



## The INDIAN PANORAMA

Will bring out a profusely illustrated edition to mark India's 77th INDEPENDENCE DAY



The special edition will be published on August 12, 2023. Advertisements and articles may please be submitted by August 5, 2023 to salujaindra@gmail.com For any questions, please call 646-247-9458, or email to salujaindra@gmail.com

### INSIDE

THE DEPTHS TO WHICH POLITICIANS SINK PAGE 08

SOBRIETY AFTER THE EUPHORIA OF THE U.S. STATE VISIT PAGE 09

CORRUPT POLITICAL FUNDING MAKES ALL CAPITALISTS CRONY PAGE 10

## Gujarat High Court dismisses Rahul Gandhi's plea against his conviction in defamation case

Rahul Gandhi to move Supreme Court



Rahul Gandhi Photo credit / Tribune

JULY 07, 2023 AHMEDABAD/ NEW DELHI (TIP): In a setback to former Congress President Rahul Gandhi, the Gujarat High Court on July 7 declined to stay his conviction in a criminal defamation case in which he was sentenced to two years in jail by a Surat court.

CONTD ON PAGE 36

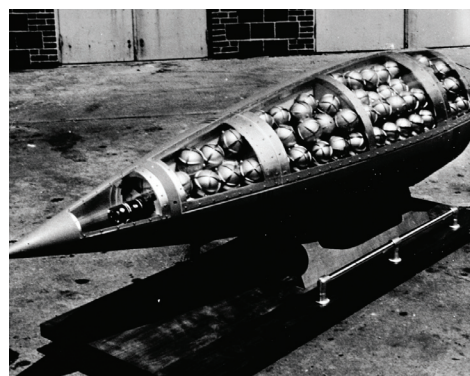
# U.S. will provide cluster munitions to Ukraine as part of a new military aid package

President Joe Biden's administration has decided to provide cluster munitions to Ukraine for the war against Russia, but the United Nations urges the warring countries to avoid using them

JULY 7, 2023

WASHINGTON, D.C. (TIP): U.S. President Joe Biden's administration has decided to provide cluster munitions to Ukraine. It is expected that Pentagon will send thousands of them as part of a new military aid package worth up to \$800 million for the war effort against Russia, according to people familiar with the decision, says an AP report.

The decision comes despite widespread concerns that the bombs can cause civilian casualties and sparked a call from the United Nations to both Russia and Ukraine to avoid using them. The Pentagon will provide munitions that have a reduced "dud rate," meaning there will be far fewer unexploded rounds that can result in unintended



U.S. Honest John missile warhead cutaway around 1960, showing M134 bomblets filled with Sarin. Image / Courtesy the Library of Congress

civilian deaths.

The weapons will come from Pentagon stocks and will also include Bradley and

Stryker armored vehicles and an array of ammunition, such as rounds for howitzers and the High Mobility Artillery Rocket System, known as HIMARS, officials said.

Long sought by Ukraine, cluster bombs are weapons that open in the air, releasing submunitions, or bomblets, that are dispersed over a large area and are intended to wreak destruction on multiple targets at once.

The officials and others familiar with the decision were not authorized to publicly discuss the move before the official announcement and spoke to The Associated Press on the condition of anonymity.

CONTD ON PAGE 36

## BBC gets fresh summons over Modi documentary



BBC office

File photo

NEW DELHI (TIP): Delhi's Rohini Court on July 7 issued fresh notices to the British Broadcasting Corporation (BBC), Wikimedia Foundation and U.S.-based digital library Internet Archive in a defamation case over the two-part documentary on Prime Minister Narendra Modi, reports Ishita Mishra.

The summons was issued in a case filed against the three by Bharatiya Janata Party (BJP) leader Binay Kumar Singh.

The order was served through the Union Ministry of Law and Justice after noting that both were foreign entities and thus subject to the rules formulated under the Hague Convention.

In the previous hearing of the matter, on May 3, the lawyers of the two foreign entities had told the court that they have not served the notice on this case properly and that this court does not have the jurisdiction to deal with the defamation case against them.

CONTD ON PAGE 36

## Six supporters of Eric Adams mayoral campaign indicted

JULY 7, 2023

NEW YORK CITY (TIP): Six supporters of Eric Adams' New York City mayoral campaign were indicted in Manhattan Friday, accused of running a straw donor scheme meant to win influence in City Hall. Adams himself, and his campaign, were not implicated in the scheme, and Manhattan District Attorney Alvin Bragg doesn't allege that Adams knew about it.

The 27-count indictment lays out a case that the defendants collectively paid 29 separate straw donors to give to Adams' campaign, between Aug. 13, 2020 and Sept. 23, 2021.

The straw donors were not named in the indictment, but one of them was said to be a Democratic district leader in Manhattan. It wasn't immediately clear who.

The scheme was meant to take advantage of New York City's public campaign matching funds program, where donations of up to \$250 from city residents are matched 8-to-1 with public funds.



Manhattan District Attorney Alvin Bragg

Photo / courtesy Manhattan DA office

CONTD ON PAGE 36

**Expedia Cruises** Air, Land & Sea Vacations

**AMAZING DUBAI**  
07 Days / 06 Night  
From June 24, 2023 to June 30, 2023

**Inclusions:**  
06 Night accommodation  
5\* Hotel on double sharing basis  
Half Board 6 Breakfast and 6 Dinners  
Round Trip Dubai Airport Transfers  
Dubai city tour, Dubai Mall, Fountain Show  
Dubai Aquarium and under water zoo,  
Visit to Burj Khalifa (124th Floor)  
Desert Safari with dinner and Belly Dance  
5 Star Marina cruise with dinner  
Museum of the Future,  
Abu Dhabi city tour with Lunch  
Fujairah Day Trip  
Dubai Frame  
Miracle Garden

**DOUBLE OCCUPANCY**  
\$ 749/- per person

**SINGLE OCCUPANCY**  
\$ 999/- per person

**Exclusion:**  
Air Fare (but can be added)  
Tips for guides, drivers and porters,  
Personal Expenses  
Anything that is not specified.  
Travel Insurance not included but highly recommended.

**BEST PRICE**

More info 516 - 690 - 1257 516 - 988 - 7593 msingh@expediacruzises.com msmigliani22@gmail.com Mohinder Singh Miglani 22w Marele St. Hicksville, NY 11801

**OMNI MORTGAGE CORP.**  
Residential | Commercial | SBA Loans

**Andy Singh**  
516-441-7000  
16 E. Old Country Road  
Hicksville, NY 11801

**Herman Singh**  
718-441-7000  
118-18 101 Avenue  
Richmond Hill, NY 11419

E-mail: herman@omnimortgage.com

Registered Mortgage Broker- NYS Dept of Financial Services  
Loans arranged thru 3rd party providers



The INDIAN PANORAMA  
EVER TRUTHFUL**PRESIDENT/PUBLISHER:**

Prof. Indrajit S. Saluja

**VICE PRESIDENT:**

Chitagam Saluja

**CHIEF EDITOR:**

Prof Indrajit S. Saluja

**CONSULTING EDITOR :**

Deepak Dwivedi Chairman,

Editor-In-Chief

Blitz India Media Group

**ASSISTANT EDITOR:**

Bidisha Roy

**SPL. REPORTER UNO:**

H.S. Panaser

**GRAPHICS DIRECTOR:**

Om Parkash Malik

**DIRECTOR****ADMINISTRATION:**

Gauri Beri

**CONTRIBUTING****PHOTOGRAPHERS:**

Baldev Singh / BJ Videos

Gunjesh Desai / Masala Junction

Jay Mandal,

Mohammad Jaffer,

SnapsIndia

Mohammad Shahzad,

Zia Khan,

Nisha Rani

Vaaho Photographers,

Vijay Shah - Photo Journalist.

**CORRESPONDENTS :****SACRAMENTO:**

Parminder S. Aujla

**NEW YORK :**

Chitagam

**FRESNO:**

Tarlochan Singh

**DALLAS:**

Harjit Dhesi, Amarjit Dhillon

**OVERSEAS CORRESPONDENTS****LONDON**

Nirpal Singh Shergill

**SPL CORRESPONDENT****DELHI BUREAU CHIEF:**

Chandan Singh

**CHANDIGARH:**

Manjit Sidhu

**LUDHIANA:**

A.S. Arora,

R.P.Sharma

**JAIPUR :**

Dr. Yashpaul Goyal

**DALLAS BUREAU CHIEF & VP**

Lovlien Kaurr

972-330-3139

editor@theindianpanorama.news

**The Indian Panorama**

P.O. Box No. 190067, South

Richmond Hill, NY 11419,

Tel: 646-247-9458

Email:

editor@theindianpanorama.news

**DISCLAIMER**

THE INDIAN PANORAMA ASSUMES NO RESPONSIBILITY FOR THE CLAIMS MADE IN ADVERTISEMENTS. WE ONLY SELL SPACE. VIEWS PUBLISHED IN THE NEWSPAPER ARE THOSE OF THE AUTHORS AND DO NOT NECESSARILY REFLECT THE VIEWS OF THE NEWSPAPER. ALL RIGHTS ARE RESERVED. REPRODUCTION IN WHOLE OR IN PART WITHOUT PERMISSION IN WRITING FROM THE INDIAN PANORAMA IS PROHIBITED.

**GUEST COMMENT**

# No relief for Rahul

## QUANTUM OF SENTENCE RAISES VITAL QUESTIONS

With the Gujarat High Court dismissing Rahul Gandhi's plea seeking a stay on his conviction in a criminal defamation case over his 'Modi surname' remark, the Congress leader is running out of legal remedies to stall his disqualification as a Lok Sabha MP and be eligible to contest the General Election next year. The High Court observed that the lower court's order handing out a two-year jail term to Rahul was 'just, proper and legal'. The HC's decision has evoked contrasting political reactions: the BJP has welcomed upholding of the session court's order, while the Congress has called it 'a travesty of justice'.

What's contentious is the quantum of sentence. Rahul has been awarded the maximum punishment for defamation under Section 500 of the IPC. Any prison term of less than two years - say six months or one year - would have sufficed to meet the ends of justice and also saved the Congress MP from disqualification. Notably, the Kerala High Court had suspended the conviction and 10-year sentence of disqualified Lakshadweep MP Mohammed Faizal in an attempt-to-murder case, paving the way for the lawmaker's reinstatement earlier this year.

The fast-tracking of the proceedings in the trial court, followed by Rahul's

conviction and sentence, led to speculation that the whole exercise was aimed at ensuring his disqualification. Even as Rahul is set to approach the Supreme Court, he faces the prospect of being relegated to the sidelines of electoral politics if he fails to get relief. In due course, the apex court should take into account the implications that Rahul's 'disproportionate' sentence would have for free speech in a democratic polity. The bigger issue of decriminalizing defamation also needs to be addressed by the judiciary and the lawmakers.

(Tribune, India)

## Fact vs fake : Right to dissent must prevail

The Bombay High Court's observation on Thursday (July 7, 2023) that since the April amendment to IT Rules, 2021, though well intended, led to the violation of the Constitution and so it must go is commendable as it holds out hope for the right to dissent. The HC Bench was hearing petitions by stand-up comedian Kunal Kamra challenging the amendment that gives power to the government-appointed Fact Check Units (FCUs) to decide whether information about the Central government put online was fake or factual. If the FCU declares content as 'fake' or 'misleading', it would be incumbent upon the media site to remove it and the Internet service

providers would have to block its URL if they wish to retain their 'safe harbor' (legal immunity against third-party content). The HC also put a question mark over the need for having FCUs, wondering if the Press Information Bureau was not adequate for this purpose.

The print, broadcast and online media and the votaries of freedom of speech have predominantly been targeted over this rule. Various media representatives have moved court against it as this amounts to censorship by the government through its FCUs. Kamra's counsel Navroz Seervai pertinently describes this high-handedness as the government declaring 'it is my way or

the highway' and underestimating the people's intellect by acting like a 'nanny', deciding what was good for the public.

The government's contention that the affected parties could move court does not hold water as the regularity with which state governments have been clamping down on those seen as criticizing them is worrisome. The latest instance is of the Kerala government filing a criminal case against Shajan Skariah, editor of a popular news portal, for making 'false' allegations against an MLA, and the police confiscating computers and barring employees from running the portal's YouTube channel.

(Tribune, India)

## Thwarting Twitter: on the Karnataka High Court ruling

### RULING IN FAVOR OF BLOCKING SHOULD NOT BE THE LAST WORD ON SOCIAL MEDIA LAW

It is unfortunate that the petition by Twitter, Inc. challenging the validity of the spate of blocking orders passed by the Union government was rejected by the Karnataka High Court. While success in litigation involving the government's power to restrict speech and expression on grounds permitted in Article 19(2) of the Constitution was always expected to be difficult, it is disconcerting that the court refused to countenance all arguments based on the absence of notice to users and the apparent lack of proportionality involved in large-scale suspension of accounts and posts that contained political content, especially dissenting views against the government's farm laws and the farmers' protests they sparked. There was some expectation that judicial review will temper the authorities' zeal to go in for account-level blocking rather than

ordering the removal of specific tweets, links or URLs that it deemed injurious to public order or national security. What is quite disappointing is that the court both ruled that Twitter cannot espouse the cause of its users who have voiced no grievance and discouraged an intervenor from among those who suffered account-level suspension. It ruled that a foreign entity such as Twitter could not invoke the constitutional guarantee of free speech and expression on behalf of users. In the ultimate rebuff to the platform, the court imposed costs of ₹50 lakh for indulging in much-delayed "speculative litigation" despite not complying with the blocking orders for a long period and then doing so only under protest.

There is little doubt that social media content can degenerate into incitement, hate speech and hostile propaganda against the state or its instrumentalities. Laws exist in most countries to order intermediaries such as social media platforms and Internet service providers to

remove any offending content, but it is a common principle that established democracies should frame policies and regulations rooted in fairness and natural justice, and not impose undue curbs on freedom of speech and expression. Section 69A of the IT Act, which sets out the power to issue blocking orders, was upheld by the Supreme Court in Shreya Singhal (2015) mainly on the ground that it came with adequate procedural safeguards. Twitter argued that lack of notice to the originators of content and the account users was in breach of that verdict. The court has ruled that issuing notice to users was not mandatory, especially when they may not be identifiable. Conclusions such as this, and the wide berth given to authorities to opt for account-level blocking may require reconsideration. A definitive verdict from the Supreme Court may be needed to clarify both the rights and obligations of large media companies in relation to user-generated content.

(The Hindu)



# Indian American gynecologist and oncologist Dr. Uma Mysorekar gets Interfaith Center of New York's 2023 award

JULY 3, 2023

**NEW YORK (TIP):** Dr. Uma V. Mysorekar, an Indian American gynecologist and oncologist hailing from Bengaluru, Karnataka has received the Interfaith Center of New York's 2023 James Parks Morton Interfaith Award.

Named in tribute of The Interfaith Center of New York's founder, the award recognizes individuals or organizations that exemplify an outstanding commitment to promoting human development and peace.

Other recipients of the award are Rabbi Sharon Kleinbaum and Joshua Seftel and the creative team behind the documentary short film Stranger at the Gate.

Mysorekar, a medical graduate from Bombay University, migrated to the USA and has been a successful gynecologist and oncologist since 1970, according to a press release.

Mysorekar has, in addition to her medical profession, been associated with several social and cultural organizations - As a Committee Member, Vice President and President of Heart & Head of the Handicapped (HHH) she was responsible for organizing events and fund-raising efforts for the handicapped children in New York and in India.



Dr. Uma V. Mysorekar has received the Interfaith Center of New York's 2023 James Parks Morton Interfaith Award

Mysorekar was invited by both former President Bill Clinton and former President George Bush to represent Hinduism at Interfaith Conference sponsored by the White House.

She has been a leading fundraiser and donor for care of impoverished women and for the disabled and orphaned in India, having pioneered the fundraising for "Aid to Disabled, Orphaned and Poor" (ADOP) and contributed substantially

towards the construction of a hostel for poor working women in Bengaluru in India.

In the US, under the auspices of the Hindu Temple Society of North America, she devised various projects to address the psychological and emotional concerns of Indian youth, growing up under the influence of dual cultures.

Mysorekar was one of the few high-profile Asians chosen as the

representative of 1.8 million Hindus of the continent at a special interreligious gathering to meet Pope Benedict XVI on April 17, 2008.

She had an audience with Pope Benedict during this visit. Later that year, she was one of the six representatives of various faiths chosen to participate in the National Prayer Service in Washington following the inauguration of President Barack Obama.

As the first person chosen to represent the Hindu religion for the National Prayer Service, Mysorekar was also invited to have an audience with the new President. Mysorekar later participated in Interreligious meeting with Pope Francis and offered Hindu prayer in New York on Sep 25, 2015.

Mysorekar has been the recipient of the prestigious Ellis Island Medal of Honor for 2009 and was featured in the prestigious publication "The Women who made New York" authored by New York Times columnist Julie Scelfo, who recognized Mysorekar's service to the community, her role in organizing interfaith dialogues reaching out to leaders of other faiths, and her fundraising capability for common causes and elder care.

## DR. MACHELLE ALLEN RECOGNIZED BY MODERN HEALTHCARE AS ONE OF THE YEAR'S '50 MOST INFLUENTIAL CLINICAL EXECUTIVES'



Dr. Machelles Allen is among the honorees in this year's list of '50 Most Influential Clinical Executives' by Modern Healthcare

JULY 6, 2023

**NEW YORK (TIP):** NYC Health + Hospitals, on June 30th, announced that Senior Vice President (SVP) and Chief Medical Officer (CMO) Dr. Machelles Allen is among the honorees in this year's list of '50 Most Influential Clinical Executives' by Modern Healthcare. These leaders were chosen by the prominent health care industry publication for their innovative recruitment strategies, bold expansion maneuvers, and their ongoing commitment to advocacy. Dr. Allen is recognized for her service to vulnerable New Yorkers. Early in her career, she treated pregnant patients with substance use disorder and those who

were at risk for HIV infection. As SVP and CMO, Dr. Allen established the Office of Clinical Operations, which instituted surveillance of the health system's wastewater to detect emerging infections. She also created a systemwide Office of Women's Health Services. Under this effort, the NYC Health + Hospitals Maternal Home was "birthed" - one of the few in New York State. She recently joined Mayor Eric Adams to outline his vision for the future of women's health in New York City.

"I am so proud to represent a health system that provides high-quality, comprehensive care to New York City's most vulnerable populations. We must never forget that health care is a basic human right. It is our duty to create spaces where anyone - no matter their race, ethnicity, sexual orientation, gender identity, immigration status, or ability to pay - can access services that are vital to their well-being and that of their families. I also want to thank my amazing colleagues for nominating me. I am humbled and grateful for your trust in me and for the work that you do so selflessly.

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

## Broadway Deity André De Shields and Other Luminaries Honored at Flushing Town Hall's Gala on June 15

**DE SHIELDS WAS HONORED ALONGSIDE WAYNE HO, PRESIDENT & CEO OF THE CHINESE-AMERICAN PLANNING COUNCIL, AND MUKUND PADMANABHAN, FOUNDER OF THE GURU KRUPA FOUNDATION**



From Left to Right: Board Member Anne Lewent, Board Vice-President & Treasurer William McClure, Board Member Andrea Bland, Board Member Gonzalo Casals, Board Secretary TeHsing Niu, Gala Honoree Wayne Ho, Gala Honoree André De Shields, Gala Honoree Mukund Padmanabhan, Board President Veronica Y. Tsang, Executive & Artistic Director Ellen Kodadek, Board Member Patrick Hsu, Board Member Jacqueline d'Emden, Board Member Christina Tsang. Photo Credit / Lia Chang

JULY 2, 2023

**FLUSHING, NY (TIP):** Flushing Town Hall, on June 15, held its annual gala, Around the World & Home Again. The gala celebrated the Smithsonian Affiliate's mission to bring people together through arts and culture from around the globe. This year, the gala honored Broadway Deity André De Shields, President and CEO of the

Chinese-American Planning Council (CPC) Wayne Ho, and Founder of the Guru Krupa Foundation Mukund Padmanabhan. Veronica Y. Tsang was the presenting sponsor for this year's gala.

As the nonprofit's main benefit event of the year, the funds raised at the gala are critical for Flushing Town Hall to achieve its mission.

CONTD ON PAGE 6



## INDIAN AMERICAN PROFESSOR SANDEEP KRISHNAMURTHY BECOMES CAL POLY POMONA BIZ SCHOOL DEAN



Sandeep Krishnamurthy has taken over as Singelyn Family Dean of the College of Business Administration and Singelyn Graduate School of Business

JULY 5, 2023

**CAL POLY POMONA, CA (TIP):** Sandeep Krishnamurthy, a distinguished Indian American professor has taken over as Singelyn Family Dean of the College of Business Administration and Singelyn Graduate School of Business - one of the largest business schools in the nation - at Cal Poly Pomona.

"Dr Krishnamurthy brings a passion for cooperation among students, faculty, and staff that will promote the academic mission of the college and Cal Poly Pomona when he takes office on July 1, 2023," said Jennifer L. Brown, Provost and Vice President for Academic Affairs.

Krishnamurthy comes to Cal Poly Pomona in California from School of Business at the University of Washington (UW), Bothell, where he has taught and led for more than a quarter century while building a demonstrated record of success.

He has served as the school's founding dean since 2012, having become director of the business program in 2009 with the goal of elevating it to a separate school, according to his official profile.

Krishnamurthy continued to bolster campus fundraising with major industry conferences, a speaker series, an annual gala, and interdisciplinary degree programs.

In addition to his institutional innovations, Krishnamurthy is sought after as a published author, speaker at conferences, expert witness, and media commentator.

He received his post-graduate diploma with a concentration in Marketing and Finance from XLRI in Jamshedpur, India and his B. Tech degree in Chemical Engineering from the Indian Institute of Technology in Mumbai.

He then earned a PhD in Marketing from the University of Arizona with a minor in Economics in 1996. He then joined UW Bothell as an assistant professor before rising in the ranks to dean.

