

Xi said China and the US should promote the development of bilateral ties based on the principle of mutual respect and win-win cooperation.

"When we see common interests between China and the US, we do not shy away from differences. Our stance is steadfast and clear-cut when it comes to China's sovereignty and territorial integrity," he said, adding that "any inch of territory passed down from ancestors cannot be lost, while we want nothing from others."

Xi's comments to Mattis was significant as the US Defence Secretary is a strong advocate of proactive US policy



in the South China Sea to contain China's efforts to consolidate its hold by installing military bases on the reclaimed islands.

As an important part of bilateral relations, the US and China military relations have maintained a sound development momentum in the recent years, Xi was quoted as saying by the state-run Xinhua news agency.

Mattis is the first Pentagon chief to visit China since 2014, and also held meetings with his Chinese counterpart Gen. Wei Fenghe and other top generals.

Asserting that Sino-US relation is one of the most important bilateral ties in the world, the Chinese President said, "The history and reality since the establishment of bilateral diplomatic ties in nearly 40 years have proved that the sound development of China-US ties can benefit people of both the countries and the world, and is also conducive to world and regional peace, stability and prosperity."

China and the US share common interests in extensive areas and common ground far outweighs differences, he said.

Mattis' meeting with Xi also took place amid the spiralling tariff spat between US and China over President Donald

Trump's demand to rapidly reduce the \$375 billion trade deficit between the two countries.

China has also stepped up its military drills in Taiwan straits to pressure Taiwan, which it claims is part of the mainland China.

"There are some issues concerning China's sovereignty and territorial integrity which have become increasingly tense because of the US moves," such as the SCS issues and the Taiwan question, Chinese experts said referring to Xi-Mattis meeting.

"So, through the meeting, China is sending a warning to the US by reaffirming its bottom line," Diao Daming, an American studies expert and associate professor at the Renmin University of China, told the state-run Global Times.

"Mattis has heard the most authoritative voice from China on these issues and questions, and this might indicate that China's legitimate activities in regions like the SCS and the Taiwan Straits won't be affected by military actions from the US," Xu Guangyu, a retired PLA major general and senior adviser to the China Arms Control and Disarmament Association told the daily. (PTI)

Indian-Origin British Man Jailed for "Stirring Up Hatred Online"



Chand was charged with publishing threatening, abusive or insulting material intended to stir up racial hatred

LONDON (TIP): Rhodenne Chand, an Indian-origin British man was found guilty of stirring up racial hatred online at Birmingham Crown Court on June 26. He has been sentenced to 20 months in jail.

He posted Islamophobic rants on social media in the wake of the terrorist attack at an Ariana Grande concert in Manchester last year.

West Midlands Police said the 31-year-old's sentencing should be a warning to anyone who posts inflammatory messages that they could be arrested for committing hate crimes.

"This case saw the sustained release of offensive, threatening material aimed at Muslim and Pakistani communities - it left people fearing some of the threats could be carried out by him or his Twitter followers," said West Midlands Police Superintendent Mat Shaer.

"The law is careful to try and not penalize expression of opinion, even in strong and possibly offensive terms. But Chand's tweets were a much baser expression of animosity towards a section of society and were totally unacceptable," he said.

Mr Shaer said his force takes hate crime very seriously and anyone found to be stirring up hatred on the grounds of race, religion, sexuality, or disability could find themselves in court and facing a criminal conviction.

"Court outcomes like this are important in order to reassure communities of our willingness to make progress in the way we tackle hate crime matches how proud we are to police such a diverse region," Mr Shaer added.

Some of the messages encouraged violence against Muslims and for mosques to be attacked - and in one Chand claimed he wanted to "slit a Muslim's throat".

A member of the public reported the Twitter rant to police fearing Chand might carry through on his threats. Chand was arrested on June 17 last year, admitted issuing the messages and said he felt disgusted at himself for writing the posts.

He told officers he was "venting" in the aftermath of the Manchester and London Borough Market terror attacks in May and June 2017 and had stopped using Twitter since.

However, a specialist prosecutor assessed the case and determined the posts showed intent to stir up racial and religious hatred and that such "violent rhetoric can cause considerable harm once it is in the public domain".

Saudi TV host under lens over 'indecent' dress

RIYADH (TIP): Saudi authorities have launched a probe after a female TV presenter wore "indecent" clothes while reporting on the end of woman driving ban, triggering outrage on social media. Shireen al-Rifaie appeared in a video wearing a loose headscarf and a partly open gown that revealed her trousers and a blouse. The kingdom's General Authority for Audiovisual Media on Tuesday said they had referred Rifaie to investigators, accusing her of "violating regulations and instructions" by wearing "indecent clothes".

Rifaie has dismissed the charge, saying she was wearing "decent clothes". (AFP)

Over 400 flights cancelled after Bali volcano eruption

BALI (TIP): The Indonesian tourist island of Bali closed its international airport on June 28, stranding thousands of travelers, as the Mount Agung volcano gushed a 2,500-meter (8,200-foot) column of ash and smoke.

The National Disaster Mitigation Agency said the airport closure began early Friday. It said nearly 450 flights were canceled, affecting 75,000 people.

The regional volcanic ash advisory center in Darwin, Australia, said winds could carry the ash southwest toward Java, Indonesia's most densely populated island. Volcanic ash is a potentially deadly threat to aircraft that can cause engines to "flame out."

The volcano began gushing smoke Thursday. Its alert level has not been raised and an exclusion zone around the crater remains at 4 kilometers.

Agung, about 70 kilometers (45 miles) northeast of Bali's tourist hotspot of Kuta, last had a major eruption in 1963, killing about 1,100 people.

It had a dramatic increase in activity last year, forcing the evacuation of tens of thousands of people, but had quietened by early this year. Authorities lowered its alert status from the highest level in February.

Indonesia, an archipelago of more than 250 million people, sits on the Pacific "Ring of Fire" and is prone to earthquakes and volcanic eruptions. Government seismologists monitor more than 120 active volcanoes. (AP)

Mattis says US will keep current troop levels in South Korea

SEOUL (TIP): US Defense Secretary Jim Mattis reassured South Korea on June 28 that the United States will maintain its current number of troops on the Korean Peninsula.

"The US commitment to the Republic of Korea remains ironclad, and the US will continue to use the full range of diplomatic and military capabilities to uphold this commitment," he told Defense Minister Song Young-moo.

Mattis met with Song during a brief stopover on his way from China to Japan. The US has 28,500 troops stationed in South Korea.

His stop carried a clear message of reassurance to South Korea following the sudden cancellation of a major joint military exercise planned for later this summer.

Mattis said the US commitment includes keeping "current US force levels" on the peninsula.

The military exercise was cancelled after President Donald Trump's summit with North Korean leader Kim Jong Un.

Song said Kim's separate meetings with Trump and with South Korean President Moon Jae-in have laid the foundation for a permanent peace on the Korean Peninsula.

"If North Korea maintains its commitment to denuclearization and proves its willingness with actions, we will continue to devise measures to build mutual trust and establish peace," he said. (AP)



Richa Chadha feted at London Indian Film Festival

Richa Chadha was honoured with an outstanding achievement award at the London Indian Film Festival for her performance in Tabrez Noorani's *Love Sonia*. The actress is currently in London attending the ongoing London Indian Film Festival, where *Love Sonia* had its premiere. The film opened to packed audiences at the famous Leicester Square last evening and got a thunderous response.

"This was completely unexpected. I was overwhelmed with the response to the film and I am very happy that people knew, appreciated my work here in London. It was a humbling experience," Richa said in a statement.

The plot of *Love Sonia* revolves around Sonia, a young village girl who is entrapped in the global sex trade. The film depicts her struggles in freeing herself and her sister from the vicious world of human trafficking. The lead role of Sonia is played by the newcomer, Mrunal Thakur. Other dazzling cast members in the film are Anupam Kher, Rajkumar Rao, Manoj Bajpayee, Frieda Pinto, Demi Moore, Adil Hussain and Sai Tamhankar. The film is said to be a harrowing story depicting urban poverty and grim exploitation. It is also based on real incidents witnessed by Tabrez Noorani in LA. As he told *The Guardian*, he had been working on this project for a decade. The film is produced by David Womark.

PRIYANKA CHOPRA AND NICK JONAS GETTING ENGAGED IN A MONTH?

Ever since Priyanka Chopra and Nick Jonas made their first appearance together at MET gala, there have been reports about how the celebrities are dating. And now according to latest reports, the rumoured couple are set to get engaged next month.

According to a report by *Filmfare*, Nick and Priyanka made their India trip so that the former could meet Priyanka's family and loved ones. The couple will reportedly get engaged by the last week of July or in early August.

Nick and Priyanka are currently in India, and are enjoying their time here. The stars are presently holidaying in Goa with PC's close friends and family. Priyanka Chopra's cousin and *Namaste England* actor Parineeti Chopra took to Instagram to share with her fans about all the fun she has been having with the *Quantico* star and her rumoured beau.

In the video shared by Parineeti on Instagram, the Chopra sisters can be seen having a blast enjoying the monsoon, whilst listening to the popular rain song "Tip-Tip Barsa Paani." The post was shared by Parineeti with the caption, "Not a cheesy Chopra sister performance. Nope. @priyankachopra #DancingInTheRain."

Priyanka and Nick have been grabbing eyeballs more than usual ever since they were spotted at the Mumbai airport. The photos of the duo holding hands in Mumbai have gone viral. Both Nick and Priyanka have also frequently commented and liked each other's posts on the social media, and not too long ago, Nick had shared a video of Priyanka in a light mood on his social media handle.

The two were photographed by the media in Mumbai a while ago after they had stepped out for a dinner with Priyanka's



family. The Bollywood star's mother, Madhu Chopra, recently shared with the *DNA* about her experience of dining with the American singing sensation. "We just went out for dinner where Nick was present. But

it was a large group.

There were 10-odd people, so I didn't get the time to know him that well. I've met him for the first time, so it's too early to form an opinion," she said.

'Happy Phir Bhag Jayegi is funnier than the first one'

Diana Penty says as an actor her priority is to keep experimenting and avoid sticking to "formula films". The actor, whose last release *Parmanu: The Story of Pokhran* did significantly well at the box office, says it is important for films to mint money at the ticket window but she would not compromise over content to be in a project which will "do well".

