

## US Secretary of State Pompeo to Visit India to 'Broaden and Deepen Partnerships'



Secretary Pompeo will travel to India, Sri Lanka, Japan, and the Republic of Korea June 24-30

**WASHINGTON (TIP):** The US Department of State announced that U.S. Secretary of State Michael Pompeo would visit New Delhi at the end of June.

"Secretary Pompeo will travel to India, Sri Lanka, Japan, and the Republic of Korea June 24-30 to broaden and deepen our partnerships with key countries to advance our shared goal of a free and open Indo-Pacific region.

*contd on Page 20*

## China, Russia to Open up Markets for Indian Trade

**NEW YORK / NEW DELHI / BISHKEK (TIP):** Prime Minister Narendra Modi on Thursday, June 13, received assurances of significant trade and investment opportunities in bilateral meetings with Chinese President Xi Jinping and Russian President Vladimir Putin.

Modi and several other world leaders are in Bishkek to participate in a summit meeting of the Shanghai Cooperation Organisation on Friday, June 14. In a brief discussion on Pakistan with Xi, Prime Minister Modi said India's position was to peacefully utilize bilateral mechanisms to settle disputes. He had personally invested in the relationship but his efforts had been derailed.

"The PM informed Xi that Pakistan needs to create an atmosphere free of terrorism but India did not see it as happening,"

*contd on Page 20*



Indian Prime Minister Narendra Modi and Chinese President Xi Jinping met in Bishkek on the sidelines of the Shanghai Cooperation Organisation summit, and discussed a wide range of issues including trade and terrorism  
Photo / @PMOIndia / Twitter

## Air India Regional Manager Bhuvana Rao Promoted as General Manager



Ms Bhuvana Rao leaves for India on June 14 where she will be joining her new position as General Manager, Southern Region

**NEW YORK (TIP):** Ms Bhuvana Rao, Air India Regional Manager, Americas, has been promoted as General Manager, Southern Region. She will be based in Chennai overseeing Air India's operations in the fast-growing Southern states of Tamil Nadu, Karnataka, Andhra Pradesh, Telangana and Kerala as well as Sri Lanka and Maldives. She leaves

for India on June 14 and will join her new posting on June 19. Ms Bhuvana Rao had joined the present position in New York on October 17, 2018, succeeding Ms Vandana Sharma. In a brief parting message to The Indian Panorama, Ms Rao said "During my brief stint in New York, I am happy to

*contd on Page 20*

## Boris Johnson Tops First Round of Poll for British PM



A former Cabinet minister Boris Johnson received 114 votes in the first round of a secret ballot of Tory MPs held in the House of Commons, followed by UK foreign secretary Jeremy Hunt in second place with 43 and environment secretary Michael Gove third with 37 votes. Photo / Courtesy Wikipedia

**LONDON (TIP):** Boris Johnson on Thursday, June 13, secured his position as the frontrunner in the race to succeed Theresa May as British prime minister as he won the highest number of votes in the first round of the leadership poll.

The former Cabinet minister received 114 votes in the first round of a secret ballot of Tory MPs held in the House of Commons, followed by UK foreign secretary Jeremy Hunt in second place with 43 and environment secretary Michael Gove third with 37 votes.

*contd on Page 20*

## Hundreds of Cities across world will celebrate International Day of Yoga, June 21

In December 2014, the United Nations General Assembly unanimously adopted a resolution, co-sponsored by 177 countries, and declared June 21 as International Day of Yoga with a view to promoting a healthier lifestyle.

The first International Day of Yoga was celebrated on June 21, 2015. Since then, International Day of Yoga is observed each year in hundreds of cities across the world.



**Read articles on Page 10**

## International Day of Yoga Celebrations Planned in Houston

**MANU SHAH**

**HOUSTON, TX (TIP):** The Consulate General of India, Houston in collaboration with Friends of Yoga, is organizing several events across Texas to celebrate the 5th International Day of Yoga. This ancient Indian practice received unprecedented global attention

four years ago when the United Nations recognized June 21st as the International Day of Yoga. An initiative of India's Prime Minister Narendra Modi, who himself starts his morning with yoga, the first IDY in 2015 saw people turning out in huge numbers

*contd on Page 20*



Participants at Yoga celebrations in 2018



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# Priyanka Chopra to be honoured with UNICEF Humanitarian Award

**NEW YORK (TIP):** India's international celebrity Priyanka Chopra will be honoured with the UNICEF's Danny Kaye Humanitarian Award in December. The event will take place in New York.

The 36-year-old actress has now been associated with UNICEF for almost a decade. In 2010, she was appointed a UNICEF National Ambassador, tasked specifically with promoting child rights and adolescence. She has partnered with UNICEF to feature in videos and advertisements aimed at building awareness for child rights and the need to create healthy environments for children, filled with opportunities to blossom.

Among the key UNICEF campaigns that Chopra has been associated with is 'Deepshikha', campaign. The campaign aims at strengthening adolescent and young women's groups through imparting to members life skills, enterprise skills and networking skill training.

She has also been actively associated



*Priyanka Chopra met children and young people living in the Bambasi refugee camp and Hitsats and Adi-Harush camps, during a visit to Ethiopia in May with UNICEF (Picture courtesy UNICEF)*

with the 'Awaaz Do' campaign, advocating the cause of every child's entitlement to free schooling through the Right to Free and Compulsory Education Act.

## Indian American Appointed Walmart's Chief Technology Officer and Chief Development Officer



*Kumar brings more than 25 years of technology leadership experience coming from Google, Microsoft, Amazon and IBM*

**NEW YORK (TIP):** Walmart has announced it has appointed Suresh Kumar to a new elevated Chief Technology Officer and Chief Development Officer role reporting directly to President and CEO Doug McMillon. Kumar brings more than 25 years of technology leadership experience coming from Google, Microsoft, Amazon and IBM.

"The technology of today and tomorrow enables us to serve our customers and associates in ways that weren't previously possible. We want to take full advantage of those opportunities," said McMillon. "Suresh has a unique understanding of the intersection of technology and retail, including supply chain, and has deep experience in advertising, cloud and machine learning. And, he has a track record of working in partnership with business teams to drive results."

"Walmart is one of the great success stories in how a company evolves over time to serve the changing needs of its customers, and today, it is in the midst of a very exciting digital transformation," said Kumar. "With more than 11,000 stores, a high-growth eCommerce business and more than two million associates worldwide, the potential for technology to help people at scale is unparalleled, and I am excited to be part of this."

Kumar was most recently at Google, serving as vice president and general manager of display, video, app ads and analytics. Prior to Google, he was the corporate vice president of Microsoft's cloud infrastructure and operations. Kumar spent 15 years at Amazon in various leadership roles, including vice president of technology for retail systems and operations, and he led Amazon's retail supply chain and inventory management systems. Before Amazon, he was a research staff member at the IBM Thomas J. Watson Research Center.

Kumar holds a Ph.D. in Engineering from Princeton University, and a Bachelor of Technology from the Indian Institute of Technology, Madras.

## Sikh American granted historic religious accommodation by US Air Force



*Harpreet Singh Bajwa, crew chief at the McChord Air Force Base, is the first active Airman to be authorized to adhere to Sikh religious grooming and dress principles while serving his country*

**WASHINGTON (TIP):** With the help of the American Civil Liberties Union (ACLU) and the Sikh American Veterans Alliance (SAVA), an Airman with the U.S. Air Force has received a religious accommodation allowing him to wear a turban, beard, and unshorn hair, in compliance with his Sikh religious beliefs. Airman 1st Class (A1C) Harpreet Singh Bajwa, crew chief at the McChord Air Force Base near Lakewood, Washington, is the first active Airman to be authorized to adhere to Sikh religious grooming and dress principles while serving his country. "I'm overjoyed that the Air Force has granted my religious accommodation," said A1C Bajwa. "Today, I feel that my country has embraced my Sikh heritage, and I will be forever grateful for this opportunity."

*(Read full story on  
www.theindianpanorama.news)*

## NRI Professor Conferred Bharat Nirman Award in Education Training in Kolkata



*Surya Sinha, the world-famous Human Trainer, Motivator and Social Worker presented the award to Prof. Prem Lal Joshi*

**KOLKATA (TIP):** NRI Professor Prem Lal Joshi has been honored with the prestigious "26TH BHARAT NIRMAN AWARD IN EDUCATION TRAINING" 2019 at a colorful ceremony held in Kalamandir Auditorium, Kolkata on 8th June 2019 by the Bharat Nirman Award Committee for his outstanding achievements and for raising the prestige and position of society and nation.

The award was conferred to him by Surya Sinha, the world-famous Human Trainer, Motivator and Social Worker in the presence of a huge audience. Several Tollywood celebrities performed at the function. Akhtar Ali, the veteran Tennis stalwart was honored with lifetime achievement award. In 2018, Prem Chopra, the Bollywood mega star was also honored by the organization.

Prof. Joshi is currently working as Professor of Accounting with Multimedia University, Malaysia for last 7 years. Prior to that he has taught in six countries. He started his career teaching at HN Bahuguna Garhwal

University during 1976. He also taught for a decade in NITIE, Mumbai. For twenty years, he was Professor of Accounting with University of Bahrain. He taught at Bilkent University, Turkey and University of Nairobi.

He has published more than 120 high quality research papers in accredited international journals and he is the founding editor in chief of three international journals in Accounting. He conducted several trainings courses/workshops for corporate managers in Accounting and Finance areas. He has authored six books in accounting and finance. Additionally, he has participated in 36 international conferences all over the world and presented papers and chair technical sessions. He also conducted several training courses/workshops for corporate executives and government officers on Zero Based Budgeting, Corporate Budgeting, IFRS and in Financial Management.

*(Read full story on  
www.theindianpanorama.news)*



## Iran "responsible" for attacks on tankers in Gulf of Oman: Pompeo



Oil tanker Front Altair on fire in Gulf of Oman on June 13, 2019  
Photo / Courtesy IRIB News Agency

**DUBAI, UAE (TIP):** Two tankers were attacked Thursday near the strategic Strait of Hormuz, marking the second time in a month tankers have been seriously damaged in the region. U.S. intelligence pointed to Iran as being responsible for the attacks, Secretary of State Mike Pompeo said Thursday, June 13.

"This assessment is based on intelligence, the weapons used, the level of expertise needed to execute the operation, recent similar Iranian attacks on shipping and the fact that no proxy group operating in the area has the resources and proficiency to act with such a high degree of sophistication," Pompeo said.

He said the U.S. would defend its forces and interests in the region but gave no specifics about any plans for retaliation, and he took no questions.

Pompeo said U.S. Ambassador to the United Nations Jonathan Cohen would raise the issue at a hastily called meeting of the Security Council on Thursday. The U.S. mission to the U.N. requested the Security Council hold closed-door consultations Thursday on the situation in the Middle East.

## IRS reminds taxpayers to adjust tax withholding to pay the right tax amount



**WASHINGTON (TIP):** With this year's average tax refund around \$2,700, the Internal Revenue Service reminds taxpayers they have options to control the amount of their take-home pay and the size of their tax refund by adjusting their tax withholding.

A Paycheck Checkup using the IRS Withholding Calculator can help taxpayers determine the right amount of tax they should have their employer withhold from their paychecks.

Taxes are pay-as-you-go. This means taxes must be paid as income is earned or received during the year, either through withholding or estimated tax payments. As of May 10, nearly 101.6 million taxpayers received federal tax refunds. With the average refund around \$2,700, some taxpayers received a refund that was much larger

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# UK Home Secretary signs Assange extradition order to US

**LONDON / WASHINGTON (TIP):** British Home Secretary Sajid Javid said here on Thursday, June 13, that he had signed an extradition request from the US for WikiLeaks founder Julian Assange.

"He's rightly behind bars. There's an extradition request from the US that will be before the courts tomorrow (Friday), but yesterday (Wednesday) I signed the extradition order and certified it. It will be going in front of the courts tomorrow," Javid told BBC Radio 4.

Assange, currently in custody in the UK, is wanted in the US on a score of charges, including espionage.

The Australian national is due to appear before a London court on Friday for an extradition hearing to the US, which has accused him of conspiring to intercept Pentagon computers, Efe news reported.

In May, a grand jury in Virginia filed 18 new charges against him, including espionage and publication of highly classified documents, which could lead to up to 170 years' sentence, reports say.

The UK Home office said in a statement Assange was arrested in relation to a provisional extradition request from the US. "He is accused of



Photo caption: Assange, currently in custody in the UK, is wanted in the US on a score of charges, including espionage. File photo

offences, including computer misuse and the unauthorized disclosure of national defense information," it said.

"We have received the full extradition request, which has been certified by the Home Secretary. This case is now before the courts and it would be inappropriate to comment further, it said." Assange is contesting his extradition to the US stating that he had a commitment to journalism "that has protected many people". The 47-year-old was sentenced to

a 50-week prison by the Southwark Crown Court for violating conditions of parole in 2012.

Assange grabbed international attention in 2010 after WikiLeaks published leaked military information provided by former US soldier Chelsea Manning, which prompted the American government to launch a criminal investigation.

In November 2010, Sweden requested his extradition over allegations of sexual assault and rape, which he denied. He also expressed concern that he would be extradited from Sweden to the US because of his role in the Manning leaks.

Assange surrendered himself to the UK police around a month later and was held in custody for 10 days before being released on bail. When he was unable to challenge the extradition proceedings, he breached bail and in August 2012 was granted asylum by Ecuador.

He remained sheltered in Ecuador's embassy in London for seven years to avoid arrest.

Sweden has since withdrawn its extradition request, but a UK arrest warrant remained in force as Assange had failed to surrender after breaking bail conditions. (Source: IANS)

# DNC announces candidates for first Democratic primary debates

**WASHINGTON (TIP):** The Democratic National Committee announced the 20 candidates who will be participating in the first Democratic primary debates on June 26 and 27. Fourteen of the candidates met both of the criteria to qualify for the debates.

The debates are to be split up into two consecutive nights, with candidates randomly chosen to appear on each date.

To qualify for the first debate, candidates had to fulfill one of two criteria: either get 65,000 donors to their campaigns, with at least 200 donors in 20 different states, or obtain at least 1% in three polls recognized as legitimate by the committee. If more than 20 candidates had qualified for the debate, the DNC said it would choose participants with "a methodology that gives primacy to candidates meeting both thresholds, followed by the highest polling average, followed by the most unique donors."

The same criteria will be used for the second set of debates in July.

## The candidates who fulfilled both criteria and qualified for the debates

Several of the most high-profile candidates have met both



The 2020 Democratic Presidential candidates

the donation and polling thresholds.

Joe Biden, Cory Booker, Pete Buttigieg, Julián Castro, Tulsi Gabbard, Kirsten Gillibrand, Kamala Harris, Jay Inslee, Amy Klobuchar, Beto O'Rourke, Bernie Sanders, Elizabeth Warren, Marianne Williamson, Andrew Yang,

## DNC presidential primary debate - who qualified

These candidates fulfilled one criterion and qualified for the debates. Michael Bennet, Bill de Blasio, John Delaney, John Hickenlooper, Tim Ryan, Eric Swalwell

Seth Moulton, Steve Bullock, Mike Gravel and Wayne Messam failed to qualify for debate. (Source: Agencies)



# Chief Election Commissioner of India visits Washington DC; holds wide-ranging discussions

**WASHINGTON (TIP):** Sunil Arora, Chief Election Commissioner (CEC) of India, accompanied by Senior DEC Sandeep Saxena and DG Dharendra Ojha, visited Washington DC on 6-7 June 2019.

India's Ambassador to the US Harsh Vardhan Shringla gave him a warm welcome. They also had a comprehensive discussion.

CEC and his delegation held wide-ranging discussions on electoral management and best practices with Mr Anthony Banbury, President & CEO of the International Foundation for Electoral Systems (IFES) and his team pursuant to a MoU for collaboration between ECI and IFES, signed in 2012. The International Foundation for Electoral Systems is a global non-profit organization founded in 1987. Based in Washington, D.C.- this organization provides assistance and support for elections in new and emerging democracies.

CEC also addressed representatives of Indian community organizations on the successful conduct of the 2019 Indian general elections, and registration and participation of overseas electors in Indian elections. He also fielded a range of questions from the audience.

→  
*Chief Election Commissioner of India, Mr. Sunil Arora with Mr. Anthony Banbury, CEO & President, International Foundation for Electoral Systems, following their meeting on 6th June 2019.*  
Photo/ courtesy Indian Embassy



*India's Ambassador to the US Harsh Vardhan Shringla (second from right) welcoming Chief Election Commissioner Sunil Arora*  
Photo/ courtesy Indian Embassy



## *HAF, House India Caucus Hold 'India's Democracy in Action' Briefing on Capitol Hill*

**WASHINGTON (TIP):** On Friday, June 7 the Hindu American Foundation, together with the House Congressional Caucus on India and Indian Americans (India Caucus), held a briefing on Capitol Hill entitled "India's Democracy in Action: A Post-Election Analysis."

