



BIDEN NOMINATES INDIAN-AMERICAN AJAY BANGA FOR WORLD BANK PRESIDENT



Currently Vice Chairman at General Atlantic and former president and CEO of Mastercard, Ajay Banga, if confirmed by the World Bank Board of Directors, would be the first-ever Indian-American and Sikh-American to head the World Bank

Photo / Jay Mandal on assignment

FEB 23, 2023

WASHINGTON, D.C. (TIP): President Joe Biden on Thursday, February 23, announced that the US is nominating Ajay Banga to lead the World Bank, saying the Indian-American business leader is uniquely equipped to lead the global institution

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India-US ties key for democracy, strong world economy and to outcompete China: Schumer



FEBRUARY 24, 2023

WASHINGTON, D.C. (TIP): A strong India-US relationship is a must for democracy, advancement in technology and a robust world economy, a top American senator has said, emphasizing that close bilateral ties will be a crucial counterweight to outcompete China.

Describing India as one of the "leading powers" of the world, Senator Chuck Schumer said close India-US ties would also be key to responding to China's authoritarianism.

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India abstains in U.N. vote underscoring need for just, lasting peace in Ukraine

THE RESOLUTION GOT 141 VOTES IN FAVOR AND SEVEN AGAINST; INDIA WAS AMONG THE 32 COUNTRIES THAT ABSTAINED

FEBRUARY 24, 2023

UNITED NATIONS (TIP): India abstained in the U.N. General Assembly on February 23 on a resolution that underscored the need to reach as soon as possible a "comprehensive, just and lasting peace" in Ukraine in line with the principles of the U.N. Charter.

The 193-member General Assembly adopted the draft resolution, put forward by Ukraine and its supporters, titled Principles of the Charter of the United Nations underlying a comprehensive, just and lasting peace in Ukraine.

The resolution, which got 141 votes in favor and seven against, "underscores the need to reach, as soon as possible, a comprehensive, just and lasting peace in Ukraine in line with the principles of

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A view of the General Assembly Hall with the results of the vote on the screens
Credit / UN Photo - Loey Felipe

We stand up for the BBC: UK government in Parliament after India's I-T survey



FEB 22, 2023

LONDON (TIP): The British government has strongly defended the BBC and its editorial freedom in Parliament after the Income-Tax department's survey operations on the UK-headquartered media corporation's New Delhi and Mumbai offices over three days last week. A Foreign, Commonwealth and Development Office (FCDO) junior minister responded to an urgent question raised in the House of Commons on Tuesday, February 21, to say that the government cannot comment on the allegations made by the I-T department over an "ongoing investigation" but stressed that media freedom and freedom of speech are essential elements of "robust democracies".

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"We stand up for the BBC. We fund the BBC. We think the BBC World Service is vital. We want the BBC to have that editorial freedom," said David Rutley, Parliamentary Under-Secretary of the FCDO.
Photo / Gov.UK

The Indian Panorama Publisher-Editor Prof. Saluja Turns 80

FEBRUARY 24, 2023

HICKSVILLE, NY (TIP):

The 17-year-old English language weekly The Indian Panorama publisher and editor Prof. Indrajit Singh Saluja turns 80 today.



Prof. Indrajit S Saluja attributes his health to his belief in Charhadi Kala (undying optimism)

The family decided to celebrate the day with Thanksgiving prayers at Gurdwara Guru Nanak Darbar in Hicksville.

Prof. Saluja expressed his gratitude to his family, friends, patrons, and advertisers and readers of The Indian Panorama for their immense love and cooperation, and pledged to remain "ever truthful" in his journalistic obligations.



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COMMENT

Indian opposition parties have a duty to protect democracy in the nation



BY
INDRAJIT SALUJA

India today appears to be more divided than it ever was. In the 80 years that I have been on this planet, with sixty years of my life spent in India, I can say with an amount of certainty that the vibrant democracy I had known in my younger days seems to be taking a flight from India.

During those days the nation was not as polarized on religious and communal lines as it is today. I do not recall there ever was any widespread distrust or animosity on religious lines. But for the last couple of years, India appears to have witnessed a loss of trust between communities.

In fact, there is an atmosphere of hatred which is created and promoted by Indian politicians, particularly those in power.

One can understand that politics is all about gaining power, exercising power and staying in power, but then it is expected that those in power will work for the welfare of the people, and surely injecting hatred in religious and social groups does not contribute to the welfare of the people.

Indeed, the policy of dividing the people in order to rule was once attributed to the British colonial rulers, and the British were condemned for practicing it. But now the same policy is being practiced more enthusiastically than the Britishers ever did.

Looking at what is going on in India today, it's not difficult to understand that India's democracy is dysfunctional,

with the government divesting people of their rights with each passing day. Democracy in India is getting fragile day by day. One shudders to think what may happen to India a few years from now.

It is the sacred duty of the opposition parties in India to oppose the government's attacks on democracy for the sake of the people who have put their faith in democracy and the people who they trust to protect their liberties and rights. The opposition parties which are so divided and weak need to come together and raise their voice against the slaughter of democratic values. If they fail in their duty now, history will not forgive them for their inaction. Let the opposition parties of India have only one aim - to safeguard the hard earned democracy against the attacks on it by the present government of India.

GUEST COMMENT

Biden's Kyiv visit

HARDENING OF BATTLE LINES OMINOUS FOR THE WORLD

The strategic visit by US President Joe Biden to Kyiv, days before the first anniversary of the Russian war on Ukraine, has only hardened the battle lines and made it obvious that America is in no mood to facilitate an early resolution of Europe's biggest conflict since World War II. Even as Biden and Ukrainian President Volodymyr Zelenskyy walked together to a cathedral, the US State Department announced an additional \$460-million aid to Ukraine, including artillery ammunition, anti-armor systems and air defense radars worth \$450 million and the rest for energy infrastructure. Ukraine is set to receive large supplies of western weaponry over the next few months in an attempt to sharpen its

counteroffensive, leaving no room for doubt that this war is not going to end anytime soon.

Biden is busy doing chest-thumping and saber-rattling on European soil; in his opinion, Russian President Vladimir Putin was 'dead wrong' in presuming that 'Ukraine was weak and the West was divided.' A defiant Putin has reaffirmed that sanctions-hit Moscow is ready for the long haul, even as he has accused the US-led West of stoking a global war to destroy Russia. Biden's overzealousness has also given China, a key Russian ally, ample fodder to take potshots at the US. Beijing has urged 'certain countries' to immediately stop fueling the fire. Not to be left behind, Zelenskyy has warned that a world war would break out if

China supports Russia militarily against Ukraine.

Given the geopolitical complications, the volatile situation is inevitably going to worsen. It is clearly evident to the international community that the US is no peacemaker and can never be one. Indeed, it was America's overreach for NATO's eastern expansion that provoked Russia and led to the invasion of Ukraine a year ago. Countries such as India, the current G20 president, need to play a proactive role in bringing both sides to the negotiating table and calling out the nations that are hell bent on prolonging this mutually destructive war and jeopardizing world peace.

(Tribune, India)

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Sikh Day Parade in New York City on April 29

I.S. SALUJA

FEBRUARY 24, 2023

RICHMOND HILL, NY (TIP): Sikh Day Parade, to mark the creation of the Khalsa (the Sikhs), is organized annually by the Sikh Cultural Society of Richmond Hill New York in cooperation with the Sikh Gurdwaras and the Sikh institutions in the Tri-State area of New York, New Jersey and Connecticut.

The Sikh Day Parade this year is scheduled for Saturday, April 29, according to the information given by Davinder Singh Boparai, President of the Sikh Cultural Society to The Indian Panorama.

Mr. Boparai told The Indian Panorama that all permits have been obtained and arrangements made. He has appealed to the Sikh Sangat to make the Parade a memorable one with their participation.



File Photo / Jay Mandal- on assignment

Dr. Timothy E. Sams and Bernadine Waller to speak at the Black History Month celebration at the Indian Consulate

I.S. SALUJA

FEBRUARY 24, 2023

NEW YORK CITY (TIP): The Consulate General of India, New York, in partnership with Shanti Fund is celebrating BLACK HISTORY MONTH on Saturday, February 25, 2023 from 4:30 to 06:00 pm in the Indian Consulate.

The event will feature two eminent speakers from the field of academia and medicine. They are Dr. Timothy E. Sams and Dr. Bernadine Waller. There will be Music & Songs by John Colonna (Pianist), Joel Proctor (Drummer), Kenji Tokunaga (Jazz), Soh Young Lee (Singer), & Dr. Donna M. Jones (Reader).



DR. TIMOTHY E. SAMS
PRESIDENT - STATE UNIVERSITY OF NEW YORK COLLEGE AT OLD WESTBURY

Dr. Timothy E. Sams began his tenure as the sixth full president in the history of SUNY Old Westbury on January 11, 2021. Throughout a career spanning three decades, Dr. Sams has demonstrated leadership in improving student success, particularly for students from disadvantaged and marginalized communities. He brings to the College an emphasis on institutional excellence, inclusive innovation, and strategic change management.

Prior to Old Westbury, he served as vice president of student affairs for Prairie View A&M University in Texas. As the senior vice president for student development at Morehouse College, he held a portfolio that included Student Services, Enrollment Management, Campus Safety and Athletics, among other units. As vice president for student life at Rensselaer Polytechnic Institute, he led such services as Residential Life, Health & Mental Health Services, and more. He is also credited as inaugurating the Student Life Office at New York University-Abu Dhabi and, for 13 years, led the Black Cultural Center at Swarthmore College. Dr. Sams is from Syracuse, New York. He earned a bachelor's degree in History and Sociology from Union College in Schenectady, New York, a Masters in Africana Studies from the University at Albany, and a Ph.D. in African American Studies from Temple University.

**BERNADINE WALLER, PHD, LMHC**

Dr. Bernadine Waller is an award-winning National Institute of Mental Health (NIMH) T32 Postdoctoral Research Fellow in the Department of Psychiatry, Division of Translational Epidemiology and Mental Health Equity with a dual appointment at Columbia University Irving Medical

Center and New York State Psychiatric Institute. She is an implementation scientist who partners with faith-based organizations to tailor and implement evidence-based interventions for African American women survivors of intimate partner violence (IPV). Dr. Waller's ground-breaking research is transforming the domestic violence service provision system. She developed the first US theories that identify help-seeking among African American women: The Theory of Help-Seeking Behavior, Constructed Agency, and Sarah Waller's Help-Seeking Model. A scholar-clinician, Dr. Waller has taught in academia for more than 14 years. A testament to her investment in the next generation of scholar activists was winning the 2020 GADE Award for Teaching in Social Work. She is as a member of the Women's Council, a sub-committee of the Council on Social Work Education (CSWE) which accredits all schools of social work, and a member of the Research Capacity and Development Committee for the Society for Social Work and Research (SSWR). She additionally serves on the Board of Trustees for the Long Island Children's Museum. Dr. Waller is a NYS-licensed mental health counselor who earned a Doctor of Philosophy in Social Work and a Master of Arts in Mental Health Counseling from Adelphi University, as well as a Bachelor of Arts in Journalism, with a concentration in Legal Studies from Temple University.

FIA's 'Dance Pe Chance' Entices the Audience

FEBRUARY 24, 2023

TRENTON, NJ (TIP): Over 500 children from 22 community dance academies spread across Four states enthralled a 1000-plus crowd with their mesmerizing performances as they performed to showcase their talent, discipline, technique, and costumes in FIA's oldest cultural competition, its 39th annual edition on Saturday, Feb 18th at Patriots War Memorial Theatre, Trenton, NJ. Ages 6 through 60+ years took to the state-of-the-art stage, which had dazzling professional-grade production, including led spot lighting, sound, and 50 feet LED backdrop. Performing participants displayed a variety of cultures and traditions, including languages, in the performances consisting of a fusion of classical, folk, and contemporary dance compilations.

The participating groups showcased 22 captivating variety performances. Four categories comprised minors, juniors, seniors, and adults competed within their age groups. The event was anchored by Miss India PA - Charmy Shah, Veteran RJ, and popular anchor and host Mamta Narula.



Consul General Randhir Jaiswal addressing the gathering along with FIA committee members, organizers and sponsors at the DPC event.

This year's judging panel comprised renowned Bollywood Choreographer Rohan Virdi, celebrated Kuchipudi Exponent and Guru Swathi Atluri, and the locally popular choreographer Mitali Das.

Consul General of India- New York Shri Randhir Jaiswal was the Chief Guest of the program. Also in

attendance were Jaipur Foot Chairman Prem Bhandari, Former Congressman of New Jersey Michael Pappas, Padma Awardee and FIA Advisor Dr. H R Shah, and veteran community leader Peter Kothari among other distinguished guests.

(Read full story at www.theindianpanorama.news)

13 INDIAN-ORIGIN AMONG 2023 SLOAN RESEARCH FELLOWS



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FEBRUARY 20, 2023

NEW YORK (TIP): Awarded annually since 1955, the fellowships honor extraordinary US and Canadian researchers whose creativity, innovation, and research accomplishments make them stand out as the next generation of leaders.

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Open to scholars in seven scientific and technical fields—chemistry, computer science, Earth system science, economics, mathematics, neuroscience, and physics—the Sloan Research Fellowships are awarded in close coordination with the scientific community.

More than 1000 researchers are nominated each year for 125 fellowship slots. Winners receive a two-year, \$75,000 fellowship which can be used flexibly to advance the fellow's research.

Nominations for the 2024 Sloan Research Fellowships will open on July 15, 2023.

HERE IS A LIST OF 13 INDIAN ORIGIN SLOAN RESEARCH FELLOWS:



Shaama Mallikarjun Sharada is the WiSE Gabilan Assistant Professor in the Mork Family Department of Chemical Engineering and Materials Science at the University of Southern California. Her research focuses on developing catalysts and photocatalysts to meet energy efficiency and sustainability goals.

She received her undergraduate degree in Chemical Engineering from the Indian Institute of Technology, Bombay, and PhD from the University of California at Berkeley, where she also served as a software developer for Q-Chem, a quantum chemistry package.

She was a postdoctoral researcher at Stanford University before joining USC in Fall of 2017.



Eshan Chattopadhyay is an assistant professor in the Department of Computer Science at Cornell University. His main research area is computational complexity theory, a

discipline within theoretical computer science that tries to understand the intrinsic hardness—or ease—of problems concerning computational resources. Future work will explore the intrinsic need for randomness for efficient algorithm design.



Anirudha Majumdar, an assistant professor of mechanical and aerospace engineering at Princeton University works on building autonomous robotic systems.

Currently, most robots are deployed in tightly controlled environments, like factories. Majumdar and his lab are working to build drones and other robots that can operate safely in a more complex environment, enabling them to see obstacles and adapt to diverse and changing conditions.

Majumdar joined the Princeton faculty in 2017 and leads the Intelligent Robot Motion Lab. He received a doctorate from the Massachusetts Institute of Technology, a bachelor's degree from the University of Pennsylvania and postdoctoral research in Stanford University's Autonomous Systems Lab.



Rashmi Vinayak, an assistant professor in the Computer Science Department at Carnegie Mellon University leads the CMU TheSys research group. She is also a part of the Parallel Data Lab (PDL).

Her research interests broadly lie in computer/networked systems and information/coding theory, and the wide spectrum of intersection between the two areas.

She received her Ph.D. from UC Berkeley in 2016 where she worked on resource-efficient fault tolerance for big-data systems and was a postdoctoral scholar at UC Berkeley's AMPLab/RISELab from 2016-17.



Tripti Bhattacharya, Thonis Family Professor and a member of the Earth and environmental sciences faculty at Syracuse University, uses evidence from the geological past to understand how rainfall will change in the future as a result of global warming.

Since joining the university in 2018, Bhattacharya has been awarded over \$2 million in research funding. Among many distinctions, she was recognized with the University's Meredith Teaching Recognition Award in 2021 and has been an invited presenter at the American Geophysical Union Annual Meeting in 2019, 2020 and 2022.

She also served as one of eight leading climate scholars at a workshop organized by the National Academies of Sciences, Engineering and Medicine. Deshpande is an assistant professor in

Economics at the University of Chicago. Her research areas are empirical public finance and labor economics, with a focus on the effects of social insurance and public assistance programs and their interaction with labor markets.

Deshpande received her PhD in Economics at MIT and has been at the University of Chicago since 2016. She is also Co-Director of Graduate Placement in the Kenneth C Griffin Department of Economics.



Bhargav Narayanan, assistant professor of Mathematics at New Jersey's Rutgers University is broadly interested in combinatorics, probability theory and related areas in statistical physics and theoretical computer science.

Before moving to Rutgers, he was a research fellow at St John's College, Cambridge and a member of its Department of Pure Mathematics and Mathematical Statistics.

He received his PhD from the University of Cambridge. He also has a Master's in Math from Cambridge and a BTech in Computer Science from the Indian Institute of Technology, Madras.



Mubarak Hussain Syed is an assistant professor of Biology at The University of New Mexico. He and his team in the Neural Diversity Lab investigate the genetic and molecular mechanics regulating neural diversity from stem cells to neural circuits.

The findings will help uncover the fundamental principles of nervous system development and potentially to understand and treat neurodevelopmental disorders such as epilepsy, schizophrenia, ADHD, and autism.



Debanjan Chowdhury is a theoretical physicist at Cornell University interested in addressing the fundamental principles that govern the emergence of new collective phenomena involving trillions of interacting electrons in solid-state materials.

His main focus is developing theoretical methods that can describe and predict the quantum behavior of electrons leading to exotic forms of superconductivity and magnetism. His work probes the relationship between the time scales that govern collisions among electrons in a class of highly unusual and "strange" metallic states and their ability to become dissipationless, high-temperature superconductors.



Tejaswi Venumadhav Nerella, is an assistant professor in the Department of Physics

at the University of California, Santa Barbara. As a theoretical astrophysicist, his explorations involve gravitational waves and cosmology.

He scours data collected by gravitational wave detectors such as LIGO and VIRGO for ripples in spacetime caused by collisions of massive and dense compact objects like black holes and neutron stars.

Nerella hopes "to expand the gravitational-wave discovery space and use our detections to answer fundamental questions in other areas of astronomy, such as stellar- and galaxy-evolution and cosmology."



Sagar Vijay, also assistant professor in the Department of Physics at the University of California, Santa Barbara is a theorist in the realm of condensed matter physics.

He is interested in the interactions of collections of atoms—interactions that can produce fascinating phenomena and states of matter.

He plans to "advance our fundamental understanding of quantum entanglement and its macroscopic manifestations in both ordinary matter and programmable quantum devices."



Saurabh Chitnis, Assistant Professor at the Department of Chemistry at Dalhousie University in Nova Scotia, Canada, describes himself as an "inorganic chemist," who "explores the part of the periodic table that doesn't get a lot of attention."

He sees the award as "a validation of our curiosity-driven approach, an approach that is all about just looking at the microscopic features of something and trying to understand the macroscopic consequences of its structural beauty."



Sushant Sachdeva is an assistant professor of Mathematical and Computational Sciences at the University of Toronto, Mississauga, and a faculty affiliate at the Vector Institute.

His interests include algorithms and their connections to optimization, machine learning, and statistics. His recent research focuses on the design of fast algorithms for graph problems.

Before joining the University of Toronto, he was a research scientist at Google. He completed his postdoc at Yale with Dan Spielman in 2016, his PhD from Princeton in 2013, and his BTech from IIT Bombay in 2008.

He is the recipient of the Google Faculty Research Award (2017), the Simons Berkeley Research Fellowship (2013), and the IITB President of India Gold Medal (2008).

Indian-American businessman Punit Renjen in line to succeed Hasso Plattner as chairman of SAP SE

FEBRUARY 23, 2023

WASHINGTON, D.C. (TIP): Indian-American businessman and former Deloitte Global CEO is being considered to be the next chairman of SAP SE, a Germany-based European multinational software company.

The Supervisory Board of SAP has nominated Renjen to stand for election as a new member of the Supervisory Board and proposes him as the designated successor to Chairman Hasso Plattner.

With his nomination, Plattner, 79, and the Supervisory Board have initiated the succession process.

With an impeccable track record, Renjen is highly qualified to join the Supervisory Board of SAP and would be an excellent candidate to eventually take the chair at a time when SAP is undergoing the most fundamental strategic transformation in its 50-year history, the company said in a statement.

"I am very pleased to be considered for a role at SAP - an iconic company with a key role in the global economy. At a time when the company is successfully transforming into an enterprise application leader in the cloud and delivering on Hasso Plattner's original vision of helping the world run better and improving people's lives, I could not be more excited at the opportunity to help shape the future of a



Punit Renjen, the former global CEO at Deloitte, is set to replace Hasso Plattner as the new SAP chairman.

company that has unmatched relevance for global business," Renjen said.

Renjen, 61, served as Deloitte Global CEO from 2015 until his retirement on December 31.

As Global CEO, he developed and executed a strategy that resulted in Deloitte revenues growing from USD 35 billion to more than USD 59 billion in just seven years. If approved by the board, Renjen would be the first non-German and also the first Indian to chair a DAX40 company.

The DAX 40 is a German stock market

index comprising the 40 biggest companies - by market capitalization and liquidity - trading on the Frankfurt Stock Exchange (FSE).

The next step is Renjen's candidacy for the Supervisory Board, which the shareholders will decide upon at the Annual General Meeting on May 11, 2023. Upon election to the SAP Supervisory Board, the handover process by Plattner to Renjen would begin. Plattner's term expires in May 2024, the company said.

"We are excited to propose Punit Renjen as a new member of the SAP Supervisory Board for a four-year term at the AGM in May 2023. This initiates a structured transition at the helm of the Supervisory Board, ensuring the continuity necessary for our company's ongoing growth," said Plattner.

"With extensive experience as a highly successful CEO of one of the world's largest consulting firms, Punit brings valuable insights and expertise to the board. His deep understanding of our customers' needs, and the broader industry make him an ideal candidate for Chairman of the Supervisory Board from 2024 onwards," he said.

Renjen is a member of the Leadership Council of the World Economic Forum (WEF), and the International Business Council.

INDIAN-ORIGIN MEDIC MEGHANA PANDIT NAMED CEO OF OXFORD UNIVERSITY HOSPITALS



Professor Meghana Pandit has been appointed the chief executive officer (CEO) of the Oxford University Hospitals NHS Foundation Trust

FEBRUARY 24, 2023

LONDON (TIP): Professor Meghana Pandit, a leading Indian-origin medic was appointed the chief executive officer (CEO) of the Oxford University Hospitals NHS Foundation Trust, one of the UK's largest teaching hospitals.

Pandit becomes the trust's first female chief, and she is also the first person of Indian heritage to be appointed CEO of any National Health Service (NHS) trust in the Shelford Group, which represents some of the biggest teaching hospitals in the country.

Pandit, who was serving as the interim CEO at Oxford University Hospitals (OUH) since July 2022, was permanently appointed to the post following a "rigorous and competitive process," which concluded after what OUH described as an extensive national and international recruitment search.

"It is a privilege to be asked to lead OUH on a permanent basis and I look forward to continue working with colleagues at OUH, our partners in the health and social care system in Oxfordshire and across the BOB Integrated Care System, our partner universities, and Oxford Hospitals Charity, to ensure the highest quality of research and innovation enabled care for our patients and populations," said Pandit. "I am proud to have the opportunity to continue leading with compassion and respect for others, with a desire for excellence," she said.

Pandit got trained in Obstetrics and Gynecology in the Oxford Deanery and was a visiting lecturer in Urogynecology at the University of Michigan in the US. She has served as Chief Medical Officer (CMO) within the NHS trusts and led the development of a clinical strategy with the responsibility of overseeing hundreds of doctors. She is an Honorary Professor at Warwick University and an Associate Fellow at Green Templeton College, University of Oxford. According to OUH, all members of the interview panel unanimously agreed that she was the preferred candidate for appointment and this recommendation was approved at a meeting of the Council of Governors earlier this week. (Read full story at www.theindianpanorama.news)

Indian American Vivek Ramaswamy announces he will run for president



Ramaswamy is the third high-profile candidate to declare for the presidency in 2024.

"We are in the middle of a national identity crisis," he declared in an online video launching his campaign, offering that the current political climate constituted a form of "psychological slavery."

Speaking straight to the camera, with an American flag draped in the background and a flag pin on his lapel, Ramaswamy framed his campaign as a broad counteroffensive to what he called the "woke left" - describing it as a threat to open speech, the free exchange of ideas and American exceptionalism itself.

Ramaswamy is the third high-profile candidate to declare for the presidency in 2024. Though he filed forms with the FEC declaring he would be running on the Republican side of the aisle, his announcement video made no mention of the party itself - an indication that he hopes to frame his candidacy as outside the conventional political framework.

He has already done barnstorming in early nominating states, including Iowa, where he was well received even as some of the state's political bigwigs professed to not having familiarity with the planks on which he was running.

(Read full story at www.theindianpanorama.news)

Indian-origin software engineer Karthik Subramaniam wins top National Geographic photography contest

FEBRUARY 21, 2023
NEW YORK (TIP):

Karthik Subramaniam, an Indian-origin software engineer in the US and a hobbyist photographer, has won the prestigious National Geographic's 'Pictures of The Year' award with his photograph titled 'Dance of the Eagles'.

Selected from nearly 5,000 entries, Subramaniam's picture won the grand prize on Friday, earning him a feature in the magazine's May issue alongside Nat Geo's leading photographers.

The award-winning photograph captured a bald eagle intimidating its peers to claim a prime log while salmon hunting in the Chilkat Bald Eagle Preserve in Alaska.

"Every year in November, hundreds of bald eagles gather at Chilkat Bald Eagle Preserve near Haines, Alaska, to feast on salmon. I visited there last November to photograph them," Subramaniam was quoted as saying in the statement.

Camped in the preserve, waiting for the perfect click, Subramaniam's motto was, "Wherever there's salmon there's going to be chaos."

The California-based software engineer started experimenting with wildlife photography only after being grounded by the pandemic in 2020, before which he used to capture landscapes and his travels.



Karthik's award-winning photo "Dance of the Eagles"

(Read full story at www.theindianpanorama.news)

Science of Spirituality 36th Eye Camp Brings the Gift of Sight



Patients waiting to be examined



Doctors examining the patients

FEBRUARY 24, 2023

NEW YORK (TIP): Cataract continues to be a leading cause of bilateral blindness in India. While cataracts can be easily diagnosed and surgically removed to regain full sight, many individuals in underserved parts of the country have limited access to eye care. On February 4th, Sawan Kirpal Ruhani Mission (SKRM) and Science of Spirituality hosted the 36th Free Eye Checkup and Cataract Surgery Camp in Delhi, bringing the gift of sight to several hundreds. This humanitarian effort was made possible by the volunteer efforts of physicians from the United States working with doctors from ICARE Eye Hospital, Noida, a leading eye hospital in India with state-of-the-art equipment and facilities. The

camp ran from February 4th to February 11th and helped many patients from Delhi NCR and northern parts of India.