"Box office success definitely matters. I will be lying if I say it does not matter. At the end of the day, there is a lot of money that gets put into films. Plus you want it to do good and don't want it to lose any money. A lot of hard work goes into making a film."

"There are some films that you know will do well. Then there are others which have good stories that ought to be told. But because they are slightly risky, not everybody is willing to take that up. But I think it is important to take risks because at the end of the day, you want to explore new genres and new characters," Diana said on the sidelines of IIFA 2018.

The model-turned-actor, who made her Bollywood debut in 2012 with *Cocktail*, has worked in *Happy Bhag Jayegi* (2016), *Lucknow*



Central (2017) and *Parmanu: The Story of Pokhran*.

She says the long gaps between her films

were not "intentional" and she just waits for right scripts.

"I am not intentionally taking long breaks

so as to keep gaps between my films. It's just that it takes a while to find the right kinds of roles and what you want to do next. I have always been careful about it and I don't want to do something that I am not sure of. I take my time with it and be sure of a certain kind of films," she said.

Diana will be next seen in *Happy Phir Bhag Jayegi*, the sequel to her 2016 hit film, that also featured Abhay Deol, Jimmy Sheirgill and Ali Fazal. Sonakshi Sinha is the new entry into the franchise.

"If you like the first one, you will also like the second one. It's the same space. It is funny, crazy and sweet. It's a joyride. It is funnier than the first one. It feels good that a film is good enough for the makers to consider a part two. I feel proud when I think of that," Diana says. The actor says she does not feel pressured by the fact that the first part was a hit as the story of the second film is "unique."

"I don't think it is that much pressure or anything. It's a unique story and director Mudassar Aziz really aced it. I feel it is even funnier than the first one," she adds.

Source: PTI



Evan Rachel Wood concerned over immigration crisis

Actress Evan Rachel Wood said she wants to learn and do more to raise awareness of the issues facing the US and Mexico border, even if it means checking out the conditions first-hand. Wood, who appears in a American television series, decided to take a tour across Texas this weekend and has been documenting her journey on her Instagram.

"I don't think it's ever too late to want to make a change, and that's why I'm here now because I want to learn," Wood said.

On Sunday, she visited a shelter in McAllen, Texas, where she was able to deliver supplies and meet some of the immigrant families who have been released from detention and are waiting to find out their next step in the chaotic process.

"(I wanted) to put faces with the stories, (and) to actually be there and hug the children and play with them, see how sweet and loving they are but to see how tired and in pain they are - and see the fear in their parents' eyes," Wood added.

Source: IANS

EVANGELINE LILLY COULDN'T EAT IN ANT-MAN AND THE WASP COSTUME



Evangeline Lilly says her Ant-Man and The Wasp superhero outfit was so restrictive that it made it unbearable for her to eat.

The Lost star reprises her role as Hope Van Dyne from 2015's Ant-Man for the upcoming sequel. In the new movie, she becomes budding crimefighter the Wasp, who dons a form-fitting black leather bodysuit for the gig.

Lilly loved the sleek look of the costume, which she finds the "coolest suit in the Marvel universe", but she didn't realise quite how restrictive it would be until she tried to eat on set, reports aceshowbiz.com.

"I like to eat, I'm a big eater; I eat all day and I eat big quantities," she said on Good Morning America.

"I'm wearing a corset in that suit, and I now know why women didn't use to eat (while wearing the undergarments). "It's so uncomfortable to eat in a corset! You have to take tiny, little delicate nibbles all the time which was (not me), no!"

Nevertheless, she says the costume made her feel sexy.

Evangeline Lilly is not taking her duties as a Marvel superhero lightly.

Ant-Man and the Wasp director Peyton Reed said the actress, who steps into the role of The Wasp in the sequel, put Paul Rudd to shame with her work ethic.

"Evangeline is a very physical actor and she takes very seriously the stunt work and the training. Way more so than Paul Rudd," Reed deadpanned to The Hollywood Reporter at Monday's premiere of the film at the TCL Chinese Theatre in Hollywood. "She's in there and really wants to get it right. Every aspect of that character. It was important to her: I want to sweat. A lot of those female heroes they fight and they look great and glam, I want to sweat. I want to have my hair in a ponytail because that's what I would do."

Ant-Man and the Wasp picks up after the events of 2016's Captain America: Civil War, which ended in Ant-Man/Scott Lang's (Rudd) incarceration. The pic is set before the events of Avengers: Infinity War, which revealed Scott was under house arrest for helping out Captain America in Civil War.

How Chris Pratt went from being a stripper to a Marvel, Jurassic World hero

Actor Chris Pratt has come a long way from his days stripping and living in a van to become one of Hollywood's most lovable, and bankable action stars. The actor, who has two blockbusters in theatres this summer with Avengers: Infinity War and Jurassic Park: Fallen Kingdom, is poised for another huge year.

Listed as the fifth "best actor for the buck" by Forbes in 2017, Pratt raked in \$43 million over the past two years, according to the outlet, and is expected to make \$10 million for the new Jurassic World movie alone, reports Variety.com.

While the actor grew up in a blue collar household and was homeless for a time, he always knew he'd be successful and famous one day.

"My high school wrestling coach reminds me about this time I came into his office and he said, 'Chris, what do you want to do with yourself?' " Pratt told Entertainment Weekly in 2014. He added: "I was like, 'I don't know, but I know I'll be famous and I know I'll make a s-ton of money.' "

Still, Pratt had no idea how he was going to accomplish that. "I've never really had a plan," he told people.com in



2014. "I've always been a bit of a ham, I guess."

Growing up in Lake Stevens, Washington, he cultivated his charm by selling blackberries door-to-door. As of 2014, Pratt's mother was still working at a Safeway grocery store, and his father, who died that same year, was a gold miner who later worked in construction. Pratt studied acting at a local community college for half a semester, but dropped out when he saw what he thought was a good money making opportunity, reports people.com.

At 19, he began working as a stripper. "I was always a very much naked person. I loved to always get naked. I was very free, so I thought, I may as well get paid," he told Buzzfeed in 2013.

Pratt gave up the stripper life when a friend invited him to live off the land in Hawaii. "I had a friend who was like, 'Dude, you've got to come out here,'" Pratt told EW. "We set up camp on the beach and lived the dream." Pratt went on to star in the hit sitcom, Parks & Recreation and several comedy films, before transitioning into more action-centric roles. He also voices the lead character in the Lego Movie series.

Pope accepts two more resignations of Chile bishops over sex abuse scandal

VATICAN CITY (TIP): Pope Francis on June 28 accepted the resignation of two more Chilean bishops caught up in the country's sexual abuse scandal, the Vatican said, bringing to five the number he has accepted so far.

The bishops were heads of the dioceses of Rancagua and Talca and the pope named commissioners to run them. He accepted resignations of three bishops on June 11. Last month all of Chile's 34 bishops offered to resign en masse after a meeting with the pope over allegations of a cover-up of sexual abuse in the country. (Reuters)

German boat rescuing 200 migrants remains at sea

THESSALONIKI (TIP): A German rescue ship with more than 200 migrants on board remains in a holding pattern off Malta for the sixth day after EU states failed to agree on a plan to equitably distribute the migrants. Mission Lifeline spokesman Axel Steier said June 27 that weather conditions were deteriorating and some people rescued at sea were in fragile health.

Italy on Tuesday said a deal had been reached that included Italy taking some migrants, and that the ship would head to Malta. But Malta later indicated it didn't have a broader agreement it was seeking from EU states, with just four countries agreeing to take migrants.

Steier claimed that the crisis was blocked by Germany's interior minister, citing media reports. The Interior Ministry did not immediately comment.

11:30 a.m.

A German lawmaker says conditions on the migrant rescue ship denied landing in Malta are deteriorating, as the weather takes a turn for the worse.

Manuel Sarrazin, a Green party lawmaker who's in regular contact with the Lifeline and its supporters, said Wednesday that the crew were close to declaring a medical emergency overnight for two of the over 200 migrants on board.

Sarrazin told The Associated Press that "doctors on board were able to stabilize them so the evacuation, which would have been very dangerous, didn't have to take place."

He said the passengers are suffering from severe sea sickness due to rough seas, adding: "They are at risk of dehydration. It's been clear for days that the situation could get worse. There needs to be a solution soon."

Greek authorities say a vehicle carrying 10 migrants has crashed in rainfall on a highway in northern Greece, killing two and injuring the other eight. Police said the 10, including two children, were believed to have crossed the Greek Turkish border recently, and were being driven to the northern city of Thessaloniki. The car's driver escaped and was being sought.

The two dead were both men, authorities said. The remaining eight were transferred to a local hospital, where their condition was not listed as serious. Firefighters said the injured said they were Syrian.

Thousands of migrants continue to arrive in Greece, hoping to eventually make it into more prosperous European Union countries. Many cross from the Greek Turkish land border, as well as to eastern Aegean islands from the nearby Turkish coast. (AP)

North Korea must remain reliant on China

HONG KONG (TIP): China's support for North Korea and its present ruler Kim Jong Un will not lessen or decrease post the landmark summit in Singapore between Kim and US President Donald Trump.

Kim, according to an article (commentary) published in the Hong Kong based Oriental Daily News, has met Chinese President Xi Jinping on three occasions in the last 100 days, certifying the complete faith and trust that he has in Beijing in seeking guidance on next steps for ensuring his survival as a leader as also guaranteeing peace on the Korean Peninsula. (ANI)

UK blamed for allowing 'inexcusable' torture by US after 9/11 attacks

LONDON (TIP): Britain's intelligence officers and ministers have been blamed for allowing "inexcusable" torture by the US in the aftermath of the September 11, 2001 terrorist attacks in New York.

A damning UK parliamentary report released on Thursday concluded that British authorities turned a blind eye to the routine mistreatment of detainees by US authorities. The cross-party House of Commons' Intelligence and Security Committee (ISC) said UK intelligence agencies, like MI6 and GCHQ, knew what was going on from an early point but failed to act.

"In addition to individual cases, we have considered the actions of those in the agencies' head offices. Immediately after 9/11, the agency heads and deputies were briefed by the CIA. These briefings clearly showed US intent but were not taken seriously," the report noted, adding, "In our view the UK tolerated actions, and took others, that we regard as inexcusable".