Drawing staffers from more than a dozen House and Senate offices, federal agencies, think tanks, and academia, the briefing provided lawmakers with an objective analysis of the recent Indian elections.

The program featured remarks from Dr. Thelma John David, First Secretary Political, Embassy of India; Suhag Shukla, Esq., Executive Director, Hindu American Foundation; and Jeff Smith, Asian Studies Research Fellow, The

Heritage Foundation. HAF Director of Government Relations Jay Kansara moderated the discussion.

Shukla opened the panel discussion by contrasting the political spectrum in India versus the United States, followed by a detailed analysis of the election results at both the national and state level. She reviewed the successful programs and reforms initiated during the Modi administration's first term and the challenges they face in the next five years.

"The Indian elections were a historic exercise in democracy that drew a record number of voters (over 600 million) and saw a diverse cross section of the electorate overwhelmingly support incumbent Prime Minister

Narendra Modi and the Bharatiya Janata Party," said Shukla. "It's critical that Prime Minister Modi use this convincing mandate to continue to pursue policies that promote inclusive growth, law and order, and good governance, while investing in education, infrastructure, and clean energy so that Indians of all backgrounds thrive," she said.

Following Shukla's remarks, Smith discussed the impact of the recent terror attack in Pulwama on the election and the growth of terrorism in the region more broadly. He also shared his analysis on the current and future state of US-India relations, as well as the importance of deepening the US-India strategic partnership.

## Bera Applauds Air Force Decision to Allow Religious Accommodation for Sikh Airman



*Since taking office, Bera has led efforts on behalf of Sikhs in the military, law enforcement, and sports*

**WASHINGTON (TIP):** Indian American Congressman Ami Bera (CA-07) applauded the decision of the U.S. Air Force to authorize the first active Airman to wear a turban, beard, and long hair in adherence to his religious beliefs.

"Sikhs have long played an important role in protecting and defending our nation," said Rep. Bera. "It is only right that these patriots be able to serve while in their religious attire or grooming. I urge the Department of Defense to expand these religious accommodations and make them more easily accessible."

Prior to the announcement, Sikhs were not permitted to adhere to certain Sikh beliefs due to grooming and dress guidelines.

In 2017, the Army became the first military branch to allow Sikh Americans to receive career-long accommodations to wear articles of faith. Bera, in concert with the Sikh Coalition, advocated for a constituent from California's 7th District, Private Shabaddeep Singh Jammu, to obtain long-term religious accommodation.

Since taking office, Bera has led efforts on behalf of Sikhs in the military, law enforcement, and sports.

Bera pushed the International Basketball Federation (FIBA) to change its policy requiring Sikhs and other players to remove articles of faith during international competition, in addition to multiple letters signed by dozens of Members of Congress urging FIBA's board to end its discriminatory policy against players who wear turbans.



# Priyanka Gandhi reprimands Congress workers for not giving their best in LS polls

**RAEBARELI (TIP):** Congress general secretary Priyanka Gandhi Vadra on Wednesday reprimanded Congress workers for not giving their best to make sure the party won the Lok Sabha polls resulting into a humiliating defeat in the state.

"I did not want to deliver any speech here but since I have been made to speak, let me speak the truth. The truth is that this election was won with the help of Sonia Gandhi and the people of Raebareli," a visibly upset Priyanka said at a thanksgiving rally after UPA chairperson Sonia Gandhi won the election from here.

UPA chairperson Sonia Gandhi, on her maiden visit to Raebareli after the Lok Sabha victory, attacked the BJP, saying that all type of tactics were adopted to win the Lok Sabha elections.

"All type of tactics were adopted



to woo the voters. Everyone in this country knows whether it was moral and immoral what happened in the elections. I feel this is the greatest misfortune that limits of dignity are crossed to retain the power," Sonia said at a thanksgiving rally here.

Priyanka, who was made the Congress secretary and in-charge of eastern Uttar Pradesh, said that she will find out the name of workers

who did not work in favour of the party in the Lok Sabha elections.

She said, "You all know about those who worked religiously and I will find out about those who did not work for the party in the elections."

Priyanka had campaigned vigorously in favour of Congress candidates in UP, especially in Raebareli and Amethi but the party lost all the seats in UP with Raebareli being the only exception. Several senior party leaders including Congress President Rahul Gandhi had to suffer defeat in the elections.

After the Lok Sabha debacle, Priyanka faces an uphill task to strengthen the party cadre in the state in view of the upcoming bypoll and the Assembly elections due in 2022. Congress put a poor show in the Lok Sabha elections by winning a meagre 53 seats. *Source: ANI*

## ALL 13 ON BOARD DEAD IN AN-32 CRASH: IAF



**NEW DELHI (TIP):** The Indian Air Force on Thursday said that all 13, including six officers, on board the AN-32 that crashed in Arunachal Pradesh were dead. A mountaineering team reached the crash site, at an altitude of 12,000 feet, in the morning. The plane went missing on June 3 and the wreckage was located on June 11.

"An eight-member rescue team searched for survivors, unfortunately no air-warrior survived the crash," the IAF said.

No effort was being spared in ensuring expeditious transfer of the mortal remains of the air — warriors to their parent base at Jorhat, Assam, the IAF said. It said a court of inquiry had been ordered. Each of the bodies has to be airlifted.

Among the dead are Wing Commander GM Charles, Squadron Leader H Vinod, Flight Lieutenant MK Garg, Flight Lieutenant S Mohanty, Flight Lieutenant A Tanwar and Flight Lieutenant R Thapa. *Source: The Tribune*

## HRD ministry proposes Sanskrit-speaking villages

**NEW DELHI (TIP):** To give a boost to Sanskrit as a spoken language, at least two Sanskrit-speaking villages need to be developed near central institutes promoting and preserving the language, Union human resource development minister Ramesh Pokhriyal 'Nishank' said on Thursday.

Chairing a meeting of heads of central language institutions under the HRD ministry, he said the focus was to promote all Indian languages, for which all vacancies need to be filled. All language institutions must be fundamentally strong and efficient, he said, before directing ministry officials to meet heads of these institutions on a regular basis. To promote Sanskrit, highly qualified teachers and professors should be engaged to give new dimensions to the language both at the national and international level, an official statement quoted him as saying.

The Rashtriya Sanskrit Sansthan, Lal Bahadur Shastriya Rashtriya Sanskrit Vidyapeetha in Delhi and the Rashtriya Sanskrit Vidyapeetha in Tirupati are the three central institutes promoting the more than 3,500-year-old language. *Source: HT*

## Will oppose Bill on triple talaq in Parliament session: Congress

**NEW DELHI (TIP):** The Congress on Thursday said it will oppose the triple talaq Bill in Parliament, saying a debate was needed on some of its provisions.

Congress Rajya Sabha member and spokesperson Abhishek Manu Singhvi said: "On triple talaq, we have raised some fundamental points. The government has agreed on many points.

"A lot of time would have been saved if the government had agreed on our points earlier.

"Still one or two points are left... and debates are required on those points and we shall oppose it (Bill)," Singhvi added.

His remarks came a day after the government said it will introduce a Bill in the coming session of Parliament against triple talaq to make it an offence punishable with imprisonment for up to three years with a fine.

The Union Cabinet on Wednesday approved the Muslim Women (Protection of Rights on Marriage) Bill, 2019. It will replace the ordinance promulgated in February.

## TERRORIST RELEASED BY INDIA IN 1999 SUSPECTED TO BE BEHIND ANANTNAG TERROR ATTACK

**NEW DELHI (TIP):** A terrorist who was released by India in the 1999 hijacking incident is suspected to be the man behind the Anantnag terror attack which led to the deaths of five CRPF jawans on June 12, Wednesday.

Mushtaq Ahmed Zargar, the leader of a defunct terror group Al Umar Mujahideen, was one of the three terrorists who was released along with JeM chief Maulana Masood Azhar in exchange for over 150 hostages of the Indian Airlines Flight 814 in December 1999. Zargar was in jail since 1992 after the hijackers of Indian Airlines Flight 814 managed to secure his release in 1999.

Two terrorists, believed to be from Al-Umar Mujahideen, attacked a Road Opening Party of the CRPF late on Wednesday evening in south Kashmir's Anantnag. Mushtaq Ahmed Zargar-led Al Umar Mujahideen claimed responsibility for the terror attack, which led to the death of five jawans and injured five others.

Sources told India Today TV that Al Umar Mujahideen chief Mushtaq Ahmed Zargar is the main man behind the Anantnag terror attack.

However, officials claimed that the terror attack was a handiwork of Jaish-e-Mohammed.

Intelligence agencies said Al Umar Mujahideen doesn't have enough firepower to carry out such an attack. Sources said Mushtaq Ahmed Zargar may have been given the responsibility to strike a collaboration between with Al Umar Mujahideen and Pakistan-based terrorist group Jaish-e-Mohammed led by Masood Azhar to specifically target Kashmir.

Intelligence agencies believe that a new nexus between terror group Al Umar Mujahideen and JeM has emerged and Mushtaq Ahmed Zargar is the point person who may have stitched the collaboration. Mushtaq Ahmed Zargar was initially part of Jammu Kashmir Liberation Front (JKLF) and has been in Pakistan since long. *Source: India Today*



*Mushtaq Ahmed Zargar, the leader of a defunct terror group Al Umar Mujahideen, was one of the three terrorists who was released along with JeM chief Maulana Masood Azhar in exchange for over 150 hostages of the Indian Airlines Flight 814 in December 1999.*

## EYEING KERALA, BENGAL, SHAH SAYS BJP YET TO REACH ITS PEAK

**NEW DELHI (TIP):**

BJP president and Union Home Minister Amit Shah told party office-bearers on Thursday that despite its best ever tally in the Lok Sabha polls, the party had yet to reach its peak performance, exhorting them to expand organisational work in States like Kerala and West Bengal. Shah was addressing a meeting of party office bearers, State unit chiefs and prabharis, and flagged off a new membership drive before the commencement of organisational polls.

The BJP's membership drive will be on from July 6 to January 31. But once a certain target is reached, organisational polls for booth, Mandal, district, state and possibly the national level can be undertaken. This underlined the possibility of Mr Shah constituting as party president till at least the Assembly polls of Maharashtra, Jharkhand and Haryana are concluded.

BJP general secretary Bhupender Yadav briefing reporters after the meeting said the party had set a target of a 20% increase in membership over its current stated count of 11 crore members.

He added that the schedule of the drive, under the aegis of former Madhya Pradesh Chief Minister and BJP vice-president Shivraj Singh Chouhan, will be announced in a few days and that the party's organisational polls will follow the exercise. Party leaders Dushyant Gautam, Suresh Pujari, Arun Chaturvedi and Shobha Surendran will be co-incharges of the drive.

In his speech, Shah noted that he had made a similar observation about "peak performance" during his presidential address at the party's national council in August 2014 and has been proved correct with the party improving its tally of 282 seats by winning 303 seats in the recent polls.





# Hope PM Modi uses 'big mandate' to improve relations with Pak: Imran Khan

**NEW DELHI (TIP):** Pakistan Prime Minister Imran Khan has said he hopes his Indian counterpart Narendra Modi will use the big mandate he won in the recent elections to improve relations between the two countries and usher in peace in the region.

The two countries should focus on peace and resolving their differences through dialogue, and even issues such as Kashmir can be resolved if the two governments decide to tackle it, Khan said in an interview with Russia's state-run Sputnik news agency.

Tensions flared between India and Pakistan in February after suicide attack by Jaish-e-Mohammed at Pulwama in Kashmir killed 40 CRPF troops. Khan and Modi exchanged tweets after the elections and the Pakistani leader sent a message congratulating the Indian premier. However, there are no signs of a resumption of contacts between the two sides.

"And so our emphasis should be peace, resolving our differences through dialogue. And our main difference with India is Kashmir. And if the heads of two countries resolve, if two governments decide, this issue can be resolved," Khan said. "But, unfortunately, we have not had much success from India so far. But we hope now that the current prime minister has one big mandate, we hope that he will use this mandate to develop better relationship and bring peace in the subcontinent."

Khan said Pakistan had tried to improve relations even before India's polls in April-May but had not made headway during the



Pakistan PM Imran Khan lands in Bishkek for the SCO summit on June 13, 2019. (Photo: Govt of Pakistan/Twitter)

electoral campaign.

"We actually tried before the elections, but unfortunately we felt that before the elections, Prime Minister Modi's party was building up this hysteria, unfortunately, anti-Pakistan feeling among its people, appealing to its right-wing Hindu nationalists, and so there was no chance of peace before the elections," he said.

With the elections over, Pakistan is hoping the Indian leadership will "avail this opportunity that Pakistan is offering — that let's resolve all our differences through dialogue", he added.

Khan said the two nuclear-armed countries cannot think of resolving differences through military means. "It is madness. So we hope that now we can progress, use dialogue to resolve our differences," he said.

Asked if Russia could mediate between India and Pakistan, Khan replied: "Pakistan is looking for any

kind of mediation because Pakistan believes that progress comes with peace. And when you have tensions with your neighbours, it detracts from resources that could be spent on human beings. They end up getting spent on unproductive things like arms. And so we believe in peace with all the neighbours, especially with India."

Khan described the Kartarpur corridor linking India to a gudwara where Guru Nanak, the founder of Sikhism, spent his last years as "a great initiative from Pakistan" and said he hoped "India will respond positively to these initiatives to further people-to-people contact".

"But, unfortunately, people-to-people contact only works when the governments also try to get closer. You can't have a situation where the governments have animosity towards each other, and expect people to get closer. It does not happen," he said. *Source: HT*

## PONTY CHADHA'S SON HELD FROM DELHI AIRPORT WHILE 'ESCAPING' TO THAILAND

**NEW DELHI (TIP):** Manpreet Singh Chadha, the Vice-Chairman of the Wave Group, has been arrested in connection to a Rs 100 crore fraud case, a police officer said here on Thursday, June 13.

Manpreet Singh Chadha or Monty is Ponty Chadha's son, the liquor baron who was killed in a shootout six years back.



Manpreet Singh Chadha

The Economic Offences Wing (EOW) of the Delhi Police arrested Chadha on Wednesday at the national capital's Indira Gandhi International Airport while trying to escape to Thailand, Additional Commissioner of the EOW, Suvashish Chaudhary told IANS.

Before his arrest, the airport's security staff and immigration officers were alerted and Look Out Circular (LOC) was issued against Chadha.

EOW had registered a case against Chadha in connection with the case including other promoters of Wave Group, Chaudhary said, adding that it was stated in the FIR that the group duped buyers of over Rs 100 crore and made wrongful gains to the company on the name of promising a Hi-Tech township project at NH-24. *Source: IANS*

## Mamata accuses rivals of stirring protests as striking doctors defy deadline

**KOLKATA (TIP):** Striking junior doctors in West Bengal on Thursday defied Chief Minister Mamata Banerjee's 2 pm-deadline to join work and said the agitation will continue till their demands related to security in government hospitals are met.

The doctors have been agitating since Tuesday after two of their colleagues were attacked and seriously injured at the NRS medical college and hospital in Kolkata.

Banerjee, who visited the state-run SSKM hospital around noon in the wake of disruption of medical services in several parts of the state over the past three days, warned the doctors of action if they do not resume work.

A team of doctors met Governor Keshari Nath Tripathi at Raj Bhavan over the issue and said the chief minister's reaction to their protest was unexpected.

## Computer Baba demands helicopter; govt refuses

**BHOPAL (TIP):** The Madhya Pradesh government has refused to accept Computer Baba alias Namdev Das Tyagi's demand for a helicopter to assess the plantation work done along the Narmada river.

Minister for religious trusts and endowments PC Sharma said on Thursday, "Computer Baba has been appointed as the chairman of the river trust. He is supposed to have meetings (with officials concerned). He does not need a helicopter."

The religious leader was appointed as the chairman of 'Ma Narmada, Ma Shipra, Ma Mandakini Nadi Nyas' by the Congress government in March this year. However, he assumed office at the state secretariat on June 6 in the presence of former AICC general secretary Digvijaya Singh. After assuming office, he raised the demand for a helicopter.

Computer Baba hit headlines in March last year when he and four other religious leaders were accorded minister of state status by the then BJP government as members of a committee to work on conservation of the Narmada river. His appointment came after he threatened to expose the alleged scam of the then BJP government in plantation work on the banks of the Narmada. *Source: HT*

## 'Reach office on time, avoid working from home': PM Modi to council of ministers

**NEW DELHI (TIP):** In his first meeting with the new Council of Ministers on Wednesday, Prime Minister Narendra Modi instructed all the ministers to reach office on time every morning and avoid working from home.

He also asked the cabinet ministers to involve their deputy ministers (Ministers of State) in all important decisions of the ministries. He said the deputy ministers should be given adequate responsibilities.

He further added that Members of Parliament and party workers should be given time for meeting, suggesting that their grievances should be heard.

Ahead of the Council of Ministers meeting, the Prime Minister met his Cabinet and outlined the road-map and action plan of his government for the next



five years. He took several decisions including triple talaq Bill among others.