Providing a Full Continuum of Care

Following a thorough screening at the Kirpal Bagh grounds under the supervision of skilled technicians, eligible patients were transported to ICARE Eye Hospital and provided exhaustive care that included complimentary surgery with high-quality lenses donated by hospitals in the US. Besides the medical care, lodging, food, eye drops, reading glasses and other essential services were provided to the patients.

Several patients expressed how regaining their sight would bring a sense

of normalcy and independence to their lives enabling them to perform day-to-day tasks with ease; many offered heartfelt gratitude for the noble service.

"This is not just a lens which has been surgically implanted. It is a blessing and a life-altering moment," a patient at the 36th Eye Camp said.

Transforming the World through Selfless Service

The doctors that participate in this eye camp each year go through great lengths to ensure each of their patients receives the best care possible. Their work is inspired by one of the key tenets of spirituality - selfless service to humanity - taught by Sant Rajinder Singh Ji Maharaj, world-renowned Spiritual

Master and head of Sawan Kirpal Ruhani Mission/Science of Spirituality. Selfless service is to give of ourselves selflessly, to alleviate the burdens of another. "It takes time to transform the world, but it takes one person to begin that transformation which eventually transforms families and neighbourhoods and this is how we can work together to benefit our fellow human beings," shared one of the volunteer physicians.

The SKRM eye camp is held as part of the International Human Unity Conference, the annual conference presided over by Sant Rajinder Singh Ji Maharaj. The conference brings together leaders and delegates from across the globe on a common platform to celebrate the spirit of human unity and oneness.

THE LAURIE M. TISCH ILLUMINATION FUND AWARDS \$3 MILLION DONATION TO EXPAND NYC HEALTH + HOSPITALS ARTS IN MEDICINE PROGRAM

THE AWARD WILL SUPPORT ARTS PROGRAMS SERVING HEALTHCARE STAFF, PATIENTS, AND COMMUNITIES IN PATIENT CARE SITES ACROSS THE CITY. FUNDING WILL PROMOTE EMPLOYEE WELLNESS AND RESILIENCE, CREATE 20 NEW COMMUNITY MURALS, PRESENT LIVE MUSIC, HOST EXHIBITIONS FROM THE HEALTH SYSTEM'S ART COLLECTION, AND PROVIDE ARTISTS IN RESIDENCE AT HOSPITALS

FEBRUARY 24, 2023

NEW YORK (TIP): NYC Health + Hospitals announced on February 22 the receipt of a \$3 million grant from the Laurie M. Tisch Illumination Fund to expand the health system's Arts in Medicine program. The grant is the second from the Illumination Fund for the Arts in Medicine program. The first grant - which was for \$1.5 million in 2019 - launched the system's Arts in Medicine program, creating arts programs citywide in all 11 hospitals and five long-term care facilities, as well as many NYC Health + Hospitals/Gotham Health community clinics. Arts programs at NYC Health + Hospitals are designed to support patient recovery and help address staff burnout and compassion fatigue. The new grant is the foundation's largest gift to the health system since launching its Arts in Health initiatives prior to the pandemic. NYC Health + Hospitals has the largest public art collection in the city.

"NYC Health + Hospitals cares for their



As part of the Music for the Soul concert series, the Will Holshouser Trio performs at NYC Health + Hospitals/Kings County in front of the "Origins and Today" mural by artist Oscar Lett, which was developed as part of the Community Mural Project. Both programs are part of the Arts in Medicine initiative at NYC Health + Hospitals.

patients physically, mentally, and emotionally, ensuring every New Yorker who walks through their doors is supported holistically," said New York City Mayor Eric Adams. "This

grant from the Laurie M. Tisch Illumination Fund for NYC Health + Hospitals' Arts in Medicine programs will support health care staff by encouraging creativity, wellness, and

resilience, and will bring the power of the arts to patients and community members in every borough. Philanthropic gifts like this one are vitally important and enable us to raise the bar of care even higher. I'm grateful to Laurie and her foundation for making these programs possible."

The expansion of the Arts in Medicine program includes 20 new community murals, building on the 26 murals created in the first wave of the initiative and featured in a new book, *Healing Walls: New York City Health + Hospitals Community Mural Project 2019-2021*. The funding will also expand access to NYC Health + Hospitals' important art collection through exhibitions and enable partnerships with major museums to use artwork from the NYC Health + Hospitals collection for a visual observational training tool for doctors, nurses and non-clinical staff through the HHArt of Medicine program.

(Read full story at
www.theindianpanorama.news)

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Russia's spring offensive is the key

ABOUT 50,000 OF RUSSIA'S NEWLY MOBILIZED TROOPS ARE ALREADY AT THE FRONT AND ANOTHER 2,50,000 ARE UNDER TRAINING. THE OCCUPATION OF THE LUHANSK AND DONETSK REGIONS WILL CONTINUE, BUT A MAJOR RUSSIAN BREAKTHROUGH IS LESS LIKELY.

"THE STEADY FLOW OF ARMS AND EQUIPMENT THROUGH ITS WESTERN BORDERS INTO UKRAINE HAS GREATLY AIDED ITS WAR EFFORT. HOWEVER, PRESIDENT VOLODYMYR ZELENSKY'S DESPERATE CALLS FOR FIGHTER JETS (ABOUT 200-ODD F-16S) REMAIN UNHEEDED SO FAR. THE UK AND GERMANY ARE PROVIDING A MEAGRE SQUADRON WORTH EACH OF CHALLENGER AND LEOPARD 2 TANKS AND THE US, WHILE CITING THE EXTENSIVE TRAINING AND MAINTENANCE REQUIRED, IS EXPECTED TO SEND ABOUT 30 M1 ABRAMS TANKS. HOWEVER, A MISSING ELEMENT FOR OFFENSIVE OPERATIONS IS AIR POWER WHICH IS UNLIKELY TO MATERIALIZE ANYTIME SOON.

The visit of the US President to Kyiv was highly symbolic and came with the promise of providing ammunition and air defense radars as well as further sanctions on Russia, but it fell short of Zelenskyy's



One year of death and destruction

Photo credit / Skynews

wish list of weapon systems and aircraft. The Munich security conference was in much the same vein, with the UK baulking at directly supplying fighter jets."

President Vladimir Putin launched Russia's invasion of Ukraine in the early hours of February 24, 2022, describing it as a 'special military operation' with the aim to 'demilitarize and de-Nazify Ukraine' and stop the 'genocide' of ethnic Russians in eastern Donbas. Moscow-backed separatists had tried to break away from Kyiv's control by setting up the Donetsk and Luhansk People's Republic and were opposed by groups like the Azov Regiment, rooted in far-right ideology. Putin also linked the invasion to checking NATO's eastward expansion for gaining a 'military foothold' in Ukraine.

A refreshingly honest comment about this war came from the Pontiff in Rome. Pope Francis remarked that Moscow's invasion of Ukraine was 'perhaps somehow provoked' as he recalled a conversation with a head of state who had mentioned to him that NATO was "barking at the gates of Russia". The Pope also warned against what he said was a fairy-tale perception of the conflict as a battle of good versus evil.

There have been no serious attempts to curtail this conflict by the West by acknowledging Russian security concerns in its immediate neighborhood. However, within NATO itself there are discordant voices colored by dependence of some member countries on Russian energy exports. While direct talks between the Russian and Ukrainian Presidents have been suggested by India, among others, a few nations, including Turkey, had made offers of mediation.

Apart from death and destruction, this war has led to an acute food shortage in many countries as Ukraine and Russia are major exporters of foodgrains and the conflict has disrupted supply chains. Russia is also an exporter of energy to Europe and has cut oil and gas supplies in response to sanctions, fueling inflation and increased cost of living.



BY LT GEN PRADEEP BALI (RETD)

new offensive can never be ruled out.

For the Ukrainians, the strategically valuable direction is south, to Melitopol or Berdyansk, aiming to cut the Russian mainland corridor to Crimea. That would be a major Ukrainian victory, and that is exactly why the Russians are fortifying Melitopol.

A short and unstable ceasefire is the only other prospect. Putin has made it clear that he will not stop and Ukraine has asserted that it is fighting to recapture what has been lost, including the Crimea. This is an intense contest in political, economic, diplomatic and military domains. It is hard to escape the sense that as 2022 came to a close, an 'iron curtain' had once again been drawn across Europe, but this time from the West, aiming to contain Russia. Despite Russia's sizeable budget deficit and other impacts of western sanctions, Moscow will probably have enough reserves and money to keep its war against Ukraine going. This does not mean the sanctions imposed by the West are not effective but only that it would be "naive to think that sanctions alone could end the war," in the words of Harvard economist Kenneth Rogoff.

The steady flow of arms and equipment through its western borders into Ukraine has greatly aided its war effort. However, President Volodymyr Zelenskyy's desperate calls for fighter jets (about 200-odd F-16s) remain unheeded so far. The UK and Germany are providing a meagre squadron worth each of Challenger and Leopard 2 tanks and the US, while citing the extensive training and maintenance required, is expected to send about 30 M1 Abrams tanks. However, a missing element for offensive operations is air power which is unlikely to materialize anytime soon.

The visit of the US President to Kyiv was highly symbolic and came with the promise of providing ammunition and air defense radars as well as further sanctions on Russia, but it fell short of Zelenskyy's wish list of weapon systems and aircraft. The Munich security conference was in much the same vein, with the UK baulking at directly supplying fighter jets.

As far as India is concerned, Prime Minister Modi's advice to Putin, "Today's era is not an era of war", should be a pointer for Indian diplomacy to take the lead in resolving this conflict. New Delhi needs to reach out to the major players as a mediator. Its long-standing strategic ties with Russia, an ostensibly neutral stance with no ulterior motives unlike China, combined with its capabilities and capacities as the G20 president, make it ideally suited for this role. Ukraine Foreign Minister Dmytro Kuleba had stated as much in what was nothing short of a direct invitation. The Ukraine war offers our diplomacy an ideal opportunity to play the roles of a peacemaker and a dealmaker.

(The author is a Strategic Analyst)

Protect the power of 'the little man' in a democracy

THE REAL CHALLENGE BEFORE THE NATION IS HOW TO MAKE CITIZENS, NOW BYSTANDERS, AWARE OF THEIR DUTIES TO DEFEND THE CONSTITUTION

The nation may have celebrated "Azadi ka Amrit Mahotsav", on the completion of 75 years of Independence and the 74th anniversary of the founding of the Republic, but there are still deep contradictions in the country. Abject poverty prevails, there is a deepening divide between the rich and the poor, precarious conditions affect the rule of law, and not-so-good governance poses grave challenges to the very existence of democracy and the republic.

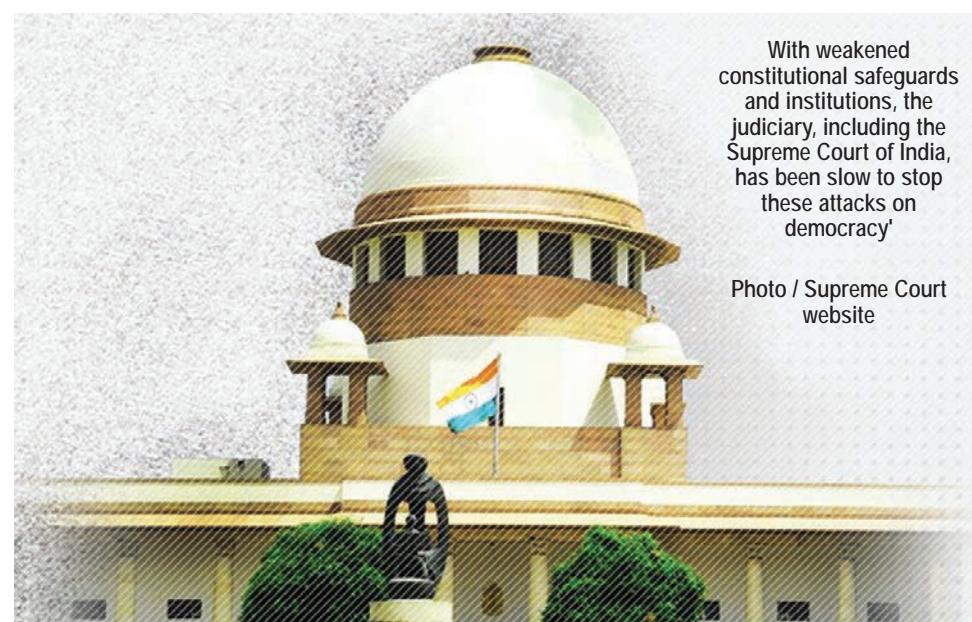
The nation stands polarized on religious and caste lines, resulting in the creation of deep distrust, if not animosity. The party in power at the Centre is unwilling to cede an inch to the Opposition to maintain a vibrant democracy. There is a constant targeting of the Opposition, as verbal attacks and political destabilization of governments in Opposition-ruled States, through political machinations and "raids" and "checks" by several core central agencies.

With weakened constitutional safeguards and institutions, the judiciary, including the Supreme Court of India, has been slow to stop these attacks. For example, the floor test that the judiciary applies only seems to aid the efforts of the ruling party in bringing down Opposition governments, and is a completely futile judicial weapon. The judiciary needs to innovate to stop the luring of elected MLAs, in order to protect the power of the "little man" in a democracy, as Sir Winston Churchill described it.

So, where is the Amrit? Our constitutional framers had envisaged a different India, as Constitutional Assembly debates show. H.V. Kamath on November 5, 1948, had said, "I hope that we in India will go forward and try to make the State exist for the individual rather than the individual for the State...At least let us try to bring about this empire of the spirit in our own political institutions. If we do not do this, our attempt today in this Assembly would not truly reflect the political genius of the Indian people... India of the ages is not dead nor has she spoken her last creative word; she lives and has still something to do for herself and for the human family."

Have we marched in this direction over seven decades? For those who perpetuate polarization, an incident narrated by H.V. Kamath is the answer. Referring to the 1927 Congress session in Madras, he narrates, "Pandit Madam Mohan Malviya asked Muslims, 'What safeguards did you ask from the Secretary of State for India or from the Government of India? We are here. What better safeguards do you want?'" After that speech, Maulana Muhammad Ali came to the rostrum, embraced Pandit Malaviya and said, "I do

THE NATION STANDS POLARIZED ON RELIGIOUS AND CASTE LINES, RESULTING IN THE CREATION OF DEEP DISTRUST, IF NOT ANIMOSITY. THE PARTY IN POWER AT THE CENTRE IS UNWILLING TO CEDE AN INCH TO THE OPPosition TO MAINTAIN A VIBRANT DEMOCRACY. THERE IS A CONSTANT TARGETING OF THE OPPosition, AS VERBAL ATTACKS AND POLITICAL DESTABILIZATION OF GOVERNMENTS IN OPPOSITION RULED STATES, THROUGH POLITICAL MACHINATIONS AND "RAIDS" AND "CHECKS" BY SEVERAL CORE CENTRAL AGENCIES.



With weakened constitutional safeguards and institutions, the judiciary, including the Supreme Court of India, has been slow to stop these attacks on democracy'

Photo / Supreme Court website

not want any safeguards. We want to live as Indians, as part of the Indian body politic. We want no safeguards from the British Government. Pandit Malaviya is our best safeguard."

Constitutionally, the republic that was envisioned by the framers was what George Grote the historian had desired. B.R. Ambedkar quotes him reverentially (on November 4, 1948), "a paramount reverence for the forms of the Constitution, enforcing obedience to authority acting under and within these forms yet combined with the habit of open speech, of action subject only to definite legal control, and unrestrained censure of those very authorities as to all their public acts combined too with a perfect confidence in the bosom of every citizen amidst the bitterness of party contest that the forms of the Constitution will not be less sacred in the eyes of his opponents than in his own". But then, B.R. Ambedkar expresses his fear thereupon, saying, "The other is that it is perfectly possible to prevent the Constitution, without changing its form by merely changing the form of the administration and making it inconsistent and opposed to the spirit of the Constitution. The question is, can we presume such a diffusion of

Constitutional morality? Constitutional morality is not a natural sentiment. It has to be cultivated. We must realize that our people have yet to learn it. Democracy in India is only a top-dressing on Indian soil, which is essentially undemocratic."

The failure of the constitutional and administrative authorities to work as per the letter and spirit of the Constitution shows how undemocratic India is. Discussing the importance of Opposition members of the Constituent Assembly, Z.H. Lari, said on May 20, 1949, "... everyone knows that power corrupts and absolute power corrupts absolutely.. It is also a truism to say that every party that comes into power tries to make its hold permanent. The only check on the degeneration of party government into despotism is the existence of another party that keeps a strict eye on the doings of the cabinet and the party and thereby prevents the degeneration of a party government into a dictatorship. Besides, there cannot be a proper functioning of any party government unless there is constant criticism of the doings of that party."

T.T. Krishnamachari said, "I have no doubt the future parliament and those who are going to be in charge of the



BY
DUSHYANT DAVE

destinies of this country would bear in mind the suggestion of Mr. Lari to pay a salary to the Leader of the Opposition, if that would encourage the creation of an Opposition, of a healthy Opposition Party."

M.A. Ayyangar said, "I agree there ought to be a healthy opposition... I am really surprised to see ... the very protagonist of this healthy opposition had ample opportunity and I do not know why he did not start an opposition... Are their actions calculated to improve the welfare of the Country, much better than what the Congress party has stated in its manifesto?" Biswanath Das felt that the "opposition is a necessary evil and that the function of the opposition is to give the party in power full work".

The Congress, which dominated this country for almost four decades, sought to perpetuate its power, post-Independence, by preventing a healthy Opposition. The dismissal of governments in Opposition-ruled States was its key weapon. Yet, today, the Congress and other members of the Opposition have been forced to complain about the state of democracy.

But are they collectively a healthy opposition? Their utterances and actions cause bewilderment. Are their actions calculated to improve the welfare of the country? Their not speaking in one voice only leaves a clear path for the ruling party to win election after election.

The challenge before the nation is how to make citizens aware of their duties to defend the Constitution. People are now just bystanders before the political class which is making freedom irrelevant. In Israel, the proposals of Prime Minister Benjamin Netanyahu to undermine the judiciary are being strongly resisted. But what do we have in our nation today?

The failure to have a strong and healthy Opposition is causing the ruling party to perpetuate its position in a dictatorial manner. Constant attacks on the Supreme Court of India by Ministers and others show the scant regard for a healthy democracy. The ruling party must remember what Ram Narayan Singh once said, "In this country we have just got freedom, and our own party, i.e., the Congress Party, has got no opposition to it. I have seen how things have been going on here and I feel that there must be a strong opposition to criticize our actions and review them.... A Government which does not like opposition and always wants to be in power is not a patriotic but a traitor Government."

Let us hope and pray that the party in power and the Opposition will realize their duties and responsibilities towards the Constitution, respect the wishes of the framers of the Constitution, and work for the welfare of the people of India.

(Dushyant Dave is Senior Advocate in the Supreme Court of India and former President of the Supreme Court Bar Association)

PAKISTAN IN DIRE STRAITS

FACES POLITICAL UNCERTAINTY, ECONOMIC BANKRUPTCY AND TALIBAN VIOLENCE



BY
G PARTHASARATHY

"PAKISTAN IS PRESENTLY FULLY ENGROSSED IN AVOIDING BANKRUPTCY AND FOCUSING ON TALKS WITH THE IMF. ISLAMABAD HAS BEEN FORCED TO ACCEPT SOME VERY TOUGH CONDITIONS BEFORE INTERNATIONAL FINANCIAL INSTITUTIONS LIKE THE WORLD BANK, ASIAN DEVELOPMENT BANK, AND THE OIL-RICH ARAB COUNTRIES STEP IN AGAIN TO BAIL IT OUT. PAKISTAN WILL HOPEFULLY REALIZE THAT A RAPIDLY PROGRESSING INDIA HAS THE POTENTIAL TO FURTHER STRENGTHEN RELATIONS WITH BOTH THE US AND RUSSIA. IT HAS LOST THE PROPOSED RUSSIAN ECONOMIC ASSISTANCE ON OIL SUPPLIES BY INEXPLICABLY SUPPLYING MILITARY HARDWARE TO UKRAINE. RAWALPINDI WILL ALSO HAVE TO REMEMBER THAT TERRORISM AND MEANINGFUL TALKS WITH INDIA CANNOT GO HAND IN HAND."

Pakistan finds itself today in an unenviable position as its economic situation worsens and its foreign exchange reserves fall below \$2 billion. Desperate, it has sought assistance from the IMF, international banks and donors to escape total bankruptcy. In the meantime, verbal warfare continues between Imran Khan and the Shehbaz Sharif government. Pro-US General Bajwa has arranged for one of his proteges, Lt Gen Syed Asim Munir, to succeed him. The army will continue to court the US. Even as the country was engrossed in a bid to avoid bankruptcy, the Islamabad High Court ordered an investigation into corruption charges against the former President, Gen Pervez Musharraf, for allotting military lands arbitrarily. Musharraf, who had been ailing, died amidst the political turmoil, at a hospital in the UAE. His burial in Karachi, with full military honors, was not attended by a single prominent political leader.

In the meantime, Imran Khan, who shows little interest on addressing the country's serious economic crisis, has asked President Alvi to order an inquiry against his bête noire, Gen Qamar Javed Bajwa. He accused Bajwa of conspiring to oust him from office. Pakistan's politicians have, however, never showed the inclination or ability to get together in dealing with radical Islamic groups, including the Taliban. Pakistan is paying the price for the support it rendered to radical Islamic groups in Afghanistan, and even within its own



Desperation: Islamabad has been forced to accept some very tough conditions before international financial institutions can bail it out

Photo credit / ANI

borders. Moreover, even after it was known that Pakistan was working hand in glove with the Taliban, the US looked the other way, and ultimately left Afghanistan ignominiously. Imran Khan is popularly known in Pakistan as 'Taliban Khan'.

The Afghan Taliban has for long worked in concert with its Pakistani counterpart, Tehreek-e-Taliban-e-Pakistan, which now aspires to seize control of north-western Pakistan. In keeping with its long-term policy of helping the people of Afghanistan, India has moved to provide its people with wheat and medicines. Pakistan, on the other hand, is waging a war on its territory against the Tehreek-e-Taliban, which enjoys the support of its Pashtun brethren in Pakistan's Khyber Pakhtunkhwa province. Many in the US and Russia will be amused to observe the Pakistan army engrossed in fighting its erstwhile Taliban protégés that the ISI had used for over two decades in their battles against Russian and US forces in Afghanistan. The ISI even used Taliban assistance during the hijacking of IC 814 to Kabul.

The sustained economic and educational assistance that India provided to Afghanistan before the Taliban takeover is widely appreciated across all sections of its people. However, now India has to route essential supplies to Afghanistan by air or through the Iranian port of Chabahar.

India's Afghan friends are, however, said to be disappointed that even elderly Afghans requiring visas for life-saving medical treatment in India are denied visas. This should be addressed positively. In the meantime, differences are clearly growing between Taliban's supreme leader Haibatullah Akhundzada and ISI's favorite Taliban leader, Sirajuddin Haqqani. There are indications that disputes between Pakistan and the Taliban could flare up across the Durand Line.

The recent demise of Musharraf has revived interest in what transpired in his days as President. He collaborated closely with the Taliban during the hijacking of IC 814. But his attitude towards India changed with the passage of time, especially after his visit to India in 2005. What followed was serious 'back channel' negotiations between Special Envoys of the two countries on the issue of J&K. The Indian

delegation was led by the late Satinder Lambah, who was earlier India's High Commissioner to Pakistan. India rejected any process that did not guarantee an end to terrorism, with both sides respecting the sanctity of existing borders. The then PM, Manmohan Singh, had asserted: 'Borders cannot be redrawn.'

While there have been statements by eminent Pakistanis like former foreign minister Khurshid Kasuri, supporting the broad agreement that the two sides reached on J&K, there have been no comments on the contents of that dialogue by India. There have, however, been reports that the understanding reached was premised on an end to support for terrorism by Pakistan. The visit of PM Modi to Lahore in December 2015 to attend a family wedding hosted by PM Nawaz Sharif raised optimism about progress on bilateral issues and an end to terrorism. These hopes were shattered by the Pathankot airbase terror attack a week later; subsequently, terrorists from the ISI-backed Jaish-e-Mohammed (JeM) attacked a convoy of CRPF personnel in 2019, killing 40 Indian security personnel. While the perpetrator of the suicide attack was also killed, India-Pakistan standoff followed. On February 26, 2020, India retaliated with an air strike on a training camp of the JeM in Balakot, across the LOC.

There is little prospect of any meaningful dialogue with Pakistan anytime soon. Whether Pakistan will abide by what was agreed to in the back-channel talks remains to be seen. Moreover, Pakistan is presently fully engrossed in avoiding bankruptcy and focusing on talks with the IMF. Islamabad has been forced to accept some very tough conditions before international financial institutions like the World Bank, Asian Development Bank, and the oil-rich Arab countries step in again to bail it out. Pakistan will hopefully realize that a rapidly progressing India has the potential to further strengthen relations with both the US and Russia. It has lost the proposed Russian economic assistance on oil supplies by inexplicably supplying military hardware to Ukraine. Rawalpindi will also have to remember that terrorism and meaningful talks with India cannot go hand in hand.

(The author is Chancellor, Jammu Central University & former High Commissioner to Pakistan)



February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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12	13	14	15	16	17	18
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26	27	28				



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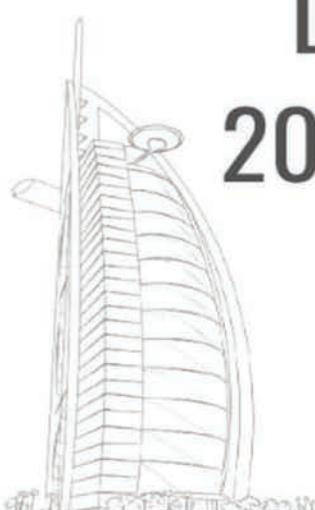
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Amid UN debate on Ukraine conflict, India to host event on Gandhian thought and philosophy

FEBRUARY 23, 2023

NEW YORK (TIP): India will host an event on Gandhian thought and philosophy at the UN headquarters in New York to discuss how the fundamental values of pluralism, democracy and rule of law can be strengthened to build peaceful and inclusive societies.

Thursday's event comes as the UN Security Council is scheduled to hold a discussion on Ukraine on Friday, February 24.

To be organized jointly by the Permanent Mission of India to the United Nations and the University for Peace at the Economic and Social Council Chamber, the event is expected to be attended by diplomats from across the world.

Announcing the event in a tweet, India's Permanent Mission to the United Nations said, "Join us tomorrow at UN for a thought-provoking initiative on the centrality of Mission Life & sustainable development to Gandhian thought as part of the India Roundtable series."

It also shared a quote by Gandhi: "In a gentle way, you can shake the world." According to the UN's website, the meeting will discuss examples of how sustainable lifestyles can be promoted to combat the adverse effects of climate and environmental degradation and how the fundamental values of pluralism,

democracy and rule of law can be strengthened to build peaceful and inclusive societies.