"It is difficult to comprehend how those at the top of the office did not recognise the pattern of mistreatment by the US. That the US, and others, were mistreating detainees is beyond doubt, as is the fact that the agencies and defence intelligence were aware of this at an early point," it says.

"The same is true of rendition: there was no attempt to identify the risks involved and formulate the UK's response," it added.

MPs also found three cases in which Britain's spy agencies MI6 and MI5 "made, or offered to make, a financial contribution to others to conduct a rendition operation".

"Given the countries concerned, these can be described as 'extraordinary renditions' due to the real risk of torture or cruel, inhuman or degrading treatment," it said.

MPs found that British spies had seen



detainees being mistreated at least 13 times and were told by prisoners on 25 other occasions that they were being mistreated. On another 128 occasions, they were told of mistreatment by foreign agencies.

ISC found there were 232 cases when this took place despite the knowledge or strong suspicion that information was being obtained from people through torture or other abuse.

The committee concluded that the UK had been in breach of the international prohibition on torture and called for a fresh investigation.

The chairman of ISC, Dominic Grieve, said the committee had been denied access to key intelligence individuals but was releasing the report at this stage to make all the information available so far public.

Prime Minister Theresa May issued a statement saying the lessons of what happened in the aftermath of 9/11 "are to

be found in improved operational policy and practice, better guidance and training, and an enhanced oversight and legal framework".

She said, "We should be proud of the work done by our intelligence and service personnel, often in the most difficult circumstances, but it is only right that they should be held to the highest possible standards in protecting our national security".

The opposition Labour party called for a fresh inquiry, with the party's Indian-origin shadow attorney-general, Shami Chakrabarti, branding the findings "horrific".

"In the days, months and years after 9/11 there was an understandable febrile atmosphere and the senior partner in the special relationship - the United States - was dabbling in these most horrific practices and - to some extent - the UK government went along for the ride," she said. (PTI)

British Queen gets pay rise ahead of Buckingham Palace repairs

LONDON (TIP): Queen Elizabeth II got a 13 per cent hike in her British taxpayer-funded allowance ahead of extensive repairs to Buckingham Palace, estimated to cost around a whopping 369 million pounds. The 92-year-old monarch's accounts released today showed the public funds used by her for official expenditure and duties went up from 41.9 million pounds to 47.4 million pounds.

More than 4 million pounds of that hike was spent on the initial phase of palace modernising, including the removal of old wiring, while 21.4 million pounds went on staff payroll costs and the rest on travel and other maintenance costs over the previous year.

Large-scale refurbishment work on Buckingham Palace's east wing will begin in April 2019, which is expected to cause years of upheaval for the royal family at their traditional London residence.

The removal of nearly 10,000 treasures from the Royal Collection installed in the wing will begin in the coming months. Priceless antique furniture, paintings and

tapestries will be moved to other wings, transferred to other palaces, lent to exhibitions or placed in commercial storage, the Palace announced.

A spokesperson said that disruption to royal events would be kept to a minimum.

"The programme addresses the urgent need to overhaul the Palace's essential services, some of which have not been updated since the 1950s. These important works will help avert the very real danger of a catastrophic building failure such as a flood or fire," said Sir Michael Stevens, keeper of the privy purse (in charge of royal accounts).

The Queen's official expenditure is met from public funds in exchange for revenue from the Crown Estate — or the extensive property owned by the monarch. The "core" Sovereign Grant, or expense allowance, is usually based on 15 per cent of the net surplus of the Crown Estate.

However, from this year the total grant is based on 25 per cent of the surplus, an increase intended to meet the costs of refurbishing Buckingham Palace.

The palace said this sum represented an operational cost of 69 pence per person in the UK, up from 65 pence last year.

The accounts released today also showed an increase in travel costs, from 4.5 million pounds to 4.7 million pounds, with the most expensive trip being that of Prince Charles to India and the Far East in November 2017, which cost 362,149 pounds.

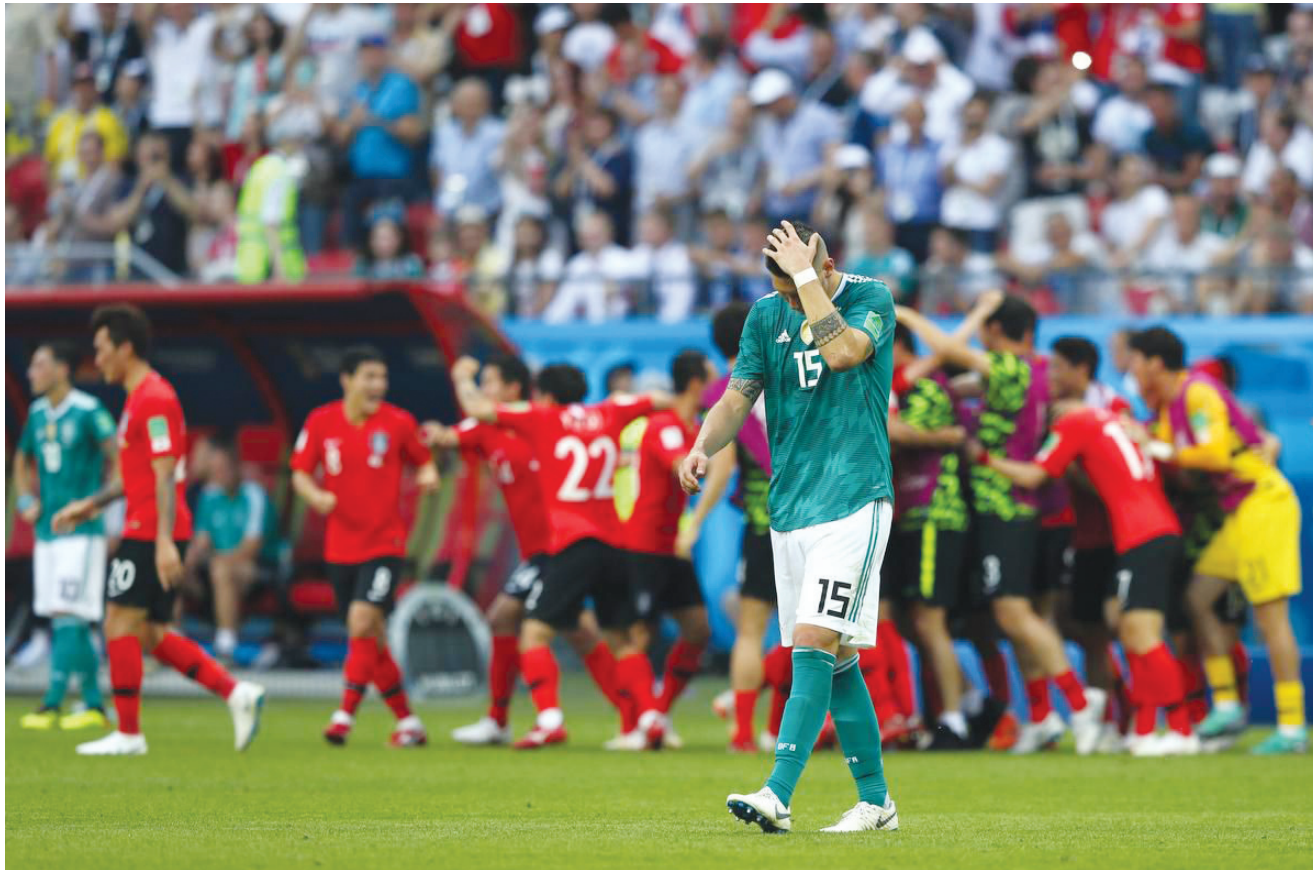
It was during the India visit that the heir to the throne had passed on an invitation from his mother to Prime Minister Narendra Modi to attend the Commonwealth Heads of Government Meeting (CHOGM), which took place in the UK in April.

Separately, figures from Clarence House — Prince Charles' private office — showed an increase in funding of 40 per cent for the younger royals, including Prince William and wife Kate and Prince Harry and his wife Meghan Markle.

The funding related to them shot up from 3.5 million pounds to 5 million pounds. (PTI)

BIGGEST WORLD CUP UPSETS IN 2018

GERMANY OUT IN FIRST ROUND FOR FIRST TIME SINCE 1938
AFTER STUNNING LOSS TO SOUTH KOREA



Niklas Sule of Germany looks dejected following his side's defeat in the 2018 FIFA World Cup Russia group F match between South Korea and Germany on June 27.

For all the love players like Neymar, Lionel Messi and Cristiano Ronaldo receive, for all the fans of Brazil, Germany and France, there is nothing like an underdog succeeding on the world's biggest stage. As proof, we present to you the biggest World Cup upsets in 2018.

The appeal of the World Cup comes in a variety of flavors. There's the excitement of watching the world's best players go head-to-head as they compete for ultimate glory. But there's also the joy of seeing teams from smaller, non-traditional footballing nations going up against the tournament favorites.

Fortunately for those who champion David over Goliath, the biggest World Cup upsets in 2018 have been plentiful and thrilling. It started with Russia not sucking and continued with unlikely draws for Iceland and Switzerland against Argentina and Brazil, respectively. Even defending champion Germany was upset by Mexico in the opening round of games.

The following are the biggest World Cup upsets in 2018, a list we'll be sure to update as more underdogs pull off unlikely results.



A late goal from Marcos Rojo gave Argentina a 2-1 triumph over Nigeria in their final Group D match here on June 26 as the two-time champions entered the FIFA World Cup 2018 pre-quarterfinals.

Russia vs. Expectations

Russia didn't exactly start its tournament against any world beaters, but no one can say he or she hasn't been surprised by the success of the Russian team so far. It started with a huge 5-0 pasting of Saudi Arabia and continued with an impressive 3-1 win over Egypt to secure passage into the Round of 16.

Russia has played some of the most entertaining soccer of the tournament so far, which honestly is the biggest World Cup upset we can think of right now. While the competition hasn't been the best, you can't argue with two wins by an 8-1 margin.

Iceland 1-1 Argentina

Fox announcer John Strong delighted himself by saying "Iceland beats Argentina 1-1" when the referee blew his final whistle. It was a reference to a 50-year-old college American football headline and used appropriately.