This was first-ever meeting of the new Council of Ministers with the Prime Minister. Sources said he spelled out his priorities for Mission 2022 and asked them to present a report card every three months.

Sources said the Prime Minister told his colleagues that he would

review the task done by them and would monitor the 'high priority' schemes being implemented by the various ministries.

Sources said the Prime Minister was more concerned about the schemes and projects such as 'housing for all' related with Mission 2022, the year when the country celebrates its 75th year of Independence.

He spelled out his priorities related to ministries dealing with the social sector. For Rural Development and the newly-constituted Jal Shakti Ministry, Modi outlined specific tasks, the sources said.

At present water crisis, particularly in rural areas, is posing a grave threat for the agriculture sector in the wake of apprehensions of a drought in the western region. *Source: IANS*



## GUEST COMMENT

*Hope in Kashmir: Governor's gesture can be a step towards reconciliation*

A sudden whiff of fresh air greeted Kashmir after a long spell of darkness that had dampened all hope of a dialogue, particularly after the February 14 Pulwama attack when militancy-related violence touched its peak. Violence had to be met with strong measures. On Wednesday, Governor Satya Pal Malik spelled out contours of the reconstruction of the dialogue process with the announcement that the Centre had no intention to interfere in constitutional matters

and that militants had the opportunity to give up arms and lead a normal life, including an offer of a seat across the table for talks. That the delimitation exercise was a rumor should go a long way in allaying the fears of the people and help in reaching a middle ground.

The Centre's imprints on the assurances held out by Malik to the militants and to all political groups were too clear to be missed, as the announcement preceded the arrival of the Centre's special representative on

J&K, Dineshwar Sharma, on Tuesday, June 11. His meeting with the Governor prior to the announcement is being read in J&K as a reassurance to the people of Kashmir that Delhi is keen on hearing them out and ready to respond accordingly.

Reconciliation is always a difficult task. It cannot be achieved overnight, especially considering the violent history of the past 30 years that has consumed three generations. But a ray of hope changes attitudes instantly. The government has hinted that it

would not touch the constitutional provisions. This could be the starting point, but only if the other side takes a step towards reconciliation. Unfortunately, the militants seem to have different plans. They struck at the CRPF deployment in Anantnag on Wednesday evening with a sinister design to kill the dialogue. Now, it is for the political groups that were urging the Centre to start the dialogue to step in and help create an atmosphere and admonish those working against the interests of the state and the people. The Centre has done its job, let the political leadership of the state do what is expected of it to bring about a change in the landscape.

(Tribune, India)

## AS I SEE IT



Rajeev Dhavan

**BJP bag of tricks & deceit**

Gerrymandering constituencies in J&K will have repercussions

**"If the BJP wins J&K by such plans, it will be at the expense of the unity and integrity of India, of which the state is an indelible part. India is on the verge of losing J&K, not to Pulwama-style attacks but by alienating the Valley to dissolve civil liberties and fair elections", says the author.**

The Modi-Shah plan to conquer all of India through elections and President's rule, by fair means or foul, is self-evident. They have used allies in the Northeast, but the alliances in J&K have failed. They have burnt all boats in the Valley. No one will align with them. The only hope being the Jammu region and the Hindu vote. The latest maneuver is to increase the reserved seats by using President's rule and parliamentary majorities, so that Jammu and Hindu constituencies acquire a dominant edge. This is nothing short of gerrymandering by using the Delimitation Commission to increase the Jammu seats to make it Hindu versus Muslim and also Hindu region versus Muslim region. Presently, Jammu has 37, Kashmir 46 and Ladakh four seats, with populations and areas, respectively, at 54.9% and 15.8% (Kashmir), 42.9% and 25.9% (Jammu) and 2.2% and 58.3% (Ladakh). The post-general election plan unfurled by Amit Shah is towards forced delimitation before the state elections to give the BJP an advantage. The plan is to empower Gujjars, Bakarwals, Gaddis, Sippis (SC and ST) with special seats to the Assembly and increase the Hindu share in the state as a whole. The English adage applies: 'Play the game according to the rules, but if in doubt, change the rules.'

The concept of delimitation is to examine the population (demography) with accessibility (topography). In Kashmir, different valleys cannot be arbitrarily merged. In Ladakh, the surface area is large but demography low. Delimitation is necessarily for readjustment after a Census (Article 82, Constitution) through delimitation Acts. At times, delimitation has been

controversial. In 2002, constituencies were frozen till 2026 for Parliament on the basis of the 1971 Census, and for state Assemblies it was the 2001 Census. Similarly, Article 47 of the J&K Constitution freezes readjustment in its Assembly till 2026. The next delimitation will come in 2031, before which a Census should take place. The freezing was done for the pragmatic reason of preserving Lok Sabha seats in various states, numerically and qualitatively, irrespective of population increase in some states at the expense of others. This must apply within reasonable limits to parts of states favorable to a political party or religion. The Farooq Abdullah freeze of 2002 was upheld by the high court. The Supreme Court rejected the Panther Party's argument for SC and ST seats in the Valley. While the last delimitation was made by the KK Gupta Commission in 1995 with great difficulty, Governor Jagmohan had used President's rule to enable the exercise. But for this freeze in J&K, the next exercise would have been done in 2005. Defreezing for one state but not the others is obviously an invidious political advantage.

It is obvious that in J&K under normal democratic rule, a new delimitation would not be possible. Ghulam Nabi Azad's attempt of a 25% increase (22 seats) in J&K did not fructify because it required a two-third vote in the Assembly. So echoing 1993-95, the game plan is to proceed undemocratically under emergency rule. With J&K under President's rule, the Governor can make legislative changes that would clearly not have passed in the Assembly. The Governor is the BJP-appointed Satya Pal Malik, who may be biased. A politically controversial



Amit Shah taking oath as a Union minister in Narendra Modi's new Cabinet during a swearing-in ceremony at Rashtrapati Bhavan on May 30. Photo / Courtesy PTI

delimitation exercise would destroy democracy even before the electoral process starts.

J&K has had its share of undemocratic misfortune, including Sheikh Abdullah's arrest in 1953; Congress playing musical chairs with chief ministers; the rigged election in the 1980s, when Rajiv Gandhi was in power at the Centre; the subversion of power by Governors, including Jagmohan; and ruthlessness of the BJP at the Centre in bringing down its own Mehbooba Mufti coalition. But with the Modi-Shah duo hungry for an all-India conquest, J&K has become target No. 1. The proposed exercise to seek victory through manipulating seats is blatantly communal. The idea is to seek electoral division and cause a rift between J&K to make Jammu triumph over Kashmir. Since two separate states cannot be created, this plan would test drive a virtual partition running through the state, which the BJP wants to exploit to the hilt.

Pakistan would love such a solution which would make its claim to the Valley stronger. This plan would divide the state communally on the grounds of religion by fiddling with constituencies to increase the Hindu electoral power over Muslims. The purpose behind this is both anti-

Muslim as well as to secure an electoral victory for the BJP in the forthcoming elections. After shouting from the rooftops that the BJP is not a communal party, it now sports a religious appeal and plays with communal agendas within days of its re-election. The idea is to have a Hindu chief minister. The tragedy is that these antics have begun soon after the recent election victory. If this represents a beginning, it will be followed by further Hindu fundamentalist measures through stealth and deceit. If the plan succeeds, would such a Hindu chief minister be from the saffron clan? Could we call this a surgical strike to defend India's 'secular' democracy?

This, by itself, dashes all hope of a BJP secular agenda to bring communities and faiths together. If the BJP wins J&K by such plans, it will be at the expense of the unity and integrity of India, of which the state is an indelible part. India is on the verge of losing J&K, not to Pulwama-style attacks but by alienating the Valley to dissolve civil liberties and fair elections.

Amit Shah is the Home Minister of all of India and has sworn to uphold the Constitution which he 'promises' to trample on by deceit.

(The author is a Senior Advocate, Supreme court of India) (Courtesy / The Tribune)



# This Trade Neither Free Nor Fair



By MK Bhadrakumar

The commonplace narrative in India is not to 'exaggerate' the US-Indian discord over trade issues. The government has gone out of the way to be impassive. The Indian commentators are bending over backward to argue this is a passing phase. The Indian ambassador to the US has said twice at least in recent months that we will simply buy more weaponry from American vendors to tilt the trade balance in America's favor.

President Trump's decision to remove the 50-year GSP concessions to India's exports to the US has met with a timid response. The Commerce Ministry blithely estimated that the issue is only one of a number of 'ongoing issues which get resolved mutually from time to time'. The ministry's statement said, 'We view this issue as a part of this regular process and will continue to build on our strong ties with the US, both economic and people-to-people'. Yet, Trump was very categorical. His proclamation on the GSP issue said, 'I have determined that India has not assured the US that it will provide equitable and reasonable access to its markets. Accordingly, it is appropriate to terminate India's designation as a beneficiary developing country effective June 5, 2019.'

Clearly, the issue goes far beyond trade balance and challenges the fundamentals of India's foreign trade regime. Trump has brushed aside the two 'extensive and

**"India is being arm-twisted to transfer wealth to the US", says the author. His (Trump's) proclamation on the GSP issue said, 'I have determined that India has not assured the US that it will provide equitable and reasonable access to its markets. Accordingly, it is appropriate to terminate India's designation as a beneficiary developing country effective June 5, 2019.'**

reasonable' trade packages India submitted to him. What is unfolding is not very different from what the US is waging with China. A report in the Politico last week warned that India 'could soon become the next target of President Donald Trump's aggressive policy'.

The report said Trump's next move 'is expected to be launching a full-blown investigation into India's practices, just as the US did with China last year'. This is a little-used provision that Trump administration invoked to impose or threaten tariffs on virtually all goods imported from China. The Politico quoted an American business source that 'What happened with China is a road map for what you could see in India.'

While India has the option to raise tariffs on a slew of US goods as retaliation, the government may not choose that course of action. On the contrary, after a meeting with exporters and state government representatives in New Delhi on June 6, Commerce Minister Piyush Goyal insisted that Trump's withdrawal of GSP was 'not a matter of life and death' for all exporters. He said, 'India is now evolving and moving out of the crutches... India is no more an underdeveloped or least developed country... We believe we can be export competitive at our own strength or at the strength of our own comparative advantage... we accept it (GSP withdrawal) gracefully and we will reorient ourselves to be competitive.'

However, Trump is playing chicken with India and won't allow us to get away 'gracefully' with our 'development cycle'? He is determined to hustle India.

India's inability to stand up to such pressure tactic stems from its increasing reliance on US defense equipment purchase as part of its strategic partnership - and the agenda of 'interoperability' that Washington successfully pushed with India during the past decade after the signing of the India-US nuclear deal in 2008. The US's arms exports to India rose by over 550 per cent in the five years to 2017 alone. (India's arms purchases have come down during the last full three years of the BJP government compared to the last three full years of the UPA rule.) A vicious cycle has appeared. It is no coincidence that against the backdrop of the trade issues, the US is aggressively pushing once again the sale of F35 fighter jet to India - now that Turkey has wriggled out of its deal to buy 100 such jets - despite the fact that India previously rejected this problematic technology as unsuitable for the needs of the IAF.

Plainly put, what is unfolding is not even about 'free and fair' trade. It is pure and simple neo-mercantilist economic strategies - America solving its economic malaise through a combination of government intervention, protectionism, and strategic investment - rather than through free trade. The point is, as

Norwegian economist Erik S Reinert wrote in his refreshingly revisionist history, *How Rich Countries Got Rich... and Why Poor Countries Stay Poor*, in a historical perspective, this was how the developed economies were founded - on protectionism - long before they could afford the luxury of free trade.

India is being arm-twisted to transfer wealth to the US. Unfortunately, the US lobbyists in India behave like a comprador class. In an earlier era, Great Britain, too, when faced with similar current account deficit as the US is facing today, did this to India by 'de-industrializing' our country and transferring wealth. The US doesn't have colonies. Hence this innovative policy to pressure newly emerging countries to voluntarily accept its protectionist policies - thereby forcing those countries (China, India, etc.) to bear the burden of adjustment in the US economy as it increases both its level of domestic activity and also closes its balance of payments deficit. China refuses to fall in line. Suffice to say, this paradigm is about India's rise. This is not a game for timid folks.

*(The author is a former ambassador)*



# A Mockery of Democracy



By Arundhati Roy

In the days after he was elected, following some harsh criticism in the international press, Modi made a speech in which he spoke about protecting minorities and upholding the Indian constitution. He more or less directly contradicted what he himself and his senior colleagues had said the previous day. This sort of expediency is pure RSS tactics. Interestingly, the deification of Modi has overshadowed the idea of the BJP as a party. Its massive wealth, its party machinery, have all been harnessed to the crowning of the monarch. There is a ridiculous hagiographic Modi biopic, full of falsehood, that has just been released. No doubt it will contribute to his deification. But despite all this, Modi can only be the monarch for as long as the RSS wants him to occupy the throne. RSS-rule is the new normal.

You ask how this can be challenged. At this moment, in northern India, most of the other political parties are in shambles. The Congress has been vanquished, the Communists destroyed, the political parties that identify themselves as Dalit/backward caste parties have been more or less decimated. On the whole, the opposition parties behaved pettily and arrogantly with each other, diminishing each other while their ship went down. Hopefully they are asking themselves some serious

**Existing political parties in this particular model of first-past-the-post democracy will not easily be able to take on this formidable, money-filled hate-filled machine. I believe that peoples' rage will one day break the machine. I'm not talking about a revolution. I'm talking about an outbreak, the re-emergence of non-NGO-ized social movements. It will come.**

questions.

"The opposition parties behaved pettily and arrogantly with each other, diminishing each other while their ship went down."

The RSS has about 600,000 disciplined, highly trained cadres it can deploy. The others have almost none. This time around the BJP had 20 times more money than all of them put together. Next time that will probably become 50 times more money. And certainly, elections in India are more and more about money, about spectacle, about controlling the mainstream media and social media. Every institution in this country was bent to their will, including the Election Commission and, who knows, perhaps the electronic voting machines. That money bought them tens of thousands of IT experts, data analysts, social media activists who ran thousands of WhatsApp groups with carefully directed propaganda-tailored and tweaked for every section, region, caste, and class, every voting booth in every constituency.

That kind of money can sell anything it decides to sell-in



this case a product so toxic, it created an epidemic. Not a single thing of importance, not climate change, not the looming economic crisis, not health, not education was a part of the campaign. Nothing except toxic, medieval stupidity on an epic scale. How can we treat this as a fair election? It was a race between a Ferrari and a few bicycles-and the media cheered the Ferrari as though they hadn't noticed anything unusual. And now lathers it with praise while it mocks the bicycles for their poor performance.

So, what are the avenues that remain to challenge this formation? Existing political parties in this particular model of first-past-the-post democracy will not easily be able to take on this formidable, money-filled hate-filled machine. I believe that peoples' rage will one day break the machine. I'm not talking about a revolution. I'm talking about an outbreak, the re-emergence of non-NGO-ized social movements. It will come. And that will create new energy and a new kind of opposition that cannot be managed. We will have to play a new game-one that has not been fixed like this one has. This election in India, that is being hailed as a great exercise in democracy, is the opposite-just a mockery of what democracy is supposed to be.

*(The author is an Indian author best known for her novel The God of Small Things, which won the Man Booker Prize for Fiction in 1997 and became the biggest-selling book by a non-expatriate Indian author. She is also a political activist involved in human rights and environmental causes)*



# International Day of Yoga

In December 2014, the United Nations General Assembly unanimously adopted a resolution, co-sponsored by 177 countries, and declared June 21 as International Day of Yoga with a view to promoting a healthier lifestyle.

The first International Day of Yoga was celebrated on June 21, 2015. Since then, International Day of Yoga is observed each year in hundreds of cities around the world.

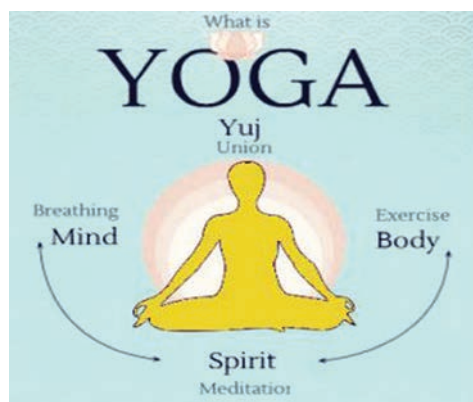
**We bring here to readers of The Indian Panorama a few scholarly articles on Yoga.**



## What is Yoga?

Answering the question, "What is Yoga?" is challenging and is the subject of extensive academic and philosophical study. As the largest nonprofit supporting yoga, we offer this brief introduction to Yoga, along with perspectives from leading scholars and yogis, to help answer this question.