The objective of this meeting is to shine a light on Mahatma Gandhi's doctrine of 'Trusteeship' and its relevance in today's world with a focus on the concept of 'Human Flourishing' to promote sustainable lifestyles and enduring peace.

The announcement comes as the UN General Assembly held an Emergency Special Session on Ukraine.

UN Secretary-General Antonio Guterres said the one-year mark of the Russian Federation's invasion of Ukraine stands as a grim milestone for the people of Ukraine and for the international community.

"The invasion is a violation of the United Nations Charter and international law and is having dramatic humanitarian and human rights consequences," he said.

"The position of the United Nations is unequivocal: We are committed to the sovereignty, independence, unity and territorial integrity of Ukraine, within its internationally recognized borders," Guterres said.

Csaba Korosi, President of the General Assembly, said Wednesday marked the grim first anniversary of the war in Ukraine, highlighting the despair, displacement, destruction and death that Europe has not seen in decades.

"No one can be complacent," Korosi said. He also assured all those suffering from the war's consequences that they have not been forgotten.

"This war will come to an end, and the time of reconstruction, reconciliation and transformation will come," Korosi said. "We know it will not be easy. We know the scars are deep. Culture, family bonds, sports, arts and the acknowledgement of the shared destiny of humanity will certainly help nations currently facing each other in the trenches."

Ukrainian Foreign Minister Dmytro Kuleba introduced a draft resolution calling for just and lasting peace in his country. Calling this "a decisive moment to show support, unity and solidarity," he recalled, standing in the assembly urging its member nations to prevent war days before Russia's February 24, 2022 invasion.

Ukraine exercised its legitimate right to self-defense, enshrined in the Charter as its people chose to fight for their lives. "Against all odds, we were able to stop the much stronger aggressor and kick him out of half of the newly occupied territory," he said, adding, "No one should be fooled by Russia's empty calls for negotiations." In his remarks, Vassily A Nebenzia of Russia alleged that Ukraine is nothing more than a pawn.



"While Moscow is ready for a diplomatic solution, its opponents have not recovered from the futile illusion that they could defeat a nuclear power," he said.

US Ambassador to the UN Linda Thomas-Greenfield said that President Vladimir Putin had chosen war in an assault on the United Nations that struck at the heart of its Charter.

"On the one-year anniversary of this conflict, we will see where the nations of the world stand on peace in Ukraine," she said. (Source: PTI)

HATE CRIME AGAINST SIKHS ON THE RISE IN US 214 cases in 2021



Hate crime against Sikhs on the rise in US
Photo for representational purpose only

FEBRUARY 23, 2023

WASHINGTON, D.C. (TIP): Though External Affairs Ministry is pushing at the UN the need to recognize Hinduphobia a crime, facts on the ground in the US indicate that it is the Sikh community which is facing the increasing brunt of hate crimes.

From around 60 incidents of hate crimes against Sikhs reported to the US Federal Bureau of Investigation in 2018, the number increased to 89 in 2020 and jumped to whopping 214 incidents in 2021.

From being the third most commonly targeted religious group after Jews and Muslims in the US in 2018, Sikhs became the second most targeted group four years later. Jews remain the biggest victims of hate crimes in the US.

According to the FBI, 91 hate crimes were reported against other religions, including 12 against Hindus and 10 against Buddhists.

CRY AMERICA JOINS IPA FOR FIRST-EVER INDIA GIVING DAY

NONPROFITS TO COOPERATE ON THURSDAY, MARCH 2 TO CREATE A BRIGHTER FUTURE FOR INDIA'S MARGINALIZED COMMUNITIES

FEBRUARY 24, 2023

WASHINGTON, D.C. (TIP): CRY, Child Rights and You America (CRY America) is excited to announce the launch of India Giving Day (IGD) under the leadership of the India Philanthropy Alliance (IPA).

IPA, a coalition of 16 of the leading India-focused non-profits in the USA, is organizing the first-ever India Giving Day on Thursday, March 2, 2023, with early giving starting on February 14. This campaign will highlight the contributions made by Americans, notably the Indian American diaspora, to critical causes in India.

CRY America is a 501c3 non-profit driven by its vision of a just world in which all children have equal opportunities to develop to their full potential. With the support of 25,000 donors and 2,000 volunteers, CRY America has impacted the lives of 786,000 children living across 5,000 villages and slums. Supported Projects ensure access to education and healthcare for underprivileged children, as well as protection from child labor, early marriage and trafficking.

"We are thrilled to be part of the path



CHILD RIGHTS AND YOU
www.america.cry.org

Stand up for child rights

breaking India Philanthropy Alliance and the newly initiated India Giving Day," said CRY America CEO Shefali Sunderlal. "This collaboration is a great opportunity to significantly increase fundraising in the USA directed towards a variety of critical human rights and children's rights issues in India."

The profiles of the 22 participating non-profits can be found here, including CRY America's web page here. All organizations will undertake a series of activities to promote India Giving Day such as youth outreach, donor and volunteer outreach, social media promotions and organizing of local events.

(Read full story at
www.theindianpanorama.news)

SEATTLE FIRST US CITY TO BAN CASTE DISCRIMINATION

Hindus for Human Rights

FEBRUARY 24, 2023

SEATTLE (TIP): Seattle has become the first US city to add caste discrimination to its non-discrimination policy, two years after Indian-American councilor Kshama Sawant on Tuesday, February 21 successfully quarterbacked a resolution through the Seattle city council to outlaw caste discrimination.

The resolution moved by Sawant was approved by the Seattle City Council by six to one vote. Two council members were absent during the voting. "This bill is not technically complicated, it's a very simple question: Should discrimination based on caste be allowed to continue in Seattle?" noted Sawant.

In a 6-1 vote on Tuesday, February 21st, Seattle City Council voted to add caste as a protected category in Seattle. The City Council made history by making the city the first in the US to ban caste discrimination. Councilmember Kshama Sawant introduced the ordinance earlier this year to add caste to the city's anti-discrimination laws.

(Read full story at
www.theindianpanorama.news)

India in history this Week

FEBRUARY 24, 2023, TO MARCH 2, 2023

24 FEBRUARY

1882 The infectious disease TB was identified to this day.

2001 Pakistan agrees to negotiate nuclear deterrence with India.

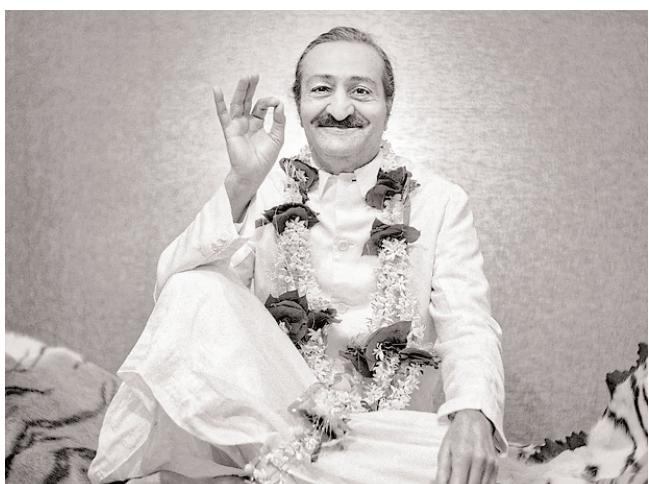
2009 Central government announced reduction in service tax and excise duty.



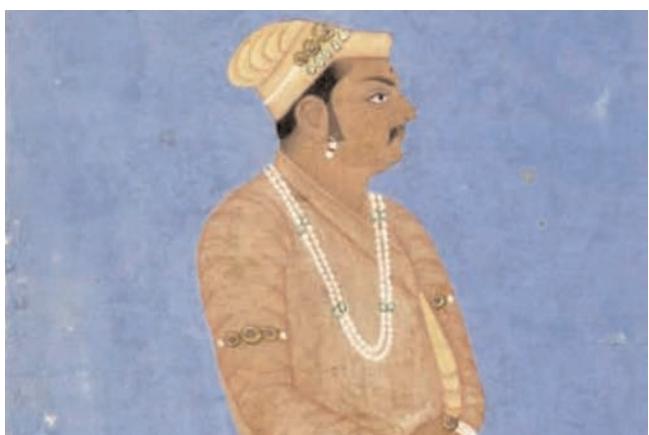
1822 The world's first Swami Narayan Temple was inaugurated in Ahmedabad in 1822.

1924 Mahatma Gandhi released from jail in 1924.

25 FEBRUARY



1894: Meher Baba, Indian mystic, was born. Known for his mystical teachings throughout his life through a spiritual transformation at a very young age, Meher Baba or Merwan Sheriar Irani was an Indian spiritual master. In a remarkable development, he declared himself to be an incarnation ('avataar') of God whose aim was to propagate spirituality. He assumed complete silence for much of his later life, communicating only through gestures and small written words.



1586 Akbar's court Navratan Birbal was killed in a battle with the rebel Yousafzai.

1988 India's first surface-to-surface missile Prithvi

was successfully launched.

1995 There was a bomb attack on a train in Assam, India in which 27 soldiers were killed.

26 FEBRUARY

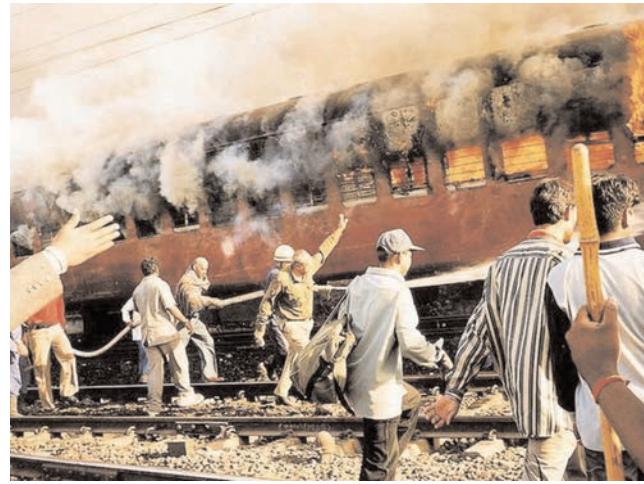


1972 President V.V. Giri dedicated the Vikram Earth satellite station located in Arvi near Wardha to the country.

1975 The country's first kite museum 'shankar Kendra' was established in Ahmedabad, Gujarat.

2008 India successfully test-fired a ballistic missile capable of carrying nuclear weapons.

27 FEBRUARY



2002 59 people died due to fire in train Sabarmati Express in Godhra. Due to these deaths communal violence spread in Gujarat.



1931 Revolutionary and freedom fighter Chandrashekhar Azad shot himself in 1931 to avoid arrest in an encounter with the British police at Alfred Park, Allahabad.

2009 Former Prime Minister Atal Bihari Vajpayee handed over the succession of his Lok Sabha seat to senior party leader Lal G. Tandon.

1990 There were voting in Pondicherry and eight other states.

1996 The Vote on Account Rail Budget was introduced by Suresh Kalmadi.

28 FEBRUARY

1712 Mughal emperor Bahadur Shah I died.

1928 CV Raman invented the Raman effect for which he was awarded the Nobel Prize.

1936 Jawaharlal Nehru's wife Kamala Nehru died in Switzerland.

1943 Kolkata's Howrah bridge (Ravindra Setu) started.

1963 The first President of India, Rajendra Prasad passed away.

01 MARCH



1983 Mary Kom was born to make the country proud by winning medals in the Olympic and Commonwealth Games.

1928 In 1928, Indian scientist CV Raman ji presented his research on diffraction of light to the world.

2009 In 2009, President Pratibha Patil announced Chawla to be the next Chief Election Commissioner.

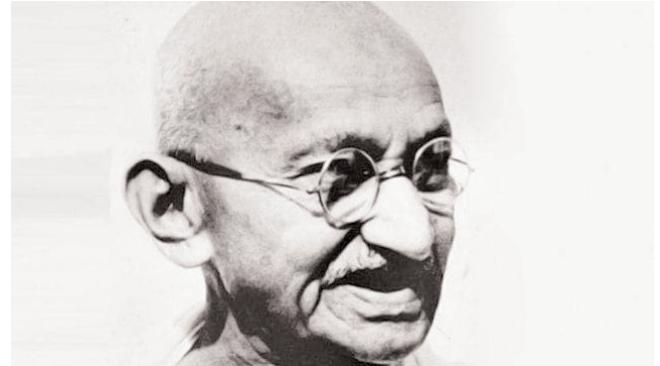
2010 Former Prime Minister of India Manmohan Singh made an extradition treaty between the two countries during his visit to Saudi Arabia on 1 March 2010. With this, 10 signed in many fields including sci-tech and business.

2010 India beat Pakistan in the first match of the Hockey World Cup on 1 March 2010. India defeated Pakistan 4-1 in this match.

1872 The world's first Yellowstone National Park was established in 1872.

02 MARCH

1930 Gandhiji wrote a letter to British Viceroy on Salt Law.



1982 Indira Gandhi inaugurated the Mahatma Gandhi Road Bridge.

1984 Mother Teresa University was inaugurated in Tamil Nadu.

1994 Presidential rule in Jammu and Kashmir was extended.

1997 The first indigenous HIV detection kit was built in Bangalore in 1997.

1986 The great painter Kashinath Ghanekar died.



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Shelly Oberoi.

AAP's Shelly Oberoi Delhi Mayor, Iqbal her deputy

Nearly two and a half months after the civic body polls, AAP's Shelly Oberoi was on Wednesday elected Mayor of the Municipal Corporation of Delhi (MCD) after she defeated BJP's Rekha Gupta by 16 votes. First-time councillor Shelly, who received 150 votes, has become the first non-BJP Mayor after a gap of 15 years. Soon after AAP's victory in the mayoral election, which had become a cause of bitter rivalry between AAP and BJP on many occasions, Delhi Chief Minister Arvind Kejriwal said, "People of Delhi have won and hooliganism has been defeated." Aaley Mohammad Iqbal has been elected Deputy Mayor. He got 147 votes, while BJP's Kamal Bagri got 116. A total of 266 votes were polled, as all Congress councillors, except one, had skipped the mayoral elections. The Congress had already announced that they won't participate in the elections.

Source: TNS

SC rejects plea to gag media from reporting on Adani-Hindenburg row

The Supreme Court on Friday, February 24, rejected a plea filed by Advocate ML Sharma seeking to injunct the media from reporting on the Adani-Hindenburg issue till the court delivers its verdict on the committee. "We won't injunct the media... We will pronounce our order," Chief Justice of India DY Chandrachud told Sharma.

Focus on 'inclusive agenda': PM Modi's address at G20 finance ministers' meeting

Prime Minister Narendra Modi on Feb 24 urged G20 finance ministers to focus on an "inclusive agenda" and the most vulnerable citizens of the world as the first ministerial meeting of the world's largest economies got underway in Bengaluru under the shadow of the Ukraine conflict. The Indian side has sought to keep the focus of its G20 presidency on the economic and geopolitical fallout of the war, especially on the Global South, while working to bridge differences within the grouping on the Ukraine crisis. The prime minister, in his remarks in English to the FMCG meeting, made no direct reference to the Ukraine crisis but acknowledged the challenges confronting the finance ministers and "serious economic difficulties" facing the world.

Sense of uncertainty as Congress' plenary session begins in Raipur amid ED raids

RAIPUR (TIP)

As the Congress' plenary session in Raipur begins on February 24, there is a sense of palpable uncertainty amongst the leaders in Chhattisgarh that comes in wake of the raids conducted by the directorate of enforcement (ED), party insiders said.

According to people aware of the matter in the party, the recent action of the federal agency has affected the energy levels of the cadre and supporters engaged in preparation of the plenary session.

The raids started on Monday days before the 85th plenary of the Congress's central decision-making body which begins today and will continue till Sunday.

Over 15,000 delegates will join the plenary session beginning today to discuss the political situation, economy, foreign policy, agriculture, employment and social justice and set the tone for the Congress's 2024 national poll campaign.

"The raids have scared many people, especially those who were close to the government and were given responsibility to handle the plenary session. There is a sense that ED can raid anywhere in the state," said an MLA, preferring anonymity.

The MLA further alleged there is buzz within the party that some big leader could be detained by ED in the next few days.

Another senior Congress leader of the state claimed the party is all prepared and also has a strategy to counter the issue but leaders are perplexed over the consequences.

"We have managed to create a



narrative that the raids are political and BJP by misusing the agencies that, are trying to harass us but most of us are perplexed about what will happen in the coming months. The narrative of corruption will not work as people understand what is going on," said the leader.

Reacting on the same, a BJP leader, who did not wish to be named, said in urban areas of Chhattisgarh corruption will be a big issue in upcoming elections.

"As the scam is unfolding, the narrative in urban areas of Chhattisgarh is changing and gradually moving towards corruption. The raids have rattled Congress and they are not able to decide their strategy," said the BJP leader.

Congress leader and spokesperson RP Singh, who was quizzed by ED on Monday, said the aim is to harass the leaders and nothing else.

"This is vendetta politics, nothing else," Singh said.

"Properties and cash more than ₹100 crore are being attached by ED till now. If they are not guilty, why are they scared? The ED is doing its job," said Ajay Chadrakar, chief spokesperson of BJP.

On Wednesday, ED reached three departments of Chhattisgarh which are headed by three senior ministers of the state.

People aware of the matter on Wednesday said ED had gathered some documents from these offices related to the alleged coal levy scam. Source: HT

Oppn slams Jaishankar for remarks on China, BBC docu; point to his father's comments on Gujarat riots

NEW DELHI (TIP)

Opposition leaders on Wednesday, February 22, lashed out at External Affairs Minister S Jaishankar for his remarks on China and the BBC documentary on Prime Minister Narendra Modi, with many of them pointing to his father's reported comments against the then Gujarat dispensation following the 2002 riots.

The Congress called Jaishankar a "failed" minister and alleged that his remarks on the China issue have "demeaned" the valour of India's armed forces. Congress spokesperson Supriya Shrinate also alleged that foreign policy has been reduced to photo-ops and a chest-thumping exercise and is being used to secure contracts for a businessman.

The opposition party's attack came over the minister's reported remarks urging people to not buy the narrative that somewhere the government is on the defensive or is being accommodative on



External Affairs Minister S Jaishankar.

the China issue. Jaishankar also reportedly hit out at the British Broadcasting Corporation (BBC) over its documentary on Modi and called it "politics by another means".

Slamming Jaishankar, TMC's Rajya Sabha MP Jawahar Sircar said, "Strange -- that Jaishankar discovered his angst against the Gandhis -- after serving them most loyally and taking the best of postings under them? Is it Amnesia or is he just cuddling up to BJP for his unprecedented promotion as Foreign

Minister?" In another tweet, Sircar referred to Jaishankar's "politics by another means" remark, saying the question is whether the facts shown in the documentary are true or false.

"Could thousands of lives be saved if Modi administration was less indulgent," Sircar said.

"S Jaishankar's father, K Subramanyam said Dharma was killed in Gujarat (2002 Riots). Those who failed to protect innocent citizens are guilty of adharma. Rama...would have used his bow against the 'Asura' rulers of Gujarat. Shame on son -- serving Asura!" the TMC MP said in another tweet.

Shrinite also spoke of reported 'Asura' remarks of Jaishankar's father K Subrahmanyam. "You may attack anyone, but you must listen to the words of the elderly who have wisdom and experience. You should listen to your father... He may be old but has the wisdom and experience and you should listen to him," she said.

Source: PTI



Dr Rajeev Singh Raghuvanshi is new Drugs Controller General of India

Indian Pharmacopoeia Commission secretary-cum-scientific director Rajeev Singh Raghuvanshi was on February 22 appointed the new Drugs Controller General of India (DCGI), according to an official order.

The Union Public Service Commission (UPSC) had last month recommended his name for the post of DCGI. "The Appointments Committee of the Cabinet has approved the proposal for appointment of Dr. Rajeev Singh Raghuvanshi, Secretary-cum-Scientific Director, Indian Pharmacopoeia Commission, to the post of Drugs Controller (India), Central Drugs Standard Control Organization (CDSCO)," the ACC order said. It said the appointment will be in effect from the date he assumes charge till he attains the age of superannuation on February 28, 2025 or until further orders, whichever is earlier.

He succeeds Dr V G Somani whose extended tenure ended on February 15, and Dr P B N Prasad was given the charge of the post from February 16 to 28. Dr Somani was appointed DCGI for a term of three years on August 14, 2019 and he took charge on August 16.

His tenure was extended twice-on August 16 and November 16, 2022 -- for three months each.

The DCGI heads the Central Drugs Standard Control Organisation (CDSCO) which is responsible for ensuring quality drugs supply across the country. It also has authority to give approval to new drugs and regulating clinical trials.

CHANDIGARH (TIP)

The ongoing row between Governor Banwarilal Purohit and Chief Minister Bhagwant Mann in Punjab further deepened on Thursday, February 23, with the former refusing to summon the Assembly's Budget session while stating that he would take a decision only after getting legal advice on the "derogatory and unconstitutional" letter and tweet made by the AAP leader in response to a letter from Raj Bhavan on February 13.

The governor sent a letter to Mann to convey his position on the state cabinet's decision two days ago regarding the summoning of the house of the legislature of the state. The state cabinet on Tuesday decided to convene the budget session of the Punjab assembly on March 3, following which the governor was requested to summon the house.

"Since your tweet and letter both are not only patently unconstitutional but extremely derogatory also, therefore, I am compelled to take legal advice on this issue. Only after getting legal advice, I will take a decision on your request," Purohit wrote. The letter is likely to further flare up the long-running tussle between Mann and Purohit which has strained their relations.

The governor had, in a letter to Mann on February 13, raised questions about the selection of school principals for a training trip to Singapore, saying he received complaints of "malpractices and illegalities" in this regard.

The AAP government sent 36 government school principals to a

RAJ BHAWAN-GOVT ROW ESCALATES

'Legal advice first': Guv refuses to give nod to summon Punjab assembly budget session



Chief Minister Bhagwant Mann and Governor Banwarilal Purohit. File photo

professional teacher training seminar in Singapore from February 6 to 10. The governor also questioned the appointment of Guninderjit Singh Jawandha as the Punjab Information and Communication Technology (Punjab Infotech) chairman while pointing out that his name figured in a kidnapping and property grabbing case.

He had also raised questions about the promotion and posting of IPS officer Kuldeep Singh Chahal as the Jalandhar police commissioner; the presence of a non-official Naval Aggarwal in meetings of senior officers where sensitive and confidential matters of security of the country were discussed, and non-disbursal of scholarships to 2 lakh SC students. Claiming that Mann

"never cared to reply" to his letters in the past and treated "all my queries with contempt", Purohit told the CM that people elected him (Mann) for running the administration as per the Constitution and not according to his "whims and fancies" and that he is bound to furnish any information sought by Raj Bhavan. He also asked Mann to reply to his letter within a fortnight, failing which he would be compelled to take legal advice for further action.

Mann promptly took to the microblogging site Twitter to tell the governor that he and his government are accountable to 3-crore Punjabis according to the Constitution and not to any governor appointed by the central government.

INVESTORS' SUMMIT

Will ensure ease of doing business: Punjab CM

MOHALI (TIP)

Underlining the government initiatives towards facilitating the ease of doing business for the new industrial units in Punjab, Chief Minister Bhagwant Mann On February 23 unveiled the roadmap for industrial growth with minimal government interference.

He was addressing the inaugural session of the fifth Progressive Punjab Investors' Summit at the Indian School of Business (ISB) here.

The CM said, "We will abolish the necessity of obtaining the change of land use (CLU) and no objection certificates." He said, "This summit is not about signing MoUs. This is a platform for learning and sharing ideas. We don't want to repeat the habit of making big announcements about MoUs, as done in the past. Majority of those showed no result on the ground."

He unveiled the new Industrial and Business Development Policy with incentives for investors undertaking expansion projects, setting up new MSMEs or large units, start-ups in service and



Punjab Chief Minister Bhagwant Mann, along with business leaders during the inaugural session of the fifth Progressive Punjab Investors' Summit in Mohali on Feb 23.

manufacturing sectors. Punjab is developing 20 rural industrial clusters and 15 industrial parks. The state has received investment worth over Rs 40,000 crore since March 2022 and generated around 2.5 lakh employment opportunities. He also made a special mention of the investments received from Japan, UK, UAE, USA, Germany, South Korea, Singapore, Spain,

France, Italy and other countries.

Investment Promotion Minister Anmol Gagan Mann said, "We are investing heavily in developing infrastructure to attract tourists with special emphasis on adventure and water tourism."

Medanta Group chairman Dr Naresh Trehan said, "We are coming to Punjab. We are working on establishing ourselves in Punjab as soon as possible."

Mahindra and Mahindra executive director Rajesh Jejurikar said, "We have invested in Punjab for decades. We have grown five times since 2007. We have four manufacturing units in Punjab and are investing in the fifth one, which at present, is under construction." Cargill (India) president Simon George said, "We have 13 manufacturing locations in the country. We made the first investment in Punjab in 2016. We are in the process of doubling our investment here over the next two years."

RJ Corp chairman Ravi Kant Jaipuria said, "We have two large plants in Punjab at Phillaur and Pathankot. We are in the process of doubling our production at the Pathankot unit." Source: TNS



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RIVERDANCE RETURNS TO NJPAC WITH 25 BREATHTAKING YEARS

BY MABEL PAIS

Fall in love with the magic of 'Riverdance' - the international Irish Dance phenomenon - once again, after 25 years!



Riverdance performers

Photo / Courtesy NJPAC

'Riverdance: 25th Anniversary Show' is 'Riverdance,' as you've never seen it before comes to New Jersey Performing Arts Center (NJPAC) in Newark for five extraordinary performances, Friday, March 10, at 8 PM Saturday, March 11, at 3 PM and 8 PM and Sunday, March 12 at 2 PM and 7 PM.

A powerful and stirring reinvention of this beloved favorite, celebrated the world over for its Grammy Award-winning score and the thrilling energy and passion of its Irish and international dance. Twenty-five years on, composer Bill Whelan has re-recorded his mesmerizing soundtrack while producer Moya Doherty and director John McColgan have completely reimaged the ground-breaking show with innovative and spectacular lighting, projection, stage and costume designs. Immerse yourself in the extraordinary power and grace of its music and dance - beloved by fans of all ages. Fall in love with the magic of 'Riverdance' all over again.

'Riverdance The Animated Adventure' was released on Netflix in the United States on January 14, 2022, where it swiftly landed a spot on the streamer's Global Top 10 list. With an original score by Grammy Award-winning composer Bill Whelan, the animated musical

comedy features the incredible craft and skill of the Riverdance troupe by utilizing motion capture of their performances to create the animated dancing in the film. Tour lead dancers Maggie Darlington and Anna Mai Fitzpatrick and Executive Producer/Director Padraig Moyles were involved with the dance production for the film, while tour musicians Mark Alfred and Tara Howley play on the film score.