Iceland entered the 2018 World Cup as smallest nation to ever qualify for the tournament, a population closer to a Midwest town in the U.S. than a nation at the World Cup. Argentina entered the 2018 World Cup as a two-time champion that reached the final at the last tournament — oh and perhaps the best player in the world, Lionel Messi. None of that mattered on the first Saturday of the tournament, when Iceland keeper Hannes Halldorsson denied Messi on a penalty kick to secure a 1-1 draw, making us wonder if Argentina is any good. If you want to hear what this result meant to Iceland, listen to the team's announcer call the country's first World Cup goal.

Brazil 1-1 Switzerland

The most successful team in the history of the tournament, Brazil came to Russia with a loaded squad. When Philippe Coutinho scored a scorcher in the 20th minute of his team's opener against Switzerland, we all assumed Brazil would cruise to another World Cup victory.

But Switzerland held strong. With the help of the officials ignoring a push on a corner kick, the Swiss equalized and held on for a 1-1 draw.

Switzerland has a history of World Cup upsets, having beaten

Spain 1-0 to open group play at the 2010 World Cup. Spain went on to win the whole thing that year — can history repeat for Brazil?

Mexico 1-0 Germany

The defending champion won the 2017 Confederations Cup with its B team, including a 4-1 win over Mexico in the semifinals. But El Tri had an inspired performance in Moscow on June 17, with Hirving Lozano's strike the difference in a 1-0 win for the Concacaf side.

Germany didn't play poorly, but Die Mannschaft were outplayed. El Tri players weren't afraid to go at German defenders, who seemed shocked a team would try to play with them instead of sitting back to defend. Full credit to Juan Carlos Osorio for pulling off the most impressive of the biggest World Cup upsets in 2018 so far.

Germany definitely won't be rolling through the 2018 tournament like it did the 2017 Confederations Cup.

Japan 2-1 Colombia; Senegal 2-1 Poland

We're going to combine these two because they came back to back on June 19 in Group H. Colombia and Poland were the favorites to advance, but neither could come up with even a point in the first match.

For Colombia, the result can be traced to a third-minute red card, which completely altered the match. Japan did well to capitalize, even retaking the lead after an equalizer on a sneaky free kick.

Senegal's win was more impressive in terms of performance. Poland certainly didn't look like a team ranked No. 8 in the world and much of that was down to the quality of the Lions of Teranga. The goals were a bit unfortunate from a Polish perspective, but no one can say Senegal didn't deserved the three points, becoming a tournament darling in the process.

South Korea 2-0 Germany

Maybe we should have seen this coming. Then again, this is the one team you can almost always pencil in to reach at least the semifinals, having finished in the top three in the last four World Cups. Germany had failed to impress in a loss to Mexico and late win over Sweden. Needing a win against South Korea to advance, Die Mannschaft couldn't get past South Korean goalkeeper Cho Hyun-woo, Mexico's new savior. In the end, South Korea scored two goals in stoppage time to finish ahead of Germany in Group F. Die Mannschaft became the fourth World Cup champion from the last five tournaments to fail to reach the knockout stage, three of those finishing last in the group.



South Korea fans inside the stadium before the match. The Asian nation defeated Germany -- making the European football powerhouse exit the FIFA World Cup in group stages for the first time in last 80 years.

GET STRONGER AND LONGER NAILS

There is no scientifically proven method for making nails grow faster. But taking good care of your body through proper nutrition and using the following tips to strengthen your nails can help them grow strong and long over time.

Take biotin

Biotin is an important type of B vitamin that allows the body to turn food into energy. It's also highly recommended as a supplement to help boost the strength of hair and nails.

Several human studies suggest that taking a biotin supplement daily can help strengthen nails. Some scientists say a dose of 2.5 milligrams of biotin daily can improve nail strength in just a few weeks. Biotin can be found naturally in:

- Brewer's yeast
- Cooked eggs
- Sardines
- Nuts and nut butters
- Whole grains
- Soy and other beans
- Cauliflower
- Bananas
- Mushrooms

Use nail hardeners (sparingly)

Nail softness makes nails more prone to breaking, which increases the need for nail regrowth. To prevent nails from breaking, experts normally recommend nail hardeners. These are substances that get painted onto nails like a polish and are later removed with nail polish remover.

This is helpful in strengthening nails and preventing breakage in the short-term. However, experts say prolonged use of nail hardeners can sometimes cause nails to become weaker and more prone to breakage.

Avoid glue-on nails and toxic polishes

Researchers have found that regular use of glue-on artificial nails can



weaken real nails and make them more prone to breaking. The better option is to paint your nails with nail polishes that have little or no toxic chemicals, such as:

- Toluene
- Formaldehyde
- Dibutyl phthalate (DBP)

Look for water-based formulations that indicate they're toxin-free. Some popular nontoxic nail polish brands include Acquarella and Suncoat.

Practice good grooming

Regular nail grooming can also help boost the strength of your nails, encouraging growth and reducing breakage. Some ways to keep your nails well-maintained include:

- Keeping your nails dry and clean, which keeps bacteria from growing beneath them

Using sharp manicure scissors or clippers to trim your nails straight across, and then using them to round the tips of your nails into a soft curve

Moisturizing your hands and nails with a lotion, making sure to rub it into your fingernails, especially at the base where the cuticles are located

Avoiding nail biting or cutting your nails too short

Your nails are a reflection of your overall health. It's important to stick to a healthy diet if you want strong, fast-growing, healthy nails. That involves eating a well-balanced diet full of fresh fruits and vegetables, lean sources of proteins, an adequate amount of carbohydrates, and plenty of healthy fats.

Keep your hair and skin healthy

Live a healthy life, keep yourself happy starting with your own body and then mind. For starters shampoo a maximum of two to three times a week. If you sweat a lot, invest in an alcohol-free and sulfate-free dry shampoo, and cover your mouth while sneezing, coughing and washing your hands frequently to avoid transmitting germs, experts suggest.

Shikhee Agrawal, Head Training, The Body Shop India, and Rohit Murgai, category expert at VLCC Healthcare Pvt limited, have listed few points which are important for personal hygiene:

- For neat hair and breathable skin, bathe regularly to get away from the toxins and maintain a personal hygiene.
- Use antiperspirants that decreases sweating and perspiration. Keep a fragrant body roll-on handy. For hair, regularly go for hair spas and condition your hair for a smooth and silky hair.
- Keep you skin hydrated and cover it up using a sunscreen. Also, make sure you keep a pore minimiser handy for face. Opt for SPF for skin protection as not only in sun but also indoors.
- Wash your scalp regularly and when needed. More importantly, don't forget to rinse your hair after swimming and exercising.
- Combing or brushing too hard can increase the frizzy look. It also damages the cuticles, leads to hair breakage, and can become a cause of hair loss in the humidity. Try to minimize the number of times you would need to comb your hair. Add bounce and volume by going through it again with a nylon-bristle brush.
- Regular exfoliation of the skin is required, so exfoliate your skin on regular basis too know the needs of your skin and hair. You can scrub your skin and hair to remove the dirt and get away using the skin and hair scrubs.
- You must moisturise your hair with a hair mask or a fruit mask to increase blood circulation. For skin always keep your lotions or light weight sorbets ready for a healthy and smooth skin.
- Opt for Regular detox maintaining a detox diet and detox water. This helps to cleanse the body and bring in a natural glow.
- Do not forget to take care o your skin. Keep a lip conditioner or lip butter in your beauty pouch with SPF to keep them hydrated and screened all day long.
- Due to increased levels of sebum secretion, coupled with a lot of humidity and moisture in the air, hair tends to get all frizzy, unmanageable and unruly. Scalp gets too itchy and general levels of a having a bad hair day peak up. Use products with genuine argan oil to moisturise hair.
- Shampooing daily will strip your scalp off its natural oils that work to keep your hair manageable. Shampoo a maximum of two to three times a week. If you sweat a lot, invest in an alcohol-free and sulfate-free dry shampoo. But do use water to rinse the scalp as often as you may need.
- Indulge in a lot of deep conditioning treatments and hair spa in the summer. Try replacing your shampoo with a mask once a week. Rinse hair with water, apply the mask for a few minutes, rinse again, and air-dry.



FOOD CORNER

KADAI CHICKEN

INGREDIENTS

1 kg chicken, washed, cleaned and cut into big pieces, 4 tablespoons oil, 1/2 cup onion, sliced, 1 1/2 cups tomatoes, peeled and sliced, 2 tablespoons fresh coriander leaves, chopped, 1 tablespoon ginger paste, 1 tablespoon garlic paste, 4 teaspoons garam masala powder, 2 bay leaves, 4 whole red chillies, 2 teaspoons coriander seeds, 1 teaspoon red chilli powder, salt.

DIRECTIONS

- Grind coriander seeds and whole red chillies into a coarse powder.
- Heat oil in a kadai.
- Add bay leaves.
- After about 30 seconds, add onions and saute till they turn light golden brown.
- Add ginger-garlic paste.
- Saute for 2 minutes on medium flame.
- Add the above coarse powder.
- Stir well.
- Add tomatoes and cook till they are fully cooked.



- Add chicken pieces, salt to taste and red chilli powder.
- Mix well.
- Cover the kadai.
- Cook till the chicken becomes tender.
- Sprinkle garam masala powder over the chicken.
- Garnish with coriander leaves and onion rings.
- Serve hot with rotis or parathas.

ADHESIVE MOUTH PATCH CAN HELP TREAT RECURRING ULCERS

Scientists have developed a patch that can stick to the inside of your mouth and help treat painful recurring ulcers.

The patch successfully administers steroids directly to oral ulcers or lesions whilst also creating a protective barrier around the affected area, accelerating the healing process.

Researchers from University of Sheffield in the UK developed the patch using special polymers which are able to stick to moist surfaces.

The plaster is a breakthrough therapy for the treatment of mucosal conditions such as oral lichen planus (OLP) and recurrent aphthous stomatitis (RAS), which are diseases that cause painful lesions and affect 1-2 per cent of the population.

Until now, ulcers and lesions inside the mouth have been treated using either creams or mouthwashes, which are used in the whole mouth rather than targeting the specific area, making them less effective.

However, the biodegradable Rivelin patch has a long adhesion time and a high flexibility which conforms to the surface inside the mouth.

"Chronic inflammatory conditions such as OLP and RAS, which cause erosive and painful oral lesions, have a considerable impact on quality of life," said Craig Murdoch, from University of Sheffield.