Yoga was developed up to 5,000 years ago in India as a comprehensive system for wellbeing on all levels: physical, mental, emotional and spiritual. While Yoga is often equated with Hatha Yoga, the well-known system of postures and breathing techniques, Hatha Yoga is only a part of the overall discipline of Yoga. Today, many millions of people use various aspects of Yoga to help raise their quality of life in such diverse areas as



fitness, stress relief, wellness, vitality, mental clarity, healing, peace of mind and spiritual growth.

Yoga is a system, not of beliefs, but of techniques and guidance for enriched living. Among Yoga's many source texts,

the two best known are the Yoga Sutras and the Bhagavad Gita. Both explain the nature of and obstacles to higher awareness and fulfillment, as well as a variety of methods for attaining those goals.

As in any field, some aspects of Yoga are too subtle to be learned from books or lectures; they must be acquired through experience. Hence Yoga's time-honored emphasis on the student-teacher relationship, in which the teacher helps the student develop a practice that brings deeper understanding through personal experience.

Since the individual experience of Yoga is quite personal and may differ for each

practitioner,

there are a wide

variety of approaches to its practice. Yoga has in recent times branched out in many new directions, some of which are quite different from its traditional emphases. All approaches to Yoga, however, are intended to promote some aspect(s) of wellbeing.

As a result, today's practitioners have more options than ever as they seek to gain the most from the vibrant, ever-expanding field of Yoga.

## Yoga: A True Harmony of Head, Heart and Hands



By Swami Ramananda

Yoga is both the complete experience of our essential Spiritual Self and the practices done to reveal that true nature. It is both a science of self-mastery and the art of pursuing that goal with self-discipline, compassion and contentment.

Yoga asanas (postures), so commonly known in the West, are only one small part of Yoga and are meant to be performed in the context of a much broader philosophical picture. Otherwise, the numerous benefits of asana practice, while significant, lack the potential transformational effects for which they originated.

Yoga is a comprehensive way of life that includes numerous branches, each like a pathway leading to the same mountaintop. These different paths or approaches to Yoga practice heal and develop the various aspects of an individual: social, physical, energetic, emotional and intellectual.

The path of Raja Yoga could be called the path of mental mastery and is presented in the Yoga Sutras of Patanjali, one of the main scriptures that delineate Yoga and its teachings. The Sutras define Yoga as an experience that occurs when the movements of the mind are stilled, and it describes eight limbs or steps to that achievement, which is often called Self-realization.

The Sutras also present the practices

of asana, pranayama (breathing techniques) and meditation, which can be considered the path of Hatha Yoga. This approach uses the gross, physical level of being, to gradually purify and bring under conscious control the more subtle levels. Ultimately, Hatha Yoga fully awakens the storehouse of superconscious energy, or kundalini, an experience synonymous with Realization.

The Sutras describe as well the use of sound vibration as an aid for self-mastery, which can be seen as a path by itself called Nada, or Japa Yoga. This practice utilizes sound formulas called mantras, which represent different aspects or qualities of the Spiritual Self. Through chanting and repetition, an individual can attune the entire body-mind system with the divine vibration of the Spirit, and thus attain harmony with it. The same harmony with Spirit is reached through another branch called Karma Yoga, the Yoga of action through selfless service. This path is described in detail in the Bhagavad Gita, another of the main scriptures that expound the teachings of Yoga. Karma Yoga involves performing duties with a focused mind and loving intention, without attachment to the outcome or to personal reward. When the heart and mind are trained to act for the well-being of all, the practitioner becomes an instrument of the Divine Will, transcending her/his individuality.

The Bhagavad Gita also advocates the path of love and devotion to God in some form, called Bhakti Yoga. Many individuals are naturally inspired to see the Divine Light in a spiritual teacher, deity, symbol or in the infinite

magnificence of Mother Nature. Through faith, constant remembrance and devoted service to that representation, one can rise above the illusion of a separate self and experience union with the Spirit that dwells within everything, including oneself.

Yet another branch of Yoga promulgated in the Bhagavad Gita is Jnana Yoga, the path of wisdom. This method requires self-analysis and a keen intellect to practice a steady, systematic discrimination between the unchanging Spirit and the ever-changing forms of creation. By identifying less and less with one's own body, mind and ego, one comes to experience the Spiritual Self that is normally hidden behind these grosser aspects of being.

Though Yoga emerged in ancient India as one of six schools of Hindu philosophy, all of these paths, teachings and practices remain timeless tools for personal transformation. The more well-known practices--asana, guided relaxation, pranayama and meditation--create numerous physical and psychological benefits and, when properly instructed, can be practiced by anyone, of any age, of any faith. Yoga practice can be reduced to very simple and safe forms, such as slow deep breathing, and is being used therapeutically to treat countless health issues. My teacher, Sri Swami Satchidananda, playfully expressed its simplicity when he said that Yoga means having an easeful body, a peaceful mind and a useful life.

While someone may be naturally drawn to a particular form of practice or one of the branches mentioned here,



there is a great benefit to practicing all of them, thus addressing all the levels of our human nature. However, even without this comprehensive approach, any one of them can bring a practitioner to the ultimate goal of liberation and make the journey an enjoyable one.

### About the author

Swami Ramananda is the president of the Integral Yoga Institute in San Francisco and a greatly respected senior teacher in the Integral Yoga tradition, who has been practicing Yoga for over 35 years. He was a founding board member of Yoga Alliance®. Ramananda offers practical methods of integrating the timeless teachings and practices of yoga into daily life, and transforming the painful aspects of human experience into steps toward realizing one's full potential. He leads beginner, intermediate and advanced level yoga teacher training programs in San Francisco and offers a variety of programs in many locations in the U.S., Europe and South America.



# Pak govt says no change in defence budget; documents show 4.5% increase

**ISLAMABAD (TIP):** The Pakistan government claimed that its defence budget was kept unchanged at Rs 1,152,535 million for next fiscal (2019-20), but the official documents showed that there was nominal increase of 4.5 per cent in the defence expenditure as compared to the last year.

The original allocation for defence for outgoing fiscal (2018-19) was Rs 1,100,334 million but it was revised later on to shot up to Rs 1,137,711 million, up by 3.4 per cent, by the end of year.

So the actual rise from previous allocation was Rs 52,201 million, which is 4.5 per cent.

But Minister of State for Revenue Hammad Azhar in his 2019-20 budget speech on Tuesday did not provide intricate details and just said that the defence budget would remain unchanged at Rs 1.15 trillion.

Pakistan Army chief Gen Qamar Bajwa announced last week that the armed forces were "foregoing routine increase in annual defence budget".

Prime Minister Imran Khan also said the military had "voluntarily agreed" to cut its expenditures due to "critical financial situation".

A closer analysis of the current defence allocation showed that it makes 14 per cent of the total outlay and 2.62 per cent of the GDP. In the



outgoing year, the amount earmarked for defence was 18.5 per cent of the total pie and 2.87 per cent of the GDP.

These figures do not include Rs 327 billion set aside or pensions of retired defence personnel. Originally pension of retired soldiers was part of defence allocation but it was transferred to civil heads during regime of military ruler Pervez Musharraf.

Dawn reported that freeze on defence budget would affect the 'civil works' head the most as it has received a 12.77 per cent cut. The civil works head

accounts for the funds marked for maintenance of existing infrastructure and construction of new buildings.

The other head to get relatively lesser increase is that of operating expenses, which would grow by 4.4 per cent. Operating expenses cover transport, POL, ration, medical treatment, training, etc.

Meanwhile, employee-related expenses, which include salaries and allowances paid to troops in uniform and civilian employees, are proposed to go up by 6.5 per cent. PTI

## 'High-altitude sickness, not congestion, killed climbers on Everest'

**KATHMANDU (TIP):** Nepal's Department of Tourism (DoT) on June 14 claimed that high-altitude sickness and other health reasons caused deaths on Mount Everest this spring season, not congestion.

The DoT's statement has come at a time when it is facing immense criticism for issuing too many permits to scale the world's tallest peak while disregarding the safety of the climbers, reports The Himalayan Times.

"Our attention has been drawn to the wrong information about deaths on Everest conveyed by national and international media," said Dandu Raj Ghimire, Director General of DoT, adding that "traffic jam" did not cause the deaths.

According to Ghimire, the post-mortem reports of the deceased climbers have shown that they died due to high-altitude sickness, weakness or adverse weather conditions.

In the statement, the DoT has stated that it had issued 366 expedition permits in 2017 and 346 expedition permits in 2018 - not a huge difference compared to 381 permits issued this year for the highest peak.

"Hence, it untrue that congestion killed climbers on Mt Everest and we urge everyone not to be swayed by false information," the statement added. Ghimire also expressed his dissatisfaction at the dissemination of such 'wrong' information in the international media.

According to reports, 11 climbers were reported dead or missing so far this season.

More than 200 mountaineers have died on the peak since 1922, when the first climbers' deaths on Everest were recorded.

The majority of bodies are believed to have remained buried under glaciers or snow. IANS

## MQM founder held in London

**LONDON/KARACHI (TIP):** Altaf Hussain, the exiled leader of Muttahida Qaumi Movement (MQM), one of Pakistan's biggest political parties, was arrested on June 10 by Scotland Yard in London over his anti-state speeches, especially the one in 2016 in which he said Pakistan was the "epicentre of terrorism" and "a cancer for entire world".

The Metropolitan Police would only confirm that a man in his 60s had been held in an investigation into speeches related to his MQM party.

The MQM has dominated politics in Karachi for three decades because of its support in the densely populated working class neighbourhoods of Urdu-speaking Muhajirs, descendants of Muslims who migrated from India when Pakistan was created in 1947. PTI

## Hamza arrested after Lahore HC junks bail plea

**LAHORE (TIP):** Opposition leader in Pakistan's Punjab Assembly Hamza Shehbaz was arrested on June 10 outside the Lahore High Court by the officials of the country's anti-graft body in cases related to money laundering and corruption.

The arrest took place after a two-member Lahore High Court (LHC) bench dismissed bail applications filed by Hamza, 44, after his lawyer opted to withdraw the pleas in two corruption cases.

Pakistan Muslim League - Nawaz (PML-N) vice-president is under investigation by the National Accountability Bureau (NAB) in the Ramzan Sugar Mills, Saaf Paani project and assets beyond known means of income cases. He is accused of laundering money through his front men who are already in NAB's custody.

Hamza, the son of PML-N president and National Assembly opposition leader Shehbaz Sharif, told reporters prior to his arrest that the vindictive government of "puppet Prime Minister (Imran) Khan" could not even prove a one rupee corruption against him and his other family members. — PTI

## Roadside bombing in Afghanistan kills 6

**KABUL (TIP):** At least six people of a family were killed in a roadside bomb blast in Afghanistan's Kandahar province on June 10, officials said.

The blast occurred at 9 am in Dand district when a civilian vehicle was hit by a roadside bomb planted by militants. Two women, two young men and two children died on the spot, security officials were cited as saying by TOLO News. All the victims were members of a family, said police officer Jamal Nasir Barikzai. No group claimed responsibility for the attack. IANS

## Halal surfing: Web browser targets 1.8 billion Muslims

**KUALA LUMPUR (TIP):** A Malaysian tech firm claims to have developed the world's first mobile and desktop browser that is compliant with Islamic values to target the world's 1.8 billion Muslims by offering them a safe and ethically-sensitive online experience. Among other features, SalamWeb has a clock showing prayer timings as per your geographical location, a compass indicating the direction that a Muslim must face while praying and signals warnings when you try to open a website that may be forbidden according to Islam's teachings, Efe news reported.

The multilingual browser with a simple interface to which its user can add other linked applications, all in accordance with Sharia, made its debut earlier this year.

"Generation M, the younger Muslims who have a strong belief in their faith and are technology savvy, is looking at more practical solutions to support their needs," Hajjah Hasni Zarina, the Director General of SalamWeb Technologies, told the news agency.

With over 1.8 billion Muslims in the world or 24 per cent of the global population, the company, headquartered in Kuala Lumpur, sees a "huge opportunity" to exploit the niche market and "the potential in making technology the enabler to enhance the lives" of Muslims around the globe.

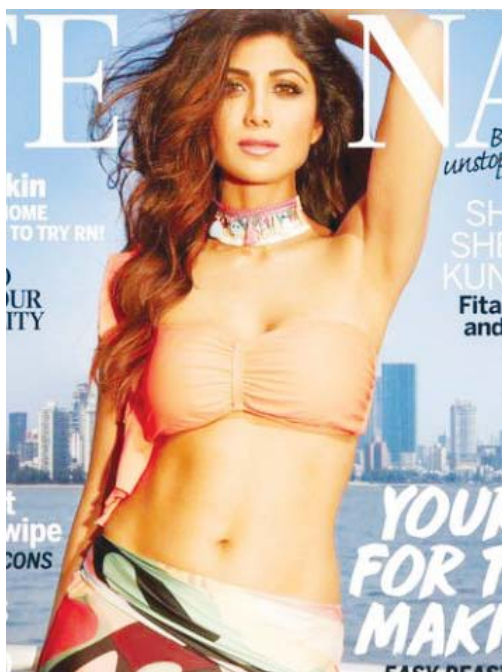
"Our guidelines have been developed with the care and guidance of Muslim adab (discipline) based on the principles of the Shariah (Sharia)," Zarina said.

She claimed that the certificate for the browser was endorsed by the Shariah Supervisory Board of Amanie Advisors, comprising of scholars from Saudi Arabia, Kuwait, Qatar and Malaysia.

In order to respect and uphold fundamentals of Islam, the browser filters search options and allows users to classify websites as appropriate, neutral and inappropriate.

"Salam Web was founded with a vision to provide a safer, private and ethically-sensitive online experience (...) This means that harmful content is filtered out and visits to pornographic or inappropriate websites are forewarned with a harmful content ahead alert," Zarina said. IANS





## SHILPA SHETTY SIZZLES IN THE COVER PAGE OF FEMINA

Shilpa Shetty is aging backwards and literally. The dusky actress can give any other actresses run for their money and make many of her fans drool over her beauty. The leggy lass considers fitness as one of the secrets of the flawless beauty and the latest cover page of Femina is the proof.

Shilpa Shetty recently featured on the cover page of a Magazine where she literally slayed the cover of Femina India's be unstoppable issue. Shilpa shared the cover page on her twitter handle and expressed how glad she is for featuring for the same. She shared how the entire team worked hard under the sun and in the scorching heat and how all their efforts are worth it. She also thanked the team for convincing her to feature on the cover page.

## NO HORROR FILMS FOR KATRINA KAIF

Actress Katrina Kaif gets scared easily, and that's why she likes to stay away from horror films.

Asked if there is a genre she doesn't watch, Katrina said, "Horror. I'm too scared, it scares me. I don't want to be scared."

But the actress has some go-to movies.

"Julia Roberts, Meg Ryan, Hugh Grant movies can really get you out of a bad mood. 'Sleepless in Seattle', 'Pretty Woman', 'Four Weddings and a Funeral', there's an innocent, pure, joyous quality about those films," she said.

She said she is a big fan of classic cinema, with my spectacle and the songs and the drama.

Is there a film that made her want to be an actor?

"Yes, but it was an English film. 'Gone with the Wind'."

"'Gone with the Wind' and MGM musicals like 'Seven Brides for Seven Brothers' and 'Singin' in the Rain', this kind of show-girl performance, you know, razzmatazz, that's the kind of films I grew up on. Everything, 'White Christmas', you know, Bing Crosby, I just found everything very ideal and dreamy and perfect."

That made you want to act?

"Yeah, but that for me honestly was also kind of also the way I came into cinema. With that kind of aspect of larger-than-life films, songs, grand, grandiose, scale, glamour spectacle."

Source: IANS



## Taapsee Pannu feels 'sandwiched' between Salman Khan and Chris Hemsworth

**The actor has shared a picture where Game Over poster sits between those of Men In Black International and Bharat.**

Gearing up for the release of her upcoming film Game Over, Taapsee Pannu says that she feels sandwiched between Salman Khan and Chris Hemsworth. She tweeted a picture of a movie theatre that had three posters - those of Game Over, Men In Black International and Bharat with her film placed between the two others.

She wrote alongside the picture, "I feel like a sandwich stuffing! N my expression on the poster shall validate that!" Taapsee awaits the release of Game Over, which is being presented by Anurag Kashyap in Hindi. It will release in Tamil and Telugu, apart from Hindi. It will hit the theatres on June 14.

Directed by Ashwin Saravanan, the film has been produced by YNot Studios. Earlier this month, Anurag had said, "I am very kicked about presenting this game-changing film in Hindi. This film proves yet again that the quality of filmmaking from the South is just outstanding and it's great to see how Ashwin Saravanan has pushed the boundaries and has made a genre-bending film, something that we all have never seen before."

Salman's Bharat hit theatres on Eid, June 5. The film, which also stars Katrina Kaif, Tabu, Sunil Grover, Jackie Shroff and Disha Patani, has already made Rs 95 crore in three days of the release. It has already registered the highest opening for a Salman Khan film, his biggest Eid opening and the biggest Bollywood opening of 2019. Men in Black: International, starring Liam Nesson and Tess Thompson alongwith Chris, is slated to hit theatres on June 14.