(Read full story at  
[www.theindianpanoraman.news](http://www.theindianpanoraman.news))

# Indian-origin Canadian MP Chandra Arya slams posters by Khalistani supporters; says they continue to reach a new low

JULY 5, 2023

**TORONTO (TIP):** An Indian-origin MP in Canada has slammed the provocative pro-Khalistani posters labelling some senior Indian diplomats as "killers" and warned that the "snakes in our backyard are raising their heads and hissing."

Chandra Arya, a Liberal Party politician, who hails from Karnataka, also underlined that it was only a question of time when they would bite to kill, an apparent reference to the growing menace posed by Khalistan supporters in Canada.

Tweeting a poster announcing the so-called 'Khalistan Freedom Rally' on July 8, Arya, who represents the Nepean constituency in Ontario province, said: "Khalistanis in Canada continue to reach (a) new low in abusing our Charter of Rights and Freedom by promoting violence and hate."

"Emboldened by non-criticism from elected officials of a recent Brampton parade portraying and celebrating the assassination of Indian Prime Minister Indira Gandhi by her bodyguards, they are now openly calling for violence against India diplomats," Arya tweeted.

"While it is good to see Canadian authorities are noticing, we should note the snakes in our backyard are raising their heads and hissing. It is only a question of time when they bite to kill," the 59-year-old MP wrote on Twitter.

The Khalistani poster has sparked outrage across India by calling India's High Commissioner to Ottawa Sanjay Kumar Verma and Consul General in Toronto Apoorva Srivastava as "killers"



Chandra Arya, an Indian-origin MP in Canada has slammed the provocative pro-Khalistani posters labelling some senior Indian diplomats as "killers"

of the Khalistan Tiger Force chief Hardeep Singh Nijjar.

It came a month after Khalistanis, marking the 39th anniversary of Operation Blue Star, put up a tableau of late Prime Minister Indira Gandhi with blood on her clothes and a poster that read, "Revenge of attack on Shri Darbar Sahib".

India summoned the Canadian envoy in New Delhi on Monday and issued a demarche over the increasing activities by pro-Khalistani elements in Canada.

It is learnt that India has also asked the Canadian authorities to take appropriate measures in view of planned protests by pro-Khalistan groups outside Indian missions in Canada on July 8.

Canada on Tuesday assured India of the safety of its diplomats, a day after External Affairs Minister S Jaishankar said India has asked its partner countries

such as Canada, the UK and the US not to give space to "extremist Khalistani ideology" as it is "not good" for relations.

A statement by Canadian Foreign Minister Melanie Joly on Tuesday termed the "promotional material" circulating ahead of the Khalistan rally "unacceptable".

Joly, in the statement highlighting Canada's adherence to the Vienna Conventions, said: "Canada takes its obligations under the Vienna Conventions regarding the safety of diplomats very seriously."

Joly also emphasized that the actions of a few individuals "do not speak for an entire community or Canada".

Jaishankar, when asked about reports of Khalistani posters in Canada naming Indian diplomats, said the issue will be raised with the government of that country. The "radical, extremist Khalistani ideology" is not good for India or its partner countries such as the US, Canada, the UK and Australia, he told reporters in New Delhi on Monday.

The Khalistani issue has impacted ties between the two countries in many ways in the last few years, he said. India has been asking Canada against giving space to pro-Khalistani separatists and extremist elements, Jaishankar had said.

India also summoned the Canadian High Commissioner Cameron MacKay on Tuesday to discuss the issue.

Hardeep Singh Nijjar, the Khalistan Tiger Force (KTF) chief, was shot dead outside a gurdwara in Canada last month. Nijjar was one of India's most-wanted terrorists and carried a cash reward of Rs 10 lakh on his head.

## Indo-Canadian Baltej Singh Dhillon appointed Chair of WorkSafeBC Board of Directors

JULY 3, 2023



Baltej Singh Dhillon has been appointed Chair of WorkSafeBC's Board of Directors, making him the first South Asian to hold the top post

**TORONTO (TIP):** Baltej Singh Dhillon, the first turbaned Sikh officer in the Royal Canadian Mounted Police (RCMP), has been appointed Chair of WorkSafeBC's Board of Directors, making him the first South Asian to hold the top post.

Dhillon, a member of the Board since 2017, was appointed for a three-year term effective June 30 after an announcement by Minister of Labor, Harry Bains, last week.

"Baltej was a veteran police officer who brings expertise in law enforcement and six years of experience as a director at WorkSafeBC. He will be committed to WorkSafeBC's role in investigating serious workplace incidents to prevent similar incidents from happening again," Bains said in his announcement.

The WorkSafeBC is a provincial agency dedicated to promoting safe and healthy workplaces across British Columbia.

(Read full story at [www.theindianpanoraman.news](http://www.theindianpanoraman.news))

## Indian-origin student drowns while swimming in Canada's Silver Falls

JULY 5, 2023

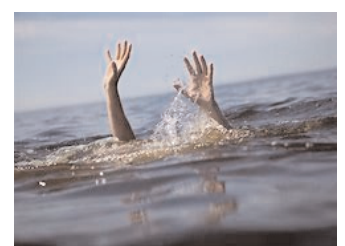
**THUNDER BAY, ONT (TIP):** A 23-year-old student hailing from Andhra Pradesh drowned while swimming in Silver Falls in Canada, said a family member on Wednesday, July 5.

Polukonda Lenin Naga Kumar (23) of Chintaguntapalem near Machilipatnam, lived in Thunder Bay in Ontario. He went for swimming to Silver Falls with his three roommates and drowned around 1 am on Tuesday according to Indian time.

"Silver Falls is about 40 km from where he lives. One of his roommates said that he managed to come out safely, but my nephew could not come out of the water as it was deep there," Naga Kumar's uncle Nutan Kumar told media.

According to Kumar, his nephew went to Canada in August 2021, to study MS in the University of Lakehead. He completed his studies and was searching for a job now. For the time being, Naga Kumar was working part time as a supervisor at a restaurant, he said.

(Read full story at [www.theindianpanoraman.news](http://www.theindianpanoraman.news))



Polukonda Lenin Naga Kumar (23) drowned while swimming in Silver Falls in Canada

Photo for representation only



## Two Indian Americans honored among 13 with named professorships by Caltech



Karthish Manthiram and Smruthi Karthikeyan have been bestowed with Early Career Professorships

JULY 5, 2023

**PASADINA, CA (TIP):** The California Institute of Technology, has recognized 13 faculty members including two Indian Americans with named professorships for early career and tenured faculty -the Institute's most distinguished award.

Smruthi Karthikeyan and Karthish Manthiram have been bestowed with Early Career Professorships, according to a press release from the leading private research university in Pasadena, California.

Smruthi Karthikeyan is Gordon and Carol Treweek Assistant Professor of Environmental Science and Engineering William H. Hurt Scholar Division of Engineering and Applied Science while Karthish Manthiram is Professor of

Chemical Engineering and Chemistry, William H. Hurt Scholar Division of Chemistry and Chemical Engineering

These honors provide faculty with additional resources to advance innovative research ideas while they continue to mentor and train future generations, the release said.

Each named professorship brings its own legacy. Many professorships, for instance, have long-standing histories and pass a tradition of discovery and exploration from one academic generation to the next, from one colleague to another.

A professorship may also provide a faculty member with an opportunity to forge meaningful connections with the philanthropists who made the award

possible.

Karthikeyan's research interests lie in the interface of engineering, computational biology, and microbial ecology to study microbial dark matter, according to the release.

Her overarching objectives are to develop integrated wet-lab and multi-omic (DNA-, RNA-, untargeted metabolomics) approaches to provide a systems-level understanding of complex microbial communities and their interactions and how these translate to biomarkers for environmental and human health.

Understanding microbial community behavior at a mechanistic level can have applications ranging from identifying the role of human gut microbiome in health and disease to mitigating the impacts of climate change.

Karthikeyan joined the Caltech faculty in 2022.

Manthiram strives to make artificial chemical synthesis more like the metabolic processes found in plants, which extract much of what they need from water, air, and sunlight.

Manthiram's group develops electrochemical catalysts and processes that enable removal of carbon dioxide from the atmosphere and the oceans, using only renewable electricity, such as solar.

The carbon contained in carbon dioxide can then be converted, along with atmospheric nitrogen, into fuels, fertilizers, pharmaceutical compounds, and other important materials.

Manthiram joined the Caltech faculty in 2021.

### INDIAN AMERICAN PROFESSOR DR. GIRISH PANICKER GETS INTERNATIONAL CONSERVATION RESEARCH AWARD



Dr. Girish Panicker has received the 2023 International Conservation Research Award from the Soil and Water Conservation Society (SWCS)

JULY 4, 2023

**LORMAN, MS (TIP):** Dr. Girish Panicker, a Kerala-born Indian American professor at Alcorn State University has received the 2023 International Conservation Research Award from the Soil and Water Conservation Society (SWCS).

Panicker, director of the USDA Conservation Research Program and a tenured professor, has been recognized for his outstanding achievements in conservation research, according to a university press release.

The SWCS, a leading nonprofit scientific and educational organization advocating for conservation professionals and science-based practices, programs, and policies, recognizes Panicker's outstanding contributions to conservation research.

"This is a great recognition for me and Alcorn State," said Panicker. "I was so blessed that I got the job here. Dr. Bristow sent me to work on my PhD, and I came back to Alcorn because I knew that this project of conserving soil and water could help around the globe. Our research goes to so many countries around the world."

Panicker's achievement has earned him international recognition for his decades-long dedication to the conservation research field in the United States.

As the director of the Conservation Research Center at Alcorn, established by the USDA/NRCS and USDA/ARS in 1988, Panicker has curated the largest global C-factor (Cover and Management) databank on horticultural crops.

With over 140,000 readings on 45 crops and an investment of over \$6.5 million, this information is utilized worldwide for erosion prediction, nutrient management, conservation planning, and combating soil erosion and climate change.

(Read full story at [www.theindianpanoraman.news](http://www.theindianpanoraman.news))

### Indian American Rekha Sharma-Crawford, an immigration law expert, becomes first South Asian AILA Secretary

JULY 4, 2023

**ORLANDO, FL(TIP):** Indian American Rekha Sharma was elected AILA Secretary on June 22 in Orlando, Florida along with other new Executive Committee members, Kelli J. Stump as President-Elect, Jeff Joseph as First Vice President, Alexis S. Axelrad as Second Vice President, and Jacqueline Watson as Treasurer. Farshad



Indian American Rekha Sharma was elected AILA Secretary on June 22 in Orlando, Florida

Owji was installed as AILA's President.

A partner in the Kansas City law firm Sharma-Crawford Attorneys-at-Law, Sharma-Crawford is a nationally recognized expert in immigration law, according to an AILA press release.

She regularly practices before the Federal Courts on cases involving affirmative immigration benefits and before the Courts of Appeals in several Circuits. In 2021, she received the AILA Edith Lowenstein Memorial Award, for excellence in advancing the practice of immigration law.

In 2018, the Kansas Bar Association honored Sharma-Crawford with the Courageous Attorney Award, "an award presented from time to time, to attorneys who have displayed exceptional courage in the face of adversity, thus bringing credit to the legal profession."

(Read full story at [www.theindianpanoraman.news](http://www.theindianpanoraman.news))

### Ken Mathew sworn in as the first Indian American Mayor of Stafford



Ken Mathew has made history as the first Indian American and the first person of color to be sworn in as the Mayor of Stafford

JUNE 30, 2023

**DALLAS (TIP):** Kerala native Ken Mathew has made history as the first Indian American and the first person of color to be sworn in as the Mayor of Stafford, a small seven-square-mile city in Texas.

In a standing-room-only special meeting on June 20, Mathew, surrounded by his family members, was sworn in by Missouri City Mayor Robin Elackatt, also an Indian American, the Fort Bend Star reported.

(Read full story at [www.theindianpanoraman.news](http://www.theindianpanoraman.news))



# NYC HEALTH + HOSPITALS PHYSICIANS RECOGNIZED BY CASTLE CONNOLLY AS '2023 TOP LGBTQ+ DOCTORS'

JULY 2, 2023

**NEW YORK (TIP):** NYC Health + Hospitals, on June 30, announced that five of its physicians were among 64 providers across 22 states and 34 specialties named to Castle Connolly's inaugural list of "Top LGBTQ+ Doctors" for their outstanding expertise, patient care, and contributions to the field of health care. The physicians who made the list were all nominated by their peers and then evaluated for criteria including professional reputation, hospital appointments, and education. Castle Connolly is a health care directory that helps patients find providers. Their "Top LGBTQ+ Doctor" distinction, in partnership with GLMA: Health Professionals Advancing LGBTQ+ Equality, is part of their efforts to make it easier for people to find providers who have shared backgrounds and experiences. The five honorees from NYC Health + Hospitals are:

## GREGORY L. ALMOND, MD

Chair of Emergency Medicine  
NYC Health + Hospitals/Metropolitan

## RICHARD E. GREENE, MD

Co-Founder, Pride Health Center  
NYC Health + Hospitals/Bellevue

## M. MARGARET KEMENY, MD

Director, Queens Cancer Center  
NYC Health + Hospitals/Queens

## ROBERT A. PITTS, MD

Co-Founder, Pride Health Center and  
Infectious Disease Specialist  
NYC Health + Hospitals/Bellevue

## WARREN M. SEIGEL, MD

Chair of Pediatric and Director of



Dr. Gregory L. Almond, Dr. Richard E. Greene, Dr. M. Margaret Kemeny, Dr. Robert A. Pitts, and Dr. Warren M. Seigel are among 64 physicians identified as the nation's leading LGBTQ+ doctors

Adolescent Medicine

NYC Health + Hospitals/South Brooklyn Health (formerly Coney Island)

Dr. Almond oversees the Emergency Department at NYC Health + Hospitals/Metropolitan, a full-service community hospital located in East Harlem. He's been a member of the NYC Health + Hospitals family for over 20 years, completing his residency at Harlem and Metropolitan hospitals through their affiliation with the New York Medical College. Dr. Almond is now an Associate Professor of Clinical Emergency Medicine at his alma mater.

"I am truly grateful to Castle Connolly for acknowledging the immense hurdles that LGBTQ+ individuals often face in achieving success in their respective fields. I feel incredibly fortunate to have never felt held back during my thirty plus years at NYC Health + Hospitals/Metropolitan or New York Medical College," said Dr. Almond. "As an LGBTQ+ staff member, I hope that I have been able to serve as a positive role model

for others who may be experiencing challenges. Working as an academic administrative physician at this wonderful teaching hospital, I am proud that my students and residents that rotate through our Emergency Department are respectful to all regardless of any lifestyle or other differences. Thank you again for this recognition."

Dr. Greene is the Director of LGBTQ+ Clinical Services at NYC Health + Hospitals/Bellevue. He's also an Associate Program Director for the Primary Care Residency Program and a Professor of Medicine at NYU Grossman School of Medicine.

"What a thrill to be chosen as one of the first LGBTQ+ doctors recognized by Castle Connolly and GLMA," said Dr. Greene. "This distinction will make it easier for the LGBTQ+ community to find providers and access care that fits their needs."

Dr. Kemeny has been the Director of the Queens Cancer Center at NYC Health + Hospitals/Queens since 2001. She's also one

of the first female surgical oncologists in the U.S. Her career is distinguished by years of innovative clinical and laboratory research and by a technique she developed for treating patients with metastatic cancer in the liver, involving administering chemotherapy to patients through a pump delivered into the main artery of the organ.

"I am deeply honored to be recognized as a top LGBTQ+ physician by Castle Connolly," said Dr. Kemeny. "The fact is that we are now living through exceedingly difficult times for many in the LGBTQ+ community, and quality, compassionate healthcare is something every human being is entitled to. The Queens Cancer Center sees an enormously diverse patient population, and it is a place where we make everyone feel welcome and valued. I appreciate Castle Connolly's acknowledgment of the important work I and many other physicians are doing for members of this community."

Dr. Pitts is the Medical Director for the Pride Health Center at NYC Health + Hospitals/Bellevue, responsible for the care of over four hundred patients, delivering comprehensive gender-affirming services for New Yorkers. He is the co-investigator of a newly launched initiative called "EquiPrEP", which is centered around equity to address social determinants of health while simultaneously rolling out long-acting injectable PrEP among priority populations vulnerable for HIV infection. Dr. Pitts is a founding member on the NYC Health + Hospitals Pride Council, responsible for maintaining excellent gender-affirming care across the health system.

(Read full story at  
[www.theindianpanorama.news](https://www.theindianpanorama.news))

contd from page 3

## Broadway Deity André De Shields and Other Luminaries Honored at Flushing Town Hall's Gala on June 15

"We are an arts presenter as well as an Arts Council, with a crucial mission to bring people together by presenting arts and culture from all around the globe," said Flushing Town Hall Executive & Artistic Director Ellen Kodadek. "We serve one of the most diverse communities in the world with culturally relevant programs featuring master culture and tradition bearers. We strive to uphold the legacy of inclusiveness that has defined our community since the Flushing remonstrance of 1657."

In attendance were Elaine Fan, a representative of New York Governor Kathy Hochul, Senator John Liu, Queens Borough President Donovan Richards, New York State Assemblyman Ed Braunstein, New York State Assemblyman David Weprin, New York City Councilwoman Sandra Ung, and New York City Department of Cultural Affairs Commissioner Laurie Cumbo.

As the 150 attendees arrived, they were greeted by the musical offerings of the HONK Family Band. The collection performed a medley of instrumental covers from bands such as Nirvana and Talking Heads, as well as original compositions.

Honoree André De Shields said, "The shifting cultural paradigm calls for every artist to advocate for

Foundational Democracy--the doing of the greatest good for the greatest number of people. During the month of February in both 2021 and 2022, Flushing Town Hall provided the forum for my demonstrating the intersection of art and activism by inviting me to perform my tribute to Frederick Douglass--Mine Eyes Have Seen the Glory--in commemoration of Black Heritage Month. Accepting the Award for Life Achievement and serenading the audience with song are my expressions of immense gratitude."

The second honoree was Wayne Ho, President and CEO of the Chinese-American Planning Council (CPC), who said, "I am very thankful for this recognition from Flushing Town Hall because, like CPC, Flushing Town Hall has been an institution not only in the Flushing community but, also serving all of Queens and serving all of New York City."

The final honoree was Mukund Padmanabhan, the founder of the Guru Krupa Foundation, who said, "I just like the idea of this place...[Flushing Town Hall] is the one place I can come to, and I don't need to come very far, where I can experience music from all over the world."

### ABOUT FLUSHING TOWN HALL

Flushing Town Hall is a not-for-profit organization and receives major support from the National Endowment for the Arts; New York State Council on the Arts with the support of Governor Kathy Hochul and the New York State Legislature; New York State Assembly Member Ron Kim; The City of New York, Mayor Eric Adams; New York City Department of Cultural Affairs, Commissioner

Laurie Cumbo; Queens Borough President Donovan Richards; The New York City Council, Speaker Adrienne E. Adams, and New York City Council Members Sandra Ung, Tiffany Caban, Shekar Krishnan, Linda Lee, Vickie Paladino, Lynn Schulman, and Jessica Won; Howard Gilman Foundation, Guru Krupa Foundation, Fan Fox and Leslie R. Samuels Foundation.

Flushing Town Hall (FTH), a Smithsonian affiliate, presents multi-disciplinary global arts that engage and educate the global communities of Queens and New York City in order to foster mutual appreciation. As advocates of arts equity since 1979, we support local, immigrant, national, and international artists, developing partnerships and collaborations that enhance our efforts. As a member of New York City's Cultural Institutions Group (CIG), we serve to restore, manage and program the historic 1862 landmark on behalf of the City of New York. FTH celebrates the history of Queens as the home of Jazz by presenting the finest in Jazz performance. We are committed to arts education and hands-on learning for the arts-curious, arts enthusiasts, and professional artists. We serve one of the most diverse communities in the world and strive to uphold the legacy of inclusiveness that has defined our community since the Flushing Remonstrance of 1657.

Flushing Town Hall is a proud member of the Cultural Institutions Group (CIG), a collective of 34 nonprofit museums, performing arts centers, historical societies, zoos, and botanical gardens across all five boroughs with a distinct private-public partnership with the City of New York and a commitment to serving all New Yorkers.



# Legislator Mulé, Baldwin Civic Association, Ridgewood Savings Bank Celebrate Summer at Silver Lake Park with 'Music in the Park'



People enjoying in the park

Photos / Office of Legislator Debra Mulé

"Summertime is the perfect time to enjoy live performances in the park and gather with our neighbors to share our love of music," Legislator Mulé said.

**JULY 2, 2023**

**BALDWIN, N.Y. (TIP):** - To celebrate the start of summer, Nassau County Legislator Debra Mulé (D - Freeport) recently partnered with the Baldwin Civic Association and Ridgewood Savings Bank to present "Music in the Park" at Silver Lake Park. Attendees enjoyed performances by musicians Stuart Markus and Gerry McKeveny at the recently renovated park.

Legislator Mulé shepherded a more than \$2.6-million overhaul of Silver Lake Park to its recent completion; the project encompassed elevating the Park's perimeter walkway, installing tide gates on Silver Lake's outfalls, installing a stormwater treatment device between

Lofts Pond and the natural channel of Parsonage Creek, and providing a fish passage to Caroline's Pond. The lion's share of funding for these improvements were provided by New York State through Governor's Office of Storm Recovery (GOSR) grants.

"Summertime is the perfect time to enjoy live performances in the park and gather with our neighbors to share our love of music," Legislator Mulé said. "Thank you to the Baldwin Civic Association and Ridgewood Savings Bank for helping to make this event such a success. We look forward to having more concerts and community gatherings in Baldwin's beautiful and newly renovated Silver Lake Park!"