'Riverdance' began its journey as the interval act in the 1994 Eurovision Song Contest, produced for television by Moya Doherty. Since its inception, 'Riverdance' has packed theaters throughout North America, Oceania, Asia, Europe, South Africa and South America.

RIVERDANCE: 25TH ANNIVERSARY SHOW

'Riverdance: 25th Anniversary Show' has been designed by lead designer Peter Canning, featuring Set by Alan Farquharson, Lighting by Andrew Voller and Video by Cosmo AV along with Costumes by Joan Bergin and Sound by Michael O'Gorman.

The cast will include lead dancers Amy-Mae Dolan, Will Bryant, Maggie Darlington, Anna Mai Fitzpatrick, Fergus Fitzpatrick, James Greenan and Meadhbh Kennedy, troupe members Brandon Asazawa, Belle Brenton, Kieran Bryant, Morgan Bullock, Gerard Byrne, Keeva Correy, Matthew Gardiner, Michael Gardiner, Emma Mannion, Jordan McCormick, Faith Moore, Olivia Nactigal, Cian Porter, Dylan Scholls Zoe Talbot, Mairead Trainor and Elle-Mae Wheeler, Russian dancers Ana Turcan, Eugeniu Turcan, Christine Lesnikova and Alexander Safonov, tappers Tyler Knowlin and Dharmesh Patel, and Flamenco dancer Rocio Dumset.

The company includes TikTok sensations Matthew and Michael Gardiner (@gardinerbrothers) and Morgan Bullock (@yourangleyuordevil), whose performance of Megan Thee Stallion's "Savage Remix" went viral on the platform in 2020 and will make her professional US stage debut in this production. The cast will also feature, for the first time, children of original 'Riverdance' cast members, Cian Porter and Faith

CRITICAL PRAISE FOR RIVERDANCE:

"A Riverdance to Love! Exciting! Hypnotic! Thrilling!"
- THE GLOBE AND MAIL

"The sort of spectacle and experience that comes along once in a lifetime." - THE HOLLYWOOD REPORTER

"Excellence beyond compare ... majestic unshackled emotion ... the audience was teeming with passion, so much that some audience members were even dancing in the aisles."
- GUANGZHOU DAILY

Moore.

INFORMATION & TICKETS

For more information, visit:

Website: www.riverdance.com - Facebook: @Riverdance
Twitter: @Riverdance - Instagram: @Riverdance - TikTok: @Riverdance
For Tickets, visit ticketmaster.com/artist/778497?venueId=308

DID YOU KNOW?

Since 'Riverdance' began performances in Dublin in 1995, the show has...

Played 12,340 performances

Seen live by over 28 million people in 550 venues worldwide

Played throughout 48 countries across 6 continents

Played to a global television audience of more than 3.5 billion people

Sold over 3 million copies of the Grammy Award-winning CD

Sold 10 million Riverdance videos & DVDs

Riverdance holds the Guinness World Record for the 'Longest Riverdance Line,' which featured 1693 participants

Since the Riverdance Summer School began in 2015 over 2000 Irish Dancers from 23 countries worldwide have attended the school and learned the iconic Riverdance steps.

& Garfunkel Story' for another tour and to be bringing this music to so many communities around the US. Benjamin Cooley (as Art Garfunkel) is an actor, also based in New York. He too couldn't be more excited to tell the story of two young men from Queens who wrote the music of their generation.

TICKETS

Get your Tickets to see 'The Simon & Garfunkel Story' by visiting NJPAC.org (njpac.org/event/the-simon-garfunkel-story) or the NJPAC Box Office or calling 888.GO.NJPAC (888.466.5722).

NJPAC

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Youtube: Standing in Solidarity playlist
(Mabel Pais writes on The Arts and Entertainment, Social Issues, Health & Wellness, Cuisine and Spirituality)

FOLK ROCK NOSTALGIA COMES ALIVE AT NJPAC

BY MABEL PAIS

Ready for some '60s nostalgia? You are in the right place!



(left) Paul Simon & (right) Arthur Garfunkel on stage.
Photo / Courtesy NJPAC

The New Jersey Performing Arts Center (NJPAC) presents 'The Simon & Garfunkel Story' on Thursday, March 2, 2022 at 7:30 p.m. This immersive and transcendent experience chronicles the amazing journey shared by the folk-rock duo, Paul Simon and Art Garfunkel.

The show tells the story from their humble beginnings when they were known as Tom & Jerry, to their incredible success as one of the best-selling music groups of the 1960s, to their dramatic split in 1970. It

culminates with the famous "The Concert in Central Park" reunion in 1981 with more than a half-million fans in attendance. With performances in more than 50 countries worldwide, 'The Simon & Garfunkel Story' is a critically acclaimed concert-style theater show about two young boys from Queens, New York, who went on to become the world's most successful music duo of all time.

Using state-of-the-art video projection, photos,

original film footage, and a full live band, 'The Simon & Garfunkel Story' is a moving and powerful concert featuring all the hits such as "Mrs. Robinson", "Bridge Over Troubled Water", "Homeward Bound", "Scarborough Fair", "The Boxer", "The Sound of Silence" and many more.

With more than 100 million album sales since 1965, Simon & Garfunkel's perfect harmonies and songs that poignantly captured the times made them one of the most successful folk-rock duos of all time. Over the years, they won 10 Grammy Awards and were inducted into the Rock and Roll Hall of Fame in 1990. In 1977, their "Bridge Over Troubled Water" album was nominated at the 1977 Brit Awards for Best International Album. In 2003, Simon and Garfunkel were awarded a Grammy Lifetime Achievement Award and the following year saw their "The Sound of Silence" awarded a Grammy Hall of Fame Award.

In this performance, Taylor Bloom (as Paul Simon) is an actor and musician based out of New York City. He is utterly thrilled to be back on the road with 'The Simon

NYC WELCOMES JUSTICE FILM FEST

BY MABEL PAIS

Featuring



Outta The Muck

Credit / Justice Film Fest 2023

**Co-Director Bhawin Suchak's OUTTA THE MUCK
Three OSCAR-SHORTLISTED AAPI Filmmakers at OPENING NIGHT
and more**

The Justice Film Festival (JFF) returns to New York City for its 11th anniversary March 1-4, 2023 with screenings at three venues throughout the city.

Screenings will take place throughout the week at DCTV's Firehouse Cinema for Documentary Film (87 Lafayette Street, NY 10013), the Sheen Center for Thought & Culture (18 Bleecker Street, NY 10012), and the Fashion Institute of Technology (FIT) New York's Katie Murphy Amphitheater (227 West 27th Street, NY 10001).

For the first time at a mainstream film festival opening night, three Asian American Pacific Islander (AAPI) documentaries come together with their directors. Oscar-shortlisted documentaries 'Bad Axe' and '38 at the Garden' kickoff opening night, followed by the New York premiere of 'UNCONDITIONAL.' "This opening night is a groundbreaking moment. I wish our festival was not the first," says Justice Film Festival director and founder Andy Peterson. He went on to say, "These three directors are part of a trailblazing wave of filmmakers."

"Now in our second decade we are embracing the opportunity to create space for these vitally important conversations by expanding our reach and creating more ways for people to engage in the Justice Film experience. And as always we are proud to

participate in the greater movements of equity and inclusion by sharing these groundbreaking films."

The complete film program comprising 13 feature films and 15 short films. 42% of this year's filmmakers (directors & producers) are female, and a record 43% of our films are from creators who identify as BIPOC or AAPI.

2023 FESTIVAL LINEUP

FEATURES

SENTENCED - New York City Premiere

Directors/Producers: Connor Martin & Mark Allen Johnson

THE FIRST STEP

Directors/Producers: Kramer Brothers

OUTTA THE MUCK

Directors/Producers: Bhawin Suchak & Ira McKinley

38 AT THE GARDEN

Directors/Producers: Frank Chi, Travon Free & Samir Hernandez

LOVELY JACKSON - New York City Premiere

Directors/Producers: Matt Waldeck & Rickey Jackson

THE FLAGMAKERS

Directors/Producers: Cynthia Wade & Sharon Liese

THE SMELL OF MONEY - New York City Premiere

Directors/Producers: Shawn Bannon & Jamie Berger

STRANGER AT THE GATE

ACADEMY AWARD NOMINEE: Best Documentary Feature

Directors/Producers: Joshua Seftel & Suzanne Hillinger

STREET REPORTER - New York City Premiere

Directors/Producers: Laura Waters Hinson & Bryan Bello

ITHAKA

Directors/Producers: Ben Lawrence & Gabriel Shipton

ANGOLA DO YOU HEAR US?

Directors/Producers: Cinque Northern & Catherine Gund

UNCONDITIONAL - New York City Premiere

Directors/Producers: Richard Lui & Alex Lo

For the updated lineup of Features and Shorts, visit justicefilmfest.com

UPDATES & TICKETS

For updates, visit justicefilmfest.

twitter.com/justicefilmfest, and

instagram.com/justicefilmfestival

For Tickets, visit justicefilmfest.com

(Mabel Pais writes on Social Issues, The Arts and Entertainment, Health & Wellness, Cuisine and Spirituality)

NYICFF COMES TO YOUR NEIGHBORHOOD

BY MABEL PAIS

New York city, considered the cultural capital of the world, brings you the Oscar-qualifying New York International Children's Film Festival (NYICFF) which takes place March 3-19.

NYICFF IN YOUR NEIGHBORHOOD

New this year, as a forerunner to the Festival, there is a NYC Special Event happening on February 24, 25, 26 - ALL FIVE BOROUGHS - FREE to all

Recommended Ages: 3 to 8

SHORTS Runtime: 54 min. |

Recommended Ages: 3 to 8

Fully explore all New York City has to offer with the little ones in your life (looking at you, folks with Tots).

So NYICFF is teaming up with organizations in all five boroughs to present nyicff.org/niyn, a free culture crawl to help you find your new go-to spot for art, film, books, and more.

For the full lineup, visit nyicff.org/programs/nyicff-in-your-neighborhood

THE NEW YORK INTERNATIONAL CHILDREN'S FILM FESTIVAL (NYICFF)

Ringing in its 26th year, NYICFF is



Suzume

North America's largest and most prestigious film festival for young audiences. NYICFF this year is thrilled to return to all in-person screenings and events. The festival begins Friday, March 3rd and will run weekends through March 12th in New York City. Expanding to venues across Manhattan and Brooklyn, hosts include: SVA Theatre, Film Forum, DCTV's Firehouse Cinema, Scandinavia House, and Alamo Drafthouse Brooklyn.

and more, this year's program continues NYICFF's commitment to curating diverse stories told from a multitude of places and perspectives. Stylistically, the festival also offers a broad range of options from live action to the many compelling styles of animation, spotlighting hand-drawn artistry in particular.

FILM LINEUP

For the complete film lineup, visit nyicff.org

TICKETS

For tickets to the Fest, visit nyicff.org/tickets

NYICFF

NYICFF is a place for the next generation of moviegoers-and even movie makers.

However, NYICFF is not only for kids! The festival has rich programming to offer film lovers of all ages. The festival is committed to quality and challenging content and serves families, educators, filmmakers, and media arts professionals.

(Mabel Pais writes on Social Issues, The Arts and Entertainment, Health & Wellness, Cuisine and Spirituality)

The final weekend of March 18th & 19th will be at the Sag Harbor Cinema (Staten Island), a new addition this year.

For its 26th edition, the festival celebrates friendship, community and art as vital forces in our lives and crucial tools to push against the status quo and open new avenues of joy and possibility.

With seven U.S. and International Feature Premieres and titles hailing from France, Mexico, Japan, The Netherlands,

AFF AT NYC'S BARNARD COLLEGE PRESENTS ITS SHOWCASE @ 13

BY MABEL PAIS

Featuring



My Name is Andrea

Credit / Athena Film Fest 2023



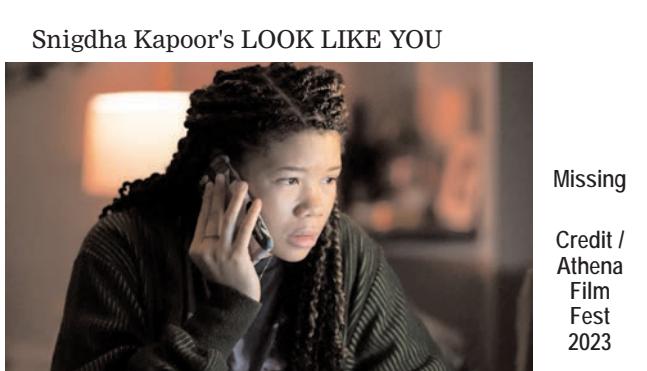
Pratibha's Parmar's MY NAME IS ANDREA

Credit / Athena Film Fest 2023



Madhu (Honey)

Credit / Athena Film Fest 2023



Snigdha Kapoor's LOOK LIKE YOU

Missing
Credit / Athena Film Fest 2023

Co-Producer Aneesh Chaganty's MISSING and more

The Athena Film Festival (AFF) at the Barnard College campus, New York City presents its 13th annual showcase, March 2-5, 2023. This is a joint partnership between Barnard's Athena Center for Leadership and the initiative Women and Hollywood.

The annual festival includes film screenings, in-depth conversations and panels with filmmakers and industry experts, a series of programs that support the pipeline of women creatives, and a wide variety of events focused on celebrating and amplifying the stories of bold, courageous women leaders.

"Entering the 13th year of the Athena Film Festival I could not feel more proud of the unique and exciting slate of films we are sharing with our audiences this year. We look forward to bringing these important and underrepresented voices to the big screen," said Melissa Silverstein, Co-Founder and Artistic Director of AFF and Founder of Women and Hollywood.

"The narratives we see shape our understanding of the world," said Umbeen Bhatti, Constance Hess Williams '66 Director of Barnard's Athena Center for Leadership. "At

the Athena Film Festival, audiences won't encounter tired, outdated narratives, but rather, narratives that more accurately reflect the world we live in and the future we want to build."

SCHEDULE & UPDATES : For the film schedule & regular updates, visit aff23.eventive.org/schedule.

TICKETS : Passes and tickets for the 2023 Athena Film Festival are available at athenafilmfestival.com.

NARRATIVES

Angry Annie (Annie Colère)

France 1 Director: Blandine Lenoir 1 Writers: Blandine Lenoir and Axelle Robert
Producers: Aurora Films, Local Films

Daughter of Rage (La Hija de Todas las Rabias)

New York Premiere 1 Nicaragua 1 Director/Writer: Laura Baumeister de Montis 1 Producers: Martha Orozco, Laura Baumeister de Montis, Rossana Baumeister, and Bruna Haddad

Fogaréu

Brazil, France 1 Director: Flávia Neves 1 Writers: Melanie Dimantas and Flávia Neves 1 Producers: Mayra Faour Auad, Vania Catani, and Thomas Sparfel

My Emptiness and I (Mi vacío y yo)

Spain 1 Director: Adrián Silvestre 1 Writers: Raphaëlle Pérez, Adrián Silvestre, and Carlos Marques-Marcet 1 Producers: Testamento and Alba Sotorra

Missing

United States 1 Directors/Writers: Nick Johnson and Will Merrick 1 Producers: Aneesh Chaganty, Sev Ohanian, and Natalie Qasabian

Moving On

United States 1 Director/Writer: Paul Weitz 1 Producers: Paul Weitz, Stephanie Meurer, Andrew Miano, Chris Parker, and Dylan Sellers

Rachel Hendrix

United States 1 Director/Writer: Victor Nuñez 1 Producer: Heidi Levitt

The Lost King

New York Premiere 1 United Kingdom 1 Director: Stephen Frears

Writers: Steve Coogan and Jeff Pope 1 Producers: Steve Coogan, Christine Langan, and Dan Winch

Vera Dreams of the Sea

Kosovo 1 Director: Kaltrina Krasniqi 1 Writer: Doruntina Basha 1 Producer: Shkumbin Istrefi

DOCUMENTARIES

Body Parts

United States 1 Director: Kristy Guevara-Flanagan 1 Producer: Helen Hood Scheer

Black Mothers Love and Resist

United States 1 Director/Writer: Débora Souza Silva 1 Producers: Débora Souza Silva, David Felix Sutcliffe, Adina Luo, and Loi Ameera Almeron

Buffy Sainte-Marie: Carry It On

Canada 1 Director: Madison Thomas 1 Writers: Andrea Warner and Madison Thomas 1 Producer: Stephen Paniccia

Category: Woman

Canada 1 Director/Writer: Phyllis Ellis 1 Producers: Phyllis Ellis and Howard Fraiberg

Esther Newton Made Me Gay

United States 1 Director: Jean Carlomusto 1 Producers: Jean Carlomusto and Shanti Avirgan

The Fire That Took Her

United States 1 Director: Patricia Gillespie 1 Producers: Julie Goldman, Kristi Jacobson, Carolyn Hepburn, Christopher Clements, and Tracy Elizabeth Jarrett

Jeannette

United States 1 Director: Maris Curran 1 Producer: Jon Coplon

Judy Blume Forever

United States 1 Directors/Producers: Davina Pardo and

Leah Wolchok 1 Producers: Sara Bernstein, Marcella Steingar, and Justin Wilkes

Mama Bears

United States 1 Director: Daresha Kyi 1 Producer: Laura Tatham

My Name Is Andrea

United States 1 Director: Pratibha Parmar 1 Producer: Shaheen Haq

Queen of the Deuce

Canada, Greece 1 Director: Valerie Kontakos 1 Writers: Christos Asteriou, Valerie Kontakos, and Despina Pavlaki 1 Producers: Ed Barreveld, Valerie Kontakos, and Despina Pavlaki

SHORTS

CANS Can't Stand

United States 1 Directors: Matt Nadel and Megan Plotka 1 Producer: Matt Nadel

El Carrito

United States 1 Director/Writer: Zahida Pirani 1 Producers: Zahida Pirani, Mauricio Piratova, and Ran Yan

The Feeling of Being Close to You

Singapore/United States 1 Director/Writer/Producer: Ash Goh Hua

Glazing

New York Premiere 1 United States 1 Director/Writer/Producer: Lilli Carré

Honey (Madhu)

India 1 Directors: Tanmay Chowdhary and Tanvi Chowdhary 1 Writer: Tanvi Chowdhary 1 Producer: Sue-Ellen Chitunya

Lilith's Eve

United Kingdom 1 Director: Sam de Ceccatty 1 Writers: Manon Ardisson and Sam de Ceccatty 1 Producer: Manon Ardisson

Long Line of Ladies

United States 1 Directors: Rayka Zehtabchi and Shaandiin Tome 1 Producers: Garrett Schiff, Rayka Zehtabchi, Sam Davis, and Pimm Tripp-Allen

Look Like You

United States 1 Director/Writer: Snigdha Kapoor 1 Producers: Pulkit Datta and Lauren Sowa

Love, Barbara

United States 1 Director: Brydie O'Connor 1 Writers: Brydie O'Connor and Matt Hixon 1 Producers: Brydie O'Connor and Myriam Schroeter

The Panola Project

United States 1 Directors/Writers: Rachael DeCruz and Jeremy S. Levine 1 Producers: Rachael DeCruz, Jeremy S. Levine, and Melissa Fajardo

United States 1 Directors: Shenny De Los Angeles and Maria Marrone 1 Writer/Producer: Shenny De Los Angeles

Still Waters

United States 1 Director/Writer: Aurora Brachman 1 Producer: Mariales Diaz

Talk Black

United States 1 Director/Writer: Destiny Macon 1 Producers: Destiny Macon, Jonathan Baty, Brad Jayne, Kisha Imani Cameron, and Smitha Lee

To Wade or Row

United States 1 Director/Writer: Rebecca van der Meulen 1 Producers: Leanne Macaione and Dina Barossi

THE ANTHEM FILM ESTIVAL

Learn more at athenafilmfestival.com.

THE ATHENA CENTER AT BARNARD COLLEGE

Learn more at athenacenter.barnard.edu.

WOMEN AND HOLLYWOOD

Learn more at womenandhollywood.com.

BARNARD COLLEGE

Learn more at barnard.edu.

ARTEMIS RISING FOUNDATION

Learn more at artemisrising.org

(Mabel Pais writes on Social Issues, The Arts and Entertainment, Health & Wellness, Cuisine and Spirituality)



Amitabh Bachchan, Tiger Shroff-starrer 'Ganapath' to release on October 20

Upcoming dystopian action film, "Ganapath" has booked its release date. On Wednesday, the makers of the film revealed the release date of the film with a power-packed video featuring Tiger Shroff in a rugged avatar.

The film will be released around Dussehra on October 20, in five languages - Hindi, Telugu, Tamil, Malayalam, and Telugu. Tiger Shroff was recently spotted in Mumbai donning a new tattoo on his forearm, which was the big reveal for the announcement of the release date. The film also stars Kriti Sanon and veteran superstar Amitabh Bachchan, who will be playing an important character in the film. This will be the first time when the audience will see Amitabh Bachchan and Tiger Shroff together on the silver screen. On the occasion, producer Jackky Bhagnani said: "I have always been a fan of seeing this new world through the lens of cinema, that's what really excited me about this film. And I am thrilled, excited and can't wait for the audiences to witness and visually experience this new dystopian world of 'Ganapath'." "As always, it's been our endeavor to bring to the audience larger than life cinema and 'Ganapath' will surely enthrall you with its unique and picturesque storytelling."

Pooja Entertainment presents "Ganapath" in association with Good Co. Directed by Vikas Bahl, the film is produced by Vashu Bhagnani, Jackky Bhagnani, Deepshikha Deshmukh, and Vikas Bahl.

Source: IANS

Shahid Kapoor brings A-Game To The Table with khiladi campaign

Bollywood actor Shahid Kapoor, who is basking in the success of his recently released streaming show, 'Farzi', has shot for the campaign of sports platform khiladi.com.

Energetic versatile and jovial, the actor changed the vibe in the studio, as soon as he stepped in for the campaign shoot of the sports platform. While the shoot was fun, it reflects in the final output as well. The first reel which has gone live on the actor's Instagram handle, shows him in an office set up.

Donning a blue shirt paired with a striped waistcoat, he is seen kicking his feet up on the table while his boss negotiates his bonus percentage.

The boss raises the bar of the bonus while Shahid keeps on coolly refusing until they reach the common consensus. When Shahid finally consents to the amount he closes with the punch line "Kyu Ki Khiladi apna bhav janta hain."

Shahid Kapoor Clarifies Whether Mira Rajput Gives Opinion On His Scripts

Actor Shahid Kapoor, in a new interview, clarifies if wife Mira Rajput gives her opinions on his choice of scripts. Shahid said that he didn't say that Mira 'sits for narrations and all', adding that people 'can misconstrue'.

In an interview with Bollywood Bubble, Shahid said, "I never said that, my wife sits for narrations and all. Someone can misconstrue the way it is said and think that earlier it was just Shahid and now Mira too should like the script. There is nothing as such. Basically what I was talking about then was that Mira was quite younger and she comes from Delhi. The question was does she understand your world? Do you guys share things with each other?"

He also added, "So in that context, I always share everything with her. I guess, like every couple does that, you know, you spend that little time and you always crave that little time in a day or sometimes in a week where you can just



sit down and tell each other what's going on. Because you know when two people are busy doing their own thing sharing reduces and when you are not sharing enough you lose understanding of each other's scenarios. I have always felt that if you can regularly stay connected with each other it allows that person an insight into what you are dealing with, which they might not get. So in that way, I share everything with Mira."

Last year, when Shahid appeared on Case Toh Banta Hai, he was asked about not liking a script. Shahid had said, "Nahi, aisa kabhi nahi hua hai (laughs). Kaam karna padta hai sir; ghar chalana padta hai. (No, it has never happened

(laughs) We have to work, run the household)," zoom quoted him as saying. Speaking about the difference in opinion with respect to scripts with Mira, he had said as quoted by Zoom, "Ji personal life mein toh roz yahi hota hai, aur jo unka script sense hota hai ussi script par kaam kiya jata hai (This happens everyday in my personal life but whatever she says, goes.)"

Shahid is currently seen in Raj Nidimoru and Krishna DK's Farzi, his web series debut. In the Prime Video show, the actor plays the role of Sunny Farzi, an eight-part series, also features Vijay Sethupathi, Kay Kay Menon, Raashi Khanna, Bhuvan Arora, Amol Palekar, and Regina Cassandra.

Akshay Kumar says 'Bharat hi mera sab kuchh hai'; expresses desire to take up Indian citizenship again

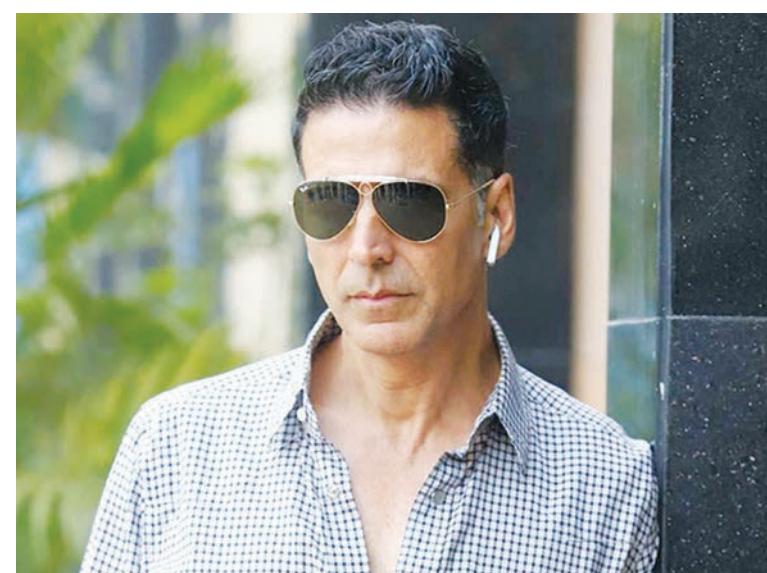
While many of the patriotic films featuring Akshay Kumar have become box office successes, often social media users have questioned the Indian superstar about his patriotism, as they have commented about his Canadian citizenship. It is a known fact that he is a Canadian citizen (going by his passport) which has often irked some users in the past. In fact, the actor has been a victim of several trolls because of the same and recently in an interview, Kumar addressed this matter wherein he also asserted that he would want to once again become an Indian citizen after denouncing his Canadian citizenship.

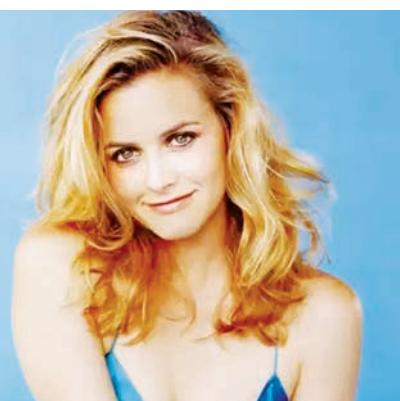
In an interview with Sudhir Chaudhary for Aaj Tak, Akshay Kumar opened up on how he is often hurt by the comments made by people regarding his Indian citizenship. In the same breath, the actor also thanked his home country adding that he owes everything to India. During the interview, Kumar

once again asserted that he has started the process of denouncing his Canadian citizenship and taking up Indian citizenship, further adding, "Mere liye bharat hi sab kuchh hai. Maine jo kuchh kamaya hai, jo kuchh hai, yahin se liya hai. Aur yeh mera saubhagya hai ki mujhe mauka milta yeh sab kuch karne ke liye. Bas yeh hai ki bura lagta hai jab log bina jaane kuch keh dete hain (For me, India is everything. Whatever I have earned, whatever I have, everything is from here. Fortunately, I have received so many opportunities to do this kind of work in the country. It's just that I am often hurt by the things people say about me.)"