## Ruby Rose opens up about backlash for identifying as lesbian

Ruby Rose says she was surprised to be subjected to backlash for saying she identifies as a lesbian after being cast as the title character Batwoman in the first TV series to be headlined by an LGBTQ superhero.

Rose, who identifies as a gender fluid woman, said she did not have an idea that her sexual orientation meant she could not be a lesbian because her does not view herself as a woman. "I came to the States to get into acting, and I couldn't even get a manager or agent, so I made a short film based on my life because I had the time to do it. I put it online, just to say, 'This is something I wanted to do,' and it went viral, which I didn't ever expect. And then I got an opportunity to audition for 'Orange Is the New Black' because they wanted to have a gender-neutral character.

# CHRIS PRATT AND KATHERINE MARRY IN AN INTIMATE CEREMONY

Actor Chris Pratt and author Katherine Schwarzenegger are a married couple. The duo exchanged vows on Saturday during an intimate ceremony in Montecito, California, sources told People magazine.

"You can tell today is the happiest day for Katherine. She hasn't stopped smiling. And Chris seems giddy with excitement. The venue is beautiful. Lots of flowers and greenery everywhere. It's a very romantic setting for a wedding," the insider said.

The whole family took wedding photos, including Schwarzenegger's parents Maria Shriver and Arnold Schwarzenegger. "Everyone just looked so happy," the source added.

The guest list included Pratt's six-year-old son Jack, Schwarzenegger's siblings — Patrick, Christopher and Christina, and close friend Rob Lowe and his sons Johnny and Matthew.

Pratt, 39, and Schwarzenegger, 29, announced their engagement on social media this January after seven months of dating. It marks her first marriage and his second. The Guardians of the Galaxy star was previously married to actor Anna Faris, with whom he shares Jack. They split after nine years of marriage in 2017.

Source: PTI



## Bradley Cooper, Irina Shayk separate after four years



Hollywood star Bradley Cooper and supermodel Irina Shayk have parted ways after four years of dating. According to People magazine, Cooper, 44, and Shayk, 33, have officially decided to end their relationship and are amicably working out how to share custody of their daughter Lea De Seine, who they welcomed in March 2017.

Bradley Cooper, 44, and Irina Shayk, 33, have officially decided to end their relationship and are amicably working out how to share custody of their daughter Lea De Seine, who they welcomed in March 2017," stated the People magazine.

The duo began dating in early 2015 after the actor split from British model

Suki Waterhouse and Shayk broke up with football star Cristiano Ronaldo.

News of the impending separation first arrived over the last couple of days. Multiple reports said that while the relationship was on the rocks, they weren't calling it quits yet.

Cooper and Shayk were seen together at the Oscars in February, where his film A Star is Born was nominated for multiple awards. "Bradley and Irina have been unhappy in their relationship for some time and have tried to make it work," a source told Entertainment Tonight. "They both want the best for their daughter, but seem to be coming to terms with the fact that staying together might not be for the best."



## WONDER WOMAN 1984 POSTER OUT, GAL GADOT GLEAMS IN A NEW GOLDEN SUIT

Actor Gal Gadot has shared a brand new poster for her upcoming film Wonder Woman 1984. She shared it as a compensatory gift to her fans as the film's team will not be attending the San Diego Comic Con this year.

"Although all of us at Warner Brothers won't be seeing you at SDCC - Hall H this year. We are so excited for what's to come. So until then here's a little gift from us to you....#WW84," she captioned the post. The picture shows her in a new

all-gold costume for the first time. Her armour now covers her shoulders as well and she is seen wearing tall golden boots and a pair of leggings that look like fish scales. She still carries her Lasso of Truth and is wearing her Bracelets of Submission. However, it is the poster's background that demands attention. She is standing in front of what appears to be a colourful, highly saturated zig-zag pattern. The pattern also forms several 'Ws'.



## Earth Anthem penned by Indian poet-diplomat premiered in Europe



Abhay Kumar, a renowned poet, is Indian diplomat, currently posted as India's Ambassador to Madagascar

**AMSTERDAM (TIP):** Earth Anthem penned by Indian poet Abhay K. was performed in Europe for the first time on 7th June by the well-known Italian opera singer Maria Novella Malfatti and the musicians of the Amsterdam Van Conservatorium at the Amsterdam Business Gala Awards conducted by Dimitri Van ZR and Ursula Van ZR which award good societal and entrepreneurial stewardship. "The organizations are nominated by the independent jury and are all judged on the societal footprint they leave behind in The Netherlands and beyond. It was, therefore, more than logical that we premiered the Earth Anthem on our stage for the first time in Europe," said Mr Dimitri Van ZR speaking on the occasion.

Earth Anthem was penned by Indian poet-diplomat in 2008 in St. Petersburg, Russia after he saw 'Blue Marble', an image of our planet taken from the space. It was put to music in 2013 by the musician Sapan Ghimire and was released in New Delhi on the occasion of the World Environment Day at a function organized by the Indian Council of Cultural Relations (ICCR). Since then the anthem has been translated into more than 30 languages and has been put to music by Dr L. Subramaniam and sung by Kavita Krishnamurthy. It was performed by the Philharmonic Orchestra of Brasilia in February 2018. Mr Van ZR translated it into Dutch.

UNESCO has appreciated the initiative calling it an inspiring idea that can help to bring the world together. It has also won the support of Nobel Laureate Kailash Satyarthi, Dada Saheb Phalke Award-winning director Shyam Benegal, Actress Manisha Koirala and organizations such as Habitat for Humanity and IUCN. Addressing the gathering through a video message poet Abhay K. said - "Wherever we are from, we have our planet in common and we can come together to sing an Earth Anthem."

(Read full story on [www.theindianpanorama.news](http://www.theindianpanorama.news))

# Jayapal Re-introduces Bipartisan Legislation Addressing South Asian Heart Disease

**WASHINGTON (TIP):** Indian American Congresswoman Pramila Jayapal (D-WA) on June 5 re-introduced the South Asian Heart Health Awareness and Research Act. This bipartisan bill, co-sponsored by Republican Rep. Joe Wilson (R-SC), aims to raise awareness regarding the alarming rate of heart disease in the South Asian community and invest in reversing this trend.

"Heart disease in the South Asian community has risen to an alarmingly disproportionate level. Our bill will fund research and analysis to identify solutions to these preventable circumstances and ultimately save more lives," said Jayapal. "Not only will we prevent deaths within this specific community, but we will pave the way to increased awareness and a better understanding of heart health that will have impacts on the health and well-being of every American."

"We must take action to reverse the trend of heart disease in the South Asian Community," stated Representative Wilson. "I'm grateful to join Congresswoman Pramila Jayapal as a co-lead of the South Asian Heart Health Awareness and Research Act to create South Asian Heart Health Promotion Grants at the Centers for Disease Control, strengthen grant funding for heart health in these populations at the National Institutes of Health, and to expand tools and education to focus on cultural differences."

"South Asians living in the U.S. are more likely to die from heart disease than other Americans. The American College of Cardiology strongly supports passage of the South Asian Heart Health



Not only will we prevent deaths within this specific community, but we will pave the way to increased awareness and a better understanding of heart health that will have impacts on the health and well-being of every American", said Jayapal.

Awareness and Research Act of 2019, which would greatly expand research and outreach efforts necessary to transform cardiovascular care and improve heart health among our South Asian population. We thank Congresswoman Jayapal for her leadership and look forward to working with Congress and our counterparts in the health care space to move this bill forward," said American College of Cardiology President Richard J. Kovacs, MD, FACC.

Studies have shown that South Asians in the United States-people who immigrated from or whose families immigrated from countries including India, Pakistan, Bangladesh, Sri Lanka, and Nepal-are experiencing a dramatic rise in heart disease in their

communities. They have four times the risk of heart disease than the general population, have a much greater chance of having a heart attack before age 50 and have emerged as the ethnic group with the highest prevalence of Type 2 diabetes-a leading cause of heart disease.

### Specifically, this bill will:

- Create South Asian Heart Health Promotion Grants at the Centers for Disease Control to develop a clearinghouse and web portal of information on South Asian heart health, develop culturally appropriate materials to promote heart health in the South Asian community and provide grants to work with community groups involved in South Asian heart health promotion;
- Fund grants through the National Institutes of Health to conduct research on cardiovascular disease and other heart ailments among South Asian populations living in the United States;

Include a Sense of Congress that U.S. medical schools should include, as part of their nutrition curriculum, a focus on cultural differences in diets and ways to achieve optimal nutrition in communities that experience substantial heart disease.

The bipartisan bill is backed by a growing list of organizations including the American Heart Association, the Asian Pacific Islander American health forum, WomenHeart: The National Coalition for Women with Heart Disease, MASALA and AAPCHO.

## Trump's Press Secretary Sarah Sanders to leave White House "at the end of the month"

**WASHINGTON (TIP):** White House press secretary Sarah Huckabee Sanders is leaving the White House. Sanders told reporters she won't rule out a run for governor in Arkansas.

It isn't immediately clear who will replace her. The president first announced Sanders' impending departure in a tweet.

"After 3 1/2 years, our wonderful Sarah Huckabee Sanders will be leaving the White House at the end of the month and going home to the Great State of Arkansas," Mr. Trump wrote Thursday afternoon. "She is a very special person with extraordinary talents, who has done an incredible job! I hope she decides to run for Governor of Arkansas - she would be fantastic. Sarah, thank you for a job well done!"

"I am blessed and forever grateful to @realDonaldTrump for the opportunity to serve and proud of everything he's accomplished," Sanders followed up in a tweet. "I love the President and my job. The most



"It's one of the greatest jobs I could ever have, I've loved every minute. Even the hard minutes, I have loved it", Sarah said.

File photo

important job I'll ever have is being a mom to my kids and it's time for us to go home. Thank you, Mr. President,"

Sanders, the daughter of former Arkansas governor Mike Huckabee, has served in the White House since the beginning of Mr. Trump's presidency, taking over for Sean Spicer when he left that role.

The job of White House press secretary is challenging under any presidency - but arguably, particularly under Mr. Trump, who oftentimes contradicts his own staff on Twitter or in gaggles with reporters. Shah, the former principal deputy press secretary who worked with Sanders, praised her tenure.

"She did an incredible job defending the president with an often-hostile press corps. And everybody who worked with her found her to be incredibly humble and she was an incredible friend, and mentor to me. She was the best boss I ever had," Shah said.

(Source: Agencies)



# MUSSOORIE: A CHARMING LITTLE HILL STATION

A short hour-long drive from the Doon Valley, Mussoorie is a charming little hill station cocooned at an altitude of 1880 m in the Garhwal hills.

An ideal getaway during the blistering heat of the summer months, it is perfect for a short weekend break. In the winter months, snowfall starts towards the end of December and blankets the lush green landscape in white. Regardless of when you visit, you're guaranteed stunning panoramic views of the surrounding Himalayas, and a bird's eye view of the valley below. And for those who want a little more—you can shop for antiques, stroll along the mall, go sightseeing, eat at some of the precious little cafes and head to the outskirts with a picnic basket when you've had your fill of the city.

## PLACES TO VISIT

Amongst the places to visit in Mussoorie, Kempton Falls easily tops the list. Perched at an altitude of 1880 in the Garhwal Himalayas, 'Queen of the Hills', Mussoorie is an ideal holiday destination. Established by the British in 1823, the vibe of that era continues to linger in its churches, libraries, hotels, and summer palaces. Take in panoramic views of the city atop Lal Tibba, relive the days of the British Raj at Gun Hill or walk around the pleasant four-kilometre long promenade of Camel's Back Road. Birdwatchers and photographers can head to the Benog Wildlife Sanctuary, and the Mall Road of course, is great for an evening stroll.

## CAMEL'S BACK ROAD

Camel's Back Road is a four-kilometre-long stretch, named after a natural cluster of rocks that are shaped like a camel's hump. This road connects two prominent locations, starting at Library Point and leading up to Kulri Bazaar. The slope adjacent to the road contains a colonial cemetery that dates back to the mid-19th century. With its beautiful views of the surrounding hills at sunset and sunrise, it is ideal for early morning and late evening walks. Horse rides and rickshaw rides are also available. Surrounded by rocky mountains and green woods, it's perfect for a tranquil break from the hustle-bustle of Mussoorie's Mall Road.

## BENOG WILDLIFE SANCTUARY

Benog Wildlife Sanctuary is surrounded by pine trees and snow-capped mountain peaks. It serves as the natural habitat for rare species of birds including mountain quails and red-billed blue magpie, as well as wildlife like the Himalayan goat, the Himalayan bear, panthers, deer, and leopards. Thickly forested with pine and fir trees, the area is also rich in medicinal plants. Take in stunning views of the surrounding peaks, and sit beside the Aglar River which flows down from Mussoorie into the sanctuary. This is an ideal jaunt for nature lovers and bird watchers.

## SHEDUP CHOPELLING TEMPLE

Also known as the Tibetan Buddhist temple, this was set up by the Tibetan



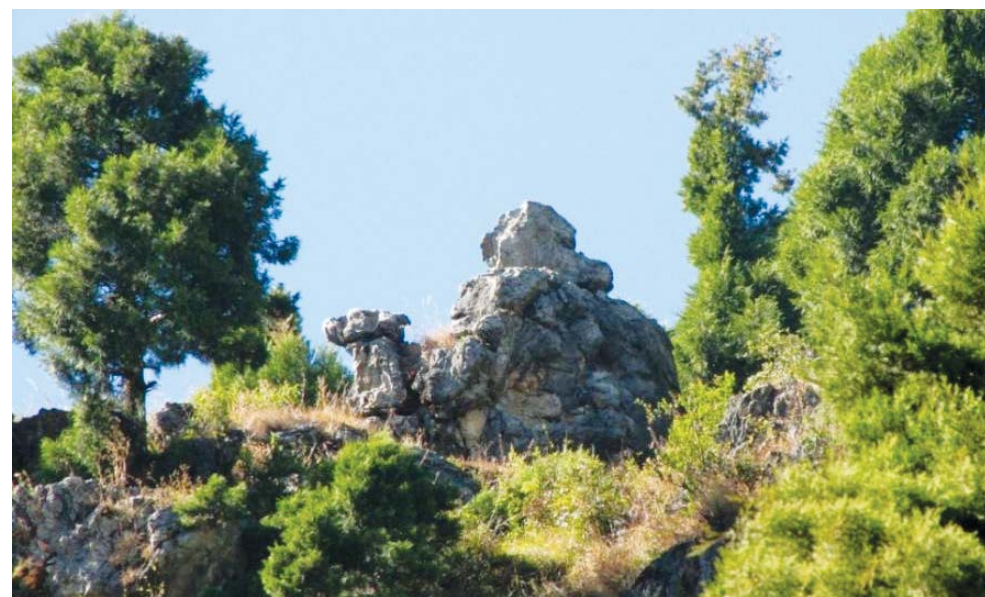
population in Mussoorie and is located on the Happy Valley road close to the IAS Academy. The Dalai Lama took refuge in Mussoorie after he escaped from Tibet, before the Tibetan community was granted refuge in Dharamshala. The temple has a serene vibe and is especially suitable for those seeking a bit of tranquillity amidst the madness. Housing many Tibetan literature and books, the temple is adorned with clay lamps and colourful prayer flags.

## THE MALL

Take a leisurely stroll along the Mall Road, which is the heart of Mussoorie. Although it's jam packed with throngs of tourists on foot and in vehicles, this is an exhilarating experience which will give you a chance to get in a spot of shopping too. The two-kilometre-long stretch begins from Library Point and goes all the way up to Picture Palace, although you won't find it as long owing to the variety of stalls selling bric-a-brac, snacks and other knick-knacks along the way. We suggest munching on a hot fire-roasted 'bhutta' (corn on the cob), which is absolutely essential to make the experience complete. Look out for stores selling woollens and shawls.

## GUN HILL

This is the second highest point in Mussoorie, and is located about 400 feet above the Mall. You can access it by ropeway or take the half-hour-long trek from the court complex on the Mall road. Once you're up, use one of the telescopes on the edge to get sweeping views of the mountain peaks from a close range. Back in 1857, the British had placed a large firing gun here during the Sepoy Mutiny, and it is said that subsequently, a canon was fired from Gun Hill every afternoon so that people would know that it was



noon and adjust their watches. Although the gun was removed in the 70s, the name has stuck. Today Gun Hill accommodates the water reservoir for Mussoorie.

## LAL TIBBA

Lal Tibba literally translates to mean the Red Hill, and refers to the highest point in Mussoorie. All the broadcasting stations of All India Radio and Doordarshan are situated here, and access is restricted since the Indian Military is stationed here as well. You can take in the panoramic views through the lens of an old telescope mounted atop a 20-metre-tall tower at the edge of the cliff. We also suggest you take a horseback ride around the area to really take in the experience in its entirety.