## ATLAS ROLL OFF CORP. DISPOSAL SITE

OPEN Monday - Friday 6.30 AM to 4.00 PM  
Saturday 6.30 AM to 1.00 PM

For construction Debris,  
Demolition & Cleanouts



Located at 895 Essex Street, Brooklyn, NY 11208  
Just 5 minutes from JFK

## Roll Off Dumpster Service

10, 15, 20, 30 & 40 Yards

Serving all the five boroughs of New York Since 1983  
NYC BIC LIC #711

Reasonable low rates \*\* All major credit cards accepted

# 718-345-6451



# The depths to which politicians sink

**AJIT PAWAR'S REVOLT HAS PUT THE NCP AND THE MAHA VIKAS AGHADI ON A STICKY WICKET**



BY JULIO RIBEIRO

**"INTERESTING ALSO WILL BE HOW THE TWO NEW COMPONENTS OF THE FUNCTIONING GOVERNMENT WILL ADJUST TO THE NEW DISPENSATION. THE BJP HAS LONG SINCE GIVEN UP ITS SELF-DESCRIPTION AS 'A PARTY WITH A DIFFERENCE'. IT WILL NOW HAVE TO ADJUST TO THE PROCLIVITIES OF ITS NEWFOUND FRIENDS. THEIR ITCHING FINGERS WILL SOON BE ON DISPLAY. THAT SHOULD PROMPT OUR PRIME MINISTER TO AMEND HIS BOASTFUL PROCLAMATION, 'NA KHAUNGA NA KHANE DOONGA'. THE SECOND HALF OF THE SLOGAN MAY HAVE TO GO. UNLESS, OF COURSE, HE DOES NOT CARE AND REPEATS THINGS TO HIMSELF FOR HIS OWN SATISFACTION TO MAKE HIMSELF BELIEVE WHAT HE SPEAKS."**

In his Rubaiyat, Persian poet Omar Khayyam wrote: "And pity Sultan Mahmud on his throne." That was centuries ago. I pity the young Maharashtra Chief Minister, Eknath Shinde, who now sits uneasily on his chair in Mumbai's Mantralaya. He had

**OUR PRIME MINISTER DUBBED INDIA AS THE 'MOTHER OF DEMOCRACY'. HE SHOULD TAKE THE LEAD TO ENSURE THAT THIS 'MOTHER' IS GIVEN DUE RESPECT. HE CAN REQUEST THE ELECTION COMMISSION TO DISQUALIFY FROM HOLDING OFFICE FOR FIVE YEARS ALL MEMBERS OF POLITICAL PARTIES WHO DEFECT EN MASSE MID-TERM. ONLY THEN WILL THE 'MOTHER OF DEMOCRACY' SURVIVE.**



Ajit Pawar (left) was upset about being downgraded in the NCP hierarchy by uncle Sharad Pawar.

File Photo / PTI

one powerful deputy to consult and worry about. He now has two!

If the NCP is not able to stand on its legs, it will topple, unless Pawar defies his age and offers resistance, which he is trying to do.

Ajit Pawar, nephew of old warhorse and Nationalist Congress Party (NCP) chief Sharad Pawar, joined hands with the BJP on Sunday along with a bunch of fellow NCP MLAs. While Ajit was sworn in as Deputy CM at the Raj Bhavan, eight of his associates were made ministers in the 'BJP-oriented' Cabinet. Pawar's confidant Praful Patel had got himself photographed next to the Governor at the swearing-in. Another Pawar protégé, Dilip Walse-Patil, and a third one, Hasan Mushrif, surprised everyone by defecting. Chhagan Bhujbal, who spent two years as an undertrial in jail before being released on bail, was among the turncoats. He is accused of siphoning off funds earmarked for the construction of Maharashtra Bhavan in New Delhi. When he was Home Minister in the then Congress-NCP government, there were numerous complaints against him of ordering transfers of police officers for cash. I had accused him in this regard in an article and taken up the issue with Pawar, his party boss at that time.

When Devendra Fadnavis was the Chief Minister, he had kept a sword hanging over Ajit's head in the irrigation scam case involving Rs 35,000 crore. Param Bir Singh was the Director of the Anti-Corruption Bureau when the case against Ajit was finally closed. The Governor was woken up at the crack of dawn in order to checkmate Uddhav Thackeray's attempt to become the Chief Minister in November 2019. Fadnavis and Ajit were sworn in as CM and Deputy CM, respectively, and they were

in office for just three days before Pawar announced that the prodigal nephew had returned to the fold. Within those three days, the corruption case was closed! Many still doubt the tale spun around that defection and the subsequent 'mea culpa'. Was it Pawar's sleight of hand, as the old man now wants us all to believe, or was Ajit really carried away by the lure of office?

This time, though, it appears to be for real, though many old Pawar admirers think that the 'wily Maratha' will have the last laugh! My view is that this time there is no such chance. The array of NCP bigwigs, many of them with skeletons in the cupboard, who accompanied Ajit to the Raj Bhavan and the obvious fact that the nephew was smarting from the slight of having being downgraded in the NCP hierarchy by his uncle - all this smacks of revenge.

How will these developments play out finally? Shinde will find himself weakened. He will have two deputies breathing down his neck. Both exude more power and heft than he does. Fadnavis is certainly more cerebral. Ajit hails from a more recognized Maratha family compared to Shinde. In the majority Maratha community Ajit is likely to be a bigger draw. This leaves Shinde nowhere to go.

I do not know the reasoning behind this step the BJP has taken to further strengthen its party and weaken the Opposition. It would have been child's play for the BJP to deal with Shinde, but Ajit will be a different kettle of fish. Of course, if the BJP is thinking of the Lok Sabha elections of 2024, it will be easier for the party to take on the Congress, the NCP (Sharad Pawar) and the Shiv Sena (Uddhav), with the NCP (Ajit) and the Shiv Sena (Shinde) being on its side. This

contest is now wide open.

Pawar was one of the anchors of the Opposition parties uniting to fight the next Lok Sabha elections on a common platform. Arvind Kejriwal's AAP and Telangana's K Chandrashekar Rao are pulling in different directions compared to the Congress and the others. The promised unity is unraveling. And now, with Ajit's revolt, the NCP will be considerably weakened. If it is not able to stand on its legs, it will topple, unless Pawar defies his age and offers resistance, which he is trying to do.

If this calculation of fortunes in the Lok Sabha elections is what motivated the BJP to shore up its strength with rebellious NCP legislators, the long-term scenario may not be to its liking. The 'inter se' relations between the two Deputy CMs and between the Chief Minister and his new deputy are very likely to sour sooner than later. How this will play out would be interesting.

Interesting also will be how the two new components of the functioning government will adjust to the new dispensation. The BJP has long since given up its self-description as 'a party with a difference'. It will now have to adjust to the proclivities of its newfound friends. Their itching fingers will soon be on display. That should prompt our Prime Minister to amend his boastful proclamation, 'Na khaunga na khane doonga'. The second half of the slogan may have to go. Unless, of course, he does not care and repeats things to himself for his own satisfaction to make himself believe what he speaks.

The NCP MLAs who have joined forces with the BJP could constitute the insurance cover for possible second thoughts in the Shinde faction. The reduction in numbers in the MVA tally will certainly make that political combination look like a scarecrow instead of a mighty Opposition force which it was. Analysts and pollsters had given the Maha Vikas Aghadi an edge over the BJP-Shiv Sena (Shinde) combine in the Lok Sabha elections. With Ajit's defection, the equations will surely change. But taking into account the mercurial politics of Maharashtra, more developments are not only possible but probable.

Our Prime Minister dubbed India as the 'mother of democracy'. He should take the lead to ensure that this 'mother' is given due respect. He can request the Election Commission to disqualify from holding office for five years all members of political parties who defect en masse mid-term. Only then will the 'mother of democracy' survive.

(The author is a former governor and a highly decorated retired Indian Police Service (IPS) officer)



# Sobriety after the euphoria of the U.S. state visit



BY M K NARAYANAN

**INDIA'S POTENTIAL SHOULD BE MARSHALLED TO ACT AS A BRIDGE BETWEEN CONFLICTING PARTIES IN THE INDO-PACIFIC, IN WEST ASIA AND IN EUROPE. THIS COULD BE THE ENDURING LEGACY OF THE PRIME MINISTER'S LATEST VISIT TO THE U.S., WHICH HAS OCCASIONED SO MUCH OF INTEREST NOT ONLY IN THE U.S. AND INDIA, BUT ACROSS THE WORLD. IT IS FOR INDIA TO SEIZE THE MOMENT AND PLAY ITS RIGHTFUL ROLE.**

The euphoria stemming from Prime Minister Narendra Modi's state visit to the United States in June is yet to subside. All of India continues to savor the images that marked this highly publicized visit. Those with long memories of U.S.-India relations in the past are, hence, left to wonder whether this is the same U.S. that had let India down in the past at crucial moments.

Two U.S. Presidents in particular, Lyndon B. Johnson in 1963 and Richard Nixon in 1971, are still remembered for their infamous roles in this respect. Johnson for denying aid to India in the wake of China's perfidious attack on India in 1962, and Nixon during the India-Pakistan conflict in 1971 for sending the U.S. Seventh Fleet steaming up the Bay of Bengal in a show of force intended to deter India from supporting the 'liberation struggle' in East Bengal, which ultimately led to the birth of a new nation, Bangladesh.

This time, there was no room, whatsoever, to doubt in which corner the U.S. stands in relation to India. The promise of the transfer of technology in several areas, most conspicuously in terms of producing fighter jet engines for the Indian Air Force, and holding out the promise of the initiative on Critical and Emerging Technology (iCET) marks a remarkable turn in the American attitude. All this, and with the many more agreements on critical technologies on the anvil, could lead to a quantum jump in India's military and aerospace capabilities.

Many are bound to view this as an attempt by the U.S. to persuade India to accept an alliance status, vis-à-vis, the U.S. The fine print on the recent negotiations does not, however, indicate this as a possibility at this time. Strategic ties are certain to attain a new dimension, and the U.S. side certainly hopes it could lead to "a deeper, more effective, and more diverse defense partnership". Yet, and despite India's attractiveness to the U.S. as a huge market for goods, and increasingly as a destination for state-of-the-art military items, there are 'miles to go' before India is viewed as an alliance partner.

Perceptions on what constitutes a successful visit often vary, but all things considered, the Prime Minister's visit to the U.S. this time should be deemed a major success, and as enhancing India's position as a prime defense technological partner of the U.S. It is certain to not only favorably impact India-U.S. relations



'The current euphoria in relations notwithstanding, the situation has been dictated due to circumstance rather than conviction'

Photo Credit / ANI

but also India's standing in the world.

## INDIAN VISITS THEN AND NOW

Every Indian Prime Minister is, of course, entitled to his or her place in the sun. A good visit to the U.S. by an Indian Prime Minister is generally viewed as one clear index of India's standing in the comity of nations. It is, hence, tempting to compare Mr. Modi's latest visit with that of other Indian Prime Ministers since Independence. There were visits by Jawaharlal Nehru (he met with Harry S. Truman, Dwight D. Eisenhower and John F. Kennedy), and Lal Bahadur Shastri's visit never happened in the end), while Indira Gandhi's visit to Washington as Prime Minister was a disaster of sorts, with both India and the U.S. having their own versions of what transpired. Prime Minister Rajiv Gandhi's visit was by all accounts deemed a success, breaking many previous shibboleths. Admittedly, none of them matched the euphoria created by the visit of two latter day Prime Ministers, Manmohan Singh and Mr. Modi.

Only the most foolhardy would possibly attempt a comparison between the visits of Prime Minister Manmohan Singh during his tenure, specially the one in 2005, and Mr. Modi's latest endeavor. The question uppermost in everyone's minds would be whether 'ending nuclear apartheid' (imposed on India after the 1974 nuclear tests 'Buddha is smiling'), or the defense technological breakthroughs achieved during the recent visit are more significant for India's future.

## THE CIVIL NUCLEAR DEAL MARKED A SHIFT

Admittedly, the opening up of civil nuclear cooperation between India and the U.S. marked the beginning of a

tectonic shift in global affairs at the start of the 21st century, unmatched before or since. Securing a waiver under the Nuclear Non-Proliferation Treaty, and obtaining the approval of the U.S. Congress for the iconic 123 Agreement that paved the way for an India-specific Safeguards Agreement with the International Atomic Energy Agency (IAEA) subsequently, were not merely unprecedented, but one time achievements, the like of which have few equals in the annals of world history. As a result, India today has the freedom to maintain a select number of reactors outside IAEA Safeguards, enabling it to utilize them for military purposes. The freedom India currently enjoys for reprocessing and enrichment are other critical outcomes that stemmed from the visit.

What is also interesting to note is that all this was achieved despite the entire U.S. Establishment (with the sole exception of President George Bush) being opposed to these concessions - a testimony to the nature of the personal relationship that existed between then U.S. President George W. Bush and Prime Minister Manmohan Singh. Seldom has such a shift been witnessed in the global arena, due solely to the personal chemistry between leaders of two countries - a testimony to the civilizational attributes of the two leaders at the time.

During Dr. Manmohan Singh's state visit to the U.S. in 2009, the pièce de résistance was the exchanges between two of the world's most cerebral leaders at the time, viz., U.S. President Barack Obama and Dr. Manmohan Singh. Mr. Obama's remarks at the start of his private meeting with Dr. Singh, 'You are My Guru', says it all. What followed was an avalanche of results, and there was no

obvious quid pro quo expected or sought for. Both in 2005 and in 2009, it was evident that it was India's reputation as a civilizational entity that seemed to weigh with U.S. leaders at the time.

## BE CAUTIOUS, LOOK AT HISTORY

The United States of the 21st century is certainly different in many respects from the U.S. in the late 20th century. In the euphoria that exists following Mr. Modi's visit, it is, however, desirable for India to be cautious and heed the lessons of history. India certainly is not, at least at this stage, the kind of ally that the U.S. seeks or demands. Moreover, U.S. politics is currently in a state of flux - more so than at most times in the past. The individual preferences of the U.S. President in office and the 'swing factor' in U.S. foreign policy are other aspects that foreign countries, India included, can seldom comprehend adequately. India again is not unfamiliar with the way the U.S. changes its priorities, and friends.

Consequently, and despite the warmth of the reception accorded to Mr. Modi in Washington, India should realize that it cannot at any time, be the kind of ally that the U.S. seeks. Sober leaders on both sides must also understand that the current euphoria in relations notwithstanding, the situation has been dictated due to circumstance rather than conviction. This must not be lost sight of by India in particular. For instance, India cannot possibly be part of an arrangement such as the AUKUS Pact that binds the U.S. with the United Kingdom and Australia. The fundamentals underlying the Quad (India, Japan, Australia and the U.S.) and AUKUS are very different.

India must, instead, use the outcome of the Prime Minister's visit to skillfully function as a 'bridge power'. It is eminently suited to play such a role, and should not be inveigled - through blandishments such as defense ties - to play the role of a subordinate to the U.S. in the politics of the Asia-Pacific.

India's potential should be marshalled to act as a bridge between conflicting parties in the Indo-Pacific, in West Asia and in Europe. This could be the enduring legacy of the Prime Minister's latest visit to the U.S., which has occasioned so much of interest not only in the U.S. and India, but across the world. It is for India to seize the moment and play its rightful role.

(M.K. Narayanan is a former Director, Intelligence Bureau, a former National Security Adviser, and a former Governor of West Bengal)



# Corrupt political funding makes all capitalists crony

**INDIAN DEMOCRACY RUNS ON THE PROCEEDS OF CORRUPTION**

**"WHY DOES DIRTY POLITICAL FUNDING ENTER THE PICTURE WHILE DISCUSSING SUBJECTS SUCH AS CORPORATE GOVERNANCE AND LENDING DECISIONS OF BANKS? BOTH TAKE PLACE FAR REMOVED FROM THE MIRE THAT IS POLITICS AS PRACTICED IN INDIA, WHERE THE WHOLESALE PRICE OF LEGISLATORS RISES FASTER THAN THE SUMMER PRICE OF TOMATOES, DISTINCT FROM POLITICS AS DESCRIBED IN CLASSROOMS. THIS IS BECAUSE MOST INDIANS DO NOT CONTRIBUTE A PAISA TO SUPPORT ANY POLITICAL PARTY. THEY THINK THEIR CONTRIBUTION TO DEMOCRACY IS MADE WHEN THEY VOTE, FORWARD WHATSAPP MESSAGES AND FEEL PROUD TO BE A PART OF THE WORLD'S LARGEST DEMOCRACY. THIS LEAVES POLITICAL PARTIES TO MOBILIZE THEIR FUNDING FROM MONEYBAGS WITH THE CAPACITY TO CONTRIBUTE IN CASH."**

It might seem a stretch to argue that corporate governance and bank asset quality depend on cleaning up India's political funding. But it is not. It is simply the cold, hard truth. And since that reform is yet to happen, all talk of a robust financial sector and SEBI's incremental success in reforming corporate governance is as hollow as the claim that India, long driven by caste hierarchy and grossly unequal distribution of social and cultural power, has democracy in its DNA.

Why does dirty political funding enter



No political party will admit that it made cash payments to mobilize a crowd at a rally

Photo credit / PTI

the picture while discussing subjects such as corporate governance and lending decisions of banks? Both take place far removed from the mire that is politics as practiced in India, where the wholesale price of legislators rises faster than the summer price of tomatoes, distinct from politics as described in classrooms.

This is because most Indians do not contribute a paisa to support any political party. They think their contribution to democracy is made when they vote, forward WhatsApp messages and feel proud to be a part of the world's largest democracy. This leaves political parties to mobilize their funding from moneybags with the capacity to contribute in cash.

Why talk about cash in these times of electoral bonds, you might ask. This is because politics is dirty in practice and that calls for payment in cash. If everyone, say nine candidates in a constituency, distributes booze to voters during elections, some even handing out wads of currency notes, can this expenditure be sourced from chaste donations entered into the party's books, whether received by cheque or electoral bonds? If every MLA is paid, say Rs 20 crore, for crossing over to support the leader he or she had railed against during the election campaign, and you need to buy a couple of dozen MLAs, and repeat this operation in multiple states, that adds up to a tidy sum. Imagine an expenditure item in the party's accounts submitted to the Election Commission, which says 'Annual expenditure on buying Opposition MLAs' with a footnote pointing to an annexure that gives details. Well, that money has to come from unaccounted sources.

The fee paid to worshipful supporters who attend mammoth rallies of mass leaders varies from state to state. In prosperous states, it could be upward of Rs 1,500 per precious capita. Catch a party admitting that it paid to mobilize a

crowd at a rally. The money has to be sourced in cash.

Who pays this cash? Mostly owners of companies, big and small. The big guys do it expecting favors in return; the small ones pay up the way they pay protection racketeers in their town. Some consider it a part of their business transactions, if the business involves executing large state-funded projects and securing the contract means agreeing to share a part of the project cost with the minister in charge of the department implementing the project.

How do companies get this unaccounted money in the first place, in this age of digital payments and wannabe Hindenburg's sniffing around for a corporate scandal? When they raise loans from a bank for a new project, they exaggerate the project cost and secure a loan far in excess of what is actually required. The project is implemented by an assortment of companies, some of which are linked to the promoter. The money is siphoned out through these. Or else, when companies acquire other companies, the seller generously routes a part of the payment into a foreign bank account indicated by the promoter of the acquiring company. The acquiring firm, in effect, overpays.

When inflated project costs are sanctioned and larger-than-warranted loans are disbursed, the groundwork is laid for potential default. To service that excessive loan before the project for which it was secured starts generating cash, the promoter starts a series of additional projects and secures loans for each one of them, using a portion of the loan proceeds to service the original loan.

If everything goes according to plan, all projects come through and all loans are serviced. If, on the other hand, these plans are like the best laid plans of mice and men, the loans go awry and end up adding to the banks' non-performing asset (NPA) burden.

**POLITICAL FUNDING REMAINS UNREFORMED IN INDIA. THIS MAKES ALL CAPITALISTS CRONY, TO A LESSER OR GREATER DEGREE. IT ALSO MAKES CORRUPTION IN INDIA SYSTEMIC, RATHER THAN OPPORTUNISTIC AS IN MOST OTHER PARTS OF THE WORLD.**

Political funding remains unreformed in India. This makes all capitalists crony, to a lesser or greater degree. It also makes corruption in India systemic, rather than opportunistic as in most other parts of the world. Indian democracy runs on the proceeds of corruption.

The RBI's recently released Financial Stability Report notes that gross and net NPAs have come down sharply, that the capital-to-risk-weighted asset ratio is in excess of 17 per cent, that provisioning against bad loans has risen sharply, and concludes, rather smugly, that the Indian financial system is relatively robust, with its principal threat coming from financial instability outside India.

This ignores the fact that the formal financial sector does not lend to small and medium enterprises, which obtain at the most 25 per cent of their credit requirement from the banks. The rest comes from non-banking finance companies or informal channels such as chartered accountants who look after hordes of politicians and their financiers.

Private infrastructure investment has collapsed since the pandemic because there are no lenders to private infrastructure developers. After the IL&FS, Dewan Housing and related frauds came to light, the RBI has cracked down on non-banking financial institutions (NBFCs) that lend for infrastructure projects. Now, minus infrastructure lenders, there is hardly any private infrastructure investment either.

A vibrant market for corporate debt could fund infrastructure and MSMEs directly or via NBFCs that lend to these sectors. We have stunted the corporate debt market as well.

The current state of wellness of the banking system is, in other words, a passing phase. When banks start lending aggressively again, given the absence of political funding reform, systemic forces would compel the creation of bad loans.

(The author is a senior journalist)



BY TK ARUN





SAM SINGH of BRIGHT STAR PRODUCTIONS  
PRESENTS



# KAPIL SHARMA

Live  
IN NEW JERSEY

Kiku Sharda

Rajiv Thakur

Saturday  
July 15th  
2023

AT 7PM  
Door Opens  
at 5:30



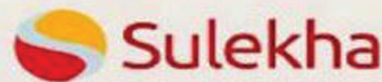
Vikalp Mehta  
As (Rakesh Kumar)

Comedian  
Kangna Sharma

## CURE INSURANCE ARENA

81 Hamilton Ave, Trenton NJ 08611

BUY TICKETS



Tickets \$69, \$79, \$99, \$129, \$149, \$199, \$249, \$299, VVIP, ELITE

Contact for Tickets

Sam Singh or Rani

(732) 444-8275 / (848) 666-3120

Jasbir 'Jay' Singh  
(516) 857 5297

Jay Sharma  
(516) 808 6440

POWERED BY:

Jasbir Jay Singh (516) 857-5297  
Jay Singh (516) 808-6440





## SILICON VALLEY-BASED STARTUP RAISE USD 10 MILLION TO EXPAND ITS MANUFACTURING BASE IN INDIA, LAUNCH DISRUPTIVE 5G AND AUTOMOTIVE SOLUTIONS



Cavli Wireless has raised USD 10 million to expand its manufacturing base in India

JULY 5, 2023

WASHINGTON, D.C. (TIP): A Silicon Valley-based startup co-founded by Indian Americans has raised USD 10 million to expand its manufacturing base in India and launch disruptive 5G and automotive solutions for its global customer base, it was announced on Wednesday.