On the film front, Akshay Kumar is gearing up for the release of Selfie which is slated to release on February 24. The film features him alongside Emraan Hashmi and also stars Diana Penty and Nushrratt Bharuccha in pivotal roles.

Source: Hollywood Hungama





Alicia Silverstone 'wasn't happy' working in Hollywood, chose to step away

Alicia Silverstone had given up on acting because she "wasn't happy" in Hollywood. The 46-year-old star launched her career appearing in 1993 movie 'The Crush' as well as part of videos for rock band Aerosmith and later became a household name after starring as Cher in hit teen movie 'Clueless' in 1995. But, the actress has admitted she wasn't "comfortable" with fame, reports Female First UK.

She told The Hollywood Reporter: "When 'Clueless' came out, it really shifted. I had been the girl from 'Crush', then I was the Aerosmith chick, and then, after that, I was Cher. It was very complicated and I don't think I knew how to manage it: I didn't have the foundation, the good tools to deal with it, I wasn't prepared for it in any way, shape, or form. I really had no idea what was happening, and it didn't feel comfortable."

Alicia went on to land a big money movie deal and appear in the widely-panned comic book blockbuster 'Batman and Robin' but the actress says she wasn't enjoying herself and decided to step away from Hollywood by the end of the 1990s.

Source: IANS

Tim Burton, Monica Bellucci have been secretly dating

Actress Monica Bellucci and Tim Burton, the director of 'Edward Scissorhands' seem to be dating, and have been for months under the radar.

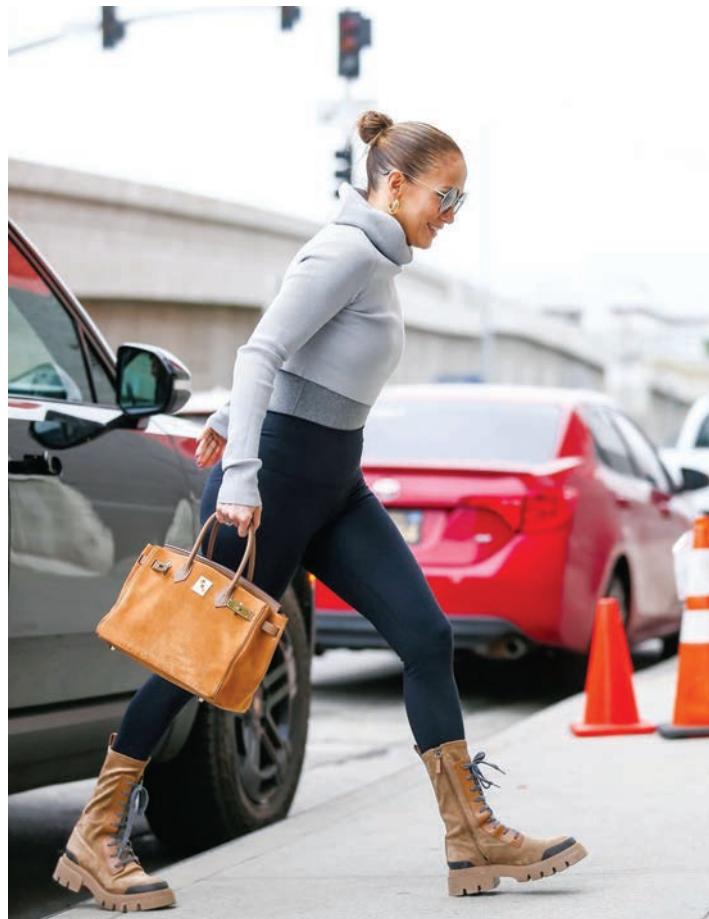
The Italian actress, 58, and the 64-year-old film mogul first met 16 years ago, but have been claimed to have started secretly dating four months ago, reports Mirror.co.uk.

It has been said that the pair decided to make their relationship official around the time of the Lumiere Film Festival in Lyon this October, when Monica presented Tim with the Lumiere lifetime achievement award on stage.

As per Mirror.co.uk, after Monica handed over the prize to her reported beau, Tim said during his speech: "All my life put together, I have never felt so much love as tonight. Welcome to the best funeral I ever had!"

The couple were also reportedly spotted together watching the reproduction of Silent Documentary Film, which was directed in 1895 by the late French filmmaker Louis Lumière. Paris Match reported that the pair "briefly met on the steps of the Palais des Festivals in Cannes in 2006, but it was only sixteen years later, behind the scenes of another festival, that they got closer." Prior to her alleged relationship with Burton, Bellucci has not been on the dating scene since 2019, when she split from artiste Nicolas Lefebvre.

JLo celebrates twins Max, Emme's 15th birthday, posts video featuring Ben Affleck



Actress-singer Jennifer Lopez is celebrating her twins' birthdays and giving fans a look into their lives with their stepdad Ben Affleck.

The songstress, 53, shared an Instagram video filled with special family moments to mark Max and Emme's 15th

birthday, reports People magazine.

"Happy birthday to my beautiful, brilliant coconuts," she wrote in the caption, using the nickname she has for the twins, whom she shares with ex-husband Marc Anthony. "I am so proud of you both in every single way. You bring so much joy and happiness to my heart and soul. I love you beyond forever HAPPY BIRTHDAY #Twins."

The video features glimpses into their 15 years as Taylor Swift's 2008 single, 'Fifteen', plays in the background.

As per People, some of the more recent moments featured in the video include behind-the-scenes shots from Emme's involvement in her mom's 2020 Super Bowl performance and a family photo showing the newly blended family around a dinner table.

Lopez also highlighted a candid moment where Affleck, 50, holds Max in his arms as he lies asleep during a car ride.

The couple, who were married in an intimate Las Vegas ceremony in July, has made their children an important part of their relationship.

Jennifer Matches Her Birkin Bag to Her Bedazzled Bling Cup

Jennifer Lopez just combined two of her favorite accessories for one casually great outfit.

The multi-hyphenate stepped out in Los Angeles, where she elevated her athleisure look with a couple standout pieces. Wearing a slate gray T-shirt, a cropped light gray hoodie, and black athletic leggings, Lopez upped the ante with her purse of choice: an Hermès Birkin bag. This specific Birkin was made of a caramel-toned leather and featured gold hardware throughout.

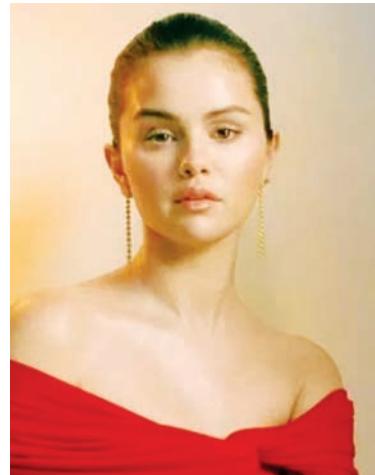
She made sure other aspects of her outfit coordinated with her Birkin's color palette, including her pair of suede Brunello Cucinelli combat boots with chunky soles and the other standout accessory: one of her famous bedazzled travel cups. The sparkling bling cup subtly matched her Birkin with its gradient of bronze and green tones.

Finally, she capped off the rest of her accessories with gold hoop earrings and hexagonal sunglasses.

Selena Gomez Confesses Having A 'Girl Crush' On Bella Hadid

Actress-singer Selena Gomez has confessed that she has a "girl crush" on Bella Hadid years after the pair sparked feud rumours.

The 30-year-old 'Come and Get It' singer and the 26-year-old famously unfollowed each other after Selena started dating Bella's ex-boyfriend The Weeknd - prompting widespread gossip they were feuding - but she has now shared her admiration for the model and her beauty in Instagram posts put on her feed, reports Female First UK.



Selena shared an image of Bella in a photoshoot that she captioned: "Girl crush", and posted a now-deleted video that showed her lip-syncing to a viral clip of the 26-year-old model's voice saying: "So, my name, my name is Bella Hadid" - along with the words: "I wish I was as pretty as Bella Hadid."



305 nominated for 2023 Nobel Peace Prize

Norwegian lawmaker Lan Marie Nguyen Berg nominates climate activists, Greta Thunberg of Sweden and Ugandan Vanessa Nakate



FEBRUARY 22

COPENHAGEN (TIP): The Norwegian Nobel Committee said Wednesday that 305 candidates were nominated for the 2023 Nobel Peace Prize by the February 1 deadline, the lowest number in four years.

The names of the 212 individuals and 93 organisations were not released, in accordance with committee practice.

The Oslo-based organisation said there was a decrease from last year's

343 candidates, and that it was the lowest number of registered candidates since 2019.

Over the last eight years, the number of annual candidates has exceeded 300, it said, adding that the provisional record was set in 2016 with 376.

"Who nominates, and who is nominated for the Nobel Peace Prize is a secret for 50 years," the very secretive board in Oslo said in a statement.

A vast group of people can submit a nomination for the prize: heads of state or politicians serving at a national level, university professors, directors of foreign policy institutes, past Nobel Prize recipients and members of the Norwegian Nobel Committee.

However, those doing the nominating may choose to make it public, raising publicity both for the nominee and the proposer.

Norwegian lawmaker Lan Marie Nguyen Berg of the Green Party nominated two climate activists, Greta Thunberg of Sweden and Ugandan

Vanessa Nakate, "for enormous mobilization" in their continents.

Thunberg has been nominated four times, including last year when the prize went to human rights activists from Ukraine, Belarus and Russia.

The 2022 award was a strong rebuke to Russian President Vladimir Putin, whose invasion of Ukraine ruptured decades of nearly uninterrupted peace in Europe, and to the Belarusian president, his authoritarian ally.

On February 1, the director of the Peace Research Institute Oslo, Henrik Urdal, shortlisted human rights activists as his favourites to win the 2023 award. They included Narges Mohammadi, an Iranian human rights activist and Mahbouba Seraj, an Afghan women's rights activist; Myanmar's representative to the United Nations, Kyaw Moe Tun; and the Netherlands-based International Court of Justice, among others.

Urdal noted that 2023 was the 75th anniversary of the Universal Declaration of Human Rights, and that

his list "reflects a timely and worthy focus on human rights defenders and activists." The Nobel Peace Prize is handed out in the Norwegian capital, Oslo, while the other awards are presented in Stockholm, the capital of Sweden, in line with prize founder Alfred Nobel's wishes.

Five Nobel Prizes were established under the terms of Nobel's will. A sixth, for economics, was created by the Central Bank of Sweden in 1968 as a memorial to Nobel. The winners will be announced in early October.

The laureates receive their awards at prize ceremonies held on December 10, the anniversary of Nobel's death in 1896. The prize includes a diploma, a gold medal and a cash award of 10 million Swedish kronor (about \$1 million) - which often is shared.

The Nobel Peace Prize has always attracted more controversial or surprising nominees than its scientific cousins. Both Vladimir Putin and Donald Trump were nominated in 2021. AP

EUROPEAN COMMISSION BANS TIKTOK ON OFFICIAL DEVICES

BRUSSELS (TIP): The European Commission has banned TikTok on official devices used by staff amid concerns over data protection, a spokesperson told AFP on February 23.

The ban also means European Commission staff cannot use the Chinese-owned video-sharing app on personal devices including phones that have official apps installed, the spokesperson said, confirming a report by news website Euractiv.

Employees must remove the app as soon as possible and should do so by March 15. TikTok, whose parent company ByteDance is Chinese, has faced increasing Western scrutiny in recent months over fears about how much access Beijing has to user data.

The United States last year banned the app from federal government devices, and some US lawmakers are trying to prohibit TikTok from operating in the United States. Last month, the Dutch government reportedly advised public officials to steer clear of the app over similar concerns. In November, TikTok admitted some staff in China can access the data of European users. TikTok chief executive Shou Zi Chew was in Brussels last month for talks with EU officials during which they warned TikTok to ensure the safety of European users' data. (AFP)

Iconic West African revolutionary leader Thomas Sankara reburied in Burkina Faso



OUAGADOUGOU (TIP): Burkina Faso's revolutionary leader, Thomas Sankara, was reburied February 23, eight years after his body was exhumed as part of an investigation. Sankara's body, and those of the 12 people who died with him, were reburied at the site of his assassination, which has since become a memorial for Sankara featuring a life-size statue of the former leader pumping his fist in the air. Soldiers and community leaders paid tribute during a ceremony Thursday, some posing for pictures by Sankara's coffin. All the coffins were draped in Burkina Faso flags with a photo beside them.

Sankara and the others were gunned down in the capital, Ouagadougou, during a 1987 coup and buried hastily, their bodies only allowed to be dug up in 2015, after the ousting of former President Blaise Compaore. Sankara, a charismatic Marxist leader with a reputation as "Africa's Che Guevara," came to power in 1983 at the age of 33 after he and Compaore led a leftist coup that overthrew a moderate military faction. But in 1987, Compaore turned on his former friend in a coup in which he seized power and then ruled the country for 30 years.

Last year, Compaore, who now lives in Ivory Coast, was tried in absentia and convicted of complicity in their murders. A Burkina Faso military tribunal

sentenced him to life imprisonment. Compaore's right-hand man, Gilbert Diendere, and former spy chief Tousma Yacinthe Kafando were also given life sentences. Eight other people were found guilty of a range of charges including giving false testimonies and complicity in undermining state security.

While Sankara's family was happy that he was finally laid to rest, they said the place of burial was like a slap in the face because of the horrors that occurred there. "That place is painful for us to put our feet there. A lot of people were tortured there and crimes committed there and murders," his younger brother

Paul Sankara told The Associated Press by phone from the United States where he lives. The family asked the government to bury him elsewhere but was told it was at the army's discretion since he was a soldier. The West African nation has been struggling with a jihadi insurgency linked to al-Qaida and the Islamic State group that has killed thousands and displaced nearly 2 million people and sowed division among the population leading to two coups last year. The current junta leader, Capt. Ibrahim Traore, has been likened by some to Sankara, as an anti-imperialist pan-African leader, and is using the reburial to increase support, analysts say. (AP)

RUSSIA'S ARMY GUARANTOR OF STABILITY: PUTIN

MOSCOW (TIP): President Vladimir Putin on February 23 called Russia's army a guarantor of national stability, promising to boost arms production nearly a year after the start of the Ukraine offensive.

"A modern, efficient army and navy are a guarantee of the country's security and sovereignty, a guarantee of its stable development and its future," Putin said in a video address on the occasion of the annual "Defender of the Fatherland Day" holiday in Russia.

"That's why, as before, we will pay priority attention to strengthening our defence capabilities," he added on the eve of the first anniversary of Moscow's offensive in Ukraine.

Putin said Russia will "conduct the balanced and high-quality development of all components of the armed forces" in particular by equipping troops with "new strike systems, reconnaissance and communication equipment, drones and artillery systems".

"Now our industry is rapidly increasing the production of an entire range of conventional weapons," he said



in the video released by the Kremlin.

The president also hailed Russian soldiers, who are fighting "heroically" in Ukraine and "defending our people in our historical lands".

Russia's "unbreakable unity is the key to our victory," he said.

Putin sent Moscow's troops to Ukraine on February 24, 2022, launching what he called a "special military operation" there.

In the autumn he announced the mobilisation of 300,000 reservists to boost Russia's ranks in Ukraine, which is backed financially and militarily by Washington and several European capitals.

During his two decades in power, Putin has made strengthening the armed forces a top priority and introduced hypersonic weapons, which he described as "invincible", to Russia's arsenal. (AFP)

Violence around Gaza after deadly Israeli raid in West Bank

GAZA CITY (TIP): The Israeli army and Palestinian militants traded air strikes and rocket fire in and around Gaza on February 23, a day after the deadliest Israeli raid in the occupied West Bank in nearly 20 years.

Eleven Palestinians, including a 16-year-old, were killed and more than 80 wounded by gunfire on Wednesday when Israeli troops raided the flashpoint West Bank city of Nablus, drawing international appeals for calm.

Top Palestinian official Hussein Al Sheikh described the raid as a "massacre" and called for "international protection for our people".

Before dawn on Thursday, Palestinian militants hit back firing six rockets from Gaza into Israel.

The Israeli army said it managed to intercept five of them, while the sixth struck an uninhabited area.

Palestinian militant group Islamic Jihad claimed responsibility for the rockets after it called on "resistance forces" to respond to the "major crime" in Nablus.

Two hours later, the Israeli military carried out air strikes on multiple targets in Gaza, sending plumes of black smoke into the sky.

The missiles targeted "a weapons factory" and a "military camp", both run by Gaza's Islamist rulers Hamas, the army said in a statement.

United Nations chief Antonio Guterres appealed for calm, warning

that tensions in the West Bank had reached their most dangerous level in years.

"Our immediate priority must be to prevent further escalation, reduce tensions and restore calm," the UN chief said.

"The situation in the occupied Palestinian territory is at its most combustible in years," he added, pointing to "sky high" tensions and the stalled peace process.

The Israeli army said Wednesday's raid had targeted a "hideout apartment" used by suspected militants accused of shootings in the West Bank. It said one of the wanted suspects was "neutralised", along with two others at the property who had opened fire on troops.

The suspects and Israeli forces "exchanged fire... there were also rockets that were fired on the house" by the army, spokesman Richard Hecht told journalists.

Rocks, explosive devices and Molotov cocktails were hurled at the troops, the army said, adding that nonetheless they suffered no casualties.

The Palestinian health ministry said those killed "as a result of the occupation's aggression on Nablus" were aged between 16 and 72.

Hours after the raid, the ministry announced the death of a 66-year-old man from tear-gas inhalation.

Wednesday's death toll was the highest since the second Palestinian intifada, or

uprising, ended in 2005, surpassing that of an Israeli raid last month in Jenin, another flashpoint city in the West Bank.

Palestinian health officials said 82 people were admitted to hospital with gunshot wounds.

Mostafa Shaheen, a Nablus resident, said "soldiers... besieged the whole area" at around 9:30 am (0730 GMT).

"We kept hearing the explosions and gunfire," he told AFP.

The Islamic Jihad militant group said one of its commanders was killed "in a heroic battle".

The Lions' Den, a local militant group based in Nablus, said six of those killed were members of various Palestinian factions.

Hailing the army's "courage", Defence Minister Yoav Gallant tweeted that Israel's "long arm" would reach "any terrorist". A huge crowd of mourners, including armed men, gathered in Nablus and the nearby Balata refugee camp in the afternoon for the funerals of 10 of those killed, AFP correspondents reported.

The Palestinian Red Crescent Society said its medics had treated 250 cases of tear gas inhalation and dozens of gunshot wounds. State Department spokesman Ned Price said Washington was "extremely concerned by the levels of violence", while EU foreign policy chief Josep Borrell said the European Union was "deeply alarmed by the spiralling violence in the West Bank". (AFP)

OMAN TO ALLOW ISRAELI PLANES THROUGH ITS AIRSPACE

TEL AVIV (TIP): Israel's foreign minister said on February 23 that the Gulf Arab state of Oman has decided to allow Israeli planes to fly through its airspace. The announcement was another sign of closer ties between Israel and some Arab countries. Oman's Civil Aviation Authority tweeted that it "affirms that the Sultanate's airspace is open for all carriers that meet the requirements of the Authority for overflying," without directly mentioning Israel. The move comes on the heels last year of a similar step by Saudi Arabia, and would shorten the flying distance between Israel and Asia.

"This is a significant and historic decision for the Israeli economy and Israeli travelers," said Foreign Minister Eli Cohen, who said there had been American involvement in the decision. Oman and Israel have had secretive ties for years, which were spotlighted in 2018 when Israeli Prime Minister Benjamin Netanyahu made a surprise visit to the country, the first trip of its kind in over 20 years.

Still, Oman was not among the four countries to sign normalization deals with Israel in 2020 under U.S-brokered agreements known as the Abraham Accords. The United Arab Emirates and Bahrain, as well as Morocco and Sudan, all agreed to normalize ties with Israel as part of the deals.

The sultanate has long had a low-key role in fostering negotiations between the Israelis and Palestinians. Oman, which sits on the southeastern tip of the Arabian Peninsula, with Saudi Arabia to its north and Iran to its east, also has a long record of being a quiet broker in the region, opting to stay on the sidelines of the rivalry between the two regional powerhouses.

Oman has also served as a mediator between the United States and Israel's arch-rival Iran. Oman hosted the secret talks that eventually led to the 2015 Iran nuclear agreement and has facilitated the release of prisoners and hostages held by armed groups. Earlier this week, Oman welcomed Syrian President Bashar Assad on his first visit outside Syria since the earthquake there earlier this month. (AP)

6.8-MAGNITUDE QUAKE HITS EASTERN TAJIKISTAN: USGS

DUSHANBE (TIP): A 6.8-magnitude earthquake hit eastern Tajikistan on February 23, the US Geological Survey said. The quake struck around 5:37 am local time (0037 GMT) at a depth of about 20.5 kilometres (12.7 miles). The USGS estimated that "little or no population" would be exposed to landslides from the quake. Its epicentre appeared to be in Gorno-Badakhshan, a semi-autonomous eastern region that borders Afghanistan and China, about 67 kilometres from the small mountain town of Murghob. (AFP)

EX-PAKISTAN PM IMRAN KHAN APPEARS BEFORE COURT, AVOIDS ARREST

ISLAMABAD (TIP): Former Pakistan prime minister Imran Khan on February 20 thwarted the government's plan to arrest him by personally appearing before the Lahore High Court, which granted him protective bail till March 3 in a case linked to violent protests by his supporters following his disqualification by the election commission.

Justice Tariq Saleem Sheikh had directed 70-year-old Khan to appear before the court for a hearing of his protective bail petition in the case. His court appearance came amid high drama as hundreds of supporters thronged the court premises to show their support for the Pakistan Tehreek-e-Insaf (PTI) leader. Imran overshot the deadline of reaching the court by 5 pm as he could reach only at 7.30 pm as a massive crowd of PTI supporters prevented him from entering. During the hearing, Imran said he respected the courts and added his doctors had advised him against walking due to his leg injury. "My party's name is Tehreek-e-Insaf (movement for justice) and I expect the same from courts," he said.

Earlier, Imran's counsel had requested the court to verify his client's presence through the court staff as the PTI chief was facing difficulty in entering the court due to security reasons. However, the court rejected the request and ordered the security in charge to present the politician before the bench. (PTI)

SIX FISHERMEN INJURED IN SRI LANKAN NAVY 'ASSAULT'

MAYILADUTHURAI (TIP): Six fishermen from Tharangambadi in the district were allegedly assaulted by Sri Lankan Navy personnel at sea near the International Maritime Boundary Line (IMBL) in the wee hours of February 23.

According to sources, P Balasubramaniyan (40), A Karthi (32), M Arunkumar (27), S Madhavan (36), V Murugan (55) and boat owner P Velmurugan (42) put out to sea in Tharangambadi on Tuesday night.

Around 4 am on Thursday, the fishermen were fishing about a dozen nautical miles off Kodiyakarai when the Sri Lankan personnel confronted them. They boarded the fishing vessel and assaulted the fishermen for around three hours. They then seized their equipment onboard such as the GPS, battery, fishing rods and lifebuoys before leaving, sources added. The injured fishermen returned to shore on Thursday afternoon and complained to the local authorities. They also received treatment at Mayiladuthurai Government General Hospital. Based on a complaint, the Vedaranyam Marine Police registered a case. (IE)

Pakistan government orders Foreign Office to slash missions abroad as part of austerity measures: Report

ISLAMABAD (TIP): Pakistan Prime Minister Shehbaz Sharif has ordered the foreign ministry to slash the number of missions abroad and reduce their offices, staff and initiate other measures to cut down expenditures of the debt-ridden nation by 15 per cent, a media report said on February 22.

In a directive titled "Rationalisation of Foreign Mission Abroad" issued by the Prime Minister's Office (PMO) on Tuesday, Sharif also demanded a well-considered proposal/plan from the foreign ministry in concern to the matter within two weeks positively, The News International newspaper reported.

The move to slash the missions abroad was recommended by the National Austerity Committee (NAC), which was constituted by Prime Minister Sharif to suggest austerity measures for the country in the wake of the current financial crisis it is witnessing.

"In view of the ongoing economic constraints and the consequent need for fiscal consolidation and control of external deficit, the prime minister was pleased to constitute NAC," the report said.

"The committee has recommended, inter-alia, that the expenditure on Pakistan Missions abroad may be reduced by 15 per cent. This may be achieved by curtailing the number of Foreign Missions, reduction in the number of officers and staff posted there and other suitable measures," the report added.



The move came as there has been increasing frustration among the political-cum-technocratic members of the federal cabinet for reluctance on the part of the government not to implement the recommendations given by the NAC which was constituted by the premier himself but so far no action got implemented in Pakistan has a chronic balance of payments problem which was exacerbated in the last year, with the country's forex reserves declining to critical levels.

As of February 10, the central bank had only USD 3.2 billion in reserves, enough to cover barely three weeks of imports.

To stem dollar outflows, the government has imposed restrictions, allowing imports of only essential food items and medicines until a bailout is

agreed upon with the International Monetary Fund (IMF), which is seen as essential for the country to stave off default.

Sharif's government is hellbent on implementing measures to cut down on its expenditures by increasing taxes on the public and bringing down government expenses.

Although Finance Minister Ishaq Dar in his mini budget speeches reiterated the government's commitment to undertaking austerity steps by the Prime Minister within weeks, there was a perception that the government undertook all tough measures by hiking electricity, and gas tariffs and imposing Rs 170 billion additional tax burden there was no hurry for cutting down wasteful expenditures, the report said. (PTI)

Bangladesh shuts down main opposition newspaper

DHAKA (TIP): The only newspaper of Bangladesh's main opposition party halted printing on February 20 after a government suspension order was upheld, stoking fears about media freedom in the South Asian nation.

Campaigners and foreign governments including the United States have long expressed worries about efforts by Prime Minister Sheikh Hasina to silence criticism and what they see as creeping authoritarianism.

The Dainik Dinkal, a broadsheet Bengali-language newspaper, has been a vital voice of the Bangladesh Nationalist Party (BNP) for more than three decades. It employs hundreds of journalists and press workers.

It covers news stories that the mainstream newspapers, most of which are controlled by pro-government businessmen, rarely do.

This includes the frequent arrests of BNP activists and what the party says are thousands of fake cases against its supporters.

The newspaper said the Dhaka district

authorities ordered the shutdown on December 26, but it continued to publish after making an appeal at the Press Council headed by a top high court judge.