## MUSSOORIE LAKE

The Mussoorie Lake is a relatively recent tourist attraction that has been developed by the Dehradun Development

Authority. Located about 6 kilometres before Mussoorie on the drive up from Dehradun, it's a good place to make a pit stop on your way to the hill station. Enjoy boating in one of the paddle boats, grab a quick bite at one of the small restaurants around it, and take in beautiful views of the valley below.

## KEMPTON FALLS

These vertical waterfalls are one of the most popular spots for tourists visiting Mussoorie. The water cascades down from a height of 40 feet and crashes against the boulders below before splitting into five streams. Plunging from a mountain placed at about 1,364 metres above sea level, the Kempton Falls are usually crowded with tourists, so the best way to take them by is by picking a picnic spot at a vantage point and observing them from a distance. The more adventurous can also take a dip in its cool water.



# USE COCONUT, ARGAN OIL FOR SMOOTH LIPS



**W**inter can be a brutal time of the year for your lips. During the cold winter season, there are various skin problems which emerge like dry cracked lips and skin. Besides drinking water it is important to use coconut and argan oil based products like lip balms, scrubs, lipsticks with the natural oils as its base to save your lips from chapping, suggest experts.

## Don't lick your lips

This common practice is quite harmful for your lips as when you put saliva on the lips, it dries out and make our lips even more dry.

## Use coconut oil

Coconut oil is very good for lips as it acts as a good nourishing moisturiser and will give you cracked free lips. For a deep hydrating result we recommend butterstick lip treatment which has coconut oil and lemon butter and comes with SPF.

## Use argan oil

The thin skin of your lips loses moisture rapidly, especially in the winter. So make sure lips are

covered with lip balm as often as possible. Argan oil is your lips best friend. Make sure you use lipsticks with argan oil or shea butter so that your lips don't crack in the cold.

## Try lip scrub

Our lips are not protected by hair or sebaceous glands (oil glands), so they start to chap, therefore weekly exfoliation is a must. Lip scrub works great to gently exfoliate dry lips. For a homemade lip scrub, mix brown sugar and honey and gently scrub lips until the sugar crystals melt. Wash and pat dry.

## Keep a gloss handy

If you're a matte enthusiast, and your lips begin to feel dry, always keep a gloss handy. Start your make-up routine by moisturising your lips for which you can use the good old Vaseline. Keep it on for a minute, blot the excess and go ahead with the lipstick application.

## Use a lip balm

This will lock in the moisture and help to heal cracks and splits in the skin. Look for a healing ointment that contains petrolatum, essential oils or glycerin. Another important

ingredient is sunscreen — there still is sun in the winter.

Avoid lip balms containing camphor, eucalyptus and menthol. These substances actually dry out your lips and make the problem worse. In response, you apply more of this kind of lip balm, and the cycle continues.

Avoid brushing or rubbing your lips when they are flaky or peeling. "It's better not to scrub your lips or pick the peeling skin off with your teeth or your fingers. That just creates cracks and sores on your lips and can make things worse," Dr. Piliang says. "Instead, apply a very heavy ointment-based balm that will be soothing and help to heal your lips."

## Treat cracks right away

If you let them go, they can become worse and possibly get infected or lead to a cold sore.

At night, apply lip balm before you go to bed. Many people sleep with their mouths open. Eight hours of breathing in and out through your mouth can dry your lips, Dr. Piliang says. Also consider using a humidifier at night if the air in your house is dry.

## FOOD CORNER



# Mango Custard

## Ingredients

Ripe Mangoes - 3 to 4 (approximately 200 gms)  
Vanilla Flavoured Custard Powder - 1 tblsp  
Milk - 500 ml  
Fresh Cream - 500 ml  
Sugar - 1/4 cup (adjust as per taste)

## Method

- Peel and finely chop the mangoes into small pieces.
- Reserve a few pieces for garnishing and grind the remaining to a thick pulp.
- No need to add water.
- Mix the custard powder with 100 ml (1/2 cup) of milk and stir until fully mixed without any lumps.
- Boil the remaining milk over medium flame.
- Add the custard mixture and stir gently.
- Ensure no lumps form and keep stirring constantly.
- Add sugar and switch off the flame.
- Add the mango puree, cream and mix well.
- Stir gently for a minute and keep it in the fridge for 4 to 6 hours.

# Paneer Samosa

## Ingredients

Paneer - 250 gms, finely chopped, Maida - 2 cups  
Onion - 1, finely chopped, Green chillies - 2, finely chopped, Red chilli powder - 1 tsp, Cumin seeds - 1/2 tsp, Lemon juice - 1 tsp, Butter - 50 gms, melted, Salt as per taste, Oil as required

## Method

- Combine the maida, butter and salt in a bowl, Mix well to a puri dough consistency.
- Fry the cumin seeds for 30 seconds.
- Add the onions, green chillies and saute for a minute or two, Add red chilli powder, lemon juice, salt and paneer, Mix well and stir-fry
- Remove from flame.
- Make small balls of the dough and roll them in small/medium puris. 10. Shape the prepared puris into cones and add 1 or 2 tblsp of the paneer mixture.



# PERK UP YOUR SKIN WITH COFFEE

**C**offee can perk up your skin. The caffeine in coffee has a number of benefits for your skin, from treating redness and inflammation, to reducing the appearance of under-eye circles, to getting rid of cellulite. By incorporating caffeine into your skin care routine, you can reveal evenly toned, smooth skin all over your body.

## Reduces Inflammation

Caffeine has potent anti-inflammatory properties that make it ideal for reducing inflammation and redness in your skin. In a 1981 study performed at the Seoul National University, researchers found that caffeine is able to reduce inflammation

almost as well as aspirin in rats; in a 1978 performed at the University of Tennessee, researchers found that adding caffeine to anti-inflammatory creams significantly increased their effectiveness. Overall, use of skin care products containing caffeine will reduce and prevent inflammation and redness, leaving you with a beautiful, even skin tone.

## Helps get rid of under-eye circles

Dark under-eye circles can be caused by a number of factors, including dehydration, allergies, lack of sleep or genetics. Although caffeine cannot completely erase hereditary dark circles, applying caffeine under your

eyes will reduce the puffiness and inflammation associated with dark circles. Additionally, caffeine reduces the build-up of blood under your eyes which contributes to dark shadows. Several eye creams contain caffeine, or you can apply moist tea bags to your eyes for five minutes to reduce puffiness and give you a more alert appearance.

## Gets rid of cellulite

Caffeine can also reduce the appearance of cellulite. In a 2008 study performed at the University of São Paulo, researchers found that an application of skin cream containing caffeine to cellulite reduced the size of cellulite fat cells by 17 percent.



# WEAK UPPER BODY STRENGTH IN WOMEN ASSOCIATED WITH ANXIETY



**W**eak upper and lower body fitness can cause serious depression and anxiety in midlife women, a recent study suggests.

Although several studies have previously linked depression in midlife women with self-reported low physical activity, this new study evaluates objective measures of physical performance in relation to depression and anxiety in premenopausal, perimenopausal, and postmenopausal women.

This latest study of more than 1,100 women aged 45 to 69 years found, in fact, that 15% of participants, especially those of

**This latest study of more than 1,100 women aged 45 to 69 years found that 15% of participants, reported depression and or anxiety.**

younger age, reported depression and or anxiety. Findings were published in the Journal of the North American Menopause Society. Because depression can cause disability, reduced quality of life, mortality, and heart disease, researchers felt it was important to identify potentially modifiable risk factors that could reduce morbidity and mortality. The study observed

significant associations of objective physical performance measures with depression and anxiety.

Specifically, they found that weak upper body strength (handgrip strength) and poor lower body strength (longer duration to complete the repeated chair stand test) were associated with elevated depression and/or anxiety symptoms. According to the researchers, future trials will be needed to determine whether strengthening exercises that improve physical performance might similarly help reduce depression and anxiety in midlife women.



## COMPOUNDS FROM SCORPION VENOM MAY HELP TREAT BACTERIAL INFECTIONS

**S**cientists have discovered two colour-changing compounds in scorpion venom that could help fight bacterial infections such as drug-resistant tuberculosis.

The researchers from National University of Mexico and Stanford University in the US isolated the compounds in the venom of *Diplocentrus melici*—a scorpion native to Eastern Mexico.

They also synthesised the compounds in the lab and verified that the lab-made versions killed staphylococcus and drug-resistant tuberculosis bacteria in tissue samples and in mice.

The findings, published in the journal Proceedings of the National Academy of Sciences, highlight the potential pharmacological treasures awaiting discovery in the toxins of scorpions, snakes, snails and other poisonous creatures.

"By volume, scorpion venom is one of the most precious materials in the world. It would cost USD 39 million to produce a gallon of it," said Richard Zare, who led the research team.

"If you depended only on scorpions to produce it, nobody could afford it, so it's important to identify what the critical ingredients are and be able to synthesise them," said Zare.

"The collection of this species of scorpion is difficult because during the winter and dry seasons, the scorpion is buried. We can only find it in the rainy season," Lourival Possani, a professor at National University of Mexico.

When the researchers milked the venom of *D melici*—a process that involves stimulating the tail with mild electrical pulses—they noticed that the venom changed colour, from clear to brownish, when it was exposed to air.

They investigated this unusual colour-change, they found two chemical compounds that they believed were responsible. One of the compounds turned red when exposed to air, while the other turned blue.

Using a tiny sample of the venom, researchers were able to work out the molecular structure of the two compounds.

The group confirmed the compounds' structures when, through much trial and error, they learned how to synthesise them.

The researchers found that the red compound was particularly effective at killing the highly infectious staphylococcus bacteria, while the blue one was lethal to both normal and multi-drug-resistant strains of tuberculosis-causing bacteria.

Source: PTI

# JUNK FOOD CONSUMPTION UPS ALLERGY RISK IN KIDS

**R**esearchers have found that high consumption of junk food such as microwaved foods and barbecued meats may be responsible for food allergies in children.

The study, presented at the 52nd Annual Meeting of the European Society for Paediatric Gastroenterology Hepatology and Nutrition, shows that high levels of advanced glycation end-products (AGEs) are associated with food allergies in kids.

AGEs are present in high levels in junk foods such as sugars, processed foods, microwaved foods and roasted or barbecued meats. They are known to play a role in the development and progression of different oxidative-based diseases including diabetes, atherosclerosis and neurological disorders, said the researchers.

For the study, the research team observed 61 children aged between 6



and 12 years. They were identified in three categories - those with food allergies, those with respiratory allergies and healthy controls.

The study revealed a significant

correlation between AGEs and junk food consumption, said Roberto Berni Canani, Associate Professor at the University of Naples Federico II in Italy.

Source: IANS

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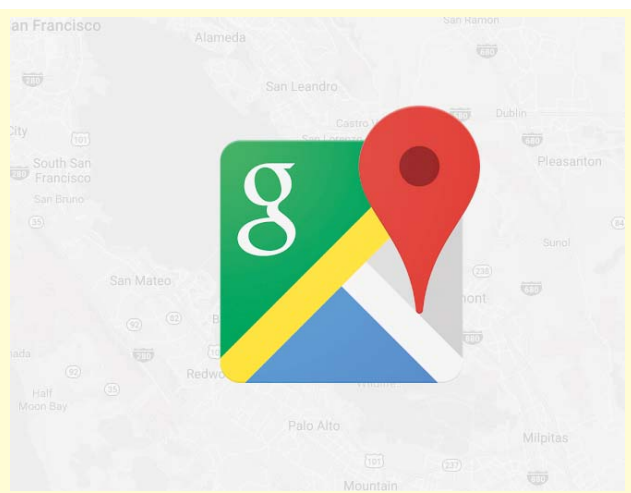
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## GOOGLE MAPS TESTS 'OFF ROUTE' ALERT FEATURE IN INDIA

Tech giant Google is experimenting with a new "Off-route" safety feature for Maps, exclusively in India for now, that will alert users if their car or taxi deviates from its route by more than 500 meters, according to a media report.

The "Off-route alerts" can be found within the "Stay safer" menu; the menu is accessible after the user has selected their destination but before they enter navigation mode, XDA Developers, a mobile software development community, reported on Monday.

The feature would notify users every time their cab gets sidetracked from the intended course by 500 metres, the report said.

Besides ensuring users' safety, the feature is also intended to help them avoid being tricked by a cab driver while travelling to an unfamiliar part of the city, it added.

On sensing a wrong route, the feature would not re-route the driver, but send alerts on the users' phones.

More details about the experimental feature along with its public availability remain yet to be known.

Lately, Google has been updating Maps with a plethora of features including a speedometer and support for showing radar locations.

The company also launched three new public transport features including live train status, to help Map users in 10 of the largest cities in India to see bus travel times from live traffic, get live train status for Indian Railways and get mixed-mode commute suggestions that now combine auto-rickshaw and public transport. *Source: PTI*

## Facebook to launch second generation Portal video chat devices later this year

Facebook Inc plans to release new versions of its Portal video chatting devices this autumn, the company's vice president of AR/VR, Andrew Bosworth, said during an interview at the Code Conference in Scottsdale, Arizona.

"We have a lot more that we're going to unveil later in this fall, new form factors that we're going to be shipping," Bosworth said of the new devices.

He did not say how many had been sold since Portal's launch late last year in the United States, or what the new devices were.

The launch came amid concerns over Facebook's privacy and content moderation practices that have led some people to abandon the service and the company to warn of thinning profits.

The release of new video chat devices fits into Facebook's focus toward private messaging by encryption of conversations on more of its messaging services. Facebook is one of the biggest global players in private messaging with its WhatsApp, Messenger and Instagram, each used by more than 1 billion people. Only WhatsApp fully secures message content from all outsiders, including Facebook itself.

Chief Executive Officer Mark Zuckerberg said in March that within a few years, direct messaging would dwarf discussion on the traditional, open platform of Facebook's news feed, where public posts can go viral across the world.

Bosworth said in the interview on Monday the devices did not have the ability to record things and were only for calls.

# NASA TO LAUNCH TWIN SATELLITES TO STUDY SIGNAL DISRUPTION FROM SPACE

NASA is set to launch a pair of mini satellites that will study how military and airline communications, as well as GPS signals, get distorted when they pass through the Earth's upper atmosphere.

The twin E-TBEx CubeSats—short for Enhanced Tandem Beacon Experiment—are scheduled to launch on June 24 aboard the US Department of Defense's Space Test Program-2 launch along with a total of 24 satellites.

The E-TBEx CubeSats focus on how radio signals can be distorted by structured bubbles in this region, called the ionosphere.

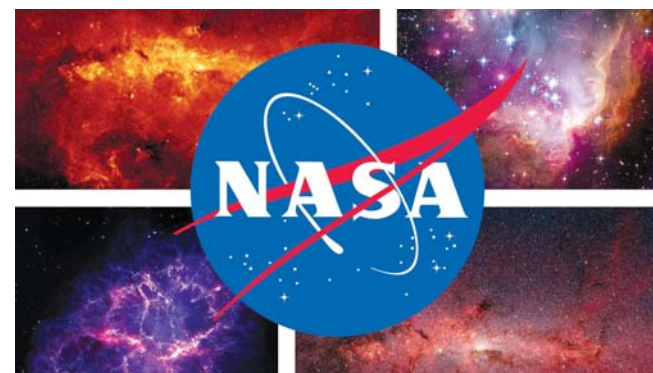
Especially problematic over the equator, these distortions can interfere with military and airline communications as well as GPS signals.

The more we can learn about how these bubbles evolve, the more we can mitigate those problems—but right now, scientists cannot predict when these bubbles will form or how they will change over time.

"These bubbles are difficult to study from the ground," said Rick Doe, payload programme manager for the E-TBEx mission.

"If you see the bubbles start to form, they then move. We're studying the evolution of these features before they begin to distort the radio waves going through the ionosphere to better understand the underlying physics," Doe said.

The ionosphere is the part of Earth's upper atmosphere where particles are ionised—meaning they are separated out into a sea of positive and negative



particles, called plasma. The plasma of the ionosphere is mixed in with neutral gases, like the air we breathe, so Earth's upper atmosphere—and the bubbles that form there—respond to a complicated mix of factors.

Since its particles have electric charge, the plasma in this region responds to electric and magnetic fields.

This makes the ionosphere responsive to space weather: conditions in space, including changing electric and magnetic fields, often influenced by the Sun's activity.

Scientists also think that pressure waves launched by large storm systems can propagate up into the upper atmosphere, creating winds that shape how the bubbles move and change.

This means the ionosphere—and the bubbles—are shaped by terrestrial weather and space weather alike.

## iOS 13: Haves and have nots



Many iPhones and iPads are going to miss out on the brand new iOS software update, which brings a whole host of features. iOS 13 will arrive in September and bring with it a dark mode, as well as changes to a wide variety of Apple's own apps. But it won't come to every one of Apple's phones, even if they are able to support the current iOS 12.

The iPhone 6 and 6 Plus, which first came out in 2014, will not get the update. As such, they will stay on the existing version, though should receive security updates for some time.

All of the phones older than those – the 5s and before – will miss out on the updates too.