"Current treatments consist of using steroids in the form of mouthwashes, creams or ointments, but these are often

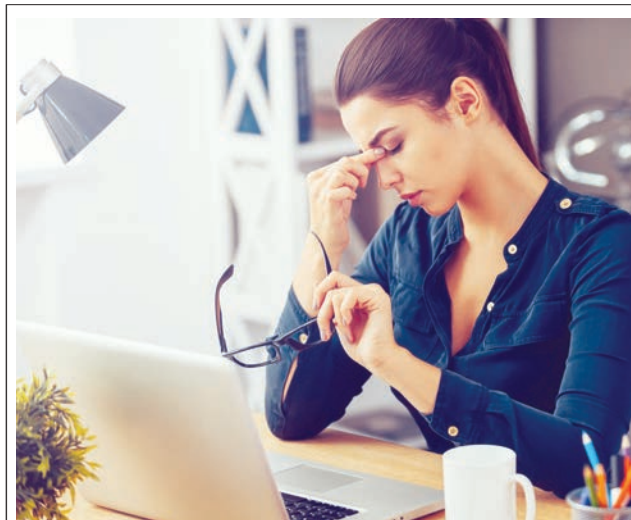


ineffective due to inadequate drug contact times with the lesion," he said.

"The patch acts like a plaster inside your mouth, which means it is very effective at directly targeting the specific area as well as forming a protective barrier," he added.

Patients who have trialed the patch found it to be very comfortable to wear and they were really pleased with the length of adhesion which makes it particularly effective and efficient, researchers said.

Source: PTI



Sitting too long can kill you, even if you exercise

Take a movement break every 30 minutes, say experts. No matter how much you exercise, sitting for excessively long periods of time is a risk factor for early death, a new study published Monday in *Annals of Internal Medicine* found.

There's a direct relationship between time spent sitting and your risk of early mortality of any cause, researchers said, based on a study of nearly 8,000 adults. As your total sitting time increases, so does your risk of an early death.

The positive news: People who sat for less than 30 minutes at a time had the lowest risk of early death.

"Sit less, move more" is what the American Heart Association encourages all of us to do. But this simplistic guideline doesn't quite cut it, said Keith Diaz, lead author of the new study and an associate research scientist in the Columbia University Department of Medicine.

"This would be like telling someone to just 'exercise' without telling them how," Diaz wrote in an email.

Exercise guidelines are precise, he explained. For example, the US Centers for Disease Control and Prevention recommends adults do moderate-intensity aerobic exercise for two hours and 30 minutes every week, plus muscle strengthening activities on two or more days a week.

"We need similar guidelines for sitting," said Diaz.

"We think a more specific guideline could read something like, 'For every 30 consecutive minutes of sitting, stand up and move/walk for five minutes at brisk pace to reduce the health risks from sitting,'" he said, adding the study "puts us a step closer to such guidelines," but more research is needed to verify the findings.

To understand the relationship between sedentary behavior and early death, Diaz and his colleagues at Columbia, New York-Presbyterian/Weill Cornell Medical Center and other institutions turned to the REasons for Geographic and Racial Differences in Stroke (REGARDS) project, a study sponsored by the National Institutes of Health.

"The REGARDS study was originally designed to examine why blacks (and particularly blacks in the Southern US) have a greater risk for stroke than whites," said Diaz. He and his co-researchers tracked for an average of four years 7,985 black and white adult participants, age 45 or older, who had signed on to participate in the REGARDS project.

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DR. SATISH AND GITANJLI ANAND



DR. SATISH ANAND
Former Chairman, Board of Trustees, AAPI National
E-Mail: sanandmd@gmail.com

GITANJLI ANAND
Former President, India Association of Long Island (IALI)
E-mail: gitanjlianand@gmail.com

Exposure to radiation puts flight attendants at high risk of cancer

Due to regular exposure to carcinogens, disrupted sleep cycles and possible chemical contaminants, flight attendants may be at a higher risk of developing several forms of cancer than others, finds a new research. These include breast, uterine, gastrointestinal, thyroid and cervical cancer.

According to the study, flight attendants are also regularly exposed to the largest effective annual ionizing radiation dose relative to all other radiation workers because of both their exposure to and lack of protection from cosmic radiation in the plane.

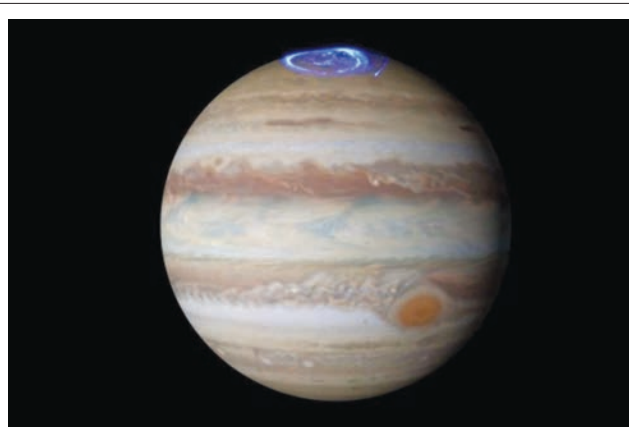
"Our findings of higher rates of several cancers among flight attendants is striking given the low rates of overweight and smoking in our study population, which highlights the question of what can be done to minimize the adverse exposures and cancers common among cabin crew," said Irina Mordukhovich from the Harvard University's T.H. Chan School of Public Health.

The study, published in the journal *Environmental Health*, included data from a survey of 5,366 US flight attendants, who were then compared the prevalence of cancers among the general public. The results showed that flight attendants had a higher prevalence of every cancer that was examined, especially breast cancer, melanoma and non-melanoma skin cancer among females.

The findings suggest that additional efforts should be made to minimize the risk of cancer among flight attendants, including monitoring radiation dose and organising schedules



to minimize radiation exposure and circadian rhythm disruption, the researchers suggested.



NASA: JAMES WEBB SPACE TELESCOPE TO STUDY JUPITER'S GREAT RED SPOT

NASA's James Webb Space Telescope — the most ambitious and complex space observatory ever built — will be used to study Jupiter's Great Red Spot, shedding new light on the enigmatic storm that has been raging on the planet for over 350 years.

Jupiter's iconic storm is on the Webb telescope's list of targets chosen by guaranteed time observers, scientists who helped develop the incredibly complex telescope and among the first to use it to observe the universe.

One of the telescope's science goals is to study planets, including the mysteries still held by the planets in our own solar system from Mars and beyond.

Researchers plan to use Webb's mid-infrared instrument (MIRI) to create multispectral maps of the Great Red Spot and analyse its thermal, chemical and cloud structures.

They will be able to observe infrared wavelengths that could shed light on what causes the spot's iconic colour, which is often attributed to the Sun's ultraviolet radiation interacting with nitrogen, sulphur and phosphorus-bearing chemicals that are lifted from Jupiter's deeper atmosphere by powerful atmospheric currents within the storm.

Using MIRI to observe in the five to seven micrometre range could be particularly revealing for the Great Red Spot, as no other mission has been able to observe Jupiter in that part of the electromagnetic spectrum, and observations in such wavelengths are not possible from Earth.

Those wavelengths of light could allow the scientists to see unique chemical byproducts of the storm, which would give insight into its composition.

"We'll be looking for signatures of any chemical compounds that are unique to the Great Red Spot, which could be responsible for the red chromophores," said Leigh Fletcher, a senior research fellow at the University of Leicester in the UK, who is the lead scientist on the Webb telescope's observations of Jupiter's storm. *Source: PTI*

Apple may rope in rival Samsung for making 'A13' chip

Apple is mulling to either rope in its biggest rival Samsung or PC microprocessors manufacturer Intel for making its top-of-the-line "A13" chip for iPhone models in 2019.

The iPhone-maker is likely to stick with 7-nanometer chipset designs for 2019 iPhone and iPad processors.

"Taiwanese Semiconductor Manufacturing Company (TSMC) enjoyed the benefits of being the go-to pick for chipmaking. But the 7+ nanometer processor with 'Extreme Ultraviolet Lithography' won't be integrated by TSMC so quickly.

Samsung could achieve integration sooner and win Apple's business," TechnoBuffalo reported late on Monday.

It is pertinent to note that both Samsung and Apple have not worked together on a chip in almost three years.

"Even if Samsung is selected to lead production of the 'A13', it could be joined by other suppliers. Apple typically gives orders to multiple suppliers to ensure new iPhone models reach the market on schedule," the report added.

Samsung was once the exclusive manufacturer of Apple's A-series processors for iPhones and iPads.

Source: IANS



TWITTER ROLLS OUT NEW POLICIES TO CURB ABUSE, TROLLING

SAN FRANCISCO (TIP): To address abuse and trolls on its platform, Twitter has introduced new policies on hateful conduct and violent extremism, including a plan to bring in new technology and staff to fight spam and abuse.

The micro-blogging platform said that in May, its systems identified and challenged more than 9.9 million potentially "spammy" or automated accounts per week—up from 6.4 million in December and 3.2 million in September 2017.

"To make it harder to register spam accounts, we're going to require new accounts to confirm either an email address or phone number when they sign up to Twitter.

"This is an important change to defend against people who try to take advantage of our openness," Twitter said in a blog post late on Tuesday.

"Due to technology and process improvements during the past year, we are now removing 214 per cent more accounts for violating our spam policies on a year-on-year basis," it added.

Twitter saw a drop in the average number of spam reports—from an average of approximately 25,000 per day in March, to approximately 17,000 per day in May.

"We've also seen a 10 per cent drop in spam reports from search as a result of our recent changes. These decreases in reports received means people are encountering less spam in their timeline, search, and across the Twitter product," the company said.



Twitter currently has 330 million user accounts. "We're also moving rapidly to curb spam and abuse originating via Twitter's APIs. In Q1 2018, we suspended more than 142,000 applications in violation of our rules—collectively responsible for more than 130 million low-quality, spammy tweets," the blog post said.

To reduce the visibility of suspicious accounts in Tweet and account metrics, the company said it has started updating account metrics in near-real time.

"For example, the number of followers an account has, or the number of likes or Retweets a Tweet receives, will be correctly updated when we take action on accounts," it added.

Twitter is also conducting an audit to secure a number of legacy systems used to create accounts.

"The new protections we've developed as a result of this audit have already helped us prevent more than 50,000 spammy signups per day," the company said.