"The council rejected our appeal yesterday (Sunday), upholding the district magistrate's order to stop our publication," Shamsur Rahman Shimul Biswas, managing editor of the newspaper, told AFP.

The order, a copy of which was obtained by AFP, said the printing permit of the newspaper was cancelled after the newspaper violated the country's printing and publication laws.

The council said the paper's publisher, Tarique Rahman -- the acting chief of BNP -- was a convicted criminal and was living abroad without handing over his job to another person.

Biswas said Rahman, now based in London, submitted his resignation and appointed a new publisher, but the authorities did not accept the changes.

"This shutdown is all part of the government crackdown on dissenting

voices and freedom of speech," Biswas said.

The government on Monday did not comment on the shutdown.

Two Dhaka-based journalist unions said in a joint statement that the decision was a "reflection of the repression of opposition voices".

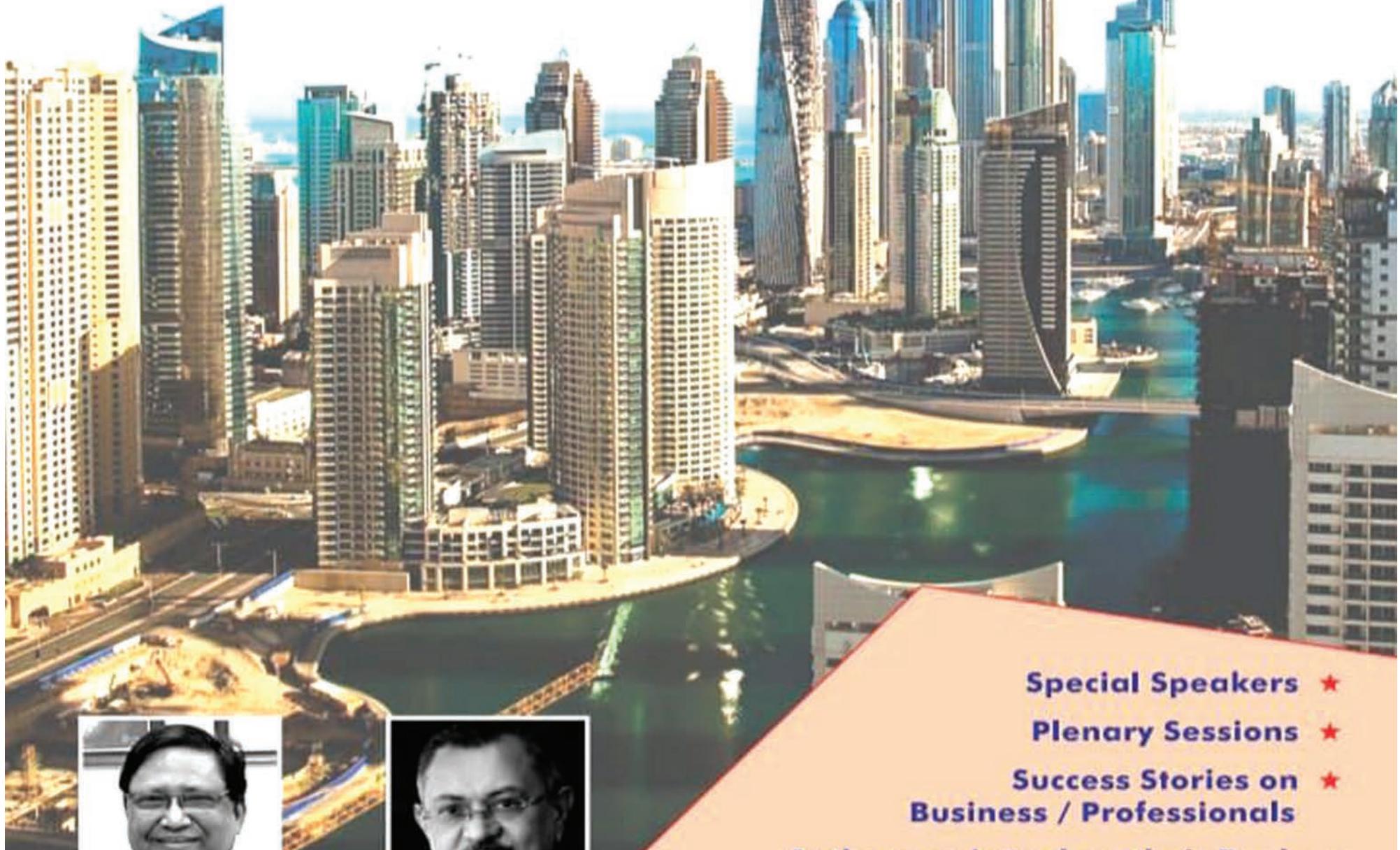
Unions and journalists staged small street protests over the shutdown on Monday.

Last month, Hasina's government ordered the closure of 191 websites it accuses of publishing "anti-state news", citing intelligence reports.

The Bangladesh government has previously blocked websites several times, notably in December 2018 ahead of national elections.

The 2022 World Press Freedom Index compiled by Reporters Without Borders ranked Bangladesh at 162, worse than Russia (155) and Afghanistan (156).

Bangladesh's draconian Digital Security Act, under which hundreds of people have been arrested since 2018, has caused particular alarm. (AFP)

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Tricks to get shiny legs

Moisturizing Your Legs

Use moisturizing lotion daily. Legs that are moisturized will automatically have a nice glow. When your skin is hydrated, it looks younger and much more vibrant. Put on a fresh layer of lotion to give your legs a gorgeous, subtle shine. There are tons of moisturizing lotions that can be purchased at beauty and convenience stores, and you can also use natural products like coconut oil or shea butter to moisturize your skin.

Always apply lotion after you take a shower. This will help lock moisture into your skin, and prevent it from looking dull.

Always apply lotion after you shave or wax your legs. Shaving and waxing can be harsh on your skin, so be sure to moisturize afterwards.

If you're wearing shorts or a dress, carry a small lotion with you to reapply throughout the day. Give your legs a rub down with lotion every few hours to keep your legs looking bright.

Exfoliate your legs

Exfoliation is the key to smooth and shiny legs, as it removes all of your dead skin cells. Dead skin cells cause our skin to look dull and dry. Exfoliating will eliminate that top layer of dull skin, revealing a new layer of bright, moisturized skin. Use a body scrub to exfoliate your legs 2-3 times per week.

Body scrubs can be purchased at most convenience and beauty supply stores, or you can make your own at home.

To make your own body scrub, you'll need sugar or salt and some type of oil (olive oil, coconut oil, etc.). Your sugar or salt will be your exfoliant, and your oil will be the moisturizer. Mix your ingredients together; your scrub should be thick. You can keep your body scrub in a tupperware container in the shower.



Consider adding an essential oil (like rosemary or peppermint) to your body scrub to give it a relaxing scent.

Apply oil to your legs

If you want your legs to really shine, apply a small amount of oil to your legs. There are tons of oils that can turn any pair of legs into shiny show-stoppers, including coconut oil, jojoba oil, and olive oil. With oil, a little bit goes a long way. Pour a nickel sized amount of oil into your palms, rub your palms together, and proceed to apply oil all over your legs. The oil will create a shine that will last for hours while simultaneously conditioning your skin.

Be careful when applying oil to your skin, because oil can easily stain clothing. Make sure to rub the oil into your skin very well before getting dressed, as this will prevent any clothing damage.

Applying oil to your legs right after shaving is a great way to lock in moisture.

Shave your legs

Shaving is the quickest and easiest way to remove your leg hair. Removing your leg hair will automatically make your legs appear to be shinier. Shave as often as necessary – some people shave every day, some shave once a week. Invest in a good razor, especially if you have sensitive skin. A good razor will often have multiple blades and a conditioning strip.

Shave your legs while in a hot bath or shower. The hot water will open up your pores, allowing you to get a closer shave.

Take your time when shaving your legs. Don't rush through the shaving process, as you could cut yourself or miss a section of hair.

When you shave, use a good shaving cream. There are many shaving creams that can be purchased at beauty or convenience stores, but you can also use natural shaving creams.

FOOD

Moong Dal Kachori

INGREDIENTS

- 2 cup all purpose flour, 1/2 teaspoon salt, 2 cup refined oil
- 5 teaspoon refined oil, For Filling, 2 tablespoon chopped coriander leaves, 1 teaspoon coriander powder, 1/4 teaspoon red chilli powder
- 1/2 teaspoon ginger powder, 1/4 teaspoon garam masala powder, 1/2 cup soaked moong dal, 2 cup chopped green chilly
- 1 teaspoon fennel seeds powder, 1 gm asafoetida
- 1/2 teaspoon salt, 1/2 tablespoon cumin seeds

Method

- Take all purpose flour in a big bowl, add salt and oil. Mix well.
- Add little water at a time and knead soft dough. Cover the dough and keep it aside for 15-20 minutes.
- Preheat a pan and add 3-4 tbsp oil in it. Add cumin seeds, cumin seeds, asafoetida, green chilly, coriander powder, fennel powder and saute the spices for few minutes.
- Now add soaked dal, salt, garam masala, ginger powder and red chilly powder.
- Stir constantly and cook dal until it dries up. Allow it to cool and keep it separate.
- Now take one dough ball and flatten it with help of your fingers. Fill it with dal stuffing and make kachori. Repeat the process with other dough balls.
- Preheat oil in a wok. Fry the kachori till it turns golden brown.
- Crunchy moong dal kachori is ready.



Face masks to keep your skin 10 years younger

Pomegranate Mask

Due to vitamin C and antioxidants present in pomegranate, it can help to boost collagen, thus giving you clear and glowing skin. The pomegranate face mask is extremely beneficial for your face, as it helps to remove dead skin cells, thus giving you flawless-looking skin. Take 3 spoons of pomegranate seeds, add two spoons of cooked oats and 2 spoons of milk. Grind all the ingredients together and apply this mask on the face. Wait for some time and wash off with cold water.

Oatmeal And Honey Mask

Make a face mask with the help of honey and oatmeal, and massage this on your face. Wait for 20-30 minutes and wash off with cold water. Using a mixture of oatmeal and honey can help to exfoliate your skin deeply, thus preventing dead skin cells on the skin. Also, it helps to increase the production of collagen, thus giving you a younger-looking skin. Repeat the process 5 times in a week to enjoy maximum benefits.

Banana Anti-ageing Face

Mask Banana contains a lot of good fibre, antioxidants,



and proteins that help to keep your skin looking younger and fresh every time. There are several ways to use banana on the skin and here we mention to you one simplest yet effective banana face mask recipe. Take a banana and mash it with the help of a fork. Now, add some honey and fresh cream to the mixture. Mix well and apply this on your face. Wait for 30 minutes and wash off with cold water. Due to Vitamin E and anti-ageing properties, banana can help to reverse the signs of ageing.

Papaya And Yogurt Face Mask

Due to essential antioxidants and tannins present in papaya and yogurt, respectively, this mask can help to benefit your skin in several ways. It not only helps to give you a clear and glowing face, but it prevents an appearance of acne, blemishes and other signs of ageing on the face. Also, using papaya and yogurt face mask can help to work as a natural sunscreen, thus protecting your skin from the harmful rays of the sun. Mash papaya and add some yogurt to it. Add one spoon of turmeric and mix everything together. Apply this face mask on the face and wash off with water. Repeat thrice in a week to enjoy the benefits.

Coconut Milk

Coconut milk is a treasure of all the good vitamins and proteins and hence it proves to be extremely beneficial for the skin. Due to minerals present in the coconut milk, it can help to keep your skin soft and moisturised for a longer period of time. Take some coconut milk, add one spoon of lemon, one spoon of honey and one spoon of glycerine to it. Mix all the ingredients together and apply this mask on the face.

Tips to build nutritionally balanced meal plan to support your gut health

Eating a nutritionally balanced meal that supports gut health can help maintain a healthy gut microbiome and reduce the risk of digestive issues, inflammation, and chronic diseases. Let's explore what is a nutritionally balanced meal that promotes a healthy gut. Tanisha Bawa, Certified Nutrition Coach, Founder of TAN|365 shared with HT Lifestyle, meals that can be consumed to increase the good gut bacteria and boost your gut health.

Rainbow of plant-based food and dietary fibre

This will not only make your plate look great, but is also really important for the intake of diverse fibre sources. Consuming adequate fibre supports your cardiovascular and digestive health. It is also linked to glycaemic control for diabetes and maintaining a healthy weight. Hence, complex carbs like millet, amaranth, quinoa, and lentils; fruit like berries, apples, and citrus fruits; vegetables like zucchini, bell pepper, carrots, broccoli, etc. must be a part of your daily meals.

Probiotics

Probiotics are beneficial microorganisms which can be found naturally in fermented foods among others or in the form of supplements. Probiotic consumption has been linked to disease prevention, immunity support and helps against gastrointestinal infections. Probiotics can be found in kefir, pickles, tempeh, greek yogurt and drinks like Kombucha.



Prebiotics

If you include probiotics in your diet, they will need prebiotics to truly help your gut improve. Prebiotics are non-digestible food ingredients that feed on probiotics in your gut. They assist in further improving the immunity system, nervous system, cardiovascular health and bone health. Foods rich in prebiotics are garlic, onion, ripe bananas, watermelon, apples, cherries, cashews, chia seeds, pistachios, etc.

Good fats

Good fats take care of your gut. They improve your mood because 80% of our happy hormone like serotonin, is produced in the gut. So when you consume sufficient good fats, you will observe a positive change in your mood. Even your skin and hair health is tied down to a good gut, therefore, you will see a difference in those aspects too.

Source: HT

Lose weight with cumin seeds

Cumin, also known as jeera, is an earthy, nutty somewhat bitter spice that is available in India and other countries. Do you know that this spice has got a unique weight loss power too? You can lose your belly fat within just 20 days by eating cumin regularly. Also, your overall body weight can be reduced after eating cumin on a daily basis. A research done on cumin for its weight loss abilities on 88 obese women showed that cumin is very effective for weight loss. It helps burn calories fast by increasing the metabolism rate and digestion.

Apart from its weight loss abilities, cumin has got many other health benefits associated with it. It lowers bad cholesterol, prevents heart attack, increases memory, boosts immunity, treats anaemia, increases digestion, prevents gases and bloating, etc. In this article, we have mentioned various ways to use cumin for weight loss. Cumin (jeera) is also very effective in reducing belly fat within a matter of just 15 days. Drink or eat cumin powder on a daily basis to experience a magical result. Read on the article to know how to use cumin for weight loss.

Cumin Weight Loss Drink

Soak 2 tablespoons of cumin seeds in water overnight and boil the seeds in the morning. Filter it to remove the seeds and squeeze a half-cut lemon to this. Drink it on an empty stomach every morning for 2 weeks for quick weight loss.

Cumin Powder With Yoghurt

Cumin can be consumed in many forms for weight loss. Mix one teaspoon of cumin powder with 5 grams of yogurt and have it daily.

Other Ways To Use Cumin

The other ways of eating cumin are to mix 3 grams of cumin powder in water with few drops of honey and later drink it. Make a vegetable soup and add one



teaspoon of cumin in it. Add it to plain brown rice that not only enhances its flavour but also increases its weight loss properties.

Lemon, Ginger And Cumin

This is one of the effective weight loss cumin recipes. Both ginger and lemon increase the weight loss ability of cumin seeds. To make this weight loss dish, grate a ginger and boil carrots and other veggies in water. Sprinkle some cumin powder, lemon juice, grated ginger over the vegetables and have them for dinner.

Cumin Melts Belly Fat

Cumin helps to burn extra calories and melts belly fat as well. The nutrients and antioxidants present in cumin seeds can increase metabolism, and thus help our body to burn calories and melt belly fat fast.

Cumin Increases Digestion And Prevents Gases. Cumin also helps in proper digestion of foods, and thus prevents gases. Bloating and flatulence are common issues that are caused by indigestion of food.



Mental health: Foods that boost serotonin and mood regulation

It is commonly known that eating has a significant impact on one's health and happiness. Yet as time goes on, we're discovering how eating especially affects our social, emotional, and mental health.

Traditionally, psychiatric interventions like counselling, medication, and even hospitalisation have been used to treat mental health disorders. Nutritional psychiatry, a new discipline, focuses on how diet and nutrition affect how people feel mentally. It seeks to support dietary and lifestyle changes used in the treatment of mental health disorders.

We may have previously taken it for granted, but it makes obvious sense that the meals we eat affect our brains just as much as the rest of our body. In one of her recent Instagram reels, nutritionist Lovneet Batra lists boosts that might be able to boost our serotonin levels.

She writes, "Are you constantly depressed, irritated, and fighting bad mood swings, all for no reason? Well, it may be a sign of serotonin deficiency."

"Foods rich in tryptophan, an amino acid that helps increase serotonin production, that can have a positive effect on your mood and overall health. So, if you are looking to eat your way to calmness or happiness, here are 7 right serotonin-rich foods that can help." She continues. Here are some serotonin-rich foods for better mental health as per the nutritionist:

- Bananas contain an amino acid called tryptophan. Our body uses tryptophan to produce 5-HTP, the compound that makes serotonin and melatonin, two mood and sleep-regulating neurotransmitters.
- Almonds pack a lot of nutrients, including folate and magnesium. Magnesium plays a large role in the development of serotonin, which is a major contributor to feelings of happiness in your brain. Almonds are also rich in vitamins B2 and E which help bolster the immune system during times of stress.
- A2 milk contains tryptophan which is an amino acid that produces serotonin, thereby playing an important role in regulating sleep patterns and mood.
- Pineapple contains tryptophan to boost serotonin in the brain. Additionally, pineapple contains the protein bromelain, which comes with powerful anti-inflammatory properties.

Source: NDTV

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Apple Watch band may change colour based on your outfit in future

Apple is researching how to add a colour change function to the Apple Watch band that matches the wearer's clothing and alerts the wearer to information.

According to AppleInsider, a newly-granted patent appears to show it doing just that.

Instead of purchasing multiple watch bands to match different outfits, "Watch Band With Adjustable Colour" suggests that users purchase just one that changes colour.

"Users may desire the ability to customise their watch bands to express variety and style," according to the newly-granted patent.

"For example, a user may desire a watch band of a particular colour based on the user's selection of clothing, other wearable articles, environment, or another preference," it added.

Apple's patent describes the idea by referring to Watch bands with "electrochromic features", meaning that "an applied voltage" can cause "a variety of colours and colour combinations to be displayed by a single band".

Moreover, the report said, while the patent attempts to describe every possible use of its core idea, the central examples revolve around bands that are made from a fabric which is itself woven from filaments.

"Some or all of the filaments can include electrochromic features. For example, one or more of the filaments can include a conductor and an electrochromic layer," Apple was quoted as saying.

Source: IANS

There could be alien life on Mars, but will our rovers be able to find it?

Robotic rovers are currently exploring the surface of Mars. Part of a rover's mission is to survey the planet for signs of life. There might be nothing to find – but what if there is, and the rovers just can't "see" it? New research published today in *Nature Communications* suggests the rovers' current equipment might not actually be up to the task of finding evidence of life.

As an extreme environment microbiologist, the challenges of searching for life where it seems near-impossible are familiar to me.

In astrobiology, we study the diversity of life in sites on Earth with environmental or physical features that resemble regions already described on Mars. We call these terrestrial environments "Mars analogue" sites.

Limits of detection

The new research, led by Armando Azua-Bustos at the Center for Astrobiology in Madrid, tested the sophisticated instruments currently in use by NASA's Curiosity and Perseverance rovers – as well as some

Twitter users can soon earn money from micro-blogging platform, says Musk

Twitter CEO Elon Musk said that the micro-blogging platform is "spinning up subscriptions" so that users can "charge" their followers for specific content.

When one user posted a long tweet with the new Blue feature that allows subscribers to create tweets of up to 4,000 characters.

Musk replied, "Good use of long tweet! Next update will allow much longer tweets with basic formatting, so you can post any content on Twitter." "We're also spinning up subscriptions, so you can charge people for some content and they can easily pay with one click." Many users expressed their thoughts on Musk's post.

While one user asked, "Charging to read a tweet? Or paywall?", another commented, "Great idea. Now an author can publish his entire book on Twitter perhaps one chapter at a time. Leave the first few tweets as free and rest paid." The upcoming feature will be a great opportunity for the users to earn money from their followers on the micro-blogging platform.

Meanwhile, last week, the micro-blogging platform announced that it will no longer allow non-Twitter Blue users to use text messages as a two-factor authentication (2FA) method, after March 20.

Earlier this month, Twitter had confirmed that it will charge Rs 650 per month for its Blue service with verification on the web and Rs 900 on Android and iOS mobile devices in India.

Moreover, Blue subscribers in the US can create long tweets of up to 4,000 characters.

Blue users will also see 50 per cent fewer ads in their home timeline.



From social media to ChatGPT, cyber criminals quick to adopt new tech

Forget Jamtara that has kept on inspiring cyber thugs to steal your data or money via traditional, OTP-based methods to date. Brace yourself for a new age of hacking via artificial intelligence (AI)-based tools.

A new crop of con artists is now thriving that is utilising newer means -- from social media platforms to UPI-based frauds and from operating fake gambling websites to now working on AI chatbot ChatGPT -- to rob you of your hard-earned money.

A woman was duped of Rs 27 lakh last week by a woman fraudster who promised her handsome returns on investment in digital marketing on WhatsApp.

"The task was to like and subscribe to YouTube accounts," the victim said in the FIR.

The Delhi Police's Crime Branch last week busted a racket involved in forging documents including Aadhaar cards, PAN card, and driving license for obtaining SIM cards, opening bank accounts and

taking loans.

On interrogation, police found that the con group used ordinary persons who don't have any ID documents for preparing these documents and further misusing them.

Cyber-security researcher Rajshekhar Rajaharia has unearthed a new type of fraud online.

Every day from 5 p.m., several satta (gambling) websites start trending on Google, which offer quick money upon playing the satta that starts from as little as Rs 100 and goes into thousands.

"These websites start appearing in the evening and every website guarantees profits. These gambling websites are being run with tier 1 and 2 city names like Delhi Satta King, Disawar gali Satta, Shri Ganesh Chart, Satta King Delhi Bazar and more," Rajaharia told IANS.

Those who place satta, using various UPI payment platforms, get nothing in return as the winning prize always goes to people these websites had already selected.

Source: IANS



newer lab equipment planned for future analysis – in the Mars analogue of the Atacama Desert.

Azua-Bustos and colleagues found the rovers' testbed equipment – tools for analysing samples in the field – had limited ability to detect the traces of life we might expect to find on the red planet. They were able to detect the mineral components of the samples, but were not always able to detect organic molecules.

In my team's case, our Mars analogue sites are the cold and hyper-arid deserts of the Dry Valleys and Windmill Islands in Antarctica.

In both of these sites, life exists despite extreme pressures. Finding evidence of life is challenging, given the harsh conditions and the scarcity of microbial life present. First, we must define the biological and physical boundaries of life existing (and being detected) in analogue "extreme" environments. Then we need to develop tools to identify the "biosignatures" for life. These include organic molecules like lipids, nucleic acids and proteins. Finally, we determine how sensitive tools need to be to detect those biosignatures, on Earth and also Mars. This tells us the limits of our detection.

Global uncertainty makes fight against inflation tough: RBI

Majority of members of the high-powered Monetary Policy Committee (MPC) of the Reserve Bank were concerned about heightened inflation even as two panellists raised objections against an increase in the benchmark interest rate, according to the minutes of the meeting released on Wednesday.

Following the recommendations of the MPC, the RBI increased the rate by 25 basis points on February 8, taking the repo rate to 6.5%. It was the sixth straight hike since May 2022.

"The fight against inflation is complicated by the global outlook. There is some consensus growing around a milder slowdown than earlier feared, although geographical disparities complicate the prognosis. Be that as it may, the outlook for global inflation is turning more uncertain than before," Patra opined as per minutes of the Monetary Policy Committee (MPC).

Reserve Bank Governor Shaktikanta Das, who heads the six-member MPC, also said overall, there is considerable uncertainty at this stage on the evolving inflation trajectory due to ongoing geopolitical tensions, global financial market volatility, rising non-oil commodity prices, volatile crude oil prices and also weather-related events.

He also said a 25 basis points rate increase provides space to calibrate future monetary policy actions and stances based on evolving macroeconomic conditions.

The six-member MPC comprises three RBI officials — Governor Shaktikanta Das, Deputy Governor Michael Debabrata Patra, and Executive Director Rajiv Ranjan; and three government-nominated external members — Shashanka Bhide, Ashima Goyal and Jayanth R Varma.

Source: PTI

Digital transactions to soon exceed cash payments: PM

Prime Minister Narendra Modi said digital transactions in India will soon cross cash payments due to the increasing popularity of the Unified Payments Interface (UPI).

Speaking after the launch of the cross-border connectivity between the UPI and PayNow of Singapore, the Prime Minister said about 74 billion transactions amounting to over Rs 126 trillion was done through UPI in 2022. Many experts are estimating that very soon India's digital wallet transactions will overtake cash transactions," he said.

A large number of transactions via UPI demonstrate that this indigenously designed payment system is secure, he said. Modi along with his Singaporean counterpart Lee Hsien Loong had witnessed the launch of cross-border connectivity between the UPI and PayNow of Singapore via video-conferencing.

Source: TNS

IMF rolls out nine-point crypto assets action plan

The International Monetary Fund has laid out a nine-point action plan for how countries should treat crypto assets, with point number one a plea not to give cryptocurrencies such as bitcoin legal tender status.

The global lender of last resort said its Executive Board had discussed a paper, "Elements of Effective Policies for Crypto Assets," that provided "guidance to IMF member countries on key elements of an appropriate policy response to crypto assets."

Such efforts have become a priority for authorities, the fund said, after the collapse of a number of crypto exchanges and assets over the last couple of years, adding that doing nothing was now "untenable".

The top recommendation was to "safeguard monetary sovereignty and stability by strengthening monetary policy frameworks and do not grant crypto assets official currency or legal tender status."

The IMF had hit out at El Salvador in late 2021 when the central American country became the first to adopt bitcoin as legal tender, a move that has since been copied by Central African Republic.

Other advice on Thursday's list, which comes as G20 decision makers meet in India, included guarding against excessive capital flows, adopting unambiguous tax rules and laws around crypto assets, and developing and enforcing oversight requirements for all crypto market actors.

Countries should also establish international arrangements to enhance supervision and enforce regulations, the IMF added, as well as set up ways to monitor crypto's impact on the stability of the global monetary system.

Outlining its Executive Board's assessment, the IMF said directors welcomed the proposals and agreed the widespread adoption of crypto assets



"could undermine the effectiveness of monetary policy, circumvent capital flow management measures, and exacerbate fiscal risks."

They "generally agreed," too, that crypto assets should not be granted official currency or legal tender status, and though strict bans of assets are "not the first-best option," a few directors thought they should not be ruled out.

India remains global growth engine, uniquely poised to lead G20: IMF

Ahead of the meeting of G20 finance ministers and central bank governors in Bengaluru, the International Monetary Fund (IMF) reiterated that India's strong performance remains a "bright spot" in an uncertain global economy, said that the country will contribute 15% to global growth, and added that it is "uniquely positioned to bring countries together".