Co-founded in 2017 by John Mathew, Ajit Thomas, Tarun Thomas George, and Akhil A Zeeb, Cavli Wireless designs and manufactures cellular modules in 4G and 5G technologies with integrated eSIM and global connectivity.

This Series A funding led by Chiratae Ventures and Qualcomm Ventures in addition to major US technology conglomerates, will enable Cavli to strengthen its position in the global IoT market by expanding its product portfolio, enhancing R&D capabilities, and growing its international presence, said Mathew, CEO of Cavli Wireless.

Cavli plans to invest in cutting-edge technologies, such as 5G with edge processing capabilities, to address the automotive and industrial sectors globally, Mathew said.

"With our platform solution Cavli Hubble tightly integrated with our hardware portfolio, we are pretty confident that Silicon to Cloud integration in its true sense is now a reality," Mathew said.

Cavli Wireless has demonstrated a strong commitment to innovation and customer success, positioning the company as a leader in the intersection of Mobility & IoT space, TCM Sundaram, founder and vice chairman of Chiratae Ventures said.

"We are excited to support Cavli's vision and believe their unparalleled IoT connectivity expertise will enable them to become an indispensable partner for businesses worldwide," he said.

Cavli said this investment comes at a time when the global Internet of Things (IoT) market is experiencing rapid growth, with the number of connected devices projected to surpass 30 billion by 2025.

# Dalai Lama's kindness and humility serve as an inspiration to many around the world: Blinken

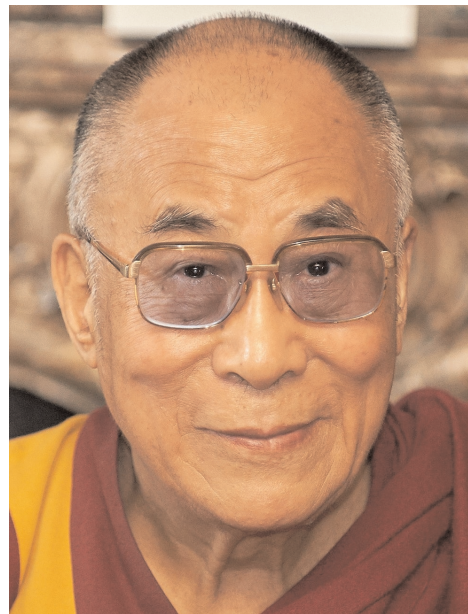
JULY 6, 2023

WASHINGTON, D.C. (TIP): The Dalai Lama's kindness and humility serve as an inspiration to many around the world, US Secretary of State Antony Blinken said on Thursday, July 6, as he greeted the India-based Tibetan spiritual leader on his 88th birthday.

Blinken also said the United States is unwavering in its commitment to support the linguistic, cultural, and religious identity of Tibetans, including the ability to freely choose and venerate their religious leaders without interference.

"I extend my warmest wishes to His Holiness the Dalai Lama on the occasion of his 88th birthday, an auspicious day for the Tibetan community," he said.

"His Holiness's kindness and humility serve as an inspiration to many around the world, and I have deep admiration for his ongoing commitment to peace and nonviolence," Blinken said in a



"I extend my warmest wishes to His Holiness the Dalai Lama on the occasion of his 88th birthday, an auspicious day for the Tibetan community," Blinken said.

statement.

The 14th Dalai Lama fled to India in 1959 following a Chinese crackdown on an uprising by the local population in Tibet.

India granted him political asylum and the Tibetan government-in-exile has been based in Dharamsala in Himachal Pradesh since then.

"Today, may we reflect on his messages of compassion and tolerance as we reaffirm our commitment to upholding the human rights of all people, including those of the Tibetan community," the top US diplomat said in a statement.

China has in the past accused the Dalai Lama of indulging in "separatist" activities and trying to split Tibet and considers him a divisive figure.

However, the Tibetan spiritual leader has insisted that he is not seeking independence but "genuine autonomy" for all Tibetans.

## Indian American attorney indicted for defrauding clients

JULY 3, 2023

BOSTON (TIP): An Indian American attorney who once ran for a seat in the US House of Representatives has been indicted by a federal jury in Boston for defrauding clients of more than \$5 million in escrow funds.



Abhijit "Beej" Das, 50 has been indicted by a federal jury in Boston for defrauding clients of more than \$5 million in escrow funds.

Abhijit "Beej" Das, 50, was arrested last week in connection with a scheme to defraud a business-to-business supply company based in India of millions of dollars, and using client funds for business and personal expenses, including the purchase of a \$2.7 million home in Florida. A former candidate for the US House of Representatives in the third Congressional district of Massachusetts, Das was indicted on 10 counts of wire fraud.

He was on pretrial release for charges of federal Campaign Act violations and making false statements in 2021.

According to a Justice Department press statement, Das was the principal manager of a boutique law and advisory firm called Troca Global Advisors with offices in Boston and New York. Beginning in or about May 2020, Das began providing legal representation and escrow services to two twin brothers and their logistical supply company in India that was coordinating large shipments of Personal Protective Equipment (PPE) during the pandemic.

The indictment alleged that Das diverted more than \$5 million in escrow funds from his clients' accounts to other accounts and used the funds for personal expenses.

This included expenses for his law firm, a yacht owned by one of his hotels, as well as \$2.7 million for his Boca Raton home in Florida. He allegedly induced his clients to transfer funds to accounts he controlled in multi-step, layered transactions under the guise of legal advice about the risk of potential litigation and provided clients with fraudulent and forged account statements to conceal the scheme.

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

## Indian American store clerk Mandeep Singh shot dead in Georgia by teens

JULY 5, 2023

AUGUSTA, GA (TIP): An Indian American convenience store clerk died on the spot after being shot by two 15-year-old boys in what appeared to be a case of armed robbery according to police. Two teenagers have been taken into custody after the shooting.

Mandeep Singh, 36, of Rosier Road in Augusta, GA, was pronounced dead at the scene after being struck twice by gunfire on June 28 at Wrens Food Mart, also known as Jackie's, located at 504 Highway 80 in East Wrens, according to local media reports.

Ricky, as Singh was known as, had been working at the store for less than one month, the Augusta Chronicle reported citing Wrens Police Chief John Maynard. The two juveniles entered the store around 8:35 pm Wednesday evening.

"It appeared to be an armed robbery to start with, and at some point shots were fired and the clerk was deceased," Maynard said. The store had security cameras and Maynard said that juveniles were not wearing masks or obscuring their faces during the incident, which made it easy for the police to identify them.

"They walked in, maybe five seconds was spent looking at a shelf. It was clear what they came to do," Maynard said. "Within two hours we had them identified. Within four hours we had the first suspect picked up. And in just over eight hours we had both of them in custody."

"That rarely happens, but I think our citizens are sending a clear message that they are tired of this. We are following up on other leads as to why this took place," Maynard said.

Due to the age of the offenders, names and photos cannot be released at this time, Wrens Police said.

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



Mandeep Singh, 36 died on the spot after being shot by two 15-year-old boys in what appeared to be a case of armed robbery



# Biden admin urges court to deny Tahawwur Rana's petition against extradition to India

JULY 06, 2023

**WASHINGTON, D.C. (TIP):** The Biden administration has urged a court in California to deny the writ of habeas corpus filed by Pakistani-origin Canadian businessman Tahawwur Rana and reiterated that he be extradited to India where he is sought for his involvement in the 2008 Mumbai terror attacks.

A US court had approved Rana's extradition to India in May. Rana is currently detained at the Metropolitan Detention Centre in Los Angeles.

"The United States respectfully requests that the Court deny Rana's petition for a writ of habeas corpus," said E Martin Estrada, US attorney for Central District of California in his petition filed before the US District Court for the Central District of California.

Opposing Rana's petition, Estrada said the petitioner is unable to demonstrate that India's extradition request lacks sufficient evidence of probable cause.

Last month, Rana had filed a writ of habeas corpus challenging a court order which approved the US government's request that he be extradited to India.

Rana's attorney argued that his extradition would violate the US-India extradition treaty in two respects.

First, Rana has been tried and acquitted in the US District Court for the Northern District of Illinois for charges based on the identical conduct for which India seeks to prosecute him. The extradition is therefore barred under Article 6(1) of the Treaty, which declares that "(e)extradition shall not be granted when the person sought has been convicted or acquitted in the Requested State for the offence for which extradition is requested".

Second, the materials submitted by the government of India - comprising principally transcripts and exhibits from Rana's trial in the Northern District of Illinois - fail to establish probable cause



Pakistani-origin Canadian businessman Tahawwur Rana

Photo / Twitter

that he committed the offences with which India has charged him. The Indian government's extradition request thus fails to satisfy Article 9.3(c) of the Treaty, according to Rana's attorney.

The court should grant the writ of habeas corpus, deny extradition and order Rana's release, his attorney argued.

India had filed a complaint on June 10, 2020 seeking the provisional arrest of Rana with a view towards extradition. The Biden administration had supported and approved his extradition to India.

In his submission to the court on June 23, the US attorney had argued that Rana's claims about the legitimacy of his business in Mumbai fall flat.

The evidence does not support his assertion that the Mumbai office conducted legitimate business, but even if it did, the engagement of legitimate business activities does not preclude a finding that Rana's business also served as a cover for his childhood friend Pakistani-American David Coleman Headley's terrorism-related activities in Mumbai.

"Rana's claims about who funded the Mumbai office also do not relate to whether Rana lacked knowledge of and support for Headley's activities. Similarly, even if Rana hoped to continue business operations in Mumbai, the evidence reveals that neither Rana nor Headley renewed the business lease that expired approximately two weeks before the start of the Mumbai attacks," Estrada argued.

Headley was one of the main conspirators of the 26/11 Mumbai attacks. Estrada said the fact that Rana received a warning before the attacks does not preclude a finding of probable cause. "In the fall of 2008, when Headley learned that Rana was going to travel to China and India, he decided to warn Rana that an attack may be forthcoming through a co-conspirator," he said.

"While the details of the conversation between Rana and the co-conspirator are unknown, a September 7, 2009 FBI intercept reveals that Rana told Headley that their co-conspirator had warned him (Rana) that the Mumbai attacks were imminent. Contrary to Rana's claim, the

co-conspirator's warning does not suggest that he was unaware of the upcoming attacks," the US attorney argued.

Instead, it merely suggests that Rana was not aware of the date of the attack, which is consistent with the fact that Headley had informed Rana earlier that the attack plans were being delayed.

Estrada said that Rana's claim that he did not review Headley's visa application is not supported by the evidence.

"Rana does not dispute that Headley's visa applications contain false information; rather, he claims that it is 'unlikely that (he) checked (the applications) for accuracy' because he would have corrected a statement indicating that Headley worked for 'First World Immigration', instead of 'Immigrant Law Centre'," he said.

"While 'Immigrant Law Centre' is a 'DBA for Raymond J. Sanders,' Rana's business partner, that business and 'First World Immigration' shared the same address and telephone number. Significantly, India issued Headley a business visa, even though he wrote, 'First World Immigration' on his 2006 visa application and the accompanying support letter from Mr Sanders referred to the employing entity as 'Immigration Law Centre.'" Thus, Rana's claim does not undermine probable cause and is not persuasive, the US attorney said.

India's National Investigation Agency (NIA) is probing Rana's role in the 26/11 attacks carried out by terrorists of Pakistan-based Lashkar-e-Taiba. The NIA has said that it is ready to initiate proceedings to bring him to India through diplomatic channels.

A total of 166 people, including six Americans, were killed in the 2008 Mumbai terror attacks in which 10 Pakistani terrorists laid a more than 60-hour siege, attacking and killing people at iconic and vital locations of Mumbai.

## US lawmakers, Indian-Americans condemn attack on Indian consulate in San Francisco, seek action against perpetrators

JULY 7, 2023

**WASHINGTON, D.C. (TIP):** US lawmakers and influential Indian-Americans have condemned the attempted arson at the Indian consulate in San Francisco and called for expeditious action against those behind this "criminal act".

They also slammed the "violent rhetoric" against India's Ambassador to the US Taranjit Singh Sandhu and said free speech does not mean a license to incite violence or vandalize property.

A video by Khalistan supporters, dated July 2 and posted on Twitter, showed the act of arson at the Indian consulate in San Francisco.

The video, with the words "violence begets violence" emblazoned over it, also

showed news articles related to the death of Canada-based Khalistan Tiger Force (KTF) chief Hardeep Singh Nijjar.

Nijjar, one of India's most-wanted terrorists who carried a cash reward of Rs 10 lakh on his head, was shot dead outside a gurdwara in Canada last month.

In a joint statement issued on Thursday, July 6, Congressmen Ro Khanna and Michael Waltz, co-chairs of the Congressional Caucus on India and Indian-Americans, said violence against diplomatic facilities will not be tolerated.

"As the co-chairs of the India Caucus, we strongly condemn the attempted arson and vandalism at the Indian Consulate in San Francisco and the posters circulating on social media with

violent rhetoric aimed at Indian diplomats, including Ambassador Sandhu," they said.

"We support the right to free speech and freedom of expression for every American but that is not a license to vandalize property or incite violence. Violence against diplomatic facilities is a criminal offence and will not be tolerated. We urge the State Department to coordinate with law enforcement in their investigation of the damage at the Indian Consulate expeditiously and hold those involved accountable," they added.

Congressman Brian Fitzpatrick said the attack on the Indian consulate is unacceptable.

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



Indian Consulate in San Francisco was set on fire by Khalistani miscreants. Congressmen Ro Khanna and Michael Waltz, co-chairs of the Congressional Caucus on India and Indian-Americans, said violence against diplomatic facilities will not be tolerated.

Credit: Twitter/@RahulK123d



# ICCR SPONSORED SANKALP ODISHI DANCE GROUP CAPTIVATES AUDIENCES IN GUATEMALA, HONDURAS AND EL SALVADOR

**GUATEMALA CITY (TIP):** The Odishi Dance troupe 'SANKALP' sponsored by the Indian Council for Cultural Relations (ICCR) and led by Mrs. Kasturi Pattanaik, pioneering Odissi dance exponent; embarked on a captivating journey across Central America, showcasing the enchanting Odishi dance form. Their performances were held at various prestigious venues, each carrying its own cultural significance and contributing to the strengthening of cultural ties between India and the Central American countries.



Captivating performance by Sankalp Odishi dance group at Manuel Bonilla National Theatre in Tegucigalpa, Honduras

On 26th June 2023, the troupe graced the Manuel Bonilla National Theatre in Tegucigalpa, Honduras, mesmerizing an audience of 300 individuals. The National

Theatre, known for its architectural grandeur, provided a magnificent backdrop for the performers to showcase the intricacies and beauty of Odishi dance. This cultural exchange fostered a deeper understanding and appreciation of Indian art and traditions among the Honduran audience.

Moving on to 27th June 2023, the San Salvador National Theatre in El Salvador became a hub of cultural celebration as 400 attendees eagerly witnessed the grace and elegance of Odishi dance. The National Theatre holds immense cultural significance in El Salvador, serving as a symbol of artistic expression and unity. Through this performance, the troupe left a lasting impression on the Salvadoran audience, promoting cultural exchange and mutual admiration.



The beautiful and graceful movements that delighted the audience at the Theater of San Salvador in El Salvador

Continuing their journey, the Odishi Dance troupe captivated an audience of 250 at the Santa Ana National Theatre in Santa Ana, El Salvador, on 28th June 2023. The historical and cultural importance of this theatre added an extra layer of significance to the performance, further fostering the appreciation of Indian dance and cultural traditions.

On 29th June 2023, the Theatre Francisco Gavidia in San Miguel, El Salvador,

CONTD ON PAGE 15



**CONTD FROM PAGE 14**

witnessed a delightful fusion of Odishi dance and Salvadoran cultural ambiance. With an audience of 180, this intimate venue provided a unique setting for cultural exchange, emphasizing the universality of art and the power of dance in transcending cultural boundaries.



Performing in Patzún, Guatemala

Patzun Municipal Theatre in Patzun City, Guatemala, became the stage for a grand celebration of Indian culture on 30th June 2023. With a staggering attendance of 1800 participants, the theatre radiated with the energy and enthusiasm of the Guatemalan audience. The performance at this iconic venue showcased the profound impact of cultural diplomacy and the ability of art to bridge continents.



At the First Military Police Brigade of Guatemala "Guardia de Honor". The graceful and mystic movements of this dance troupe surprised everyone

The Odishi Dance troupe's journey continued to the Military Brigade in Zone 10, Guatemala City on 1st July 2023. This special performance was attended by 700 military personnel.



Sankalp artists gave a scintillating performance at the Theater of Quetzaltenango in Guatemala

On 2nd July 2023, the Quetzaltenango Municipal Theatre in Xela City, Guatemala witnessed a captivating performance by the Odishi Dance troupe. The theatre, known for its cultural significance became a platform for cultural exchange, attracting an audience of 500 individuals. The dance performance highlighted the shared cultural heritage and the importance of preserving and promoting diverse art forms.



The amazing Sankalp Odishi Dance Group had their eighth and final performance in zone 21, Guatemala City. During the 8 days the group exhibited the beauty, charm and elegance of the Indian Culture through their exquisite dance performances. H.E. Dr. Manoj Kumar Mohapatra, India's Ambassador to Guatemala spoke on the occasion.

Concluding their visit on 3rd July 2023, the Odishi Dance troupe enthralled 500 participants at Parque de la Paz in Zona 21, Guatemala City. This open-air venue allowed the performance to reach a wider audience, spreading the joy and beauty of Odishi dance to the local Guatemalan community.

Besides Mrs. Kasturi Pattanaik, SANKALP GROUP comprised of the young talented Odishi Dancers; Bijaya Laxmi Ojha, Anita Raut, Sunita Biswal, Sushree Sangita Nayak, Manikarnika, Shubhashree Pradhan, and Ankita Jena. The Group was assisted by Mamta from the ICCR.

Under the esteemed leadership of H.E. Dr. Manoj Kumar Mohapatra, Ambassador of India to Guatemala, El Salvador and Honduras; the embassy staff elevated the cultural performances with their superb organizational help and professional guidance.

Throughout their journey, the Odishi Dance troupe sponsored by the ICCR left an indelible mark on each venue, showcasing the rich cultural heritage of India and fostering cultural understanding and appreciation. The performances not only celebrated the art of Odishi dance but also served as a powerful medium to strengthen the cultural ties between India and Central America. The enthusiasm and warmth displayed by the local communities in Guatemala, Honduras, and El Salvador further emphasized the profound impact of cultural exchange and the appreciation for the rich art forms of Odishi dance. The successful visit of the Odishi Dance troupe not only strengthened the cultural ties between India and the Central American region but also showcased the power of dance in fostering cross-cultural understanding and promoting harmony. The Embassy's efforts to enhance cultural exchanges and organize such renowned dance troupes have been met with great enthusiasm, reflecting the growing interest in Indian culture and the arts in these countries.



## BJP appoints in-charges for 4 poll-bound states

As assembly polls are awaited in the four key states of Madhya Pradesh, Rajasthan, Chhattisgarh, and Telangana this year, Union ministers and senior party leaders have been appointed as in-charges for each of the states on Friday by the Bharatiya Janata Party (BJP). As per media reports, the appointed in-charges are expected to play a pivotal role in picking candidates as well as in the campaign strategy preparation and implementation.

Union minister Prahlad Joshi has been appointed as the party's in-charge for Rajasthan, where elections are due this November.

Besides Joshi, Gujarat deputy chief minister Nitin Patel and former Haryana Congress leader Kuldeep Bishnoi have been appointed co-in-charges.

Both of them joined the BJP in August last year. It has been reported that Under Joshi, the in-charges will be involved in strategising election campaigning for the state as well as play a vital role in ticket distribution.

Senior party leader Om Prakash Mathur has been bestowed with the responsibility to supervise the Chhattisgarh election campaign.

He will lead the party as the state in-charge and will be aided by Union health minister Mansukh Mandaviya.

In Madhya Pradesh, Union ministers and senior party leaders, Bhupendar Yadav and Ashwini Vaishnav, will oversee the party's poll preparedness. The BJP is in a straight fight with the Congress in Madhya Pradesh.

For the Telangana election campaign, senior leader Prakash Javdekar has been selected.

He will be supported by his colleague and party general secretary Sunil Bansal. The BJP has been making all-out efforts in the state to unseat the ruling Bharat Rashtra Samithi (BRS).

## Rein in Khalistani extremists, Ajit Doval tells British NSA

In a meeting between National Security Advisers of both countries, the Indian side raised the issue of extremist elements in the UK threatening individual officers of the Indian High Commission and urged the British government to take strong action, including deportation or legal prosecution, against these elements.

British NSA Tim Barrow is on an official visit at the invitation of NSA Ajit Doval for the 'India-UK Strategic Dialogue'.

He is accompanied by a delegation of senior UK government officials. The two sides agreed to enhance cooperation to address violent extremism and radicalism. There could be no justification for extremism and radicalisation in a democracy, sources said, citing the two sides. Both sides also agreed to work closely on counter-terrorism, counter-terror financing, use of internet for terrorism, illicit drug trafficking and counter-radicalisation.

# As fight for NCP continues, Sharad Pawar launches mission to rebuild party

NEW DELHI (TIP)

Amid a power struggle with his nephew Ajit Pawar, who revolted against his leadership and joined Shiv Sena-BJP government in Maharashtra, NCP patriarch Sharad Pawar will launch his statewide tour from Nashik to shore up support.

Sharad Pawar, 82, will launch what he calls his mission to rebuild the party from the ground up. He will visit Nashik, Pune, Solapur and some parts of the Vidarbha region – constituencies of Chagan Bhujbal, Dhananjay Mundem and other rebel NCP MLAs.