Twitter is also automating some processes where it sees suspicious account activity, like exceptionally high-volume tweeting with the same hashtag, or using the same @handle without a reply from the account a user has mentioned.

Twitter said it will continue to invest in leveraging Machine Learning (ML) technology and partnerships with third parties. *Source: IANS*

Microsoft, EY launch new Blockchain-based solution

Professional services firm EY and Microsoft has announced a Blockchain-based solution for content rights and royalties management.

Aiming to streamline the costly and time-consuming processes in entertainment rights and royalties, the solution is first being deployed within gaming with Microsoft and its game publisher partners, EY said in a statement.

The Blockchain-based service is powered by Microsoft's Azure Cloud platform.

The royalty calculations along the value chain are currently mostly manual and generally managed via offline data sources.

"This solution helps demonstrate our ability to enhance trust with our gaming partners, and strengthen security, transparency and payment accuracy through the power of Blockchain," said Brad Wright, Partner, Software Engineering Manager, and Microsoft.

In addition, the solution aims to provide near real-time visibility of sales transactions to the participants in the Blockchain network.

Microsoft's gaming partners participating on the network will get improved visibility to the transactions versus the legacy process, which could take up to 45 days or more.

The participating partners will be able to generate accounting accruals on a daily basis and use the timely data to improve their forecasting.

"The scale, complexity and volume of digital rights and royalties transactions makes this a perfect application for Blockchain," said Paul Brody, EY Global Innovation Leader, Blockchain. *Source: IANS*



Google Maps updated with new 'Explore' tab, 'For You' section

Google has now rolled out updates to its "Maps" globally that were introduced in May, including the redesigned 'Explore' tab, a new 'For You' section with quick recommendations for restaurants and more.

With the updates, users would be able to find exactly what they have been looking for, including restaurants, bars and cafes.

"Whether you're staying local or planning a trip, you can always find the perfect spot no matter where you are in the world," Sophia Lin, Senior Product Manager, Google Maps wrote in a blog post late on Tuesday.

The new Explore tab would surface the top events and activities happening around, along with photos, descriptions and filter by categories like "good for kids," "cheap" or "indoor or outdoor."

Google Maps would also keep a track of eateries featured in the 'trending' lists that users have tried and would want to try out, based on their interests. Additionally, the 'Location History' feature would come with a 'Your Match' choice, which, depending on a numeric rating would suggest users "how likely they are to enjoy a place based on their own preferences."

The new 'Explore' tab is available for Android and iOS users globally, while 'your match' has been rolled out to Android users only.

Social media's powerful 'silent majority' moves Bitcoin prices, say researchers

WASHINGTON (TIP): Bitcoin's value can be manipulated by public sentiment, say scientists who found that positive comments by infrequent social media users were more likely to move the cryptocurrency's prospects.

In the past four years, the value of a single bitcoin has soared from about USD 500 in 2014 to a current value of USD 6,000 and has worked its way into every type of financial transaction, from buying phone credits to shopping for clothes online.

Researchers from Stevens Institute of Technology in the US show that Bitcoin's value can be manipulated by public sentiment, verifying, for the first time, that social media and Bitcoin prices are linked.

The study shows that periods of increasingly positive social media commentary do significantly influence the rising price of Bitcoin. However, the it is the silent majority, not the vocal minority, that who moves these prices, researchers found.

Comments and tweets from very active users did not move Bitcoin's price much at all. Rather, the silent majority - infrequent users who took the time to comment on the cryptocurrency's prospects - moved prices more, as much



as ten times more, when they posted positive comments.

Researchers collected and analysed two years' worth of forum posts on the world's most popular public Bitcoin forum, Bitcointalk.

The team classified comments into positive, negative and other sentiment categories using natural-language processing techniques. They also collected two months' worth of Twitter data, including more than 3.4 million tweets about Bitcoin.

The team then compared changes in Bitcoin's price with the chatter around the cryptocurrency.

However, just as chatter can affect the price, Bitcoin's value can affect the sentiment around it, so the team also

factored in daily rises and falls in indicators such as stock index, gold prices and volatility indexes to better understand the two-way relationship.

"This was the first robust statistical finding to verify that social media and Bitcoin prices are actually linked. It may be intuitive, but positive sentiment moves Bitcoin prices," Mai said.

However, the team did not stop there. They went a step further by dividing Bitcoin tweeters and posters into two groups: those who were posting very frequently and those who were not in order to see what kinds of commenters affect prices most.

They found that rather than the vocal users driving changes in Bitcoin price, the price instead changed in proportion to the comments made by users who were infrequent posters.

"Vocal users of social media may sometimes have a certain agenda, in this case hyping or boosting the price of Bitcoin because they themselves have invested in it," said Mai.

"So, if most of the social messages around Bitcoin are generated by people who are biased, the sentiments on social media may not accurately reflect the currency's actual value," he said.

Source: PTI

Fortis moves to recover Rs 500cr from Singh brothers



NEW DELHI (TIP): Fortis Healthcare said it has initiated legal action to recover about Rs 500 crore of funds allegedly taken out of the company by its founders Malvinder and Shivinder Singh after an external investigation found "systemic lapses and override of controls" in the loan given.

The loans were given to its founders without board approval and enough collaterals, it added. Denying that there was any mismanagement or misuse of funds and position, Malvinder, who had also served as executive chairman, said presently there is a "vindictive approach" from parties with vested interest towards the former promoters.

The board of Fortis, which is embroiled in a takeover battle, also annulled September 2016 appointment of Malvinder Singh as 'Lead: Strategic Initiatives' and will seek to recover payments made to him in that role as well as any company asset in his possession.

Singh brothers had resigned as directors from Fortis board in February this year following the Delhi High Court order upholding the Rs 3,500 crore arbitral award in favour of Daiichi Sankyo.

Fortis, which had initiated an independent probe in February, following allegations of siphoning of cash by the founding family, said the probe report has been submitted to the Sebi and the Serious Fraud Investigation Office.

Source: PTI

India's fiscal situation firmly in control, says PM Modi



NEW DELHI (TIP): Making a pitch to foreign investors, Prime Minister Narendra Modi on Tuesday said India is one of the most investor-friendly economies in the world. He pointed out that despite rising oil prices, inflation is within the mandated range and the government is committed to the path of fiscal consolidation.

Addressing the opening session of the 3rd annual meeting of the Asian Infrastructure Investment Bank (AIIB) in Mumbai, the PM while enumerating India's strengths such as growth and macroeconomic stability also mentioned the huge potential the Indian market has to offer to create capacities of scale.

PM Modi emphasised that inflation is still under control despite rising crude oil prices and the government's resolve to stick to fiscal discipline. He listed several of the parameters that foreign investors evaluate in markets before committing and said India fares well on these counts.

"India is one of the most investor-friendly economies in the world. Investors want political stability and a supportive regulatory framework to ensure protection of their investment. From the point of larger-scale operations and higher value addition, an investor is also attracted by a large domestic market size, availability of skilled labour and good physical infrastructure. On each of these parameters, India is well-placed and has performed very well", he added.

Indians' money in Swiss banks rise 50% to over Rs 7,000 cr in 2017

ZURICH/NEW DELHI (TIP): Money parked by Indians in Swiss banks rose over 50 per cent to CHF 1.01 billion (Rs 7,000 crore) in 2017, reversing a three-year downward trend amid India's clampdown on suspected black money stashed there.

In comparison, the total funds held by all foreign clients of Swiss banks rose about 3 per cent to CHF 1.46 trillion or about Rs 100 lakh crore in 2017, according to the official annual data released today by Swiss National Bank (SNB), the central banking authority of the Alpine nation.

The surge in Indian money held with Swiss banks comes as a surprise given India's continuing clampdown on suspected black money stashed abroad, including in banks of Switzerland that used to be known for their famed secrecy walls for years.

The Indian money in Swiss banks had fallen by 45 per cent in 2016, marking their biggest ever yearly plunge, to CHF 676 million (about Rs 4,500 crore) -- the lowest ever since the European nation began making the data public in 1987.

According to the SNB data, the total funds held by Indians directly with Swiss banks rose to 999 million Swiss franc (Rs 6,891 crore) in 2017, while the same held through fiduciaries or wealth managers increased to CHF 16.2 million (Rs 112 crore). These figures stood at CHF 664.8 million and CHF 11 million,



respectively, at the end of 2016.

As per the latest data, the Indian money in Swiss banks included CHF 464 million (Rs 3,200 crore) in the form of customer deposits, CHF 152 million (Rs 1,050 crore) through other banks and CHF 383 million (Rs 2,640 crore) as 'other liabilities' such as securities at the end of 2017. The funds under all three heads have risen sharply, as against a huge plunge across all categories in the previous year, the SNB data showed.

The funds held through fiduciaries alone used to be in billions till 2007 but began falling after that amid fears of regulatory crackdown.

The total funds held by Indians with Swiss banks stood at a record high of CHF 6.5 billion (Rs 23,000 crore) at 2006-end, but came down to nearly one-tenth of that level in about a decade.

Since those record levels, this is only the third time when there has been a rise in Indians' money in Swiss banks—in

2011 (12 per cent), 2013 (43 per cent) and now in 2017 by 50.2 per cent—the maximum increase since 56 per cent way back in 2004.

The latest data from Zurich-based SNB comes months after a new framework having been put in place for automatic exchange of information between Switzerland and India to help check the black money menace.

While Switzerland has already begun sharing foreign client details on evidence of wrongdoing provided by India and some other countries, it has agreed to further expand its cooperation on India's fight against black money with a new pact for automatic information exchange.

There were several rounds of discussions between Indian and Swiss government officials on the new framework and also for expediting the pending information requests about suspected illicit accounts of Indians in Swiss banks. The funds, described by SNB as 'liabilities' of Swiss banks or 'amounts due to' their clients, are the official figures disclosed by the Swiss authorities and do not indicate to the quantum of the much-debated alleged black money held by Indians there.

SNB's official figures also do not include the money that Indians, NRIs or others might have in Swiss banks in the names of entities from different countries.

Source: PTI

Nasa delays James Webb Space Telescope launch to 2021

WASHINGTON (TIP): The launch of Nasa's James Webb Space Telescope - world's premier science observatory - has been further delayed to March 2021, a move that will cost the agency an additional \$8.8 billion.

The telescope was expected to launch in 2020.