In a policy blog titled "Policy Priorities for G20: One Earth, One Family, One Future", taking up from India's theme for its presidency, IMF managing director

Kristalina Georgieva noted that, in Bengaluru, the World Bank, IMF and India's G20 presidency are convening a new Global Sovereign Debt Roundtable for its first in-person meeting. Describing India as a "global growth engine", she hailed the country's unified payment interface as an excellent example of "technology boosting financial inclusion", and said India's assessment of central bank digital currencies (CBDCs) can inform studies elsewhere.

She noted that while 2023 will be a challenging year, it could be a turning point with inflation declining and growth bottoming out. Alluding to IMF's latest projections which suggest that global growth will slow to 2.9% this year and then rebound to 3.1% in 2024, she noted, "Look behind the headline numbers and we see emerging market and developing economies providing much of the momentum. We expect them to account for about four-fifths of global growth this year, with India alone expected to contribute more than 15%."

Elon Musk fires Twitter staff again despite promises of no more layoffs: Report

Despite promising in November 2022 that there will be no more layoffs, Elon Musk has fired more employees from Twitter, as per a report in The Verge. Tech site The Information first reported about layoffs hitting the sales team last week. In the third round of job cuts since November, dozens of employees from the sales and engineering departments were affected.

Musk has reportedly directed staff to revamp the microblogging site's ad targeting in a week to mimic Google's search ads, which rely on keywords instead of a user's activity and profile data. One of the fired workers, who reported directly to Musk and managed engineering for Twitter's ads business, took to Twitter to share his opinion on improving the algorithm.

Marcin Kadluczka, who had been a



Twitter employee for seven years, tweeted that it may be possible for the company to change how its ads work in two or three months, but not in a week - which was Musk's deadline.

"Thank you tweeps. End of 7 years at Twitter! Elon musk for learnings and energy in last 3 months to improve Twitter and Ads! I believe Twitter can really improve ads in 2-3 months (no necessarily in a week though). Wish I could be actually fired not just deactivated," he wrote.

Musk's aggressiveness to boost its ads business has invited criticism even from former Twitter ads chief Bruce Falck, who said the billionaire has no clue of what he is speaking about. To this, Musk replied that Twitter's ad relevance was the 'worst on Earth'.

"My apologies, you must be a genius, which is why Twitter has the worst ad relevance on Earth. Almost nobody buys anything on Twitter, but almost everyone on Instagram does. That is being fixed," the Tesla CEO wrote.

Shree Ganeshaya Namah



VEDIC ASTROLOGER NASTUR BEJAN DARUWALLA

The Indian Panorama brings you Weekly and Birthday Horoscope by Nastur Bejan Daruwalla

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WEEKLY HOROSCOPE - FEBRUARY 27 TO MARCH 5



ARIES : Ganesha says, this week, each of the key contributors to your stress will stop weighing you down. This week, Moon is in a lucky position, which will boost your chances of getting a promotion. This week, accomplish anything noteworthy. This week, more income will be needed to resolve conflicts brought on by your parents or kids. This week will also be incredibly hectic for you. You'll have to be especially thoughtful and mindful of what your spouse is going through this week. They won't be able to articulate their emotions very well, but you can still help them out. This week, your health only requires a little maintenance.



TAURUS : Ganesha says, putting in a little effort on the little things that bring you happiness might keep you at ease this week. This next week, you will work together to achieve success. You're in for a far better week than you thought. This week, somebody will annoy you by getting your emotions to go in the wrong direction. It will cause issues for you if you let other people force you to overstate the situation. Your partnership will be successful this week. Your spouse will work more to maintain your union. This week, your wellness won't experience any problems.



GEMINI : Ganesha says, your kind disposition and bravery will open up new prospects for you this week and offer you fulfillment. Wednesday you will be earning good profits. Your temple of thought will receive all of your power, leaving you more robust than ever. You'll have just few uncomfortable interactions with someone you had great expectations for this week. Over-traveling will wear you out. Your companion will prevent you from making a bad decision this week. They will direct you toward the best course of action. Due to joint discomfort this week, your wellbeing will only require little maintenance.



CANCER : Ganesha says, your children might do things that will make you immensely delighted. This week, they'll start using their own financial assets. Ensure they have you on hand. This week, decisions made after consulting others will result in more benefits. The issues from your history that you believed were closed off forever will be brought up by anyone. Beware falling victim to emotional pressure this week from anybody. Connections will experience a setback this week. It will be challenging for your spouse to manage with your psychological illness concerns, and a quarrel will result. Do not be concerned; your overall fitness will be OK this week.



LEO : Ganesha says, this week will be a joyful one for you. By ignoring individuals this week who are not helpful and suitable for your advancement, you will conserve energy and energy. Your ejection will help you get moving again. You won't be able to finish the vacation schedule this week due to a vital task; as a consequence, some disputes may occur; be considerate when handling them. Your spouse won't be able to offer you sufficient attention this week since they will be too busy traveling for work. Economic mishandling will have a negative impact on marital fronts. Regarding your wellness, you'll see progress in your ability to recuperate from cramps and strokes.



VIRGO : Ganesha says, it may be a great week to trade this week. You won't experience something that may have gotten catastrophically awry if you did it alone due to additional social aid. Your children will be happy to have concord. Your week will be filled with conflicting emotions that will startle and annoy you. This week, be cautious to keep your composure. You will be certain of your sentiments this week, and he or she will also speak matters out. This week, love will undoubtedly offer you bliss. This week, your emotional wellness will both increase. However, your general condition will only require limited maintenance.



LIBRA : Ganesha says, this week, you'll be capable to spend money wisely and on worthwhile goods. In addition to paying all the fees, you will improve your economic status. As your aspirations come reality this week, you will feel a new degree of fulfillment. This week, one of your relatives will be uneasy and unwilling to communicate their emotions, so if you detect anything out of the ordinary regarding people, try to persuade them to communicate. This week, your feelings for that one special individual will remain strong, and you'll communicate them in very clear ways. You won't have any medical problems this week, at least maybe not as much as your fitness is involved.



SCORPIO : Ganesha says, this week if you've been thinking about switching professions, you'll find something. You will break out of your worry and tension-filled shell this week. Instead of doing nothing, you should do something. Ultimately, after a lengthy amount of time, you will feel much healthier. You'll maintain your real troubles and your difficulties in cyberspace apart. You'll think a lot regarding things this week, that will make choosing tough. Be cautious to maintain your composure. This week, your romantic relationship will be OK since your spouse will remain in your cozy surroundings.



SAGITTARIUS : Ganesha says, this week, you won't avoid the issue; alternatively, you'll approach it head-on. This week, you won't move past any good windows of opportunity, and your extroverted nature will help you seize them. This week, you'll believe unappreciative because you won't be aware of the abundance of life that is already at your disposal. As your lover tries to shift the dynamics of your connection, your emotional factions will undergo a lot of upheaval this week. Regarding your wellness, this week will see an end to your migraines and you will be completely OK.



CAPRICORN : Ganesha says, this week, you will have the power to influence events and mold them anyway you see fit. Your week will be pleasant and balanced. You'll have time this week to explore your hobbies as well. Somebody you trusted will disappoint you this week. Take care since this will also lower your consciousness. This week, your spouse will encourage you to pursue your passions outside of work and pastimes, which will provide you more freedom to pursue pleasure. This week will be quite difficult for your wellness, so be careful to look after oneself.



AQUARIUS : Ganesha says the money you spend on an expert's advice this week will have unexpectedly beneficial results. Everything you complete this week will be sent to you in its entirety. You'll stop holding oneself accountable for the actions of others. This week, it will be difficult for you to make multiple adjustments at once. This won't last, so don't reflect back. Your connection facades will benefit from Venus' favorable placement this week. If you've been experiencing lonesome for a while, you're more likely to discover love this week. Mild migraines may cause you discomfort throughout the first part of the week in terms of your wellness.



PISCES : Ganesha says, this week, you'll progressively but definitely get fully on track. Because the psychological struggle will end this week, you would also sense very calm. Additionally, you'll establish a stronger connection with oneself and grow more assured of your uniqueness. In your continuous efforts, you will come across a number of difficulties. There will be some challenges in the classroom as well. Your connection facades will remain quite solid this week. Your prospective companion will make an effort to further comprehend you both. Minor troubles on the marriage aspect will arise as a result of disruption in your zodiac's second Mansion. This week, you'll simply need to pay a little bit of care to your wellness.

BIRTHDAY HOROSCOPE : FEBRUARY 27 TO MARCH 5

BY ASTRO FRIEND CHIRAG - SON OF ASTROLOGER BEJAN DARUWALLA

FEBRUARY 27 : Ganesha says with your actions, you can draw people to you. Your strong immunity protects you from all pain. Your travel across the ocean is waiting for you to broaden your business opportunities. You might be distracted by controversy, but you need to focus. As unanticipated large sums of money come your way, you will have access to all the luxuries in life. As your friend list grows, the holiday gatherings you attend will also be beneficial to you. Throughout your life, you have been dependable and morally upright.

FEBRUARY 28 : Ganesha says you might launch a brand-new business. It's time to make a toast to finishing a difficult project because you're creative. Those in business would agree to new, lucrative contracts. When you are going to spend time with your companion, your admirers will intercede. When planning social events, you shouldn't offend people's feelings. The sale of real estate will result in the winnowing out of

capital gains.

MARCH 1 : Ganesha says you consistently prepared ahead and carried out your plans. You are approachable and straightforward. Every group you join, you always serve as the leader. Your social circle may be impacted when you occasionally behave carelessly, stubbornly, and wastefully. With tones of enthusiasm and great energy, you'll accomplish admirably this time. You typically use every effort to finish your assignment. Your coworkers will support you whenever you need it and grow to like you.

MARCH 2 : Ganesha says if you pay attention to what your family members have to say, you will gain a great deal. Your financial situation will improve, and your confidence level will be at its highest, if you find new sources of income. Any career changes will be advantageous. Your outspoken personality will be advantageous. Spouses and other female family

members will make every effort to maintain your happiness. Avoid acting as a standing surety or guarantee for others as this could cause awkward situations and legal issues.

MARCH 3: Ganesha says although you don't keep anything to yourself and enjoy sharing with people, you need to check your tendency to act hypocritically, arrogantly, and dictatorially at times. You'll feel frustrated and dissatisfied if you can't get people behind your popular Endeavour. Today will be better for financial transactions, partnerships and joint ventures should be absolutely avoided. Romance will flourish, and some lovers may even consider getting married.

MARCH 4 : Ganesha says you will benefit greatly by surrounding yourself with innovative individuals. Your performance will be at its best, and your ability to manage activities that involve a lot of responsibility will make a good

impression on your superiors. You'll prioritize real estate transactions, construction, and renovations. The time spent at home won't be particularly enjoyable. Because of your spouse's erratic behavior, you will suffer. Spiritual growth offers consolation and comfort. Several of you are also planning a trip abroad.

MARCH 5 : There will be lots of new plans and projects, but it might not be feasible to see results right once. Excellent time for brokers and consultants. Investing is unquestionably advised, but it is possible that rash actions could result in unexpected losses. Some people start a new romance while others enter into a marriage union. Be cautious while interacting with strangers and keep your plans to yourself because there is a high likelihood of deception. Be extremely cautious when lending money and take additional care with your jewels and other valuable possessions.

॥ SHREE GANESHAY NAMAH ॥



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ARIES (March 21 to April 19) - Ganesha says those of you who have been working hard to find direction through various channels this month may be relieved to find the advice you desire. Those of you who have been working hard to find direction through various channels this month may be relieved to find the advice you desire. Give yourself the peace of mind that comes with being well and happy. This month, your money may be in good shape. Those of you who have been striving to find the right mix of activities will likely be relieved to read the solutions. Now is the moment to take your profession and business to the next level. This month may prove to be profitable in terms of business.



TAURUS (April 20 to May 20) - Ganesha says Venus, the planet of love, is at its highest point this month. This suggests that you and your partner will most likely be surrounded by the joys of romance and love. You're in for a wonderful month packed with joy and celebrations. You're in for a wonderful month packed with joy and celebrations. Make sure you receive enough sleep to improve your overall health. In terms of work, this is a new month. Those looking for work should be able to find something in the first half of the month. Your accomplishment may be commendable, and this is likely to drive you to do even better. You'll be known for your quick reading skills, and you'll learn everything you need to know. The only piece of advice I have is to make sure the message is clear at all times. You may not receive the results you require if you are in a hurry.



GEMINI (May 21 to June 20) - Ganesha says for both single and married people, this month is likely to be noteworthy. Due to work and other commitments, a married couple is likely to get into an argument. Spend quality time on the phone with each other or send gifts to rekindle your connection. Those who are single may receive an unexpected marriage proposal, while those seeking companionship may meet their perfect mate. Success in the study of religion and the occult. To attain the desired educational outcomes, keep a positive attitude and be dedicated to your job. Learning and acquiring knowledge can be a smart idea this month.



CANCER (June 21 to July 22) - Ganesha says your companion may become more spiritual this month, affecting your private life by limiting your opportunities for intense connection. Natives' feelings for their life companions are likely to grow even stronger. If you're a Cancer student, this is the month to get started on a passion project or pursue a hobby. Your preparedness may be valued, and it will pay off in the long run. Due to their good fortune, the native may see an increase in income. Those hoping for a job promotion might get some good news or obtain a

Shree Ganeshaya Namah

Horoscope for the month of March 2023

By Chirag Daruwalla - Son of Astrologer Bejan Daruwalla

raise. Your current job may provide you with more responsibility, which will allow you to expand your professional horizons. In terms of your career goals, this month could be a lucky month.



LEO (July 23 - August 22) - Ganesha says the first half of the month will be difficult for your romantic life. You may be depressed as a result of recent romantic arguments and misunderstandings, but the second half of the month is the best time to get over it. Shake it off, though, since these dark times will pass. Some of you might be having your first romantic encounter. Some of you might be having your first romantic encounter. If a raise is due, there's a good chance you'll get it. Keep your thoughts to yourself and try to understand others, especially in the first half of the month. If your desire to study has been fading, it may be at an all-time high this month. Make every effort to extricate yourself out of the situation you're in, and prepare thoroughly.



VIRGO (August 23 to September 22) - Ganesha says this month's start might be much better, and you can look forward to some promising growth opportunities. Although age may offer wonderful opportunities for commercial progress, operating your company may require a cool, calm, and collected approach. Your professional life may benefit from the second part of this month. Although age may offer wonderful opportunities for commercial progress, operating your company may require a cool, calm, and collected approach. Your professional life may benefit from the second part of this month. You and your lover may have a lot of love. There may be days when your plans go through and you are unable to find love. This, however, is just temporary. In the later part of this month, you may note that love, affection, and attraction are once again at the forefront.



LIBRA (September 23 to October 22) - Ganesha says your health may remain generally decent during this month. Even if you're doing a regular workout, you should avoid taking unnecessary physical risks. Because you won't have many health problems, you'll be able to get better results. However, during the middle of the year, you should avoid taking on too much stress and get plenty of rest to maintain your fitness level. You should make progress toward your fitness goals in the second half of this month. You'll be motivated to improve your health and fitness. Your perseverance may pay off. Physical activities or exercises that can help you improve your productivity and fitness are likely to appeal to you. A positive, balanced mindset can help you take advantage of favorable planetary influences.



SCORPIO (October 23 to November 21) - Ganesha says romance seems to be in the air this month, whether you're single or in a relationship, according to your monthly love horoscope. If you have some extra time on your hands, you might be more inventive in how you express your feelings. High-stress levels and chronic anxiety may be affecting your health and mental well-being this year, and you may need to take action to correct this unfavorable situation. So, this year, to feel your best physically, you should concentrate on relaxing your mind. Yoga and meditation, in particular, can help

you to improve your health.



SAGITTARIUS (November 22 to December 21) - Ganesha says it's possible that your married life will go on, as usual, this month. You and your life partner may have the opportunity to spend quality time together. This aspect has the potential to bring you and your partner closer together while also promoting mutual understanding. According to your professional astrology, this month may provide new opportunities at work for natives of your zodiac sign. The planetary placements indicate professional success and accomplishments. This planetary alignment may cause success to be delayed, but it cannot be denied. This is your chance to turn your achievements into a legitimate profession. You wouldn't be in the mood to experiment with your achievement if you didn't follow up on your ideas enough. Your mentors would be pleased with your achievements this month as well.



CAPRICORN (December 22 to January 19) - Ganesha says you and your partner are likely to enjoy each other's company this month. An old friend is likely to propose to a single person. Any relationship created during this month has a good chance of lasting. You might be attracted to someone in your friend group as well, but it's best to make informed judgments. You might be attracted to someone in your friend group as well, but it's best to make informed judgments. It's also important to drink enough water. You may have depressed moods at times. Even if the physical illnesses are minor, engaging in pointless arguments and having an aggressive personality can lead to mental tension. Maintaining an analytical mindset could be the key to your career success. You might be able to acquire what you want with good planning and strategy. It is possible to forecast success when studying abroad.



AQUARIUS (January 20 to February 18) - Ganesha says your health is going to be excellent this month. You might be able to appreciate each moment as it comes with your improved health. Furthermore, your parents' health may not experience any ups and downs. Your health may be fit and immune this month, allowing you to keep fit in all facets of your life. The majority of you may want to attain the best results possible by following a healthy diet and getting regular checks, which will improve your fitness. For entrepreneurs, this is an excellent month since they are receiving the benefits of their earlier work. At work, you're more likely to notice positive benefits and your relationships with your coworkers and boss may improve.



PISCES (February 19 to March 20) - Ganesha says self-reflection and revision may be the focus this month. You might feel apprehensive, and negative thoughts can keep you awake at night, so seek help from your mentor. If you want to attain your goals this month, patience is a keyword for you. This month could be particularly fruitful for your career. Avoid stress by analyzing your profession and strengthening your talents, which will likely help you thrive in the days ahead.

Holashtak is said to be an important day in Hinduism. Holashtak falls in the month of Falgun in Hinduism. The months of February and March are in the Gregorian calendar. Holashtak is made up of two words, Holi and Ashtak i.e. a festival of 8 days. The eight days before the Holi festival are called Holashtak. It can be said that the first information about the arrival of Holi festival is received from Holashtak itself. With the Holi festival in Holashtak, the preparations for Holika Dahan also start.

No auspicious work is done on the days of Holashtak. It can be said that 8 days of Holashtak are considered inauspicious. Therefore, during this time no auspicious work is done like marriage, engagement, home entry, purchase of a new house, purchase of vehicle, land worship, start of new business etc.

2023 Holashtak dates

Holashtak will begin on Monday, 27 February 2023.

Holashtak will end on Tuesday, 07 March 2023.

Holashtak ends with Holika Dahan. This festival is celebrated with Rang and Gulal. The festival of Holi itself starts from Holashtak and continues till Dhulandi. An atmosphere of joy and celebration builds up everywhere. On this day, along with the preparations of Holi, Holika Dahan preparations are also started.

Kamadeva's story

According to the legend, Kamadeva had broken the penance of Lord Shiva at the behest of Lord Indra and being angry with this, Lord Shiva had burnt Kamadeva, the god of love with his third eye, on the Ashtami date of Falgun. Kamadeva's wife Rati worshiped Shiva for 8 days and prayed to revive Kamadeva which was accepted by Lord Shiva. Due to this tradition, these 8 days are considered taboo for auspicious works.

Story of Bhakta Prahlad

According to the legend, King Hiranyakashipu had tormented his son Prahlad during these eight days to turn his son Prahlad away from his devotion to Lord Vishnu. On the eighth day, Holika, the sister of Hiranyakashipu, had a boon that she could not be burnt by fire. But when Holika, taking the devotee Prahlad in her lap, sat in the fire and got burnt. By the grace of Lord Vishnu, the devotee Prahlad was saved from the fire. Therefore, no auspicious work is done during these 8 days.

These works are not done on Holashtak

Holashtak is mainly celebrated in the regions of Punjab and Northern India. While some important tasks begin from the day of Holashtak, at the same time, there are some tasks that are not done at all in these eight days. This prohibition period lasts from the day of Holashtak to the day of Holika Dahan.

As per Hindu tradition any auspicious activity as well the Hindu sixteen Sanskaras are not carried out during the period of Holashtak. It is believed even if the last rites of a person are to be performed on this day then before that Shanti Puja needs to be done, only then the last rites can be carried out. This period is not considered auspicious as Sanskaras are not allowed in this period.

At the time of Holashtak, there has been a law to not perform any of the auspicious works and sixteen rites, as stated in Hindus. It is believed that if the funeral is to be performed on this day, then peace work is done first for that. Only then do the rest of the work. This period is not considered auspicious because of the ban on samskaras.

Auspicious activities like marriage, engagement, conception ceremony, initiation of education, ear piercing, naming, construction of a new house or house warming should not be done during this period. According to astrology, there is a lack of auspicious Muhurats in these eight days.

The period of Holashtak is considered suitable for either meditation or devotion. This period is considered ideal for penance. It is considered extremely auspicious to observe Brahmacharya in this period. There is also a tradition of Snan and Daan in this period.

Why are auspicious works not done on Holashtak

Auspicious and Manglik works are not allowed on Holashtak. Auspicious Muhurats are not found in this period. These eight days are not considered auspicious. Manglik events are stopped due to lack of

Holashtak: Eight days before the Holi festival



auspiciousness at this time.

According to mythology, Hiraikashyapa, the king of demons, tells his son Prahlada not to worship Lord Shri Vishnu. Prahlada does not obey his father and continues to worship Vishnu with full devotion. This annoys Hiraikashyapa. He tortures Prahlada in many ways for eight days from the Ashtami of the Shukla Paksha of Phalgun month to Purnima. He even tries to kill his own son. However, because of Prahlad's undivided devotion to Lord Vishnu, he is protected by Lord Vishnu each time.

On the eighth day i.e. Phalgun Purnima, Hiranyakashipu entrusted his sister Holika with the responsibility to kill Prahlad. Holika was blessed with the boon that fire will not harm her. Holika takes Prahlad in her lap and sits in the fire. But Lord Shri Vishnu once again saves his devotee. Holika dies in that fire, but Prahlad comes out completely unharmed. For this reason, the eight days before Holika Dahan are called Holashtak and are not considered auspicious.

Activities that can be done in Holashtak

Among the several tasks that are undertaken during Holashtak, collecting wood for Holi Dahan is the most important task. A place for Holi Dahan is selected, it is purified eight days before Holi. After that Upla, wood and Holi sticks are placed in that area. This day marks the beginning of Holashtak.

This tradition may not be seen much in the cities, but in rural areas it is prevalent even today. You will find Holi Dahan Pandals at every nook and corner, crossroads etc. in villages. Intersections of various areas or localities primarily have the Holi Dahan Pandal. Every day from the beginning of Holashtak wood is placed at the area dedicated for Holi Dahan. In this way, after eight days a huge pile of wood is prepared.

According to the scriptures, fasting and donations at the time of Holashtak relieve one from suffering. Donating clothes, food grains, money etc. according to one's capacity these days gives favorable results.

Holashtak Mythological Significance

From Phalgun Shukla Ashtami to Holika Dahan i.e. Poornima, Holashtak remains. From this day the weather begins to change. Winter departs and summer commences. The fragrance of the arrival of spring is felt in the atmosphere. The air is ripe with the smell of flowers. In the case of Holashtak, it is believed that Holashtak started from the day on which Lord Shri Bhole Nath destroyed Kama Dev in anger.

Lord Shri Vishnu is worshiped on this day. The story of Holashtak relates to Hariyanyakashipu and Prahlada. Holashtak becomes the center of a long spiritual process of these eight days, which leads the devotee to ultimate knowledge.

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

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Nelong Valley: Most thrilling mountaineering treks

Nelong Valley lies 45km away from the Indo-Tibetan border, around 256km from Dehradun, Uttarakhand. It is considered to be one of the most thrilling mountaineering treks in India.

At a height of 11,000ft, the view from here is breathtaking. The valley offers a clear and surreal view of the Tibetan Plateau. Gartang Gali, a wooden walkway, is a main attraction of the valley said to have been built in the 17th Century. It was known as one of the main routes for trade between India & China in 1962.

About Nelong Valley

The valley, situated at an altitude of around 11,000 feet above the sea level, falls under the Gangotri National Park in Uttarkashi district, is around 315 km from Dehradun. It is also only 23 kms away from Bhaironghati, a place just eight kms ahead of the famous Gangotri shrine.

This rocky region looks exactly like Ladakh, Spiti, and Tibet and features high altitude peaks having similar weather and landscape. Hence, it is becoming one of the most popular places to explore in Uttarakhand. Since the valley is situated under the Gangotri National Park, it is not allowed to spend the night within 25 kilometers of the region but still, it is no less than a treasure trove for the explorers.

History Of Nelong Valley

The grueling Nelong Valley is located near the Indo-China border, which was closed to tourists after the Indo-China war in 1962. The valley was reopened in 2015 to promote travel and tourism in Uttarakhand. Once a part of the ancient trade route between India and Tibet, Nelong Valley got affected by the 1962 war. The indigenous population living in the valley, known as Rongpas or Bhotiyas, was forced to migrate to Bagori village in the Uttarkashi district of Uttarakhand.

After the valley was vacated, the Indo-Tibetan Border Police took charge of the region and set up their checkpoints. Visitors can still see the ruins of the ancient trade route and the narrow wooden bridge erected along the gorge.

Places To Visit In Nelong Valley

Nelong Valley is one of the best places to visit in Uttarakhand. Here's the list of the tourist places you can explore in Nelong Valley.

Nelong Valley

Famously deemed as Spiti of Uttarakhand, the valley is an attraction in itself. The view of the Tibetan Plateau will leave you speechless. Built in the 17th century, Gartang Gali, a wooden walkway, that was used for trade between countries is one of the main attractions of the valley.

Gartang Gali

Gartang Gali is a wooden bridge said to be built by the Pathans of Peshawar in the 17th century. The 105-meter bridge is



famous amongst adventure seekers. The bridge got damaged over the year after it fell into disuse during the Indo-China war in 1962 after it was declared off-limits for civilians. After being reopened by Uttarakhand Tourism in 2015, travelers require special permission to visit Gartang Gali.

How To Reach Nelong Valley

Best kept secret of Dev Bhoomi, Nelong Valley is nestled in the Uttarkashi district of Uttarakhand and is well-connected by motorable roads. However, you would require to book a gipsy provided by the forest department as they are the only vehicles allowed to go further towards the valley.

- Nearest Metropolitan City - New Delhi
- Distance From Dehradun - 258 kilometers
- Distance From Uttarkashi - 100 kilometers
- Distance From Jolly Grant Airport - 271 kilometers
- Distance From New Delhi - 534 kilometers

By Road

The roads leading to the Nelong Valley are quite dangerous and aren't for the faint-hearted, however, they offer the gobsmackingly beautiful views. The best route is via Delhi-Dehradun-Bhairav Ghati.