Deputy Chief Minister Devendra Fadnavis last evening met with Chief Minister Eknath Shinde for the second day in a row amid reports that Shiv Sena legislators had been reportedly upset after the NCP faction led by Ajit Pawar joined the state government. Ajit Pawar's remark that he "wants to be the Chief Minister" had also created a flutter in political circles. Ajit Pawar currently shares the Deputy Chief Minister post with Fadnavis in the government led by Shinde.

Fadnavis said that cabinet expansion will take place soon after another ally, Ajit Pawar, joined the ruling coalition in Maharashtra. He asserted that his party doesn't engineer splits in other parties, but never stops those who want to come along. "The BJP does not break other parties, but there will be no opposition to those who believe in Modi's leadership and want to come along," Fadnavis said.

Shiv Sena (UBT) leader Aaditya Thackeray has claimed that Eknath Shinde has been asked to resign. "I have heard that Eknath Shinde has been asked to resign and there might be some change in the government," he told media.

Recently, Sanjay Raut had claimed that about 20 MLAs from Mr Shinde's group were in touch with his party since NCP leader Ajit Pawar joined the state government. "Since Ajit Pawar and other NCP leaders joined the government, 17-18 MLAs from the Shinde camp have contacted us," Sanjay Raut said.



Eknath Shinde, however, stressed that Ajit Pawar's entry into the ruling coalition posed no threat to him. "With our government now made up of three parties, the strength of our MLAs is more than 200. Our government is only getting stronger. We have the support of PM Modi and Amit Shah," said the Chief Minister.

Senior NCP leader Praful Patel yesterday said that Ajit Pawar was unanimously appointed as party president on June 30 - days before Ajit Pawar's shock move of crossing over to the ruling alliance and taking oath as Maharashtra's Deputy Chief Minister.

"The decisions taken by the Sharad Pawar group, expelling or disqualifying leaders of the Ajit Pawar faction, were illegal and not applicable," he told the media.

Ajit Pawar says his faction is the real NCP and has claimed the party name and symbol from the Election Commission. So far, he appears to have the support of 32 MLAs. Sharad Pawar has the support of 14. But he needs 36 MLAs, a two-thirds majority of the party's 53 legislators, before the poll body considers his claim.

## DRDO scientist Kurulkar was attracted to Pak agent, talked about Indian missile systems: Chargesheet

PUNE (TIP)

DRDO scientist Pradeep Kurulkar was attracted to the Pakistani Intelligence Operative, who used the alias 'Zara Dasgupta', and chatted with her about Indian missile systems among other classified defence projects, the chargesheet has said.

The Anti-Terrorism Squad (ATS) of the Maharashtra police filed the chargesheet against Kurulkar, who was the director of one of the labs of the Defence Research and Development Organisation (DRDO) in Pune, in a court here last week.

He was arrested on May 3 under the Official Secrets Act and is now in judicial custody.

Kurulkar and 'Zara Dasgupta' were in contact through WhatsApp as well as voice and video calls, the chargesheet said.

'Dasgupta' claimed to be a software engineer based in the UK and befriended him by sending obscene messages and videos. During the investigation, her IP address was traced to Pakistan, the ATS said in the chargesheet.

The Pakistani agent tried to get classified and sensitive information regarding the Brahmos Launcher, Drone, UCV, Agni Missile Launcher and Military Bridging System, among other things, it said.

"Kurulkar, who was attracted to her, stored the classified and sensitive information of DRDO on his personal phone and then allegedly shared it with Zara," the chargesheet said.

He chatted with her about various projects, including surface-to-air missiles (SAM), drones, Brahmos and Agni Missile Launchers and UCV, it said.

The two were in contact from June 2022 to December 2022, as



per the ATS.

Just before the DRDO initiated an internal probe after his activities were found to be suspicious, Kurulkar blocked Zara's number in February 2023. He soon received a WhatsApp message from another unknown Indian number, asking 'Why you blocked my number?' The chat records also showed that he shared his personal as well as official schedules and locations with her despite knowing that he was not supposed to share them with anyone, the chargesheet said.

Source: PTI





## West Bengal Panchayat Election: Several people killed as rural areas vote

Several people were killed in election-related violence in West Bengal as voting was underway on Saturday for the three-tier panchayat polls in the state, officials said.

The polling started at 7 am in 73,887 seats in the rural areas of the state with 5.67 crore people deciding the fate of around 2.06 lakh candidates, they said.

BJP polling agent Madhab Biswas was allegedly killed in Falimari gram panchayat in Coochbehar district, they said.

The BJP alleged that when Biswas tried to enter the polling booth he was stopped by TMC supporters, and as the situation escalated, they killed him. The TMC denied the allegations.

The supporter of an independent candidate died in Kadambagachi area in North 24 Paraganas district after he was beaten up overnight, police said.

The deceased was identified as 41-year-old Abdullah. He died while undergoing treatment at a local hospital in the morning, Superintendent of Police Bhaskar Mukherjee said.

Protesting against the killing, locals blocked the Taki Road in the early hours but they were removed by the police.

A TMC worker was killed in Murshidabad district's Kapasdanga area overnight in poll-related violence. The deceased was identified as Babar Ali, officials said.

The ruling TMC said that two of its workers were killed in Rejinagar and Khargram in Murshidabad district, and another person in Tufanganj in Coochbehar district.

"The polling started peacefully, but Congress, BJP and CPI(M) are attacking TMC workers since last night. Three of our workers have died in Rejinagar, Tufanganj and Khargram. And, two of our workers were injured in Domkal. Where are the central forces?" TMC spokesperson Kunal Ghosh asked.

The brother of a TMC leader was killed in a clash with Congress supporters in Malda district, police said.

The incident happened in Jisharattola in Manikchak police station area. The deceased was identified as Malek Sheikh, they said.

The TMC alleged that the husband of one of its candidates was shot at in Nadia district's Narayanpur area by CPI(M) supporters, a charge denied by the opposition party. *Source: PTI*

# Sexual harassment case: Delhi court summons WFI chief Brij Bhushan on July 18

NEW DELHI (TIP)

Former Wrestling Federation of India (WFI) chief and BJP MP Brij Bhushan Sharan Singh was summoned by Delhi's Rouse Avenue court for the alleged sexual harassment of several women wrestlers on Friday, July 7.

The court said that there was enough evidence against Brij Bhushan to proceed with the case.

Additional Chief Metropolitan Magistrate (ACMM) Harjeet Singh Jaspal, taking cognisance of the chargesheet filed against the BJP MP, directed him to appear before the court on July 18.

A chargesheet was filed against six-time MP Brij Bhushan under sections 354, 354D, 345A of the IPC for stalking and sexual harassment on June 15.

Along with Brij Bhushan, the court also summoned suspended assistant secretary of WFI Vinod Tomar. He was charged with Sections 109 (abetment of any offence, if the act abetted is committed in consequence, and where no express provision is made for its punishment), 354, 354A and 506 (criminal intimidation) of the IPC.

## Complaint under POSCO against Brij Bhushan

Among the seven women wrestlers who accused Brij Bhushan of sexual harassment, a minor had also filed a case under the Protection of Children from Sexual Offences (POCSO) Act.

However, the Delhi Police asked the Patiala house court for it to be cancelled, days after the minor complainant



The court said that there was enough evidence against Brij Bhushan to proceed with the case.

withdrew her statement against Singh before a district magistrate. In a 552-page cancellation report, the police cited statements from the minor wrestler, her father, Singh, and other witnesses. A cancellation report is filed in cases when no corroborative evidence is found. The court will hear the matter next on July 4.

## Wrestlers protest

Renowned Indian wrestlers

including Sakshi Malik, Bajrang Punia, and Vinesh Phogat held protests for 38 days at Delhi's Jantar Mantar demanding Singh's arrest until the police detained them for violating law and order on May 28. They suspended their protest after union minister Anurag Thakur met these wrestlers and assured them that the charge sheet in the case would be filed by June 15.'

# Rahul Gandhi makes impromptu visit to Sonapat village; meets farmers

CHANDIGARH (TIP)

Congress leader Rahul Gandhi on Saturday made an impromptu visit to Haryana's Sonapat district and interacted with people and spent time with farmers working in the fields.

He also took part in paddy sowing, a senior party leader from the state said.

Gandhi reached Sonapat district's Madina village early on Saturday.

"It was an impromptu visit ... He interacted with the villagers and the farmers working in the fields. Rahulji also took part in paddy sowing and drove a tractor," Jagbeer Singh Malik, the Congress' MLA from Gohana in Sonapat, told PTI over phone.

Malik, who was present at the spot, said Gandhi was probably on his way to Himachal Pradesh from Delhi.

In pictures tweeted from the Congress' official handle, Gandhi was seen in his familiar white t-shirt and trousers. He was also stepping onto the fields with the villagers.



On Friday, July 7, Gujarat High Court dismissed Gandhi's plea seeking a stay on his conviction in a criminal defamation case over his "Modi surname" remark.

Gandhi on May 23 travelled in a truck from Delhi to Chandigarh to listen to the problems faced by truck drivers.

He undertook the journey during the night and in visuals and videos, the former Congress chief, donning his trademark white t-shirt, was seen sitting inside a truck, travelling with a driver and speaking to drivers at a dhaba.

*Source: PTI*



# India in history this Week

JULY 7, 2023, TO JULY 13, 2023

## 07 JULY

1753 The British Museum was established by an Act of Parliament.

1763 Mir Jafar was crowned again as the Nawab of Bengal.

1763 The British East India Company announced the resignation of Mir Qasim, the Nawab of Bengal.



1799 Maharaja Ranjit Singh captured Lahore.

1948 Damodar Valley Corporation was established.

1656 Birth of Har Kishan, the eighth Guru of the Sikhs.

1758 Raja Martand Verma, the creator of modern Travancore, died

1896 Cinema's entry into India. The Lumir brothers performed films for the first time at Mumbai's Watson Hotel.

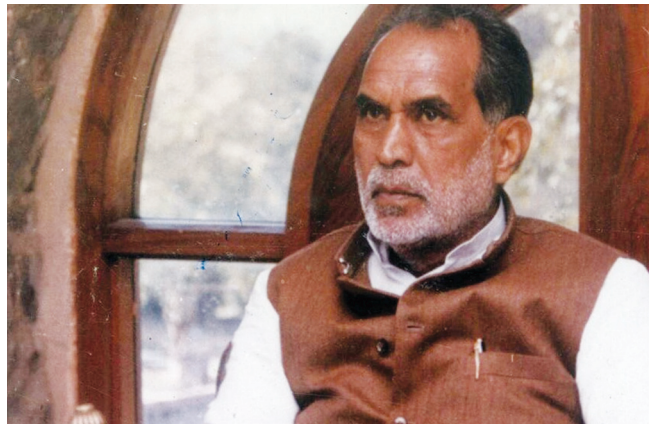


1999 Paramvir Chakra winner Captain Vikram Batra was killed while defending the country.

## 08 JULY

1497 On this day, Vasco de Gama left Europe to reach India with a team of 170 people on the way to the sea.

1914 Jyoti Basu, the chief minister of the world and the basis of leftist politics, was born for the longest time.



2007 The 9th Prime Minister of the country Chandrashekhar died.

1918 The Montague Chelmsford Report was published in 1918 to reform the Indian Constitution.

1954 In 1954, Prime Minister Jawaharlal Nehru started the hydroelectric project on Bhakra-Nangal in Punjab, the world's largest canal.

1932 Indian singer Ghulam Hassan Sophie was born.

## 09 JULY

1875 Bombay Stock Exchange was established. It was the first stock exchange in the country

1944 Netaji Subhash Chandra Bose ji accepted the leadership of Azad Hind Fauj to make India independent from British rule.

1951 India's First Five-Year Plan (1951-56) began.



1925 Birth of Gurudutt, one of the most powerful actors and best directors of Indian cinema.

2001 In 2001, India announced the establishment of two posts on the Pak border.

2007 Indian-American scientist Himanshu Jain was awarded the Otto Scott Research Award 2007 for his focus in the field of Glass Science.

## 10 JULY

1800 The British Government in India established Fort William College.

1965 The first NCC college for women was established in Gwalior.

2017 There was a terrorist attack on Amarnath Yatra in which 10 devotees died.

1966 Construction of Air Force fighter aircraft 'MiG' started in Nashik district of Maharashtra.

1972 Launching of the fully air-conditioned vessel Harsh Vardhan from Mazgaon port in Mumbai.



1986 India beat England by 5 wickets to win the first Test at Lord's.

2005 Signing of two agreements related to education and community development in India and Sri Lanka.

2008 The Central Government announced an 'Integrated Space Cell' for the three armies.

1806 The Vellore Rebellion was the first revolt by the Indian soldiers against the East India Company.

## 11 JULY

2006 There were serial blasts in Mumbai in which 209 people were killed.

2003 The 'Dosti Bus' in Lahore and the 'Sad-e-Sarhad' bus from Delhi became operational in 2003.

2004 In 2004, 7 railway bombings occurred in Mumbai suburban.

2007 Popular painter M.F. Hussein attended the New York art exhibition in 2007 as the chief guest.

1902 India's famous freedom fighter, politician and first defense minister Sardar Baldev Singh was born in 1902.

## 12 JULY

1674 Shivaji signed a friendship contract with the East India Company.

1799 Ranjit Singh captured Lahore from Bhangi Misl, an important step to establish the Sikh Empire and become Maharaja of Punjab.

1823 Diana, the first steam ship built in India, was unveiled in Calcutta (now Kolkata).

1966 Indira Gandhi visited Moscow.

2001 'Friendship' bus service between India and Bangladesh Agartala and Dhaka started.



1999 Film artist Rajendra Kumar died in Mumbai at the age of 71.

2012 Wrestler and Bollywood artist Dara Singh passed away.



1949 After the assassination of Mahatma Gandhi, the ban imposed on the RSS was conditionally lifted.

1970 The severe floods in the Alaknanda River killed 600 people.

## 13 JULY



1830 Raja Ram Mohan Roy and Alexander Duff started Scottish Church College with five students.

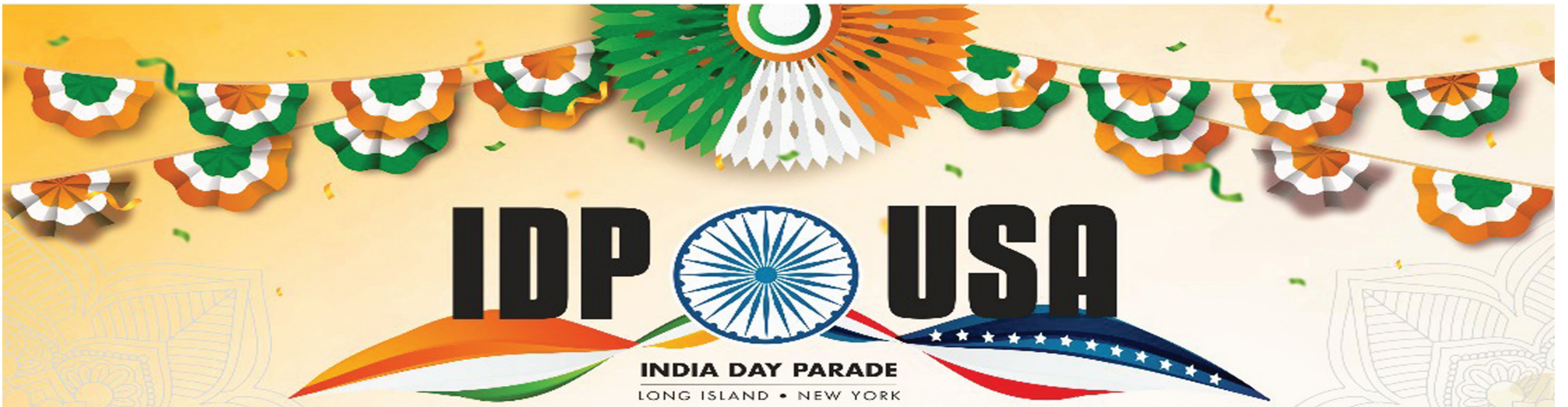
1905 The Bengali weekly Sanjeevani suggested burning Holi of British goods for the first time.

1974 India played their first ODI against England at Headingley.

1977 Public honors like Bharat Ratna, Padma Vibhushan etc. were withdrawn during the Emergency.

2011 The country's financial capital, Mumbai was rocked by triple blasts. The blasts took place in Mumbai's Jhaveri Bazaar, Opera House and Dadar.





Cordially Invites You To Join



**DEEPAK BANSAL**  
President IDPUSA



**Azadi Ka  
Amrit Mahotsav**



**VIMAL GOYAL**  
IDP President

# 12th INDIA DAY PARADE

**Sunday, August 27th, 2023 at 12:00 pm**

Form: PATEL BROTHERS to LIRR Parking Lot of 125 West John St. Hicksville, NY 11801

**FREE  
ADMISSION**  
We welcome  
All



## SPECIAL ATTRACTIONS:

Live DJ and Dance Performances, Cultural Programs, Dignitaries, Mouth Watering Food and Shopping, Kids Fun and Activities, Henna & Tattoos, Live DJ and Dance, Live Marching Bands, Garba, Dhol, Bhangra, Dignitaries, and Much More.

## MEDIA PARTNERS



AND MUCH MORE EXITED PRIZES

IDPUSA, 353 South Broadway, Hicksville, NY 110801  
Not-For-Profit 501(C) (3) Organization Tax ID Number 47-3999472  
Website : [www.idpusa.org](http://www.idpusa.org)

Please Contact for more Information

**516 978 7125, 516 304 8808**



# RELAX THIS SUMMER WATCHING WACO'S FILMS

BY MABEL PAIS

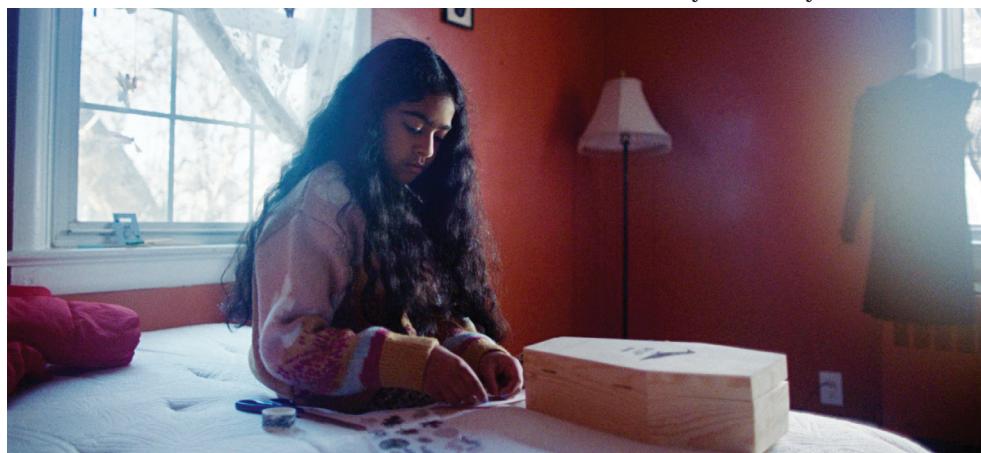
## Screening among Shorts RAGHAV PURI'S 'ANIRUDH'



Anirudh

Photo Credit / DitHFF

## HRISHI BARDHAN'S 'BIRDSONG'



Birdsong

Photo Credit / DitHFF

## MAHNOOR EUCEPH'S 'EID MUBARAK'



Eid-Mubarak.

Photo Credit / DitHFF

## And many more

The Deep in the Heart Film Festival (DitHFF) of Waco, Texas presents its films and events for its 7th edition, which will combine in-theater screenings July 20-23, followed by an online encore July 24-30.

With screenings at the historic Waco Hippodrome and Cultivate 7twelve, and a program divided into four categories: Crowd Pleasers, Deep Dives, Family Friendly, and For the Curious and

Adventurous, the Deep in the Heart FF has once again worked to add more to the popular film festival's screenings, events,

and presentations to make it even more audience-friendly and easy to access and

enjoy as they head to the movie theaters. The programming tracks were created to

help audiences understand the tone of the films and make it easier for people to discover the movies that fit their tastes. The screening schedule will include 127 films (9 features, 106 shorts, 12 music videos), and 1 multi-media project).

### 2023 DEEP IN THE HEART FILM FESTIVAL LINEUP

#### OPENING NIGHT

Finding Her Beat  
Dir: Dawn Mikkelson & Keri Pickett | USA/Japan | 89m

In the midst of a frozen Minnesota winter, a Japanese drum master and Korean adoptee from North Dakota join forces to assemble the world's best Taiko drummers in a bold effort to claim a cultural spotlight that has historically been reserved only for men. As the clock ticks toward their first performance, it becomes clear that their story has become much larger than Taiko.

#### CLOSING NIGHT

Disfluency

Dir: Anna Baumgarten | USA | 93m

After unexpectedly failing her final college class due to a traumatic personal event, Jane, an aspiring speech pathologist, retreats home to her parent's lake house in the hometown she grew up in. Jane, however, fights through PTSD and imposter syndrome as she attempts to piece together what exactly happened to unravel the emotional and psychological tangle that's been haunting her as she finds a path forward toward the never-ending process of healing.

#### FRIDAY NIGHT SPECIAL PRESENTATIONS

Fire Bones

Dirs: Greg Brownderville, Bart Weiss | USA | N/A

'Fire Bones' is a whimsical Southern Gothic story told in ten chapters via multiple mediums including podcasts, short films, music videos, poems, and still images. Fire Bones follows the journey of discovery that a poet and filmmaker make as they are introduced to the tale and mystery of a missing pilot and Pentecostal preacher who vanished on a transatlantic flight.

Into the Spotlight

Dir: Thaddeus D. Matula | USA | 99m

A heartfelt story of how a script, a stage, and a theater program composed of adults with disabilities celebrate their creativity, explore life's complexities, and empower a community, in their own words and their own way.

#### ADDITIONAL NARRATIVE FEATURES

Shudderbugs

Dir: Johanna Putnam | USA | 106m

Samantha Cole returns to her childhood home when her mother suddenly passes. In place of familiar spaces and memories, Sam finds only uneasiness and confusion. On her journey to untangle the truth, she finds herself at a dangerous crossroads: How far can she trust instincts that may be clouded by grief, guilt, and desperation?