The Independent Review Board (IRB) established by Nasa to assess progress on the Webb telescope has unanimously recommended that development on it should continue.

The report issued by the review board addresses a range of factors influencing Webb's schedule and performance, including the technical challenges and tasks remaining by primary contractor Northrop Grumman before launch.

"Webb should continue based on its extraordinary scientific potential and critical role in maintaining US leadership in astronomy and astrophysics," said Tom Young, the chair of the review board.



"Ensuring every element of Webb functions properly before it gets to space is critical to its success." Young said.

The board also reaffirmed Webb's significant

complexity, incredible scientific potential, and importance to astrophysics. The report includes several recommendations for moving forward, some of which Nasa has already

initiated.

Nasa Administrator Jim Bridenstine sent a message to the Nasa workforce Wednesday about the report.

"Webb is vital to the next generation of research beyond Nasa's Hubble Space Telescope. It's going to do amazing things - things we've never been able to do before - as we peer into other galaxies and see light from the very dawn of time," said Bridenstine. "Despite major challenges, the board and Nasa unanimously agree that Webb will achieve mission success with the implementation of the board's recommendations, many of which already are underway," he said.

"The more we learn more about our universe, the more we realise that Webb is critical to answering questions we didn't even know how to ask when the spacecraft was first designed," said Thomas Zurbuchen, associate administrator for Nasa's Science Mission Directorate. (PTI)

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US won't tolerate Pakistan becoming haven for terrorists: Nikki Haley

She also said that India and the US must be global leaders in the fight against terrorism adding "we can and must do more."

Touching upon a variety of issues, she said freedom of religion is very important and that a nation such as "ours can only be held together by tolerance."

On China, she said the country was important but noted that its expansion in the region has been a matter of concern for the US and many other countries as Beijing does not share democratic values.

Referring to Prime Minister Narendra Modi's recent remarks at the Shangri-La dialogue in Singapore to ensure freedom of navigation and stability in the Indo-Pacific, she said President Donald Trump also believes in this vision.

Haley said the US supports India's membership in Nuclear Suppliers Group as it is a nuclear state which is widely respected.

Haley who is on a 3-day visit to India called on Prime Minister Narendra Modi and External Affairs Minister Sushma Swaraj.

She also visited a church, a mosque, a temple and the Sikh Gurdwara Sis Ganj Sahib in Delhi where she and US Ambassador to India Kenneth Juster went to Langar Hall and rolled chapatis. Delhi Gurdwara Prabandhak Committee President Manjit Singh GK showed them round and explained how langar was being distributed free to thousands every day without any distinction of caste and creed. (Source: PTI)

Time names the most influential people on the internet

The magazine sized up contenders for its annual list by looking at their global impact on social media and their overall ability to drive news.

Others who made the 25-entry list include Korean pop act BTS, Logan and Jake Paul and social activists Shaun King, Eman al-Nafjan and the students of Parkland, Florida, pushing for gun reform.

When it comes to Trump, Time says his "unorthodox stream of consciousness" generates headlines and galvanizes his base. The magazine credits the president with turning his Twitter account into "the ultimate

presidential bully pulpit."

Trump, Putin to hold summit in Helsinki on July 16

The brief statement issued in Moscow said the two presidents will discuss bilateral issues and international relations.

The announcement comes a day after Trump's National Security Adviser John Bolton held talks with Russian officials in Moscow to lay the groundwork for the summit. "I've said it from day one, getting along with Russia and with China and with everybody is a very good thing," Trump said Wednesday. "It's good for the world. It's good for us. It's good for everybody."

He said they would discuss Syria, Ukraine and "many other subjects."

Mangano retrial to start Oct. 9

and his wife, Linda, on corruption charges.

The Judge also said at the federal court in Central Islip that jury selection for the new trial will happen in September at a date yet to be determined. Eastern District prosecutors said Thursday, June 28 that the retrial will take four to six weeks,

Azrack declared a mistrial in the case on May 31 after the jury foreman sent a note saying he wished to be excused because he could no longer carry out his duty after nine days of deliberations.

Prosecutors Catherine Mirabile and Lara Treinis Gatz said they plan to retry the Manganos on all the charges they were indicted on. The charges involved what officials asserted was a political corruption case, involving an illegal stream-of benefits scheme between the Manganos and once prominent restaurateur Harendra Singh.

Indian Origin Amul Thapar among Potential Supreme Court nominees to replace Justice Kennedy

Justice Anthony Kennedy, a longtime member of the Supreme Court and frequent swing vote, announced Wednesday that he will retire, giving President Donald Trump the chance to fill his seat.

The opportunity will allow Trump to make a major, lasting mark on the nation's highest court by putting in place a second justice, after his choice to elevate Neil Gorsuch to the Supreme Court last year following the death of Justice Antonin Scalia in 2016.

Trump, reacting to the news at the White House, said he had spoken with Kennedy earlier Wednesday and asked the outgoing justice about possible contenders to replace him.

"(We) had a very deep discussion. I got his ideas on things," Trump said in the Oval Office. "I asked him if he had certain people he had great respect for that could potentially take his seat."

During his remarks, Trump pointed to a list of potential picks for the court that he had maintained during the campaign and updated last fall.

Here are a few names of possible contenders for the vacancy. Brett Kavanaugh, former Kennedy clerk; Amy Coney Barrett, former Notre Dame professor; Raymond Kethledge, former Kennedy clerk; Mike Lee, Utah senator; and Thomas Hardiman, runner-up for Gorsuch seat.

Enthusiasm marks International Day of Yoga celebrations in Texas

Dallas

The Mahatma Gandhi Memorial of North Texas organized IDY at the Mahatma Gandhi Memorial Plaza in Irving, Texas on June 17th. Over 350 yoga enthusiasts in all age groups followed yoga instructor Vijay in the exercises, meditation and pranayama sessions for an hour. Breakfast was served for the participants and they were also given a Certificate of Appreciation. Vice Consul of India in Houston Ashok Kumar spoke about the significance of IDY and encouraged people to participate in the celebrations.

Austin

Austinites rolled out their yoga mats in front of the stately State Capitol building on June 16th in solidarity with the world on this day of peace and harmony. The event was presented by the Art of Living and co-sponsored by the Consulate General of India in Houston. The Austin community was unified once again for the fourth time in a row with a record turnout of close to a 1000 people which included City Council members, State representatives as well as members from the Veterans Yoga Project. The Mayor of Austin

showed his support with a Proclamation and message for the event. The event also saw the participation of several yoga studios and like-minded organizations.

The 60 minute session of yoga, meditation and pranayama was followed by a striking demonstration of AcroYoga. The session concluded with Art of Living kirtan music and a classical Indian fusion dance.

San Antonio

San Antonio took the prize for the sheer number of yoga events in the city. This year, organizers heeded Consul General of Houston Dr. Anupam Ray's suggestion and took yoga to the military and veteran community. Wounded Warriors who had lost their limbs in war and had been rehabilitated through yoga demonstrated several exercises at the San Antonio military base.

Maggie Grueskin, one of the main organizers in a message to the organizers in Houston wrote: "I feel amazed at the impact each of our cities are having on our communities, and feel gratitude for imparting the wisdom and community-building aspects of yoga with such a devoted group of people."

In addition, about 47 multiple yoga events were held throughout the city on June 9th including a large yoga class of about 200 people at the iconic San Antonio Riverwalk, a presentation at the City Council District, an elementary school where 115 children participated, Libraries, Senior Centers and the County Court where the Bexar County court employees practiced yoga in front of the County Court.

Speaking to a cross section of people gathered at these events about what drew them to yoga, responses ranged from a search for spiritual awakening to yoga as an "avenue to heighten and grow" in the spiritual journey. One young lady spoke of "leaving everything at the yoga studio door" for an hour of peace and calm and then leaving the studio inspired to do good.

Some came to raise the vibrational frequency of the planet, connect with themselves and their bodies on a deeper level or get a perfect workout for the body, mind and soul.

Common responses to how it helped in daily life included being happier, fewer mood swings, increased concentration and energy, heightened productivity and a dramatic lowering of stress levels.

Yoga teacher Regie Ahmad, whose gravity defying yoga poses astounded the crowds, described yoga as his primary physical and spiritual practice. Five years ago when he told people he practices yoga, they looked surprised but now, he says, "it's such a normal and mainstream thing to get into."



Shree Ganeshaya Namah

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 and on phone **011-91-8141234275 www.bejandaruwalla.com**

WEEKLY HOROSCOPE JULY 2 - JULY 8, 2018

Aries:

Ganesha says Balance, peace, a sense of equipoise are all there for you from the beginning. You are in greater harmony with your environment - both at home and at work. There is far less tension as a result. Loved ones, family and spouse see the tender, caring side of you and love it, as you do! You're virtually willing to go out on a limb to do things for those who matter to you. It makes the domestic scene comfortable, happy, relaxed.

Taurus:

This period it's all about people, your reactions to, as well as interaction with them. There's a greater depth in all relationships. Even if you don't get on with someone, you will be intense about it. So also with those you love / care for / are affectionate with, there is greater intensity. In any case, you have to think about and keep busy with your own keenness, not only to handle money matters, but to create / explore new avenues of earning.

Gemini:

Hard work is your mainstay now. You want to get places - and in a real hurry, too. You're happy at the workplace and it's easy to put in your best. Effort and enterprise fuse beautifully. It's all the result of your own changed attitude which is more attuned to, and in harmony with, those around you. A good start, indeed, says Ganesha. Harmony at work reflects on the home front too.

Cancer:

You're thinking big, and operations are now definitely on the mega - scale for you, says Ganesha. Larger financial issues like funds / loans / taxes / stock options are handled, perhaps for the office / business. You need to continue to be realistic and also gentle in your handling of all this. However, the main trend for this month is strongly and squarely on family and money matters, though not necessarily in that order.

Leo:

You realize that your future happiness depends on choices made now - it is your own attitude that will decide whether you're a winner or not. It is in this context that you will deal with finances, too. Once again, there will be a preoccupation with extra income - you think of extra work, moonlighting, even a job - switch if it will help matters. BUT there is no selfish motive in the spurt in your creativity and inventiveness - it's all for others, whom you love and care for. You gain much in terms of strength and support as well as inspiration.