The 2013 iPad Air will also miss out on the update. So will the third and second generations of the iPad Mini, and every iPod Touch before the one that Apple just released.

Some had feared that the iPhone SE, which was released in 2016 and proved to be a huge and unexpected success, could also be excluded from the update. But it will still be able to use iOS 13, Apple said. Not every phone will get access to every new feature in the software update. For instance, Apple spent some time talking about the updates to its Memoji characters – which allow people to make cartoon versions of themselves and use them in messages and elsewhere – but they require the A9 chip to work, which first came with the iPhone 6s. The company did not say which features or changes meant that the older devices would be unable to keep up.

Last year, Apple said that every iPhone that could support iOS 11 would also get iOS 12. But that update focused on performance improvements and stability, with this year's update bringing more brand new features that presumably rely on more processing power. *Source: The Independent*

## CISCO UNVEILS NEW AI, ML CAPABILITIES TO MAKE NETWORKS SMARTER

In a bid to help IT teams better understand network behaviour, tech giant Cisco has introduced new Artificial Intelligence (AI) and Machine Learning (ML) capabilities.

As businesses increasingly invest in digital technologies, IT teams are struggling under the amplified workload.

To alleviate this burden and allow IT to focus on delivering innovation, Cisco has also unveiled innovations to more effectively manage users and applications across the entire enterprise network.

"We're continuing to reinvent the way networks are managed by adding AI and ML capabilities. Great work by the Cisco teams to continue making networks simpler and more secure," said Chuck Robbins, CEO, Cisco during the company's flagship "Cisco Live" conference here on Monday.

Robbins said there is an explosion of the Internet of Things (IoT), Blockchain and other disruptive technologies and enterprises need to rearchitect their networking space.





# Raghuram Rajan among contenders for Bank of England governor job: Report

Raghuram Rajan has delivered some uncomfortable economic truths in a career spanning the International Monetary Fund and powerful positions in his native India. The question is whether Brexit Britain is ready to hear them from another foreign Bank of England governor.

The job of stewarding the U.K.'s monetary policy and maintaining its financial stability has rarely been more political, and Rajan is the only outsider among the top contenders in the running to replace Mark Carney, according to bookmakers and economists who follow the 325-year-old institution.

Carney's tenure has been overshadowed by the convulsions over Brexit, with some hard liners in the governing Conservatives accusing the Canadian of exaggerating the economic pain and underplaying the benefits of leaving the European Union. As the party chooses a new leader following the resignation of Prime Minister Theresa May, her potential successors have vowed to deliver Brexit, and the latest deadline is Oct. 31. Rajan has made sympathetic noises toward the U.K.'s dilemma, particularly the disillusionment in parts of the country that fueled the Brexit vote. He told the Times newspaper in March, though, that success depends on the U.K. reengaging with the world.

That would start with his appointment, according to David Blanchflower, an economics professor at Dartmouth College and a former Bank of England policy maker. The other top candidates for the job, including front-runner Andrew Bailey, already work at the



bank or financial regulator.

"It's a pretty unimpressive bunch, with Rajan sitting head and shoulders above the rest of them," Blanchflower said. "The problem is, why would anybody want to put themselves in the position of having to deal with Brexit?"

Rajan, 56, a professor at the Chicago Booth School of Business, declined to comment about his potential candidacy when contacted by Bloomberg, as did the Bank of England.

The U.K. Treasury, which is responsible for hiring the next governor, declined to comment on who had applied by last week's deadline. Chancellor of the Exchequer Philip Hammond has stressed the need to look internationally for the next appointment, though it's not clear if he will still be in his job when the decision is made.

What is clear, though, is that Rajan has the right sort of track record. He was chief economist of the IMF from 2003 to 2006, and then worked as an adviser to the Indian government before becoming

governor of the Reserve Bank of India in 2013.

At the elite Jackson Hole annual economic gathering in 2005 when he was at the IMF, Rajan warned that risks were building up in the global financial system. At the time, former U.S. Treasury secretary Larry Summers criticized Rajan as a "luddite." Three years later, Lehman Brothers collapsed.

As RBI governor, Rajan introduced inflation targeting and led an effort to clean up bad loans in the banking industry. He remained for just one three-year term running India's central bank after heavy criticism from segments of the government for offering opinions on matters unrelated to monetary policy.

Subramanian Swamy, an outspoken lawmaker in Prime Minister Narendra Modi's ruling party, said Rajan was "mentally not fully Indian" and kept interest rates too high. In 2016, Swamy wrote a letter to Modi calling for Rajan to be either fired or dismissed at the end of his term.

In his 2017 book "I do what I do," Rajan said he warned the government against demonetization—an attempt to withdraw cash from circulation—saying the short-term economic costs would outweigh the long-term benefits.

"He handled some very treacherous shoals very well," said Anne Krueger, a former IMF first deputy managing director who helped recruit Rajan. "He did not cave under political pressure and on the other hand he did the best he could to advance what he thought was right." *Source: Bloomberg*

## OIL PRICES INCREASE AS SAUDI ARABIA SLOWS DRILLING ACTIVITY

Oil extended gains above \$54 a barrel after drilling activity slowed in the world's biggest producer, while the top two crude exporters agreed to try and keep global markets in balance.

Futures rose 0.5% in New York after jumping 2.7% Friday.

The number of US working rigs fell to the least since February 2018 last week, according to data from Baker Hughes. Saudi Arabian Energy Minister Khalid Al-Falih said Friday he was sure OPEC and its allies will extend output cuts into the second half of the year. His Russian counterpart, Alexander Novak, said the two countries had agreed to take coordinated action.

Crude has fallen around 18% from a peak in late April and volatility has jumped as deteriorating US-China trade relations cast a pall over the global growth outlook, while rising tension in the Middle East kept investors on edge.

A united front from the Organization of Petroleum Exporting Countries and its allies is helping to restore some stability, but the group may find it hard to stop prices falling if the demand outlook worsens.

"Oil prices continue to swing on headline news and fundamentals have taken a back seat in the current climate," said Howie Lee, an economist at Oversea-Chinese Banking Corp. in Singapore. "We continue to have trade talks that swing like pendulums."

## RBI TO PUMP IN RS 12,500 CRORE LIQUIDITY ON JUNE 20

**MUMBAI (TIP):** The Reserve Bank of India said on Thursday it will infuse Rs 12,500 crore into the financial system through bond purchases on June 20.

The decision was taken based on a review of the evolving liquidity conditions and assessment of the durable liquidity needs going forward, the central bank said in a statement.

The purchase of government securities under the Open Market Operation (OMO) for Rs 125 billion (Rs 12,500 crore) will be conducted on June 20, 2019.

The government securities to be purchased in the auction would be communicated in due course, the RBI added.

Earlier in the day, the RBI injected Rs 15,000 crore into the system through bond purchases.

The RBI uses OMO for injecting liquidity into the system through the purchase of government bonds (G-sec).

*Source: PTI*

## Fund transfers via RTGS, NEFT to cost less from July 1

**MUMBAI (TIP):** The Reserve Bank of India on Tuesday said it will waive all charges on fund transfer through popular RTGS and NEFT systems from July 1 and asked banks to pass on the benefits to customers from the same day.

The Real Time Gross Settlement System (RTGS) is meant for large-value instantaneous fund transfers while the National Electronic Funds Transfer (NEFT) System is used for fund transfers of up to Rs 2 lakh.

Country's largest bank SBI charges between Re 1 and Rs 5 for transactions through NEFT and between Rs 5 and Rs 50 for RTGS route. Following up on the announcement made on June 6 after the bi-monthly monetary policy review, the RBI said it has reviewed the various charges levied by it on the member banks for transactions processed in the RTGS and NEFT



systems.

In order to provide an impetus to digital funds movement, the central bank further said it has been decided that with effect from July 1, 2019, processing charges and time varying charges levied on banks by RBI for outward transactions through the RTGS, as also the processing charges for transactions processed in NEFT will be waived by the Reserve Bank.

## RIL, HDFC AMONG 57 INDIAN COMPANIES ON FORBES GLOBAL 2000 LIST

**NEW DELHI (TIP):** As many as 57 Indian companies have found place in a list of the world's 2000 largest public company, compiled by Forbes magazine, with housing finance major HDFC Ltd finding place among the top ten consumer finance firms globally.

The overall list has been topped by the Industrial and Commercial Bank of China (ICBC) for the 7th year in a row, while Reliance Industries is the top-ranked Indian company (71st rank globally), as per the leading business magazine.

Within the oil and gas sector, Reliance Industries is ranked 11th globally, while Royal Dutch Shell has come on the top.

For the consumer financial sector, American Express has topped the chart while HDFC Ltd is ranked 7th.

On the overall Global 2000 list, HDFC is ranked 332nd.

Out of the 61 countries represented on the list, the US accounts for the largest number



of 575 companies, followed by China and Hong Kong (309) and Japan (223).

In the overall top-ten, ICBC is followed by JP Morgan, China Construction Bank, Agricultural Bank of China, Bank of America, Apple, Ping An Insurance Group, Bank of China, Royal Dutch Shell and Wells Fargo.

From India, Reliance Industries is the only one in the overall top-200 list and is followed by HDFC Bank at 209th, ONGC at 220th, Indian Oil at 288th and HDFC Ltd at 332nd place.



contd from page 1

## China, Russia to Open...

said Foreign Secretary Vijay while briefing newsmen.

While Kremlin offered India scope for investment in Russia's Far East and Arctic regions, China said it had dismantled regulatory procedures that would lead to an "uptick" in Indian exports of non-Basmati rice, sugar and pharmaceuticals.

Xi assured Modi that China was in the process of dismantling even more regulatory barriers. Xi had made a similar promise at the Second Belt and Road summit in April this year.

In the meeting with Putin, PM Modi promised to visit the Russian Far East in September where he will interact at a greater length with the Russian President.

Modi's visit to Vladivostok will be preceded by tours of the Far East by delegations from Indian states who will scout for business opportunities.

India also accepted Russia's offer for investing in major oil exploration projects. Modi said skilled Indian manpower could be used to develop the region. Foreign Secretary Vijay Gokhale said the two leaders did not discuss any specific military equipment nor could regional issues be aired due to paucity of time.

Prime Minister Modi's meeting with the Chinese President was relatively brief. The discussions mostly revolved around speeding up of border talks and smoothening bilateral trade. (Source: Agencies)

## US Secretary of State..

In New Delhi, Secretary Pompeo will meet with Prime Minister Narendra Modi and Minister of External Affairs S. Jaishankar to discuss "our ambitious agenda for the U.S.-India strategic partnership".

"Prime Minister Modi's recent election victory provides an excellent opportunity for him to implement his vision for a strong and prosperous India that plays a leading role on the global stage", the State Department said in a release.

## Air India Regional...

have had the privilege of meeting and associating with many diverse and brilliant minds in the business community and the vibrant Indian community in New York. I take with me wonderful memories of the warm interactions and learnings. I look forward to continuing the association in my new capacity in India, which I would be assuming from 19th June.

"I shall be contactable on my official Air India email b.rao@airindia.in and personal email Bhuvana\_rao@yahoo.com".

The Indian Panorama extends Ms Rao the best wishes for a successful and happy future.

## Boris Johnson Tops...

Three contenders - Mark Harper, Andrea Leadsom and Esther McVey - were knocked out of the race after failing to secure the minimum requirement of 17 votes.

It leaves seven candidates in the fray for the second round of voting next week, including former Brexit secretary Dominic Raab in fourth place with 27 votes, home secretary Sajid Javid fifth with 23, health secretary Matt Hancock sixth with 20 and international development secretary Rory Stewart in last place with 19.

The two most popular MPs from among the seven will be put to the wider Tory party members in a final vote later this month, with the winner of the contest to succeed May in Downing Street expected to be announced in the week of July 22.

"Thank you to my friends and colleagues in the Conservative and Unionist Party for your support. I am delighted to win the first ballot, but we have a long way to go," said Johnson, after the results were announced by the Conservative Party's 1922 Committee, in charge of the election process.

A large number of supporters of fellow pro-Brexiteers McVey and Leadsom are now expected to fall in behind Johnson, who was widely expected to sail through the first round of voting. (Source: PTI)

## IRS reminds taxpayers...

than they expected, which means they paid too much tax throughout the year and took home less money in their paychecks.

To help taxpayers who want to change this amount, the Withholding Calculator will offer recommendations for adjusting withholding. A taxpayer who wants to increase the amount of their paychecks would pay less tax throughout the year by increasing the number of allowances on Form W-4. A taxpayer who would prefer a larger refund when they file would decrease their withholding allowances on Form W-4. Decreasing the number of allowances means paying more tax throughout the year and receiving a smaller paycheck.

A taxpayer's unexpected tax surprise or larger-than-usual refund may be due to life changes such as getting married, having or adopting a child, or it may be from changes included in the Tax Cuts and Jobs Act (TCJA). The TCJA made changes to the tax law, including increasing the standard deduction, eliminating personal exemptions, increasing the child tax credit, limiting or discontinuing certain deductions and changing the tax rates and brackets.

These changes affected 2018 returns and are also in effect for 2019. It's important to check withholding every year. Just because these changes didn't affect a taxpayer last year doesn't mean they won't apply this year.

**SOONER IS BETTER:** Checking and adjusting tax withholding as early as possible is the best way to avoid having too little or too much tax withheld from paychecks. Too little withheld could result in an unexpected tax bill or penalty at tax time next year.

Taxpayers can help manage and adjust their tax withholding by using the IRS Withholding Calculator. It's helpful if taxpayers have their completed 2018 tax return available when using the Withholding Calculator to estimate the amount of income, deductions, adjustments and credits to enter. Taxpayers also need their most recent pay stubs to compute their withholding



Yoga Teachers

so far this year. Based on the Withholding Calculator's recommendations, taxpayers can then fill out and submit a new Form W-4 to their employer.

The Withholding Calculator does not request personally identifiable information, such as name, Social Security number, address or bank account number. The IRS does not save or record the information entered on the calculator.

**ESTIMATED TAXES:** Some workers are considered self-employed and are responsible for paying taxes directly to the IRS. Often, this includes people involved in the sharing economy. One way to pay taxes directly to the IRS is by making estimated tax payments during the year. The next deadline for tax year 2019 estimated taxes is June 17.

TCJA changed the way tax is calculated for most taxpayers, including those with substantial income not subject to withholding. As a result, many taxpayers may need to raise or lower the amount of tax they pay each quarter through the estimated tax system.

The revised estimated tax package, Form 1040-ES, on IRS.gov is designed to help taxpayers figure these payments

correctly. The package includes a quick rundown of key tax changes, income tax rate schedules for 2019 and a useful worksheet for figuring the right amount to pay. (Read full story on

[www.theindianpanorama.news](http://www.theindianpanorama.news))

## INTERNATIONAL DAY OF...

stretching and breathing mindfully at public parks, convention centers and open spaces.

Yoga's soaring popularity can be seen from the crowds that join in the celebration every year. From serious yoga practitioners to curious beginners, each successive IDY has been drawing bigger crowds and garnering greater interest. As with every year, this year too will feature a lineup of common yoga practices, relaxation techniques and guided meditation by well-known yoga instructors. An added attraction is an Indian Vegetarian Food Festival which

will be held at select places to mark the 150th year of Mahatma Gandhi's birth anniversary, Houston will celebrate IDY on Friday, June 21 on the lush green lawns of Midtown Park (2811, Travis St, Houston Texas 77006).

The event will begin at 6:00 pm with a demonstration of some of the more difficult yoga postures (asanas) and a cultural program. After brief remarks from the Consul General of India, Dr. Anupam Ray, the guided group yoga (Asanas or Postures), Relaxation, Pranayama and Meditation will be led by different yoga experts. The event will wrap up at 7:30 pm with a color powder dance party or Holi as it is known in India. (RSVP at [yogadayoftexas2019.eventbrite.com](http://yogadayoftexas2019.eventbrite.com))

Coordinator of Houston's yoga events and a firm believer in yoga for optimum health, Sharad Amin expressed his appreciation for the cooperation from Houston's yoga community in celebrating IDY for the past four years. Yoga is a precious gift given by Indian sages to humanity, he noted, and emphasized the importance of practicing yoga for good health every day. (Read full story on

[www.theindianpanorama.news](http://www.theindianpanorama.news))

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# NIRJALA EKADASHI

**E**kadashi is of two types, i.e, Vidya Ekadashi and Shuddh Ekadashi. When Ekadashi conjuncts Dashmi during sunrise, it is called Vidya Ekadashi. On the other hand, Ekadashi which do not conjuncts Dashmi Shuddh Ekadashi.

According to the Hindu scriptures, observing fast on Ekadashi conjuncting Dashmi is prohibited. On the other hand, Shuddh Ekadashi fast can be observed, if it is conjuncting Dwadashi even for few minutes.