#### ADDITIONAL DOCUMENTARY FEATURES

City Kids

Dir: Zac Zlatic | USA | 64m

What does it take to change someone's life? City Kids is the story of a couple who has dedicated the past 30 years to inner city kids from San Antonio, introducing them to the great outdoors, and changing the trajectory of hundreds of lives in the process.

Punderneath It All

Dir: Abby Hagan | USA | 76m

If laughter is the best medicine, then pun

competitions are just what the doctor ordered. Visiting the "pun scenes" in respective US cities, Abby Hagan's Punderneath It All follows multiple characters as they create their own pun slams and navigate the live comedy world. You'll meet an endearing cast of characters, including Seattle's "pun slam" hostess, a world-ranked chess champion, a pop cultural anthropologist, and a stand-up comedian who specializes in "dad jokes," as they hone their comedic chops in pun competitions around the country.

The Last Thing Lost

Dir: Jake Siam | Cambodia, USA | 42m

'The Last Thing Lost' examines the remarkable life of Sarith Ou. His narrow escape from the Khmer Rouge genocide in the 1970s took him on an improbable journey to small-town Wisconsin. With the help of his friend Roger, a Vietnam vet turned psychologist, Sarith returns to Cambodia with renewed purpose more than two decades after his departure. Together, Sarith and Roger bring hope to rural Cambodia, while healing their own decades-old wounds.

Wine, Women, and Dementia

Dir: Kitty Norton | USA | 87m

Baby boomers in the US are estimated to reach the 9 million mark living with dementia by 2030. 'Wine, Women, and Dementia' brings the audience face to face with the human side of dementia as former dementia family caregiver and filmmaker, Kitty Norton, sets off on an RV adventure to meet other dementia family caregivers throughout the U.S. who virtually provided her with critical support through their shared caregiving experiences.

You Have No Idea

Dir: Alexander Jeffery | USA | 86m

When Beth's son Evan James was diagnosed with Autism in the early 90s, treatment options were limited. This heartfelt film is a sweet testament to the power of love and community by following a determined mom advocating for her son.

#### NARRATIVE SHORTS, DOCUMENTARY SHORTS, MUSIC VIDEOS & SCREENPLAYS

There are 93 narrative shorts, 13 documentary shorts, 12 music videos, and 15 screenplays.

#### ABOUT DEEP IN THE HEART FILM FESTIVAL (DITHFF)

Established in 2017, the Festival engages audiences with films from major festivals and Texas talent. It builds networks and careers through its industry education and promotion. Add in some chips & salsa with its own DitHFF magic, and this creates one of the most unique experiences on the festival circuit. For more information visit [deepintheheartff.com](http://deepintheheartff.com), and follow DitHFF on Facebook.com and Instagram.com.

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



# GASTRONOMES: WELCOME TO ANOTHER EXPERIENCE OF RESTAURANT WEEK IN NYC

BY MABEL PAIS

## NEW YORK SUMMER RESTAURANT WEEK

**ATTENTION FOOD ENTHUSIASTS: WANT TO SAMPLE A VARIETY OF VARIED CUISINES IN UPSCALE RESTAURANTS? HEAD OVER TO NEW YORK CITY FOR NEW YORK SUMMER RESTAURANT WEEK, JULY 24 TO AUGUST 20, 2023.**

New Yorkers LOVE NYC bargains! NYC Restaurants offer a trio of pricing options which they may offer during meal periods of their choosing (lunch, dinner or both).

NYC Restaurant Week is back, so you can look forward to enjoying reasonable-priced-otherwise-expensive meals all over the city. Thousands of travelers and locals look forward to this event every year because it's a great opportunity to try new cuisines or simply enjoy top-notch meals at decent prices. This is one of two favorite times in the year for foodies for the city in all boroughs of New York.

## NYC RESTAURANT WEEK DEALS

Restaurant Week New York City allows patrons to eat at NYC's best restaurants twice a year for bargain prices. Every Winter (Jan/Feb) and Summer (July/Aug), some of the city's best restaurants offer prix-fixe meals for bargain prices.

You will be able to choose between a lunch and dinner option or a prix-fixe two/three-course meal at a reduced price. For NYC Restaurant Week, restaurants will offer three pricing options for lunch (\$30), dinner (\$45) or \$60 for both.

Everyone who's been to New York will agree that this is an incredibly attractive offer!

**Please note: The promotion does not include tax, tip or drinks.**

Per NYCGo.com about Summer Restaurant Week, "600 Restaurants Offering More Than 60 Distinct Cuisines in Nearly 85 Neighborhoods Across All Five Boroughs at \$30, \$45 or \$60 for 30 days of Dining Deals."

## PARTICIPATING RESTAURANTS

Among this season's NYC Restaurant Week's participants, you will find new trendy restaurants, but also well-



Chef Suzanne Cupps



Chef Marcus Samuelsson



Chef-Cookbook Author JJ Johnson



Chef-Owner Dan Kluger

established fine-dine restaurants. Cuisines include Contemporary American, Italian, Chinese, Mexican, French, Mediterranean, Greek, Middle Eastern, Thai, Japanese and Korean - just to name a few. In short: There's a restaurant for everyone! And what's best is that they are spread throughout all five boroughs with the majority being located in Manhattan

## RESERVATIONS

**DINE, JULY 24-AUGUST 20, 2023.**

**RESERVATIONS OPEN JULY 6, 2023.**

Restaurant Week is a great opportunity to try out a restaurant that may normally be out of your budget, or test some new restaurants with a little less financial risk.

Reservations generally open anywhere from 1 to 4 weeks before Restaurant Week begins. One of the best ways to get easy, online reservations is through [opentable.com](https://www.opentable.com).

## RESTAURANT WEEK NYC INSIDER TIPS

**THE THREE-COURSE, PRIX-FIXE MEALS FOR \$30 (LUNCH) AND \$45 OR \$60 (DINNER) DO NOT INCLUDE BEVERAGES, TIP OR TAX.**

Most restaurants do not participate during the weekends, certainly not on a Saturday during Restaurant Week in NYC.

Review the menu in advance, as there are usually fewer choices on the RW menu. If you have eating restrictions, you may be limited.

**MONDAY TO WEDNESDAY RESERVATIONS TEND TO BE EASIER TO GET THAN THOSE FOR THURSDAY AND FRIDAY.**

When making a reservation, be sure to mention you are booking for Restaurant Week.

When being seated, ask for the Restaurant Week menu if it is not offered.

Tip the server based on the usual price of the meal, not the Restaurant Week price, especially if you've had good service. Remember, the server is (or should be) doing their job exactly as they normally do when meals are full priced.

Learn more at [nycgo.com/restaurantweek](https://nycgo.com/restaurantweek).

## FRENCH RESTAURANT WEEK NYC

**JULY 10-16, 2023**

French Restaurant Week in NYC offers prix-fixe menus at some of the city's top French Restaurants, allowing diners to experience masterful cuisine and gastronomy while honoring French culture and history.

Enjoy French favorites, such as French onion soup au gratin, gigot d'agneau, steak tartare, moules frites, and salade de tomates d'héritage.

Learn more at [nycgo.com/restaurantweek](https://nycgo.com/restaurantweek).

## OTHER RESTAURANT WEEKS

Since the event has been so successful in past years, newer versions are starting to crop up everywhere, including ethnic Restaurant Weeks, like Japanese, Chinatown, Malaysian, French, Belgian and also neighborhood-specific restaurant weeks.

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





### Kangana's Tejas to clash with Tiger Shroff's Ganapath - Part 1 in October

Kangana Ranaut's 'Tejas' is going to clash with Tiger Shroff and Kriti Sanon-starrer 'Ganapath - Part 1' which will also release on October 20. She took to her Instagram handle to share the release date of the film and also stills from the film. The first picture shows Kangana exiting the multi-role military aircraft Tejas while wearing a uniform. The second image showed a tense moment with Kangana in her action costume with a vehicle on fire in the backdrop. She captioned it, "Honouring the bravery of our heroic Air Force Pilots Tejas, releasing in cinemas on 20th October"

'Tejas' revolves around the extraordinary journey of Tejas Gill, an Air Force pilot, and aims to inspire and instil a deep sense of pride in the valiant soldiers who tirelessly defend our nation, confronting numerous challenges along the way. The Indian Air Force was the first of the country's defense forces to induct women into combat roles in 2016.

Kangana has started shooting for the film after wrapping up the shoot for her upcoming movie 'Thalaivi,' actor Kangana Ranaut on Monday kick-started the workshops for her patriotic film 'Tejas.'

## Do Patti: Kriti Sanon, Kajol and Kanika Dhillon to team up for a mystery thriller

Kriti Sanon and Kajol are all set to team up for a mystery thriller film. Titled Do Patti, the film is actor-turned-producer Kriti's maiden project from her newly announced production house Blue Butterfly Films.

As per a press release, Do Patti starring Kriti Sanon and Kajol in lead roles will be set in the hills of North India. Along with Kriti, writer Kanika Dhillon is also on board as a producer.

Do Patti marks Kriti Sanon and Kajol's onscreen reunion after eight years since Dilwale's release. Kriti, who recently announced her production venture opened up about the film saying, "Do Patti is a script that holds a very special place in my heart as it marks my debut as a Producer with my production house Blue Butterfly Films. I love every single aspect of filmmaking and have always wanted to be more creatively involved in stories that touch my heart. And I felt in my gut that I was ready to shift the gear and do more. I'm excited to collaborate with the extremely talented Kanika Dhillon as a producer. Adding to our women power is the amazing Kajol ma'am, who I'm thrilled to be working again with after almost 8 years (since Dilwale). I just cannot wait for this ride to begin!"

Meanwhile, Kajol said, "Do Patti has a standout script that promises a unique blend of adventure and mystery. It is a story that is not only rooted in India, but also promises the thrill that can be enjoyed by entertainment enthusiasts across borders"



## Varun, Janhvi's chemistry in Bawaal teaser sets screen on fire



Sparks have been flying ever since the first images of Varun Dhawan and Janhvi Kapoor were seen on social media, most of them from their shoot in various locations across India and Europe. While both actors have an accomplished filmography, they've never been paired on-screen together. And after watching the teaser, we're surprised why filmmakers have waited this long to get this crackling jodi together.

Thanks to Nitesh Tiwari and Sajid Nadiadwala, the stars have been cast in 'Bawaal' and we're getting to witness a new romantic pairing that exudes and oozes romance. Prime Video, today teased a glimpse to the much-awaited film, and the budding love between their characters in the film's teaser makes us want to watch more of them together. Judging by

the reaction of their fans on social media, we're sure to see a new romantic screen pairing that will be remembered for years to come. Here is how netizens have reacted to Bawaal's teaser drop:

A fan writes "tum pyaar karne dete toh tumhe kitna pyaar karte" @Varun\_dvn you know you have my heart. Jaanu looks so beautiful in the trailer. Looking forward to #Bawaal !! The trailer was so good, I'm hooked! #VarunDhawan #JahnviKapoor."

Another writes, "tum pyaar karne dete toh tumhe kitna pyaar karte. Just loved the teaser. And their chemistry tho. Ajay and Nisha already win. Can't wait for the movie now."

A netizen shares some stills from the teaser and writes, "here's how we melted, VARVI".





## Daniel Radcliffe will be part of HBO's Harry Potter reboot series

Harry Potter star Daniel Radcliffe has dashed fans' hopes of seeing him again in the recently-announced series reboot on HBO Max. In a recent interview, Daniel said that the new show does not 'need' him. The new series on the boy wizard was announced in April as part of the company's plans for its Max streaming service.

The seven Harry Potter books have sold more than 600 million copies worldwide. They were adapted into blockbuster movies starring Daniel that grossed \$7.7 billion globally from 2001 to 2011.

Speaking to Comicbook.com about the show, Daniel said, "My understanding is that they're trying to very much start fresh and I'm sure whoever is making them will want to make their own mark on it and probably not want to have to figure out how to get old Harry to cameo in this somewhere. So I'm definitely not seeking it out in any way. But I do wish them, obviously, all the luck in the world and I'm very excited to have that torch passed. But I don't think it needs me to physically pass it."

# Warner Bros defends 'Barbie' film's world map as 'child-like'

Warner Bros studio on Thursday, July 6, said a map in its upcoming "Barbie" movie of the South China Sea is a "child-like" drawing with no intended significance, days after Vietnam said it would ban the film over the map.

Vietnam balked at a scene of the map that shows China's unilaterally claimed territory in the South China Sea, state media reported on Monday. It decided to ban domestic distribution of the highly anticipated film starring Margot Robbie and Ryan Gosling.

Warner Bros believed the map was harmless.

"The map in Barbie Land is a whimsical, child-like crayon drawing," the studio said in a statement. "The doodles depict Barbie's make-believe journey from Barbie Land to the real world. It was not intended to make any type of statement."

"Barbie" was originally slated to open in Vietnam on July 21, the same date as in the United States, according to state-run Tuoi Tre newspaper.

Vietnamese authorities objected to a scene showing a map that includes the so-called nine-dash line, the newspaper said. The U-shaped line is used on Chinese maps to illustrate China's claims over vast areas of the South China Sea, including swaths of what Vietnam considers its continental shelf,



where it has awarded oil concessions.

"We do not grant license for the American movie 'Barbie' to release in Vietnam because it contains the offending image of the nine-dash line," the newspaper reported, citing Vi Kien Thanh, head of the Department of Cinema, a government body in charge of licensing and censoring foreign films.

"Barbie" is the latest movie to be banned in Vietnam for depicting

China's nine-dash line, which was repudiated in an international arbitration ruling by a court in The Hague in 2016. China refuses to recognize the ruling.

This week, Vietnam also opened an investigation of the website of K-pop group Blackpink's tour organiser, ahead of the group's concert in Hanoi, over criticism from fans that it shows a map of the South China Sea with disputed boundaries. *Source: Reuters*

## Tom Cruise speaks perfect Hindi during interview, desi fans call him 'so cute'

Is there anything Tom Cruise cannot do? The Hollywood heartthrob and action superstar has got his desi fans' full hearts after a video of him from a recent interview surfaced online. The video shows him speaking Hindi a little too perfectly.

Tom Cruise is currently on a press tour, giving interviews for Mission Impossible Dead Reckoning Part One, scheduled for release on July 12. The movie brings him back as the iconic Ethan Hunt, pulling off a few more daring stunts to save the world. During one interview, the actor had a great time speaking with the interviewer and she even got him to speak a little Hindi.

In a clip from Etalk, Tom is seen in a happy mood. The interviewer made Tom laugh while speaking about his French in the movie. "Is there anything you cannot do? Is he going to speak in Hindi with me?" she asked. Tom eagerly said, "If you want me to speak in Hindi with you I will. Let's try it." She got him to say the cutest 'Namaste. Aap kaise hain (How are you)'. Tom, as expected, aced the pronunciation. He was then even more impressed that the interviewer could also speak Punjabi and Farsi and wanted to keep talking about her.

Fans of the actor thought he was too charming in the video. A fan wrote, "He is so cute while speaking 'namaste aap kaise ho' & Is there anything he can't do," wrote one. "Namaste Tom Cruise Sir," wrote another. "Is there anything #TomCruise can't do? He spoke 'Namaste! Aap Kaise Hain?' in my mother tongue Hindi with an Indian accent," said another. *Source: HT*



## Zendaya and Josh O'Connor's 'Challengers' to open Venice Film Festival

The Venice Film Festival is serving up one of the year's buzziest films as its opening night selection in Luca Guadagnino's "Challengers." The romantic tennis drama starring Zendaya, "West



Side Story's" Mike Faist and "The Crown's" Josh O'Connor will have its world premiere out of competition at the 80th edition of the festival in September, organizers said. "Challengers" stars Zendaya as a tennis prodigy whose past collides with her present when her husband, played by Faist, faces off against a competitor who was once his best friend and her boyfriend. A spicy and suggestive teaser trailer that debuted recently quickly became a popular meme on social media.

"It's a modern bold story of youthful energy, love and power," Guadagnino said in a statement. "I can't wait for the Lido audience to dance across the notes of the soundtrack of Trent (Reznor) and Atticus (Ross) at the opening night of the 80th edition of the Mostra."



## BLAST AT A RUSSIAN EXPLOSIVES PLANT KILLS SIX, INJURES TWO

**MOSCOW (TIP):** A blast at a Russian explosives plant on July 7 killed six people and injured two more, emergency officials said. The explosion occurred as workers were dismantling equipment at one of the workshops of the Promsintez plant in Russia's Samara region, some 800 kilometers (500 miles) southeast of Moscow, Russian state news agency RIA Novosti reported, citing emergency officials. The blast didn't start a fire, the report said. Promsintez is one of the main producers of industrial explosives in Russia. It is located in the town of Chapayevsk in the Samara region. (AP)

## Canada to stop advertising on Facebook, Instagram after Meta blocks news

**OTTAWA (TIP):** Canada's government said July 5 it would stop advertising on Facebook and Instagram, in response to Meta's decision to block access to news content on their social platforms as part of a temporary test. Heritage Minister Pablo Rodriguez announced Prime Minister Justin Trudeau's government's decision at a news conference. Canada's move is the latest episode in a dispute that started after Trudeau's administration proposed a bill that would require technology companies to pay publishers for linking to or otherwise repurposing their content online. (AP)

# Keeping up pressure, China sends warships and fighter jets near Taiwan during Yellen's Beijing visit

**BEIJING (TIP):** China's People's Liberation Army sent 13 aircraft and 6 vessels into airspace and waters around Taiwan over the past 24 hours as of early on July 8, overlapping with United States Treasury Secretary Janet Yellen's visit to Beijing aimed at mending strained relations.

Taiwan's Defense Ministry said it is monitoring the situation from the air and sea, and land-based missile systems were prepared to respond. It said four Chinese aircraft — two SU-30 fighters, one BZK-005 reconnaissance plane and one Y-8 anti-submarine warfare plane — crossed the median line in the Taiwan Strait that serves as a de-facto border between the sides, and had entered Taiwan's southwestern air defense identification zone.

China claims Taiwan as its own territory to be annexed by force if necessary and sends air and naval missions on virtually a daily basis in an attempt to wear down the island's defense capabilities and intimidate its 23 million people, who thus far seem largely unfazed by such moves.

U.S. support for the self-governing island republic that split from mainland China amid civil war in 1949 remains a major irritant in relations with Beijing.



Shortly before Yellen's arrival, Chinese President Xi Jinping visited the headquarters of the People's Liberation Army's Eastern Theater on Thursday. Its area of operations directly faces the island across the Taiwan Strait.

Addressing commanders at the Jiangsu province headquarters, Xi "stressed efforts to ... break new ground for theater command development and war preparedness," state media reported.

He called for "enhancing the planning of war and combat ... and stepping up training under real combat conditions to

raise the forces' capabilities to fight and win," the reports said.

The PLA, the world's largest standing armed force, serves as the military wing of the Communist Party and is overseen by a committee headed by Xi.

Beijing also objects vigorously to United States military support for Taiwan, and lashed out Wednesday at an upcoming \$440 million sale of cannon shells and other equipment, accusing the U.S. of turning Taiwan into a powder keg.

Yellen is not expected to meet with Xi during her visit. (AP)

# Russian cruise missile attack on Ukraine city of Lviv kills 6 people and injures dozens

**LVIV (TIP):** Russia fired cruise missiles July 6 at a western Ukraine city far from the front line of the war, killing at least six people in an apartment building in what officials said was the heaviest attack on civilian areas of Lviv since the Kremlin's forces invaded the country last year.

Emergency crews with search dogs went through the rubble of the building after the nighttime attack destroyed the roof and the top two floors. At least 36 people were injured, according to authorities.

The youngest of the people who died was 21 years old and the oldest was a woman of 95, Lviv province governor Maksym Kozytskyi said. "This woman survived the Second World War, but unfortunately she didn't survive" Russia's full-scale invasion of Ukraine, Kozytskyi said.

Debris and wrecked parked cars lined the street outside the building, which overlooks a small neighborhood park with swings and other playground equipment.

Lviv Mayor Andriy Sadovyi said the body of a woman was pulled from the rubble late Thursday, bringing the death



toll to six. Kozytskyi said seven survivors were rescued from wreckage and a total of 14 people hospitalized. Sadovyi said around 60 apartments and 50 cars in the area of the strike were damaged. He announced two days of official mourning.

U.S. Ambassador to Ukraine Bridget Brink described the attack as "vicious."

"Russia's repeated attacks on civilians are absolutely horrifying," she tweeted.

Ukraine's air force reported it intercepted seven of the 10 Kalibr cruise missiles that Russia fired from the Black

Sea toward the Lviv region and its namesake city — more than 800 kilometers (500 miles) away — around 1 a.m. Thursday.

The Kremlin's forces have repeatedly hit civilian areas during the war, though Russian officials say they choose only targets of military value.

Lviv is near the western border with Poland and is more than 500 kilometers (300 miles) from Kyiv and 700 kilometers (425 miles) from the frontline southern Ukraine region of Kherson; Kyiv's

counteroffensive to dislodge Russian forces in southern and eastern Ukraine is in its early stages.

Sadovyi, the mayor, addressed residents in a video message, saying the attack was the largest on Lviv's civilian infrastructure since the beginning of last year's invasion.

Lviv resident Ganna Fedorenko suffered injuries to her face, where an adhesive plaster on her cheek had turned red with blood. She held her hands crossed on her chest as she reacted to the attack.

"Russians are hitting us. That's how they love us. I'm sorry for those people who were killed. They were young. So sorry for them," she said. "This is terrible. They hit civilians."

The Ministry of Internal Affairs said 64 people had to leave their homes.

Ukrainian President Volodymyr Zelenskyy promised "a response to the enemy. A tangible one."

He went later Thursday on an official trip to Bulgaria at the invitation of its new pro-Western government, with talks about weapon supplies and Ukraine's NATO membership on the agenda.

(AFP)



# Fresh protests against police violence planned in France

**FRANCE (TIP):** Dozens of marches against police violence in France have been announced for July 8 after authorities banned a memorial rally, fearful of reigniting the recent unrest that engulfed the country.

Seven years after Adama Traore, a young black man, died in police custody, his sister planned to lead a commemorative march north of Paris in Persan and Beaumont-sur-Oise.