Virgo:

An about - turn seems to come over you in this phase. Your mood is one of rashness, or certainly a keenness to take calculated risks, in an attempt to brighten future prospects. Perhaps you need to think seriously and pray for inspiration to make the right choices. It's not a time for bluster and bravado. You are convinced that you (and by extension your family) want a better lifestyle and so embark seriously on shifting to a better house / locality.

Libra:

Ganesha sends you a time in which you will bend every sinew to get things just right. Ideas flood in and preoccupy your mind greatly, mainly regarding new ventures / deals. You enjoy challenges at work, too, and are extremely realistic in the stance you take if / when problems arise. Not bad going at all, applauds Ganesha. Your thinking has put you dead - center on the right track! It will reflect most strongly in those aspects of life where equality of partners is desirable - both love / marriage and business. Also, in striving to balance income and expenditure.

Scorpio:

You're energized, enthusiastic, forward - looking. In this phase, your plans may go into top gear. A marvelous boost to your creativity as I've just said. You also derive strength and support as well as inspiration from close friends, family and your spouse / partner. Closeness, bonding, "good vibes", and therefore, meaningful achievements all come to you. You are open to new ideas, new approaches.

Sagittarius:

A time when you will re - think your priorities, and two strong concerns - achievements at work, and pleasurable times with family - emerge as equally balanced. You experience a sense of satisfaction in both and what could be better? It's what most people strive for. You continue to be more restrained, more low - key in all your activities. Funds and finances are low - key, but are approaching a point of either clearer investment or shared use so that there is a sense of achievement.

Capricorn:

A period of daring, courage and determination. You are willing, even eager, to take risks, chance your arm and your heart. You are willing to lay down your heart for your sweetheart to trample over, if it gets you what you want, but it just may not. A lot of hurt comes from such attitudes; they also go unappreciated for the most part. This realization will come and it mellows you, so that you will be less demanding and more reasonable in your approach to both work and relationships.

Aquarius:

Courage came to you last period, and the testing times comes now. A fraught and hectic period that keeps you on your toes. The reasons are: a) sky - high expenses and outflow of money; b) extra assignments, perhaps even a stint of moonlighting to cope with expenses; in short, extra work, c) putting yourself out on a limb in your efforts to help someone else whom you have sympathy for. Risks and chances need to be weighed carefully.

Pisces:

A sense of ease and relaxation come to you in this phase; you are far less keyed - up, much more laid - back than before. It could be because the theme of the new monthly trend is family, and family matters. This is partly because of your own sympathetic handling of matters that pertain to your property, house and home, ancestral property / wealth / assets shared with other members / relatives / kin.

Champions Trophy: India suffer last-gasp draw against Belgium

BREDA (TIP): India conceded a late goal to settle for a 1-1 draw with Belgium in the Champions Trophy hockey tournament here on June 28. India scored an early goal through a penalty-corner conversion by Harmanpreet Singh (10th minute) and managed to hold on to the lead till the 59th minute when Loick Luybaert dashed their hopes by converting the 10th of their 11th penalty corners.

With seven points from four games, India are still in with a chance to progress to Sunday's final. They take on hosts Netherlands in their last round-robin match on Saturday. The top two teams from the round-robin stage will progress to the summit clash.

The Indians had earlier defeated arch-rivals Pakistan 4-0 and stunned Olympics champions Argentina 2-1 before slumping to a 2-3 defeat against world champions Australia.

Wasted PCs

Just like Belgium, the Indians were awful with penalty corner conversions as they made use of just one of the six that came their way. India goalkeeper PR Sreejesh was outstanding under the post and made numerous brilliant saves to keep Belgium at bay, including a third-minute attempt by Luybaert from their first penalty corner. India earned two back-to-back penalty corners in the 10th minute, the second of which was converted by Harmanpreet. In the 25th minute, SV Sunil messed up a great chance after receiving an inch-perfect through pass from Sardar Singh. In the 43rd minute, Mandeep Singh scored for India but the goal was disallowed for obstruction inside the 'D'.

Brilliant Sreejesh

The Belgians came out with all guns blazing in the final quarter and exerted tremendous pressure on the Indian citadel but Sreejesh stood like a rock to deny them. But he was finally beaten by Luybaert in the 59th minute. The Red Lions had a golden chance to seal a win when they secured their 11th penalty corner just 32 seconds from the hooter, but failed to execute the opportunity.

Source:PTI



India were unlucky to have conceded a late Belgium goal.



MALAYSIA OPEN

Srikanth, Sindhu win; Saina out



KUALA LUMPUR (TIP): PV Sindhu and Kidambi Srikanth notched up straight-game wins to progress to the quarterfinals but it was curtains for Saina Nehwal in the \$700,000 Malaysia Open.

Sindhu brushed aside the challenge of Malaysia's Ying Ying Lee 21-8 21-14 to set up a clash with Carolina Marin. The 22-year-old Indian has a 5-6 head-to-head record against the Spaniard.

In the men's singles, fourth seed Srikanth saw off Chinese Taipei's Wang Tzu Wei 22-20 21-12 in 36 minutes to take his head-to-head count to 3-0. The 25-year-old from Guntur will clash with France's Brice Leverdez tomorrow. The Indian had beaten the world No. 22 in three games at the All England Championship this year.

Earlier, Saina's run at the Malaysia Open ended with a straight-game loss to Japan's Akane Yamaguchi. Saina went down 15-21 13-21 to world No. 2 Yamaguchi in 36 minutes. This is Saina's sixth straight loss to the Japanese in seven meetings. The only time Saina had defeated Yamaguchi was in the 2014 China Open.

Sindhu opened up a 6-4 lead and then reeled off eight straight points to jump to 14-4. In the second game, Sindhu held an 8-7 lead before moving to 13-7. Lee tried to make a comeback but Sindhu comfortably sailed into the quarters. In the men's singles, Srikanth zoomed to an 11-3 lead but Wang clawed back at 20-20. But Srikanth grabbed two crucial points to pocket the opening game.

In the second game, Srikanth surged to a 10-2 advantage and kept his composure to seal the contest comfortably. Yamaguchi produced a dominating show as she led 9-2 in the first game. Saina fought back to narrow the gap to 10-11 but the Japanese jumped to an 18-11 advantage and secured the opening game. In the second game, Yamaguchi raced to an 8-2 advantage before shutting the door on the Indian. Source: PTI

India thrash Ireland by 76 runs in opening T20 International

DUBLIN (TIP): India set themselves up nicely for the sterner tests ahead with a dominant performance as they outclassed Ireland by a whopping 76 runs in the opening T20 International.

Dubbed as dress rehearsal for the marquee England series, the formidable Indian team outbatted the opposition scoring an imposing 208 for five, courtesy openers Rohit Sharma (97 off 61 balls) and Shikhar Dhawan (74 off 45 balls).

In reply, Ireland could only manage 132/9 in 20 overs despite a breezy innings of 60 off 35 balls by opener James Shannon.

Irish batsmen didn't have a clue how to play chinaman Kuldeep Yadav (4/21 in 4 overs). His partner in crime Yuzvendra Chahal was hit for four sixes but eventually ended with improved figures of 3 for 38 in his four over spell.

As Kuldeep-Chahal ran through the top and middle-order, the rest of the batsmen were incapable of making a match of it. Such was their plight that save Shannon, none of the other home team batsman scored above 15.

Bhuvneshwar Kumar (0/16 in 4 overs) and Jasprit Bumrah (2/19 in 4 overs) were as usual steady at the start and effective at the death.



However, a lot of credit should once again go to Rohit, who missed out on a well-deserved third T20 international century. The Indian vice-captain made amends for his poor IPL form with a breathtaking innings in company of an in-form Dhawan, who was also keen to send the bowlers in a leatherhunt.

The opening pair put on 160 in 16 overs to set the foundation. However India lost three wickets in the final over, preventing them from scoring in excess of 225, which looked likely on a placid track. But the score was above par for an Ireland side, which rarely gets to play quality opposition.

Young right-arm medium pacer Peter Chase finished with career-best figures of 4 for 35 with a memorable 20th over in which he accounted for Mahendra Singh Dhoni (11), Rohit and skipper Virat Kohli (0).

Rohit went for a wild slog and was bowled thereby missing out his hundred by a whisker. His innings had eight fours and five sixes while Dhawan five boundaries and an equal number of maximums. India reached 50 in the fifth over. When the team total reached 61, Rohit-Dhawan completed 1000-run in the form of their partnership in T20 Internationals. Source: PTI

The charming hill station of Ooty is an escape plan during the harrowing summer months. And the places to visit in Ooty include some very irresistible natural vistas, misty landscapes, and lakes that present a strong case for languid living. Wouldn't it be just perfect to sit back and relax by one of these lakes in Ooty, where you don't have to do much, perhaps drink homemade Sangria, and feel the breeze on your face?

Most of the places to visit in Ooty are full of romance, as it is with most hill towns in India, but the place has a characteristic charm that is undeniable. Of course, much of this has to do with the alluring Nilgiri Hills. When in Ooty, do visit these lakes and experience wonder like never before.

Avalanche Lake

Located about 28 km away from Ooty, this picturesque lake is just perfect for a day out. Pack a lunch, get in the car, and drive to Avalanche Lake, and do stop for the waterfalls on the way. Also, the journey will take you through forests, so it is going to be a memorable journey. Surrounded by rhododendrons, magnolia, and more, Avalanche Lake is for the ardent romantics.

Emerald Lake

Yet another beautiful lake that is perfect as a picnic spot, Emerald Lake is located almost 25 km from Ooty. Yet another great place to enjoy a day out, and probably a picnic, Emerald Lake is known for exotic birds that are found here, and as well as scenic sunrise and sunsets. You could also visit one of the tea plantations that are located in and around the place.

Upper Bhavani Lake

Definitely a place to visit for all, the lake is located in the hilly region of Upper Bhavani, and is all about peacefulness. Herein, the Bhavani River flows before it enters the plains, and it is a pleasant place where you can spend some quality time. Here too, you will get the chance to experience riding on a boat, and horse riding at the same time. It is quite a charming place for those who take interest in photography.

Ooty Lake

A major attraction here in Ooty, you can expect quite a few tourists here at the lake, mostly enjoying boat rides. The lake was constructed way back in 1824, and has been a major part of tourism in Ooty. You can enjoy the boat race that takes place here during the summer. The lake includes some exciting features such as a mini train, an amusement park, and a canteen.

Source: *Happytrips*

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