Bus Service - Delhi To Dehradun. It takes six hours to reach Dehradun via bus from Delhi and then, you can board local buses to reach Bharav Ghati. You can't go further towards Nelong Valley via bus.

Cab Service - There are plenty of cab services available that can take



you to Bhairav Ghati but only registered providers and forest department's vehicles are allowed to go all the way to Nelong.

By Train

Several trains are available that will take you to the nearest railheads to Nelong Valley. Spend the night in Rishikesh or Haridwar or Dehradun and then get a cab till Bhairav Ghati which is located a few kilometers away from the Gangotri shrine.

Nearest Railway Station - Harrawala railway station in Dehradun is the nearest railhead

which is about 256 kilometers away from the valley.

By Air

Frequent flights are available from Indira Gandhi International in Delhi to Jolly Grant in Dehradun.

Nearest Airport - Dehradun's Jolly Grant Airport is the nearest airport to Nelong Valley and 258 kilometers away from the destination. Buses and private cabs are easily available from the Airport.

Second Nearest Airport - Indira Gandhi International Airport, New Delhi.

contd from page 1

India abstains in U.N. vote...

the Charter of the United Nations." India was among the 32 countries that abstained.

The resolution called upon member states and international organizations to redouble support for diplomatic efforts to achieve a comprehensive, just and lasting peace in Ukraine, consistent with the Charter.

It reaffirmed its commitment to the sovereignty, independence, unity and territorial integrity of Ukraine within its internationally recognized borders, extending to its territorial waters and reiterated its demand that Russia immediately, completely and unconditionally withdraw all of its military forces from the territory of Ukraine within its internationally recognized borders, and calls for a cessation of hostilities.

In the year since Russia's February 24, 2022 invasion of Ukraine, several U.N. resolutions - in the General Assembly, Security Council and Human Rights Council, have condemned the invasion and underlined the commitment to the sovereignty, independence, unity and territorial integrity of Ukraine.

India has abstained on the U.N. resolutions on Ukraine and consistently underlined the need to respect the U.N. Charter, international law and the sovereignty and territorial integrity of states.

New Delhi has also urged that all efforts be made for an immediate cessation of hostilities and an urgent return to the path of dialogue and diplomacy.

In September 2022, External Affairs Minister S. Jaishankar said in his address to the high-level U.N. General Assembly session that in this conflict, India is on the side of peace and dialogue and diplomacy.

"As the Ukraine conflict continues to rage, we are often asked whose side are we on. And our answer, each time, is straight and honest. India is on the side of peace and will remain firmly there. We are on the side that respects the UN Charter and its founding principles. We are on the side that calls for dialogue and diplomacy as the only way out," Jaishankar had said, adding that it is in the collective interest to work constructively, both within the United Nations and outside, in finding an early resolution to this conflict.

India has also consistently underlined that in the conflict, the entire global South has suffered "substantial collateral damage" and developing countries are facing the brunt of the conflict's consequences on food, fuel and fertilizer supplies.

Jaishankar had said that India is on the side of those that are "struggling to make ends meet, even as they stare at the escalating costs of food, of fuel and fertilizers." The UNGA resolution called for an immediate cessation of the attacks on the critical infrastructure of Ukraine and any deliberate attacks on civilian objects, including those that are residences, schools and hospitals.

It urged all member states to cooperate in the spirit of solidarity to address the global impacts of the war on food security, energy, finance, the environment and nuclear security and safety and underscored that arrangements for a comprehensive, just and lasting peace in Ukraine should take into account these factors.

U.N. Secretary-General Antonio Guterres told the emergency special session of the General Assembly that resumed on February 22 that Russia's invasion of Ukraine is "an affront to our collective conscience" and said it is "high time" to step back from the brink.

"The one-year mark of Russia's invasion of Ukraine stands as a grim milestone - for the people of Ukraine and for the international community. That invasion is an affront to our collective conscience. It is a violation of the United Nations Charter and international law," Mr. Guterres said adding that the invasion is having dramatic humanitarian and human rights consequences.

In a strong message, Mr. Guterres said the war is fanning regional instability and fueling global tensions and divisions while diverting attention and resources from other crises and pressing global issues.

"Meanwhile, we have heard implicit threats to use nuclear weapons. The so-called tactical use of nuclear weapons is utterly unacceptable. It is high time to step back from the brink," he said. (Source: PTI)

Biden nominates Indian-American...

at "this critical moment in history".

If confirmed by the World Bank Board of Directors, Banga would be the first-ever Indian-American and Sikh-American to head either of the two top international financial institutions: International Monetary Fund and the World Bank.

Banga, 63, currently serves as Vice Chairman at General Atlantic. Previously, he was President and CEO of Mastercard, leading the company through a strategic, technological and cultural transformation. He was awarded the Padma Shri in 2016.

"Ajay is uniquely equipped to lead the World Bank at this critical moment in history," President Biden said in a statement.

"He has spent more than three decades building and managing successful, global companies that create jobs and bring investment to developing economies, and guiding organizations through periods of fundamental change," Biden said.

Banga has a proven track record managing people and systems, and partnering with global leaders around the world to deliver results, he said.

He also has critical experience mobilizing public-private resources "to tackle the most urgent challenges of our time, including climate change," the US President said.

Raised in India, Banga has a unique perspective on the opportunities and challenges facing developing countries and how the World Bank can deliver on its ambitious agenda to reduce poverty and expand prosperity, he added.

The White House said Banga is a business leader with extensive experience leading successful organizations in developing countries and forging public-private partnerships to address financial inclusion and climate change.

According to the White House, over the course of his career, Banga has become a global leader in technology, data, financial services and innovating for inclusion.

He is honorary chairman of the International Chamber of Commerce, serving as chairman from 2020-2022. He is also chairman of Exor and independent director at Temasek. He became an advisor to General Atlantic's climate-focused fund, BeyondNetZero, at its inception in 2021.

He previously served on the Boards of the American Red Cross, Kraft Foods and Dow Inc. Ajay has worked closely with Vice President Kamala Harris as the Co-Chair of the Partnership for Central America.

He is a member of the Trilateral Commission, a founding trustee of the US-India Strategic Partnership Forum, a former member of the National Committee on United States-China Relations, and Chairman Emeritus of the American India Foundation.

Banga is a co-founder of The Cyber Readiness Institute, Vice Chair of the Economic Club of New York and served as a member of President Barack Obama's Commission on Enhancing National Cybersecurity. He is a past member of the US President's Advisory Committee for Trade Policy and Negotiations.

He was awarded the Foreign Policy Association Medal in 2012, the Ellis Island Medal of Honor and the Business Council for International Understanding's Global Leadership Award in 2019, and the Distinguished Friends of Singapore Public Service Star in 2021. (Source: PTI)

India-US ties key for democracy...

The Senate Majority Leader is leading a high-powered Congressional delegation of senators to India. The delegation, led by Schumer, called on Prime Minister Narendra Modi in New Delhi on Monday, February 20. They discussed new opportunities for consolidating the India-US ties in critical technologies, clean energy transition, joint development and

production, and trusted and resilient supply chains.

The prime minister welcomed the Congressional delegation to India and appreciated the consistent and bipartisan support of the US Congress for deepening India-US bilateral ties, his office said in a statement.

"We need nations such as India, the world's largest democracy, to work with us to strengthen democracies in Asia and around the globe," Schumer said in a statement issued here on Monday following his hour-long meeting with Prime Minister Modi in New Delhi.

"In our meeting with Prime Minister Modi, we stressed that close ties between our two countries would be a crucial counterweight to outcompete China and respond to its authoritarianism," he said.

India is one of the "leading powers" of the world and a strong US-India relationship is a must for democracy, technology advancement, and a strong world economy, he said.

"I made India my first Congressional Member Delegation (CODEL) as Majority Leader to show my commitment to the important US-India relationship," he said in the statement.

Other members of the delegation are Senators Ron Wyden, Jack Reed, Maria Cantwell, Amy Klobuchar, Mark Warner, Gary Peters, Catherine Cortez-Masto, and Peter Welch.

All are from the ruling Democratic Party.

"I am proud that the senators in our delegation are strong representatives of America's commitment to the US-Indian economic and security partnership," he said. Schumer said, in his meeting with Modi, they discussed the growing US-India relationship and the common interests that unite the two largest democracies in the world.

"It was a substantive and productive conversation about strengthening ties on our shared strategic interests including outcompeting China, combating climate change, increasing trade, and deepening bonds between our two countries," he said.

"We stressed that close cooperation between the US and India in areas such as AI, green hydrogen, and advanced tech manufacturing will give our two countries the advantage for decades to come. I strongly believe the continued and strengthened US-India relationship will be the great story that will define the 21st century," he said.

All the senators expressed their commitment to continue working with the Indian government to deepen the bilateral relationship to advance their mutual interest, he added. (Inputs from PTI and Press release from Schumer's office)

We stand up for the BBC: UK govt...

David Rutley, Parliamentary Under-Secretary of the FCDO, pointed to a "broad and deep relationship" with India which meant the UK was able to discuss a wide range of issues in a "constructive manner".

"We stand up for the BBC. We fund the BBC. We think the BBC World Service is vital. We want the BBC to have that editorial freedom," said Rutley.

"It criticizes us (government), it criticizes the (Opposition) Labour party, and it has that freedom that we believe is so important. That freedom is key, and we want to be able to communicate its importance to our friends across the world, including the government in India," he said.

Updating the Commons on the issue, the minister said India's I-T department conducted what has been described as a survey on the BBC's offices in New Delhi and Mumbai, beginning on February 14 and finishing after three days, on February 16.

Highlighting that the BBC is "operationally and editorially independent", the minister said the public broadcaster plays an important role and the FCDO funds services in 12 languages, including four Indian languages: Gujarati, Marathi, Punjabi and Telugu.

"It will continue to do so, because it is important to ensure that our voice - and an independent voice, through the BBC - is heard throughout the world," he said.

(Read full story at www.theindianpanorama.news)



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History This Week

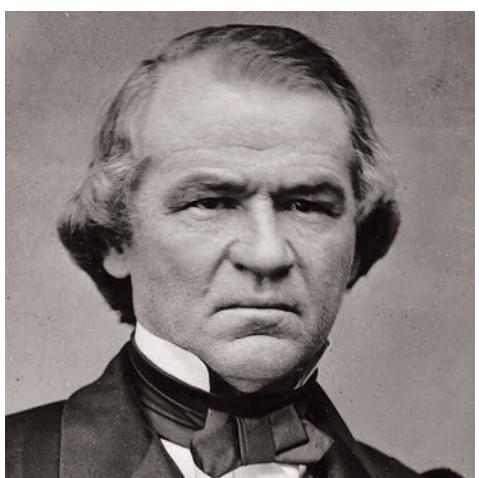
FEBRUARY 24 - MARCH 02, 2023

February 24



Pope Gregory XIII

February 24, 1582 - Pope Gregory XIII corrected mistakes on the Julian calendar by dropping 10 days and directing that the day after October 4, 1582 would be October 15th. The Gregorian, or New Style calendar, was then adopted by Catholic countries, followed gradually by Protestant and other nations.



President Andrew Johnson

February 24, 1867 - The House of Representatives voted to impeach President Andrew Johnson. The vote followed bitter opposition by the Radical Republicans in Congress toward Johnson's reconstruction policies in the South. However, the effort to remove him failed in the Senate by just one vote.



Admiral Chester Nimitz

Birthday - Admiral Chester Nimitz (1885-1966) was born in Fredericksburg, Texas. He commanded Allied naval, land and air forces in the South Pacific during World War II, and signed the Japanese surrender document on September 2,

1945.

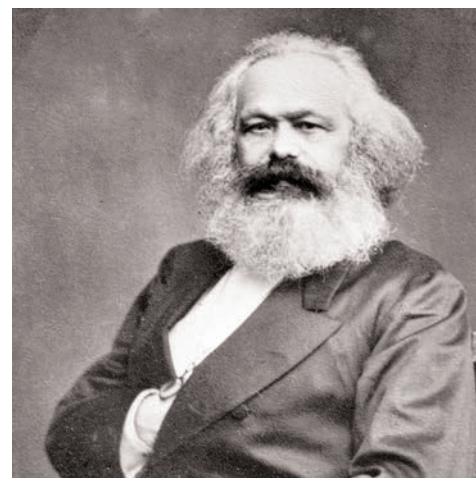
February 25



Millicent Fenwick

Birthday - Millicent Fenwick (1910-1992) was born in New York City. She championed liberal causes, serving as a member of the U.N. General Assembly and as a U.S. Congresswoman.

February 26



Karl Marx

February 26, 1848 - The Communist Manifesto pamphlet was published by two young socialists, Karl Marx and Friedrich Engels. It advocated the abolition of all private property and a system in which workers own all means of production, land, factories and machinery.



Boris Yeltsin

February 26, 1994 - Political foes of Russian President Boris Yeltsin were freed by a general amnesty granted by the new Russian Parliament.

Birthday - American frontiersman

"Buffalo Bill" Cody (1846-1917) was born in Scott County, Indiana. He claimed to have killed over 4,000 buffalo within 17 months. He became world famous through his Wild West show which traveled throughout the U.S. and Europe for 30 years.

February 27

February 27, 1950 - The 22nd Amendment to the U.S. Constitution was ratified, limiting the president to two terms or a maximum of ten years in office.

February 27, 1991 - In Desert Storm, the 100-hour ground war ended as Allied troops entered Kuwait just four days after launching their offensive against Saddam Hussein's Iraqi forces.

May 12, the boy's body was found in a wooded area a few miles from the house.



President John F. Kennedy

March 1, 1961 - President John F. Kennedy established the Peace Corps, an organization sending young American volunteers to developing countries to assist with health care, education and other basic human needs.

March 1, 1974 - Seven former high-ranking officials of the Nixon White House were indicted for conspiring to obstruct the investigation into the Watergate break-in. Among those indicted; former chief of staff H.R. Haldeman, former top aide John Ehrlichman, and former attorney general John Mitchell.

Birthday - American band leader Glenn Miller (1904-1944) was born in Carilinda, Iowa. His music gained enormous popularity during the 1940's through recordings such as Moonlight Serenade and String of Pearls. On December 15, 1944, his plane disappeared over the English Channel while en route to Paris where he was scheduled to perform.

March 2

March 2, 1943 - During World War II in the Pacific, a Japanese convoy was attacked by 137 American bombers as the Battle of Bismarck Sea began. The convoy included eight destroyers and eight transports carrying 7,000 Japanese soldiers heading toward New Guinea. Four destroyers and all eight transports were sunk, resulting in 3,500 Japanese drowned, ending Japanese efforts to send reinforcements to New Guinea.

Birthday - American soldier and politician Sam Houston (1793-1863) was born in Rockbridge County, Virginia. As a teenager he ran away and joined the Cherokee Indians who accepted him as a member of their tribe. He later served as a Congressman and Governor of Tennessee. In 1832, he became commander of the Texan army in the War for Texan Independence, defeating the larger Mexican army in 1836 at the Battle of San Jacinto. He then served as Senator and Governor of the new state of Texas but was removed in 1861 after refusing to swear allegiance to the Confederacy.

February 28

February 28, 1844 - During a demonstration of naval fire power, one of the guns aboard the USS Princeton exploded, killing several top U.S. government officials on the steamer ship, and narrowly missed killing President John Tyler.

February 28, 1986 - Swedish Prime Minister Olof Palme (1927-1986) was assassinated in Stockholm while exiting a movie theater with his wife.

February 28, 1994 - NATO conducted its first combat action in its 45 year history as four Bosnian Serb jets were shot down by American fighters in a no-fly zone.

March 1

March 1, 1781 - Formal ratification of the Articles of Confederation was announced by Congress. Under the Articles, Congress was the sole governing body of the new American national government, consisting of the 13 original states. The Articles remained in effect through the Revolutionary War until 1789, when the current U.S. Constitution was adopted.

March 1, 1932 - The 20-month-old son of aviation pioneer Charles A. Lindbergh was kidnapped from his home in Hopewell, New Jersey. The Lindberghs then paid a \$50,000 ransom. However, on



Manchester United's Antony, center, celebrates after scoring his side's second goal. (AP)

Antony strikes as Manchester United fight back to sink Barcelona in Europa League

Brazilian forward Antony stepped off the bench to send Manchester United through to the Europa League last 16 as the hosts came from behind to beat Barcelona 2-1 in Thursday's (February 23) playoff second leg and progress 4-3 on aggregate.

After a frantic start, Barca were awarded an 18th-minute penalty when Bruno Fernandes was adjudged to have fouled defender Alejandro Balde and Robert Lewandowski just squeezed the spot-kick home.

United came out for the second half looking like a different side and levelled through Fred, the Brazilian steering home Fernandes's pass two minutes after the break.

A superb save from goalkeeper David de Gea kept out an effort from Barca's Jules Kounde, a stop that proved crucial as Antony arrowed a superb finish into the bottom corner 17 minutes from time to send United through.

United remain in four competitions this season as they bid to win their first major trophy since 2017.

"The belief of the team is always there," Fernandes told BT Sport. "The belief of the fans, they push us through difficult moments."

"We have made great comebacks, the club is made also by that. In the past we have done a lot like this result."

Source: Reuters

India loses Asian c'ships due to WFI controversy

In a big setback to India, the United World Wrestling has shifted the Asian Championships from New Delhi to Astana, Kazakhstan. The tournament has been postponed from March 28-April 2 to April 7-15.

The UWW took this step after taking cognisance of the pending sexual harassment and financial irregularity complaints against the Wrestling Federation of India (WFI) president, Brij Bhushan Sharan Singh.

"UWW was forced to change the host of the continental championships due to the recent developments in Indian wrestling and a pending inquiry by the Indian sports ministry against the Wrestling Federation of India," the UWW said in a statement. The Oversight Committee, which is running the day-to-day affairs of the WFI, had approached the UWW about its willingness to host the event in India.

The Sports Ministry has extended the deadline given to the Oversight Committee to submit its report on sexual harassment allegations against WFI president Brij Bhushan Sharan Singh by two weeks. The committee, which was formed on January 23, was asked to submit its report in four weeks. The ministry extended the deadline following requests from the committee members and now it will submit its report by March 9. Source: TNS and PTI

India run out of luck and steam, lose semifinal to Oz

CAPE TOWN (TIP)

Australia held their nerve with the ball to secure a seventh successive final appearance in the Women's T20 World Cup with a tense five-run victory over India in their semifinal here on February 23.

Australia won the toss and elected to bat, posting a par score of 172/4, before restricting India to 167/8 in reply. They will now await the winner of Friday's second semifinal between England and hosts South Africa.

Australia's total came thanks to a 37-ball 54 from opener Beth Mooney and an excellent 49 not out from 34 balls by captain Meg Lanning. Lanning and Ash Gardner (31 from 18 balls) gave the innings important impetus towards the back end as they put on 53 in six overs to propel Australia to what proved a winning score.

"That is one of the best wins I've been involved in, to fight back after not playing our best cricket in all three facets," Lanning said. "India came hard at us, so we knew this score would be hard to defend. But we pulled through in the clutch moments. I think we are able to stay calm and composed, we didn't panic even when we weren't bowling well. These are the kind of games we want to win," she added.

Turning point

India were always up with the required run rate, but lost regular wickets until Jemimah Rodrigues



Australia's captain Meg Lanning scored an unbeaten 49, while her counterpart Harmanpreet Kaur made a 34-ball 52. Reuters

(43 from 24 balls) and captain Harmanpreet Kaur (52 from 34 balls) put on 69 for the fourth wicket to put their side in the driving seat.

But they were struck a blow when Harmanpreet was run out in bizarre circumstances in a turning point in the game as her bat got caught in the wicket as she tried to slide it in and she ended up short of the line in what had appeared an easy run.

India went into the final over needing 16 runs to win, but spinner Gardner (2/37) bowled Australia to victory with an excellent all-round

performance. "We got the momentum back (with the bat). To lose from there, we weren't expecting this. The way I got run out, you can't be unluckier than that," Harmanpreet said. "We again gave some easy catches away. When you have to win, you have to take your chances. We can only learn from this," she added.

Brief scores: Australia 172/4 (Mooney 54, Lanning 49, Gardner 31; Pandey 2/32); India 167/8 (Harmanpreet 52, Jemimah 43; Brown 2/18, Gardner 2/37).

Source: Reuters

Ashwin rises to 2nd, Jadeja enters top 10 among bowler in ICC Test rankings

DUBAI (TIP)

India's Ravichandran Ashwin rose a place to second, while his compatriot Ravindra Jadeja jumped seven rungs to be among the top-10 bowlers in the latest ICC Men's Test Player Rankings issued here on Wednesday, February 22.

Jadeja has progressed to the ninth position after his 10-wicket match haul in the second Test against Australia in New Delhi, the first time that he had broken in the top-10 since September 2019.

Injured pacer Jasprit Bumrah is the other Indian bowler in top-10, as he occupies the fifth spot.

Veteran England seamer James Anderson leads the list but Australia captain Pat Cummins has dropped two places to third.

Axar Patel's late-order heroics have pushed him into the top five in all-rounders' list, which is being headed by Jadeja and Ashwin.

Australia's Marnus Labuschagne continues to top the Test batters list, followed by Steve Smith and Pakistan skipper Babar Azam.



India's Rishabh Pant, who is out of action for an indefinite period following a horrific car crash, is static at sixth, while skipper Rohit Sharma continues to be seventh.

England batters Ollie Pope (up six places to 23rd), Harry Brook (up 12 places to 31st) and Ben Duckett

(up 13 places to 38th) have achieved career-best rankings, as have New Zealand's Tom Blundell and Devon Conway. Blundell's first innings knock of 138 has lifted him four places to 11th while Conway's 77 has helped him move up five places to 17th.

Source: PTI

Sikh History This Week

FEBRUARY 24, 2023, TO MARCH 2, 2023

24th February

1922: A diwan held at Ghurial on the concluding day of 101 Akhand Paths.



1630 Seventh Patshash, Guru Har Rai Ji was born at Kirtapur in the house of Baba Gurditta, eldest son of Guru Hargobind, and Mata Nihal Kaur. He was the second grandson of Guru hargobind, the first being Baba Dhir Mal. Today is the actual date of birth, although it is observed on a different date by Guru Khalsa Panth.



considerations. The problem of antagonistic relations between the landlords and tenants was so enormous that it almost defied a solution. The biggest issue, absentee land-lordism in PEPSU, made the struggle between "Haves" and "Have nots" more bitter and even violent. All important posts were exclusively reserved for a few families that were near and dear to the Maharaja.

25th February



1710 Baba Banda Singh Bahadur was victorious over Sirhind. Born on Kataksudhi 13 sunmat 1727 to Rajput father Ramdev who was a resident of the Rajori village in Jammu. He was named Lashman Dev by his parents. Since childhood, he exhibited extremely fondness for sanskrit literature and hunting. However, he plunged into deep remorse after killing a pregnant deer. As a result he discarded all his hunting tools and became a disciple of Vaesnav JankiPrasad. He shed all his material wealth, started onto the seekers path for enlightenment, and adopted the new name, Madho Dass.

1921 Gurudwara Hehr Sahib was forcibly taken over and brought under the control of SGPC.

26th February



1822: General Hari Singh Nalwa reached Hajara with his forces. He was born to father, Sardar Gurdyal Singh Uppal and mother, Mata Dharam Kaur at Gujrawala in 1781. Besides being a valiant soldier, Sardar Hari Singh Nalwa also served as Governor of Kashmir, Hjara, and Peshawar. He joined Maharaja Ranjit Singh's forces in his early youth and established himself to be one of the most popular Khalsa generals. Among the Sirhadhi Pathans, his name brought immediate fear and respect. He is part of their folklore to this day. He won numerous wars for the Khalsa Panth and died, on Vaisakh 19 sunmat 1894, in the battle near Sirhadhi Jamraud. A place is established within Jamraud fort in remembrance of PanthRattan Sardar Hari Singh Nalwa.



1923 Kishan Singh Gargaj was arrested from Pindori Mahal. He was the chief architect of the Babbar Akali Movement, who had steered the Babbar Akalis clear of the murderous assaults. But after his arrest, the Babbars resorted to indiscriminate murders. Their objective was to expel the British rulers by

violent means.

27th February

1926: Six Babbar Akalis were hanged to death in Lahore Central Jail, under the First Babbar Akali Conspiracy case, by the orders of Lord Reading and Malcolm Hailey.

1966: Master Akali Dal demanded the formation of Sikh Homeland.

28th February

1712: Bahadur Shah died. A war broke out among his sons. Baba Gurbakhash Singh, alias Banda Bahadur, took advantage of the situation and appeared once again in the plains. His first victory was against Islam Khan, the Governor of Lahore. The next to fall was the zone of Sirhind. But this victory was again, short lived.

1921: Gurudwara Rori Sahib was forcibly taken over and brought under the control of SGPC.

1924: All India Congress passed resolution, condemning the killings of Sikhs devotees at Gangsar, Jaito.

1st March

1923 Assa Singh of Phakrudi was arrested from Kiratpur Sahib.

1925 15th Shahidi Jatha of 500 valiant Akali Satyagrahies started their march from Sri Akal Takhat, Amritsar, towards Gangsar, Jaito.

2nd March



1909: Kapur Singh, the Sikh scholar, statesman and administrator, was born at Mannan Kalan Chakk. The Sikh scholar, statesman and administrator, was born on 2 March 1909 at Mannan Kalan Chakk. His parents (father: Sardar Didar Singh, and mother: Harman Kaur) were upper middle class peasants at Lyallpur, now known as Faisalabad in the modern-day Pakistan. Young Kapur Singh spent his early childhood at Faisalabad where the environment was saturated with the Sikh renaissance movement spearheaded by the Singh Sabha ideology.

1928: Nehru Committee accepted Sikhs right to bear Kirpan.





February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				



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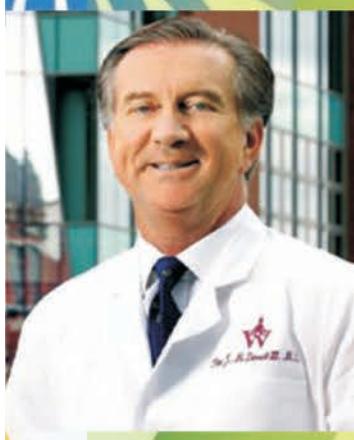


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-Rig Veda



**Message from
Peter J. McDonnell,
M.D. Director Wilmer Eye
Institute, Johns Hopkins
University, USA on the
occasion of laying the
foundation stone on
December 10, 2020**



"On behalf of all my colleagues of the Wilmer Eye Institute in Baltimore, MO ,I send my best wishes and congratulations to our friends in Goutami on this extremely important occasion. This beautiful facility will match the wonderful world class work of your doctors, nurses and staff in preserving and restoring the vision of so many patients. We in the United States are inspired by your dedication and admire your tireless efforts to serve so many who need your skills and compassion. Best wishes, Peter"

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