Authorities banned the event, however, citing a shortage of police to ensure public safety, a decision that was upheld Friday by the local administrative court.

Based on the "context of the riots that followed the death of 17-year-old Nahel" on June 27, the judges found the "extremely recent nature does not allow us to presume that any risk of disturbing public order has disappeared," the court said in a statement on Friday.

In a video posted on Twitter, Assa Traore, Adama's older sister, confirmed that following the court order "there will be no march in Beaumont-sur-Oise".

"The government has decided to add fuel to the fire" and "not to respect the death of my little brother," she said in the video.



Instead of the planned event, she said she would attend a rally on Saturday afternoon in central Paris' Place de la Republique to tell "the whole world that our dead have the right to exist, even in death".

Saturday's "march for justice" is one of around 30 demonstrations against police violence planned across France this weekend, according to an online map.

Similar events in Lille, Marseille, Nantes and Strasbourg are also listed.

**GRIEF AND ANGER**

Several trade unions, political parties and associations had called on supporters to join the memorial march for Traore this year as France reels from allegations of institutionalised racism in its police ranks following the police shooting of teenager Nahel M.

Traore, who was 24 years old, died shortly after his arrest in 2016, sparking several nights of unrest that played out similarly to the week-long rioting that erupted across the country in the wake of the point-blank shooting of Nahel M.

during a traffic stop.

The teenager's death last month rekindled long-standing accusations of systemic racism among security forces, and a UN committee has called on France to ban racial profiling.

But far-right parties have linked the most intense and widespread riots seen in the country since 2005 to mass migration, and have demanded curbs on new arrivals.

Campaign groups say Saturday's "citizens marches" will be an opportunity for people to express their "grief and anger" at discriminatory police policies, especially in working-class neighbourhoods.

They are urging reforms to the police, including policing tactics and the force's weaponry.

Government spokesman Olivier Veran criticised the organisations for convening demonstrations "in major cities that have not yet recovered from the rampages".

Since June 27, more than 3,700 people have been taken into police custody in connection to the protests, including at least 1,160 minors, according to official figures. (AFP)

# Fire in Italy retirement home kills six

**MILAN (TIP):** A fire at a retirement home in the early hours of July 7 in Milan killed six people, firefighters said, with "numerous" residents hospitalised.

"Six people killed, numerous (others) suffering from smoke inhalation hospitalised. Dozens of people saved by firefighters who immediately evacuated the building," the fire brigade said on Twitter.

**AN AFP PHOTOGRAPHER SAW THE BODIES OF TWO OF THE VICTIMS BEING REMOVED FROM THE THREE-STORY BUILDING WHICH WAS REPORTEDLY HOUSING 167 PEOPLE WHEN THE FIRE STARTED.**

The cause of the blaze was not yet known, the fire brigade said.

Over 10 ambulances, various fire trucks and a silver mortuary van could be seen outside the building in the south of the Italian city.

Some eighty people were rushed to hospital, two of whom were fighting for their lives, Milan's fire chief Nicola Micele said. Some 14 others were in serious condition, Italian media said.

Five of the victims were women aged between 69 and 87 years old, while the sixth was a 73-year-old man, the reports said. Milan Mayor Giuseppe Sala said



the fire "started in one room housing two female residents", both of whom were killed by the flames.

"It did not spread, not even to the neighbouring rooms, but the smoke is just as deadly and the four other victims died of smoke inhalation".

It was a member of staff who sounded the alarm at 1:20 am (2320 GMT Thursday), he said. Fire chief Micele told Rai news that staff raised the alarm after spotting the smoke.

"Four teams of firefighters were immediately dispatched. They found themselves faced with very low visibility in a corridor inside one part of the

building and flames in one room".

"They focused on putting out the flames, then evacuating the guests.

"It was a particularly complicated evacuation both because of the smoke and because some of the guests were not able to walk". The residents had to be evacuated "by being carried out, almost one and at a time," mayor Sala said.

The council was working to quickly re-house people in other suitable retirement homes.

The privately-run "Casa per Coniugi" caters to people who are not self-sufficient but do not need hospital care. (AFP)

## 'NEGLECTIBLE' IMPACT OF FUKUSHIMA WATER RELEASE ON SOUTH KOREA: SEOUL

**SEOUL (TIP):** Japan's plan to release treated water from the Fukushima nuclear plant would have "negligible consequences" for South Korea, Seoul said on July 7 as it tries to assuage rising public concern.

The International Atomic Energy Agency (IAEA) this week gave the green light for a decades-long project to discharge accumulated water from the plant, which was devastated by an earthquake and a tsunami that hit the eastern coast of Japan in 2011.

But the plan has encountered widespread public opposition and protests in South Korea, and even panic-buying of salt based on fears that the Fukushima water would pollute the ocean and the salt sourced from seawater.

South Korea conducted its own separate review of Tokyo's plan, which found Japan will meet or exceed key international standards, policy coordination minister Bang Moon-kyu told reporters at a press conference Friday. The study, which focused on whether the discharge would affect South Korean waters, found it would have "negligible consequences", the minister said. It would take up to 10 years for the treated water released from Fukushima into the Pacific Ocean to circulate back near the Korean peninsula, Bang said. (AFP)



## INDIAN CHEF KILLED BY COMPATRIOT IN SRI LANKA

**COLOMBO (TIP):** An Indian national has been arrested for allegedly murdering a fellow Indian at a restaurant here in Sri Lanka, police said on July 6.

The accused, who is the manager of the restaurant at Galle Face in Colombo, attacked Ajay Kumar, who was employed at the same place as the head chef, with a sharp weapon following a brawl on Wednesday night. Both the persons were lodged together at the nearby Slave Island area, the police said. The body of the 29-year-old victim is kept at the Colombo Hospital mortuary while the accused is in custody. The accused is scheduled to be produced before the Colombo Fort magistrate later on Thursday, the police said. The police arrested the suspect along with the sharp weapon used to commit the murder. (PTI)

## SIX KILLED IN CLASHES IN ROHINGYA CAMPS IN BANGLADESH AFTER ICC PROSECUTOR VISIT

**BANGLADESH (TIP):** Six Rohingya people were killed in Bangladesh refugee camp clashes that broke out hours after an International Criminal Court prosecutor visited the settlements to gather testimony, police said on July 7.

Bangladesh is home to around a million ethnic Rohingya people, most of whom fled a 2017 military crackdown in neighbouring Myanmar that is now subject to a genocide probe at the UN court.

This week's violence was the latest in a series of deadly clashes between the Arakan Rohingya Salvation Army (ARSA) and the Rohingya Solidarity Organisation (RSO), two rival insurgent groups operating in the camps.

Faruq Ahmed, a spokesman for the Armed Police Battalion that looks after security in the refugee camps, told AFP that five people had been shot dead in a gunfight before dawn on Friday.

"All five who were killed in the gunfight are members of ARSA including a commander," he said, adding that security had been stepped up in the camps as a result.

Ahmed said that the violence came hours after the murder of Ebadullah, a refugee community leader, apparently at the hands of ARSA members.

Local daily Prothom Alo said Ebadullah, 27, had been marshalling refugees to meet with ICC prosecutor Karim A.A. Khan, who visited the camps on Thursday afternoon to record statements from witnesses to the 2017 crackdown in Myanmar.

The insurgent group did not immediately comment on the killings, but its members have been accused of targeting Rohingya civic leaders who challenge its authority. (AFP)

# Man strips naked to sexually assault burqa-clad woman in broad daylight in Karachi

**KARACHI (TIP):** Footage emerged on social media on July 5, showing a man on a bike attempting to sexually assault a woman in Karachi's Gulistan-i-Jauhar, according to media reports.

The CCTV footage shows the man arriving on a motorcycle and then stripping and waiting for the woman to pass by. As soon as the burqa-clad lady passed him, he is seen running towards her in an attempt to sexually assault her.

As soon as the man approaches, the woman is seen shouting and screaming for help, which causes the assaulter to back off. The footage shows the man fleeing the scene on his motorcycle, immediately after putting his clothes back on.

Sindh Minister Sharjeel Memon took to Twitter to say that Chief Minister Syed Murad Ali Shah has taken notice of the



issue and that the police have been instructed to investigate and arrest the man in the footage immediately.

According to reports, no official complaint has been filed from the side of the victim. (PTI)

## 15 killed in attack on Myanmar village; military says pro-democracy fighters hit civilians



**BANGKOK (TIP):** Myanmar's military-controlled government is accusing pro-democracy fighters of killing 15 civilians in a nighttime mortar attack in a restive central area of the country, charges denied by the guerrilla group.

A report on July 6 in the state-run Myanma Alinn newspaper said so-called People's Defense Forces attacked the village of Ngwe Twin in the southern part of the Sagaing region at 4 a.m. Wednesday with handmade mortars, killing 15 people and injuring seven others, including three monks.

Loosely organized armed PDF groups have sprung up around the country since the military seized power from democratically elected Aung San Suu Kyi on Feb.1, 2021.

The groups support the pro-democracy National Unity Government, a shadow civilian administration opposed to military rule, though they operate autonomously from it.

The NUG did not immediately respond Friday to a request for comment on the attack.

Since the military's seizure of power, widespread peaceful opposition to the takeover has shifted to armed resistance in many parts of the country and the PDF groups have allied themselves with several armed ethnic minority groups that have been fighting for greater autonomy in Myanmar for decades.

In response, the army has launched brutal counter-insurgency operations in the countryside, including burning villages and driving hundreds of thousands of people from their homes.

Sagaing, Myanmar's historic heartland, is a stronghold of armed resistance to the ruling military but the village of Ngwe Twin is one of the few seen as sympathetic to the government, where residents reportedly were assisting in the army's counter-insurgency operations.

(AP)

## 50 killed in rain-related incidents across Pakistan in last few days

**ISLAMABAD (TIP):** Torrential rains in Pakistan have killed at least 50 people and injured 87 others while damaging scores of residential properties in the past few days, the country's disaster management agency said on July 7.

The pre-monsoon rains began in the last week of June and have continued at short intervals across the country, bringing floods in Balochistan province and affecting traffic on the highways in the province. According to the National Disaster Management Authority (NDMA), Pakistan's largest province of Punjab has been badly hit where 34 people have lost their lives due to rain-related incidents, followed by 10 deaths in Khyber-Pakhtunkhwa, five in Balochistan, and one in Pakistan-occupied Kashmir. As many as 62 houses have been partially or fully damaged across the country while 15 animals killed, according to the NDMA.

Lahore received record rains this week and the city has been flooded.

Balochistan received massive rains in its different districts and the provincial disaster management authority issued a high alert to cope with rains and flash floods which led to suspension of traffic at some highways linking the province with Sindh and Punjab. "We have issued directives to all deputy commissioners about the possible damages due to flash floods in seasonal streams and rivers and have sent necessary relief goods to immediately provide relief," PDMA Director General Jahanzeb Khan said on Thursday.

(PTI)



## R & R Dental Lab

86-24 Whitney Ave. Elmhurst, NY 11373

Tel. (718) 533-1611; (347) 808-7258

Email: rbarua1953@gmail.com



- We make all kinds of Acrylic, Metal and Flexite Dentures, applying high quality technology by experienced technicians.
- We repair, reline night guards etc.
- We do delivery and pick up. Quick delivery on the same day.
- EMERGENCY new dentures SAME DAY service

We are in Dentures Work for the last 40 years.  
We GUARANTEE full satisfaction



## SONU INSURANCE AGENCY INC.

Insurance, Money Transfer, Tax Preparation

Specializing in:

- Auto ● Home ● Business
- Construction
- Workers Compensation

TAX PREPARES- PERSONAL RETURNS (1040)  
MONEY TRANSFER: Send money to India, Pakistan, Bangladesh



MASTER MOHINDER SINGH  
Licensed Real Estate Salesperson  
Licensed Mortgage Loan Originator  
Cell: 646-523-5092

**CALL TODAY**  
**OPEN 9 AM to 6 PM**

113-09 101st Avenue (Opposite Gurdwara),  
Richmond Hill, NY 11419  
Phone: 718-847-1878/ 1885 Fax: 718-847-1879  
Email: sonuinsurance@yahoo.com



77 North Broadway Hicksville, NY 11801  
127-24 101 Ave. Richmond Hill, NY 11419  
(516) 932-3400  
www.hprealty1.com

- Residential & Commercial Real Estate
  - Single Family, Multi-family, Investment properties
  - Hotels/Motels, Gas Stations, Restaurants
  - Relocation Assistance - brokers licensed in
  - New York and Indiana
- Insurance Services
  - Home Life and Health
- Mortgages (provided by affiliate lenders)
  - New Purchase Refinance
  - Hard Money Loans Business/SBA Loan

**ARE YOU BEHIND ON YOUR MORTGAGE PAYMENTS?  
IS THE BANK GIVING YOU A HARD TIME FOR MORTGAGE DEFERRAL OR FORBEARANCE?**

**STOP FORECLOSURE!**

**CALL THE EXPERTS AT HP REALTY FOR MORTGAGE RELIEF ASSISTANCE**



**Pal Singh Dhillon**  
Licensed Real Estate Broker  
QA Software Engineer, E-Pro Certified  
Notary Public  
(516) 304-2630

**Jeet Dhillon**  
Licensed Real Estate Broker  
New York and Indiana

(516) 830-0352

hprealty1@gmail.com





# Don't Let ego ruin your relationship

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

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

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

## Understanding your own true self

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

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

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



when you're wrong gives a sense of freedom.

## Overcome the need to be better than everyone else

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

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

## Practice tolerance with determination

A huge ego is easily offended, which can easily lead to arguments and even a breakup. In order to let go of your ego, you have to consciously practice tolerance and make it a point to make getting offended the last thing on your mind.

This does not mean that you put aside your sense of self-worth. Instead, it is creating a mindset that people may be different from you and have different ways of expressing themselves.

## Practice contentment

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



## Age defying makeup and skincare tips

While age sneaks up on you, it's best to have a few tricks up your sleeve to keep looking younger. Here are some tips that will conceal and even undo many of the signs of ageing from your face and body, so that you continue to look your youthful best.

### Skip heavy foundation

A thick layer of foundation will end up into the cracks, revealing the fine lines you are trying to cover. Begin with a moisturiser followed by a primer and then a light liquid foundation or BB cream. You can also use skin plumping serum after the moisturiser for a youthful glow.

### Moisturise the eyelids

While doing your moisturising regimen, include the eyelids. Dry eyelids will show fine lines and will create your eyeshadow, making the signs of ageing more prominent. Priming your eyelids before applying eye makeup is another way to conceal signs of ageing.

### Groom the brows

A good set of eyebrows can make you look young in a jiffy, so take care of them. Find the right brow shape that suits your face. If the eyebrows have become thin or grey, groom them with an eyebrow pencil.

### Exfoliate and moisturise the lips

Well moisturised and soft lips not only look youthful, but also make your lipstick perform better. Ensure to exfoliate your lips every two weeks to get rid of loose skin and keep your lipstick from bleeding. Keep your lips moisturised at all times to avoid cracks showing on the lips.

### Plum up those lips

Succulent, plum lips are associated with youthfulness. Before applying a lipstick, apply foundation lightly on the lips. Line and fill the lips with a lip liner. Now apply a lip-plumping lipstick or apply a layer of gloss over your regular lipstick for that plumping effect.

### Work on tired eyes

Tired looking eyes instantly add years to the face. Get adequate rest and stay hydrated to keep the eyes from looking tired. Apart from that, use cucumber or raw potato slices to rejuvenate the eyes and reduce puffiness.

### Diminish dark circles

Dark circles can make you look aged beyond years. Apart from getting enough sleep, use good quality under-eye cream or natural oils like sweet almond oil to dwindle those dark circles and pigmentation under the eyes.

### Put volume back in the hair

You might experience hair thinning with age. Give more body to your hair by styling it to look more voluminous. Use rollers to boost the hair volume or give the hair a lift by using a large round brush.

## FOOD CORNER

### Mutton Kofta

#### INGREDIENTS

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

#### Method

- Take a large bowl and add minced mutton in it along with the spices - red chilli powder, ginger powder (1/4 teaspoon), aniseed powder (1 teaspoon), asafoetida (1 pinch), yoghurt (1 tablespoon), oil (2 tablespoons),



black cardamom seeds, gram flour or besan and half of the salt. Knead well with your hand till the spices are well blended and the mixture starts to grease your hands.

- Make 15 equal portions of the mixture. On a flat greased surface, roll each portion gently into round ball. Put these aside.
- Next, put a kadhai on medium

flame and heat 4 tablespoons of oil in it. On the other hand, mix red chilli powder and yoghurt together and make a paste of it. When the oil is hot enough, add the yoghurt paste and stir briskly. When the oil separates, add the water and stir again. Add the remaining ginger powder, aniseed powder and garam masala powder, asafoetida, cloves, bay leaves, black cardamom skins and the remaining salt into the pan. Cook till the gravy comes to a boil. Carefully slide in the koftas, one at a time and cook on high flame till the gravy starts to thicken. Lower the flame and cook, stirring gently till the oil separates. When the mutton kofta is cooked completely, serve it hot with rice or butter naan.



# Water fast could help with weight loss, but benefits may not last long

**W**ater fast, in which participants consume only water for a period of time, may help with weight loss, but it's unclear how long it will remain, according to a study from the University of Illinois at Chicago. The researchers also found that the other metabolic benefits of water fasts, such as lower blood pressure and cholesterol, seemed to disappear shortly after the fast.

The study was published in *Nutrition Reviews*. According to Krista Varady, professor of kinesiology and nutrition and the study's lead author, there do not appear to be any significant negative effects for those who adhere to water fast or a similar fast in which they consume very few calories per day.

"My overall conclusion is that I guess you could try it, but it just seems like a lot of work, and all those metabolic benefits disappear," Varady said. She stressed, however, that no one should undertake one of these fasts for more than five days without medical supervision.

Varady, an expert on intermittent fasting, said she wanted to study water-fasting because she suddenly started getting contacted by journalists last fall who wanted to hear what she thought about it. She



figured if she was going to comment, she should investigate the existing research.

The new paper is a literature review of eight studies on water fasting or Buchinger fasting, a medically supervised fast that is popular in Europe where people consume only a tiny amount of juice and soup a day. Varady's team looked at the results from each of those papers to see what story they cumulatively tell about the fasts' impact on weight loss, as well as a

number of other metabolic factors.

Only a few of the studies in the review tracked whether participants gained back the weight they had lost once the fast ended. In one of those, people gained back all they had lost in a five-day water fast within three months. In two other studies, only a small amount of the lost weight returned, but those studies encouraged participants to restrict their calorie intake after the fasts ended.

Source: ANI



## Best sources of protein for vegans

**W**hile vegans eliminate meat, eggs, and all animal-based products (including milk) from their diet, it may seem that with limited options available, it would be next to impossible for them to fulfill their daily protein requirement. This essential nutrient is important for body functioning as protein deficiency can lead to serious health conditions. Below are some food types that are protein rich and 'vegan'.

### Lentils

Lentils are packed with high-quantity of protein and fibre. Our body requires at least 0.8 grams of protein per kilogram of body weight daily. For example, if you are 60 kgs, your body requires 48 grams of protein everyday, until and unless specified otherwise. One cup of lentil provides about 18 grams of dietary protein. Try to include one bowl of lentil in your daily diet to meet your protein requirement.

### Beans

Be it red kidney beans or black beans, they are enriched with protein. One bowl of kidney or black beans fulfills 13-15 grams of your protein requirement and also contains heart-healthy fiber.

### Veggies

Green vegetables are packed with protein. Adding spinach, beans, kale, broccoli and green peas in a vegan diet can fulfill the desired protein requirement.

### Tofu

Tofu is prepared by coagulating soy milk and then pressing the resulting curd into soft white blocks. This is another best-protein source for vegans as about 100 grams of tofu provides 9 grams of protein.

### Soy-milk

Soy milk is a healthy option for vegan diet. One cup of soy milk provides 8 grams of protein, 4 grams of heart-healthy fats, and phytosterols which aid good heart health.

### Hemp seeds

Hemp seeds are enriched with protein and are packed with 13 grams of protein in just 3 tablespoons. You can add hemp seeds in your food to get their healthy benefits.

# Hormone therapy may cause heartburn and chest pain, reveals study

**F**or years, scientists have debated whether hormone therapy (HT) is linked to an increased risk of gastroesophageal reflux disease (GERD). A recent comprehensive study and meta-analysis attempt to settle the controversy, revealing a strong correlation between HT use in the past and GERD.

The results of the analysis were published online in *Menopause*, the journal of The North American Menopause Society (NAMS).

GERD is one of the most frequent gastrointestinal disorders. Its worldwide frequency is estimated to be around 14 per cent. Heartburn, dysphagia (difficulty swallowing), and chest discomfort are common symptoms. Risk factors have been identified as anatomical anomalies such as hiatal hernia and obesity. Several medicines, including antidepressants, anti-inflammatory drugs, and HT, have also been related to GERD in several studies, with mixed results, particularly with regard to HT.

Estrogen increases stomach acid production and is associated with higher levels of plasma nitric oxide, which is a key neurotransmitter for the relaxation of the lower esophageal sphincter (LES). Progesterone relaxes the esophageal muscles and the LES, allowing stomach acid to flow back into the esophagus, causing GERD symptoms. Previous research linked female sex hormones with GERD symptoms during pregnancy and with oral contraceptive use. However, the association between HT and GERD in postmenopausal women had remained unclear. A new systematic review and meta-analysis, however, provides clarity by confirming a significant association between ever or current HT use



and GERD. Researchers conducted an online search of published randomized, controlled trials and observational studies investigating the association between HT and GERD. Although a total of 84 studies were originally identified, most were eliminated because of irrelevancy or because they were duplicates or associated with conference abstracts. What remained for analysis were five full-length studies that covered more than one million participants. No participants with a prior GERD diagnosis were included. All five studies reported a significant association between estrogen use and GERD, as well as between GERD and HT containing a combination of estrogen plus a progestogen. Women who received combined estrogen-progestogen therapies had a lower risk of GERD symptoms compared with HT containing estrogen alone or progestogen alone.