Nirjala Ekadashi will be celebrated on June 13 this year. After that Ekadashi will commence, but the fasting will be prohibited as Vidya Ekadashi will conjunct dashmi

Nirjala Ekadashi of Jyeshtha Shukla Paksha is also known as Bhimseni Ekadashi as according to Rishi Vedvyas, this Ekadashi was held by Bhimsen. By observing this fast, a person gets longevity and salvation. It is considered to be one of the toughest fast as no water is drunk while observing this fast. Hence it is given the name of Nirjala Ekadashi i.e ekadashi fast without water.

Observing fast on this Ekadashi give the results equivalent to observing 24 Ekadashi of an year. After observing this fast, a person should wake up early in the morning on Dwadashi (a day after Ekadasi), take bath, make donation and offer food to Brahmans. The devotee must chant "Om Namoh Bhagwate Vasudevay" and donate cow, clothes, fruits etc. on this day.

## LEGEND

Nirjala Ekadashi is also known as Pandava Bhima Ekadashi, or Pandava Nirjala Ekadashi. This name is derived from Bhima, the second and strongest of the five Pandava brothers, heroes of the Hindu epic Mahabharata. The Brahma Vaivarta Purana narrates the story behind the Nirjala Ekadashi vrata vow. Bhima, a lover of food, wanted to observe all ekadashi fasts, but could not control his hunger. He approached the sage Vyasa, author of the Mahabharata and grandfather of the Pandavas for a solution. The sage advised him to observe Nirjala Ekadashi, when for one day in the year, he should observe an absolute fast. Bhima attained the virtue of all 24 ekadashis, by observing Nirjala Ekadashi.

## PRACTICES

While on other ekadashis abstinence of food is observed, on Nirjala Ekadashi, an absolute fast is observed, without partaking even water. The water-less fast is considered extremely difficult to follow as the day falls in the hot Indian summer and thus, it is deemed as very pious austerity. The fast is observed 24 hours from sunrise on Nirjala Ekadashi to sunrise the next day. Some observe it from sunrise to sunset. On the day before Nirjala Ekadashi, the devotee performs the evening prayer (Sandhyavandanam) and takes only one meal, without rice – as rice eating is prohibited. The devotee is however permitted to have a single tiny drop of water as part of the Achamana purification ritual. Water more than that equals breaking the vow.

Like other ekadashis, puja is offered to the god Vishnu, for whom ekadashis are



sacred, to seek his grace. An image of Vishnu or a Saligrama stone (an iconic fossil stone in the form of Vishnu) is bathed (abhisheka) with Panchamrita, a mixture of five foods: milk, curd, ghee (clarified butter), honey and sugar. It is then washed with water and then dressed in royal finery. A hand-fan is also offered. Flowers, incense, water and arati (lamps) are also offered. Devotees meditate on the image of the god. In the evening, they worship Vishnu with durva grass in their hands. Devotees remain awake the whole night and sing praises of Vishnu or meditate on his image.

Another characteristic of ekadashis is charity to Brahmans (the priest class). Clothes, food grains, umbrellas, hand-fans, pitchers filled with water, gold etc. are prescribed to be donated on Nirjala Ekadashi.

## MERITS

According to the Markandeya Purana and the Vishnu Purana, the day of Ekadashi is itself a form of Vishnu. The vrata observed on this day is said to wash

observed by the Vaishnavas, in particular The observer gains longevity and moksha (salvation).[4] Usually, the messengers of the god of death Yama are described to fetch the person's soul after death. Yama then judges the person's deeds and sends him to Svarga (heaven) or Naraka (Hell). However, one who observes the Nirjala Ekadashi rituals is believed to be excused Yama's judgement and taken by messengers of Vishnu to Vaikuntha, the abode of Vishnu, after death.

## HOW TO OBSERVE NIRJALA EKADASHI VRAT

Nirjala means without water. Hence, fast is observed without water and food. It is considered as the most strict and hence, most sacred of all Ekadashis. This fast is extremely difficult to follow as it falls in the hot Indian summer. The 24 hours long fast begins from sunrise on Nirjala Ekadashi to sunrise the next day. People fast and offer puja to Lord Vishnu on this day.

The fast begins with Sandhyavandanam – a prayer. This prayer is performed in the evening before Nirjala Ekadashi, i.e. on 10th lunar day. After prayer devotee takes only one meal, without rice (as rice eating is prohibited). The strict fast continuous throughout Ekadashi. It gets over on next morning. Devotees offer prayer, tulsi, fruits, and sweets to Lord Vishnu and then finish their fast.

## RITUALS AND CELEBRATIONS OF NIRJALA EKADASHI

- Offer Puja to Lord Vishnu and seek his grace.
- Bath the idol of Lord Vishnu with Panchamrit.
- Wash with clean water and then dressed in new clothes.
- Offer flowers, incense, water, lamps and a hand fan.
- In evening, worship Vishnu with Durva grass.
- Visit nearby Vishnu temple and observe Jagran at night.
- Chant bhajans, Vishnu Sahasranama and other slokas dedicated to Lord Vishnu
- Donate clothes, food grains, umbrellas, hand-fans, pitchers filled with water, gold etc.

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**"If Hindus don't maintain Hinduism, who shall save it?"**

**"If India's own children don't cling to their faith, who shall guard it?"**

**"Indians alone can save India, and India and Hinduism are one."**



# Pakistan game will bring the best out of us, says Kohli



## VIRAT KOHLI 57 RUNS AWAY FROM MASSIVE WORLD RECORD

**NEW DELHI (TIP):** India skipper Virat Kohli is on the verge of adding a fresh feather into his already illustrious cap in the ongoing edition of the ICC World Cup 2019 in England and Wales. Kohli is just 57 runs away from becoming the fastest player in the history of the game to cross 11,000 run-mark in ODIs.

Kohli could've achieved the feat in their third World Cup group stage match against New Zealand in Nottingham, but it was called off due to rain. The swashbuckling Delhi batsman will now get a chance to do so against Pakistan in Manchester on Sunday.

Sachin Tendulkar holds the current record as he crossed the 11000-run mark in 276 innings. Ricky Ponting did so in 286 innings while Sourav Ganguly achieved it in 288 innings. Kohli will also become only the third Indian and ninth cricketer in the world to get to 11000 ODI runs



after Tendulkar and Ganguly.

Kohli, who already holds the record for being the fastest to 10000 ODI runs, currently has 10943 runs in 221 innings. Also, if Kohli manages to score at least 57 runs in the next match, then he will also become the first to take less than 11 years to complete the feat. Kohli has every chance of climbing to the 8th spot in all-time ODI run scorers' chart toppling Ganguly, who has 11363 runs to his name, if he has a good World Cup.

Source: HT

Kohli said, "Shikhar will be in a plaster for a couple of weeks, we'll assess and see. Hopefully, he'll be available for the later half and the semi-finals. He's motivated, we wanted to keep him back."

### Pak must improve fielding ahead of India clash

Pakistan skipper Sarfaraz Ahmed has warned his teammates to raise their fielding standards ahead of the crucial World Cup game against India following the side's sloppy display on the field against Australia. Put in to bat, Australia

**NOTTINGHAM (TIP):** Faced with an "intimidating atmosphere", Indian captain Virat Kohli on Thursday promised the marquee World Cup clash with Pakistan will bring the best out of his players.

Kohli was speaking after the game between India and New Zealand was abandoned without a ball being bowled.

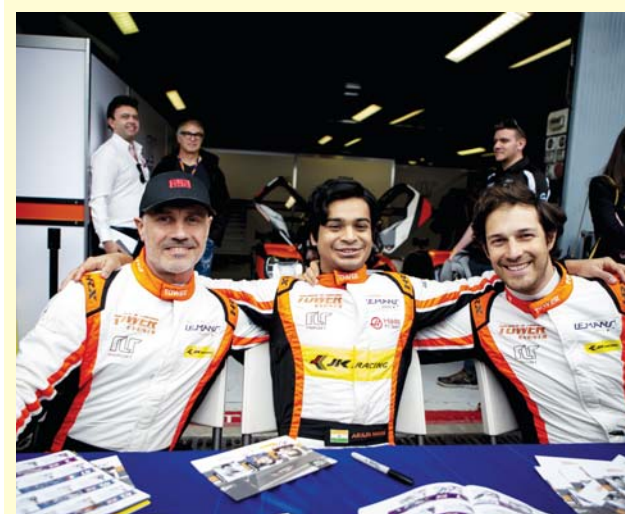
"It's been competitive for years, it's a marquee event all over the world, honour to be a part of the big game. Brings out the best in all of us," Kohli said of the June 16 face-off at Old Trafford.

"For Sunday, we know we're there when it comes to the mindset. Just about going out there and having a game plan, executing it," he said after the washout against New Zealand.

Like in previous editions of the showpiece, the upcoming India-Pakistan match has also generated a lot of buzz, with fans of both teams eagerly awaiting the start of the game.

"As soon as you enter the field, it's calm and relaxed. The atmosphere from the outside, for the first time, it's a bit intimidating, but we'll look to execute well."

Talking about Shikhar Dhawan, who has suffered a thumb injury,



## INDIAN RACING STAR ARJUN MAINI TO CONTEST WORLD'S BIGGEST RACE

**T**he 24 Hours of LeMans is one of, if not the biggest races in the year. With over a 150 drivers racing across various classes and a history that dates back to 1923, the 24 Hours of LeMans sees a footfall off over 250,000 people over the course of the weekend. Run on the historic Le Sarthe race circuit, which is known for its long back straight where cars can reach over 300 kmph, modern day competitors complete over 5000 kilometers during the 24 hours time period.

The 2019 edition will give Indian fans something to cheer about when racing superstar Arjun Maini becomes only the third Indian to contest the prestigious event. Backed by J.K.Racing, Arjun will compete in the LMP2 category with 19 other entries, racing for the British team RLR Msport, Arjun will share his racing duties with gentleman driver John Ferraro and the experienced Frenchman Norman Nato who is a previous winner in Formula 2. At the age of 21, he will also become the youngest Indian ever to contest the race along with legends such as two-time Formula One champion Fernando Alonso, 4 time World Touring Car Champion Andy Priaulx, as well as former LeMans winners such as Andre Lotterer, Neel Jani and former Formula One race winner Giancarlo Fisichella to name a few of what is proving to be a very talented lineup of drivers.

Speaking about his weekend Arjun said, "Competing in one of motorsport's biggest races is crazy! The atmosphere during testing alone was something special and I can hardly wait for the actual race weekend. The biggest challenge I will face is the fact that I will be in the car much longer than in any of my previous races and I hope to be as consistent as possible as this will be key in gaining a good result. Another interesting aspect with endurance racing is navigating through traffic. It's all about risk assessment here, as I need to find the balance between losing time behind a slower car versus gauging if a driver can see me in their mirrors and finding this balance is another crucial aspect to the race. I'm managing my expectations for this race as 24 hours is a very long time in motor racing and anything can happen. Obviously I'm looking to do my best and bring in a positive result for both myself and the team, that being said I also want to make the most of this opportunity as it's not every day you get to be a part of a historic race such as this."

Arjun's team principal from RLR Msport added, "This weekend is going to be a massive learning experience for Arjun! Coming from single seaters, he's adapted extremely well in the tests leading up to the race and I fully expect him to be one of the fastest drivers in the LMP2 class come raceday. I'm quite positive about our chances for this weekend as Norman Nato brings a wealth of experience to the team, the synergy between Norman, Arjun and our team's bronze driver John Ferraro has been exceptional and I hope this carries over to the race weekend."

The race takes place on the 15th and 16th of June and can be streamed live on the 24 Hours of LeMans app which is available on both the App Store and Play Store.





## 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](mailto:info@bejandaruwalla.com) and on phone **011-91-8141234275** [www.bejandaruwalla.com](http://www.bejandaruwalla.com)**

**The Indian Panorama brings you Weekly and Birthday Horoscope from the World's most trusted astrologer Bejan Daruwalla. Latest correct prediction: Modi's historic victory**

## Weekly Horoscope - June 17 - June 23, 2019

**ARIES:** Ganesha says there will be many changes in your life. You will be on the rollercoaster wondering where you are headed in this wide world. There will be luck escorting you in all your ventures and so you needn't worry. Ganesha's blessings will always be with you. You take special care to secure the future of your loved ones with material assets. This is also a great time for creative work and you will be well rewarded.

**TAURUS:** Writers, painters, musicians, actors, artists will be in for a windfall as they make money and earn fame. There is also romance in the air and it all depends on the individual horoscope if this new alliance is meant to take a serious tinge. Life will display many aspects to you, and it will be many splendored. Ganesha is benevolent and magnanimous and he holds you in his tight embrace.

**GEMINI:** The good times continue and you reap name, fame and money. You also make many purchases and spread yourself thin. You love the whiff of money and are also sensible enough not to waste hard earned bucks. So, most of your investments are classy and wise. You work hard now for a secure future. There is also a hint at speculation and you play the markets with abandon.

**CANCER:** The mood is infectious and you are the soul of the party circuit. You are in great demand and shed your inhibitions and solitary nature. You suddenly become a people's person. You paint the town red as you bask in the joys of achievement and its rewards. You are also in a generous frame of mind and bestow all and sundry with gifts. Money, fame, romance, fun are in the air. Ganesha urges you to enjoy!

**LEO:** There is a sudden turnaround and you are full throttle at work. There is a lot to catch up on and you leave no stone unturned. Party time is over and the serious aspects of life take hold of you. You make plans for expansion and new investments. Loans and other monetary instruments will occupy your time as you make serious decisions to forge ahead in your business or job. There is also intimate bonding with family members and many domestic responsibilities to look into.

**VIRGO:** You cast your net wide and make progress on all fronts. There is seriousness in all your undertakings, and you realise that the time is ripe for you to make more of headway in the world. You have the full support of Ganesha. Don't worry. You are pushing ahead on all cylinders. You are charting a new course for your life, giving it new direction, and are keen to make a mark in the world.

**LIBRA:** You explore new areas of work and look for unopened territories to push your products and ideas. This is a very profitable phase. You inspire others and meet with success in whatever you undertake. You set new benchmarks and win applause. You lead from the front and are not shy to roll up your sleeves and do the lion's share of the work. You are able to run over all opposition and silence your critics. Make the most of this phase, says Ganesha.

**SCORPIO:** While work is still hectic, you have other issues to contend with. Elders in the family may need hospitalisation or the spouse and children may meet with some emergencies. This takes a lot of your time and energy and you are hard pressed. There are many expenses too and you cut down on all frivolity. This is a serious phase and you may even want to go on pilgrimage to propitiate the Gods. Believe in existence and it will take care of you, urges Ganesha.

**SAGITTARIUS:** You are plagued by many thoughts and you wonder if there is anything at all called true happiness. You look for perfection and you don't find it. You are in a tizzy and ask several searching questions of yourself. In this period, you are inclined to fall hopelessly in love. If already attached, the relationship with your partner will be strengthened. If not, a new love enters your life and it is smouldering.

**CAPRICORN:** You look for weekend getaways as your life is consumed by passion. This can be a short-lived relationship but its intensity will be unmatched. You may have met the person at the workplace and it is possible that both of you have several common interests. There is a chance that something more meaningful may also develop from this liaison but there is no doubt that you are now in the arms of sheer joy, living every moment to the hilt.

**AQUARIUS:** Your partner is also besotted with you; it is the stuff that dreams are made of. While you may have lost you decide on taking the relationship to the next level. Ganesha is happy for you. The passion of the last phase continues and you are still lost in love. Nothing else makes sense in the world. It is the type of love story that happens once in a lifetime and you are caught in its web. This is an obsession that defies rationale. You savour its aroma.

**PISCES:** There are other aspects of life that you have neglected. You have to make tough choices and sort out your life. You have work to do and many responsibilities at home. You have lost focus and are shirking from the several duties and jobs that have piled up. Your friends wonder what is happening and your family suspects something is not right, particularly if this is just a passing affair. If married, this could be sheer bliss. Ganesha blesses you.

### Birthday Horoscope June 17 - June 23, 2019

**JUNE 17TH:** Ganesha says if you encounter resistance, it may be the passive variety, such as someone who uses sensitive, wounded feelings as a weapon to gain the upper hand. Sidestep arguments you know you can't win.

**JUNE 18TH:** Influential allies can make all the difference when it comes to achieving your objectives, especially financial and career ones. It's a day to court support.

**JUNE 19TH:** Someone or something may fall short of your expectations. You can head potential problems off at the pass by making sure you're accurately reading the signals of everyone involved.

**JUNE 20TH:** The Moon focuses on group membership and friendship, as well as intimate ties. Aligning yourself with the right people and a sense of belonging are important.

**JUNE 21ST:** Problems can stem now from an inability to articulate objectives clearly. Make certain that you and a family member, roommate, or friend are speaking the same language, and understand each other.

**JUNE 22ND:** Try to cultivate and maintain a practical attitude regarding chores and other necessities. You'll get more done if you aren't distracted by interference, no matter how friendly and appealing it seems.

**JUNE 23RD:** The social theme gets stirred up today. Someone has bright ideas for bringing people together that are worth pursuing. Be careful, though, not to be pushed in a direction that doesn't suit you.



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