Source: ANI

PAGE SPONSORED BY

## DR. SATISH AND GITANJLI ANAND



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

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





## Meta launches 'Twitter Killer' Threads app

With Twitter already on the ropes, Meta's Mark Zuckerberg delivered another blow to Elon Musk on Wednesday, ramping up the tech billionaires' rivalry with the launch of Instagram's much-anticipated companion service Threads, a challenger to Twitter.

"Let's do this. Welcome to Threads," Zuckerberg wrote in his first post on the app, along with a fire emoji. He said the app logged 2 million sign-ups in its first two hours.

Much like Twitter, the app features short text posts that users can like, re-post and reply to, although it does not include any direct message capabilities. Posts can be up to 500 characters long and include links, photos and videos up to five minutes long, according to a Meta blog post.

It is available in more than 100 countries on both Apple's App Store and Google's Play Store, the blog post said.

Analysts said investors were salivating over the possibility that Threads' ties to Instagram might give it a built-in user base and advertising apparatus. That could siphon ad dollars from Twitter at a time when the microblogging company's new CEO is trying to revive its struggling business.

While Threads launched as a standalone app, users can log in using their Instagram credentials and follow the same accounts, potentially making it an easy addition to existing habits for Instagram's more than 2 billion monthly active users.

## Apple makes it super easy to switch from Android to iPhone

As more and more smartphone users continue to switch from Android to the iPhone ecosystem globally, including in India, it has now become super easy to get all your contacts, photos, videos and even WhatsApp content transferred to the iOS app.

One can start the Android to iOS switching process by downloading the 'Move to iOS' app on your Android phone.

It securely transfers your contacts, messages, WhatsApp content, photos, videos, email accounts and calendars from your Android phone to your iPhone.

Before you begin, on your Android device, make sure that Wi-Fi is turned on.

Plug your new iOS device and your Android device into power. Make sure that the content you're moving, including what's on your external Micro SD card, will fit on your new iOS device.

If you want to transfer your Chrome bookmarks, update to the latest version of Chrome on your Android device.

"Using the Move to iOS app, I transferred all my data to iPhone," says Iska K.

For Chirag B, He used to play game with glitches on Android. "Now my experience is seamless," he said after switching to an iPhone.

You can also trade in your current device for credit towards a new iPhone.

# Indian Ocean's 'gravity hole' can open doors to secrets of earth's origin

The Indian Ocean harbors a colossal and enigmatic phenomenon known as the "Gravity Hole," which scientists now suspect may be the remnants of an ancient sea that vanished millions of years ago, according to a recent study.

This groundbreaking research offers a possible explanation for the origins of the Earth's most remarkable gravity anomaly, an immense depression hidden beneath the ocean's surface. Known as the Indian Ocean geoid low (IOGL), this vast expanse spans over 2 million square miles and lies more than 600 miles beneath the Earth's crust.

The study, published in *Geophysical Research Letters*, proposes that the IOGL comprises slabs from the Tethys Ocean, a long-lost sea that plunged into the depths of the planet millions of years ago. The Tethys Ocean, which once separated the supercontinents of Gondwana and Laurasia, is believed to have perturbed the African Large Low Shear Velocity province, also known as the "African blob," generating plumes beneath the Indian Ocean.

Lead author Debanjan Pal and Attreyee Ghosh explain, "These plumes, along with the mantle structure in the vicinity of the geoid low, are responsible for the formation of this negative geoid anomaly."

Previous studies on the gravity anomaly focused solely on its present-day state, without delving into its origins. However, this new research utilized over a dozen computer models to provide insights into the



ancient forces that shaped the IOGL.

Geophysicist Shijie Zhong expressed his fascination with this unique phenomenon, stating, "We like to talk about the positive gravity anomalies, such as the superplumes over Africa and the Pacific. But the geoid low in the Indian Ocean is one of the most profound gravitational anomalies on our planet."

The Gravity Hole is estimated to have assumed its current form around 20 million years ago and is predicted to endure for millions more. Its intriguing nature has captivated scientists, shedding light on the geological history of the Indian Ocean and deepening our understanding of the complex forces at work beneath our planet's surface. *Source: HT*

## Early universe five times slower, study finds, adds to space expansion proof

A second, in the infant universe right after the Big Bang, would take five of those of the present day universe before it passed, a new research has found, unlocking one of the Einstein's expanding universe's mysteries.

"Looking back to a time when the universe was just over a billion years old, we see time appearing to flow five times slower," said lead author of the study, Geraint Lewis, University of Sydney, Australia.

"If you were there, in this infant universe, one second would seem like one second – but from our position, more than 12 billion years into the future, that early time appears to drag," said Lewis.

While Einstein's general theory of relativity says that the more distant the object being observed, such as an ancient universe, the slower it runs than the present day, peering back that far in time has proved elusive.

Examining details of 190 quasars, or hyperactive supermassive black holes at the centres of early galaxies, over two decades, the astronomers rolled back the time horizon to a tenth of its current stage and confirmed that the universe appeared to speed up as it aged. The study is published in the journal *Nature Astronomy*.

"Thanks to Einstein, we know that time and space are intertwined and, since the dawn of time in the singularity of the Big Bang, the universe has been expanding.

"This expansion of space means that our observations of the early universe should appear to be much slower than time flows today.

"In this paper, we have established that back to about a billion years after the Big Bang," said Lewis.

Lewis and team combined the observations from quasars taken at different colours, they were able to standardise the 'ticking' of each quasar.



Applying statistical analysis, they found the expansion of the universe imprinted on each quasar's ticking. "With these exquisite data, we were able to chart the tick of the quasar clocks, revealing the influence of expanding space," Lewis said.

Astronomers have previously established this slow-motion universe back to about half the universe's age using supernovae, or massive exploding stars.

But while exceedingly bright, supernovae are difficult to observe at the immense distances needed to peer into the early universe.

"Where supernovae act like a single flash of light, making them easier to study, quasars are more complex, like an ongoing firework display.

"What we have done is unravel this firework display, showing that quasars, too, can be used as standard markers of time for the early universe," said Lewis. *Source: PTI*





## SC orders SpiceJet to pay Rs 578 crore to Kalanidhi Maran, Kal Airways

In a jolt to low-cost airlines SpiceJet, the Supreme Court on Friday, July 7, refused to extend the time for making payment to media baron Kalanidhi Maran and his Kal Airways in pursuance of an arbitral award of Rs 578 crore related to a share-transfer dispute, saying these are "luxury" litigations.

While refusing to extend the time, the Delhi High Court had on June 1 directed SpiceJet to deposit "forthwith" Rs 75 crore that has to be paid to Maran and his Kal Airways towards interest on the arbitral award.

Prior to this, the top court had ordered that the bank guarantee of Rs 270 crore furnished by SpiceJet to Maran and his firm must be encashed immediately if the airlines failed to pay Rs 75 crore towards interest on the arbitral award by May 13.

A Bench of Chief Justice DY Chandrachud and Justice PS Narasimha on Friday did not accept the vehement submissions of senior advocate Mukul Rohatgi, appearing for SpiceJet, and refused to extend the time, saying the entire award has now become executable.

## Vedanta to buy chip, display biz from Twin Star

Vedanta Ltd on Friday said it will acquire the semiconductor and display businesses from sister concern Twin Star Technologies Ltd.

The new structure will make Vedanta India's first company in Integrated Semiconductor and Display Fab Business.

Twin Star Technologies is a wholly-owned subsidiary of Volcan Investments Ltd which is the ultimate holding company of Vedanta.

"The acquisition will be effected by way of a share transfer at face value of Twin Star Technologies Limited's (TSTL) Semiconductor and Display SPVs. TSTL is a wholly owned subsidiary of Volcan Investments Limited, the ultimate holding company of Vedanta Limited," Vedanta said in a statement.

# Elon Musk sues Wachtell law firm for \$90 million fee in Twitter \$44 billion buyout battle

SAN FRANCISCO (TIP)

Elon Musk has sued the elite law firm Wachtell, Lipton, Rosen & Katz to recover most of a \$90 million fee it received from Twitter for defeating his bid to walk away from his \$44 billion buyout of the social media company.

The complaint by Musk's X Corp, which owns Twitter, was filed on Wednesday in the California Superior Court in San Francisco.

Musk accused Wachtell of exploiting Twitter by accepting, in the final days before the Oct. 27, 2022, buyout closed, huge "success" fees doled out by departing Twitter executives who were grateful that Musk would be forced to close.

The world's richest person, who also runs Tesla Inc and SpaceX, called the \$90 million payout "unconscionable," given that Wachtell had billed less than one-third that sum for its few months of work on the Delaware lawsuit.

"Wachtell arranged to effectively line its pockets with funds from the company cash register while the keys were being handed over" to Musk, the complaint said.

Musk wants to recoup "excess" fees that Wachtell charged under an agreement signed on the day of closing by one of its partners and Twitter's chief legal officer Vijaya Gadde.

The complaint also quoted former Twitter director Martha Lane Fox who, upon learning how much lawyers would be paid, emailed general counsel Sean Edgett: "O My Freaking God."

Wachtell did not immediately respond to requests for comment. Gadde, Fox and Edgett are not parties to the lawsuit.

Twitter has been involved in a slew of actual or threatened litigation since



Musk's buyout.

These include many lawsuits by landlords, vendors and consultants accusing Musk of stiffing them on bills, and a threatened lawsuit by Twitter against Mark Zuckerberg's Meta Platforms over the latter's new Threads app.

Wachtell is no stranger to lawsuits by billionaires over buyouts, having spent years litigating with Carl Icahn over his 2012 hostile takeover of CVR Energy.

In 2018, a judge dismissed a malpractice claim by Icahn, who found himself on the hook to pay banks that helped defend CVR against the takeover higher fees than if the merger failed.

**Twitter may face uphill battle in proving trade secret theft by Meta over Threads**

Twitter's claim that Meta Platforms stole trade secrets to build its new microblogging site may be the first

volley in a legal battle between the social media giants, but experts say Twitter would have to clear a high hurdle if it sues.

In a letter sent on Wednesday, Twitter alleged that Meta used its trade secrets to develop its new social media platform, Threads, and demanded that it stop using the information. Twitter said that Meta had hired dozens of former Twitter employees, many of whom "improperly retained" devices and documents from the company, and said Meta "deliberately" assigned them to work on Threads.

It was unclear whether any lawsuit would be filed. A spokesperson for Twitter did not immediately reply to a request for comment. Meta spokesperson Andy Stone said in a Threads post that no one on the site's engineering team is a former Twitter employee.

Source: Reuters

## McDonald's drops tomatoes from burgers, cites 'quality concerns' amid price rise

NEW DELHI (TIP)

Fast food chain McDonald's has made the decision to remove tomatoes from its burgers and wraps in various locations across India.

The move comes as the country experiences supply shortages and concerns over the quality of tomatoes, which have reached record-high prices.

In certain regions, wholesale prices of tomatoes have surged by over 300% within a month, reaching Rs 160 rupees per kilogram this week.

Retail prices remain even higher, causing many consumers to reduce their tomato consumption.

The government has blamed higher tomato prices on production shortages after a period of heatwaves, followed by monsoon rains. Erratic distribution and supply have made the situation worse and it has also impacted the



prices of several other vegetables.

"Despite our best efforts, we are not able to get adequate quantities of tomatoes which pass our stringent quality checks," read notices posted in two McDonald's stores in New Delhi, the capital. In Noida, too, McDonald's outlets have put up similar notices.

"We are forced to serve you products without tomatoes."

McDonald's, however, has cited

quality issues behind its decision to take tomatoes off menu items like burgers and wraps.

In a media statement, Conaught Plaza Restaurants, which runs around 150 outlets as McDonald's franchisee in India's north and eastern regions, said the decision was due to "temporary" seasonal issues.

Meanwhile, Westlife Foodworld, the McDonald's franchisee for India's western and southern regions, said there were "no serious tomato-related issues".

Over the past few days, tomato prices have seen a sharp increase across the country, with rates reaching Rs 160 per kg in major cities like Mumbai and Kolkata. In other cities, too, prices have seen a nearly 300 per cent increase. In some parts of Uttarakhand, tomatoes are retailing at Rs 250 per kg.



VEDIC ASTROLOGER NASTUR  
BEJAN DARUWALLA

**Nastur Bejan Daruwalla is available  
for astrological consultations.  
He can be reached at [info@bejandaruwalla.com](mailto:info@bejandaruwalla.com)  
and on phone  
**+91-9638770377**  
[www.bejandaruwalla.com](http://www.bejandaruwalla.com)**

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

## WEEKLY HOROSCOPE - JULY 10 TO JULY 16 , 2023

### ARIES



Ganesha says, this week, no trouble will be caused by something or somebody. Maintain remembering oneself of the things you're supposed to get done this week. This week's astronomical connections foretell that you may harbor some enmity. You are just as significant, and now is your chance to shine. You will be thinking a lot about oneself in the wee hours of this week. A turning point in the path is going to offer you sage advice and encouraging encouragement. This week, your love life will be a little odd. This week, your beloved will press you to make a decision, but you are hesitant. Expressing your thoughts is the best defense against any negative emotions. Keep your perspective broad when talking about the subject.

### TAURUS



Ganesha says the way your planetary energy develops will open the way for your financial independence. This week, there will be some dispute in your place of residence. You have rarely considered it easy to ask for assistance, but this week, you are going to discover yourself in a situation where you do. Jupiter will collect the power needed to fix the problem. despite the fact that you have been having an awful day spiritually, your work this week will go really well. You might be eligible to do a training programmed overseas. You will have a fantastic chance to advance in your field. You will reach an important juncture point in your love life this week! You will get what you have been hoping for a long time.

### GEMINI



Ganesha says, this week is going to be incredibly demanding for you. Your identity will be questioned, so confront old ideas. With your rigorous investigation and efforts, you will this week disprove everyone. You will outshine both your coworkers and competitors with the energy you generate this week. Everything relating to the economy this week should be kept in mind. To remedy the problem, immediate action is required. You will devise a strategy to address the issue. Moving your relationships along while talking about your love connections is not an intelligent concept. Allow your bond to deepen and flourish before making the following decision. Your astrological chart indicates that you will be in good health throughout the coming weeks.

### CANCER



Ganesha says, this week, your bonds with friends, family, and coworkers will deepen. This week, you will allow whatever resentment or prejudice you may have against someone. The majority of your week will be devoted to honoring your connections and alliances. Additionally, you will feel more connected to the universe. Your heavenly motions provide a constant flow of positive power. There may be a few small difficulties beginning the week, but by the end of the week, everything will be in order. This week will not bring you any notable experiences, and your life will be tranquil. You will participate in community activities this week and give to charity. As a consequence, both your wellness and the health of those around you will be preserved.

### LEO



Ganesha says, this week, you will have to address your problems head-on. Somebody you encounter at work will jump right into conversation with you. The love of others will surround you this week. Embrace every joyful emotion that comes your way. This week, you will rely on your gut and follow the wind. Matters will go smoothly and you will not feel pressured to get in touch with the individual in question. This week, you are likely to incur a few unforeseen costs. To better control your expenditures, make a strategy. Find new ways to make money right away. You will experience problems with your health this week as a result of spinal and vertebral discomfort. Your solutions to issues will make you an object of attention.

### VIRGO



Ganesha says, this week, a colleague will come to you with some personal information that will uplift your professional status. Try to comprehend the person's viewpoint and provide as much support as you can. This week, you will put away your egocentric behaviors and focus on others. This week, your automobile will likely give you problems, which is going to render your week a little more challenging. This week, you and your spouse will have an interesting conversation that will help you see the problem from a new perspective. This week, you will change your thoughts as well as your mind on a few issues. This week, Jupiter will shift into a more favorable position, indicating that money will flow more freely into your way of life. This week, you will deal with a few health difficulties.

### LIBRA



Ganesha says, this week, Jupiter will enter the fourth sector of your horoscope, bringing you a wealth of new responsibilities and opportunities. You can try something new this week while discovering a lot about your field of endeavor at the same time. This week, the moon will try to hurt you. Take whatever action that makes you feel strongest to work through any reactionary reactions you may be experiencing at the moment. If another zodiac is captivated by you, pay close attention to them and consider their characteristics to learn more about them. Your dietary habits might be the cause of your insomnia. You will be exhausted by the end of the week and could have trouble falling asleep.

### SCORPIO



Ganesha says, this week, you will put your powers to use. You will also gain an additional advantage. All of the detours you have taken to earn additional revenue have been effective thus far. It is possible that it will not last in the long run. If you are interested in succeeding in this competitive market, you need to have a solid plan in place. This week, if you are single, you will be quite enthusiastic regarding making an attempt to socialize with new people. If you are married or currently dating someone, you two could quarrel occasionally. Your boss will make an effort to haggle over your wages for what will appear to be a simple duty this week. However, you will not back down, and you will get what is coming to you. Your health has always been a priority.

### SAGITTARIUS



Ganesha says, this week, you and your coworkers will unite to challenge your superiors. You will decide as a group to engage in pursuits that will please your mind and heart. This week, you will make others grin and sprinkle a little shine in your path. This week, you will have a sparkling setting that inspires a lot of uplifting feelings. This week, your private affairs will be affected by your interior peace. You will like it a lot with your significant other. This week, there will be some challenges with the economy. You will have to conquer a small challenge, but you are up for the challenge. You will have a problem with puffiness of the face this week as a result of various medical conditions.

CONTD ON PAGE 33



## BIRTHDAY HOROSCOPE : JULY 10 TO JULY 16

BY ASTRO FRIEND CHIRAG - SON OF ASTROLOGER BEJAN DARUWALLA

**JULY 10 :** Ganesha says you never know what opportunities might present themselves to you today. This might come in the shape of a new project at work, an opportunity to travel, or a chance to increase one's financial standing. Take it in stride and see where it takes you. A deeper connection can be formed with a loved one through the cultivation of meaningful communication in romantic relationships. Today is a wonderful time to talk about how you're feeling and make sure there aren't any misconceptions. To improve your health, you should aim to work some form of physical activity into your daily routine.

**JULY 11 :** Ganesha Says it's possible that you'll experience a surge of creative energy today. Put this energy to good use by working on a personal project or investigating fresh ideas. This could take the form of anything from writing or painting to even redesigning your living place. An accidental meeting might result in the beginning of a new

friendship in your social life. Always keep both your head and your heart open. When it comes to your finances, you need to watch how much money you spend.

**JULY 12:** Ganesha says you might get the overwhelming desire to help other people today. Your compassion and thoughtfulness will be greatly appreciated. This could be something as straightforward as assisting a buddy with a task or volunteering your time for a cause that is important to you. It is possible that in your working life, your efforts will be appreciated. This may result in a raise or promotion down the road. When it comes to your health, it is important to remember to look after your emotional well-being.

**JULY 13 :** Ganesha says you might find that you are longing for some peaceful solitude today. Take advantage of this day to unwind and refresh yourself. This could be accomplished through the practice of meditation, the reading of a book, or time spent in nature. In your personal life, a loved one

may tell you some interesting news that they have received. Honor their happiness and their achievements. On the money front, there is a possibility that a lucrative investment opportunity will come your way.

**JULY 14 :** Ganesha says today, you may feel extra lively. Today is a fantastic day to take on difficult responsibilities. You'll discover that you have the ability to deal with whatever that is thrown your way. When it comes to relationships, having a dialogue that is both open and honest can help settle a problem that has been lingering. Today is a wonderful time to talk about how you're feeling and make sure there aren't any misconceptions. To improve your health, you should aim to work some form of physical activity into your daily routine.

**JULY 15 :** Ganesha says there is a good chance that you'll have a strong need to learn something new today. It's the kind of day that's ideal for beginning a new book or enrolling in a brand-new class. This could include

learning a new language, building up new skills, or investigating new areas of interest. The possibilities are endless. You might find new opportunities in your professional life if you take advantage of networking events. Maintain an open mind about the possibility of creating new relationships and meeting new individuals.

**JULY 16 :** Ganesha says today, you might notice that you are experiencing a heightened degree of intuitiveness. Put your faith in your gut feelings since they'll lead you in the proper route. This could pertain to resolving a personal issue, making a decision at work, or navigating a relationship. Spending meaningful time with a loved one might bring you closer in your personal life, so make the most of those opportunities. This may be something as easy as having supper at home, going to the movies, or going for a walk in the park. When it comes to your health, it is important to remember to look after your emotional well-being.

## WEEKLY HOROSCOPE - JULY 10 TO JULY 16 , 2023

CONTD FROM PAGE 32

### CAPRICORN



### Capricorn

Ganesha says you ought to look for a new job this week and you will grab a good deal with a good firm. Even while it could be difficult initially, you will soon understand them. Despite the fact that you will have additional tasks to do, you have optimism. You are about to have a fight with your family over something you have been putting off. This week, you need to take some time to think about it and try to come to a choice. Your companion is thinking about ending your union. You choose to schedule some alone time. It is not a good idea to assess your love life right now. You are really passionate about what you do. This week, you will receive recognition for your commitment to your professional development. Software developers must be cautious not to become a target of something negative.

### AQUARIUS



### Aquarius

Ganesha says, recognize your talent and give your efforts significance this week. As a result, you will meet new people and develop creative concepts. Your week will be wonderful, and you are going to have time to oneself. Your week will be hampered by several unwelcome obstacles. It will make an effort to upset the inner part of your mind. This week, you are going to get acquainted with someone new. They might attempt to ruin your relationship, which would irritate your husband. They will understand if you are honest with them. You will have

to decide between putting your career or your coworkers first. Do not make decisions right now; you will have them later. Making assets in the stock market at this time might not be wise.

### PISCES

Ganesha says, you may unwind by interacting with your family. It is possible to get through the week by having fun



with your family, friends, and coworkers. You will feel completely well, and your issues will be miraculously gone. You can encounter a problem from before. As a result, you will feel irritated. Appreciate the week with your compatible partner; their positivity will help you overcome your obstacles. Giving

your lover a gift will make your relationship stronger. The first two days of the week on the job will be challenging for you. There can be tension at work between you and your superior. You will have to put in more effort than normal to finish your assignment. Keep your cool, and everything will be OK. When the week is through, there will be a lot of tranquility.

|| SHREE GANESHAY NAMA ||



## Know/Buy your Lucky Gemstones

From the House of Astrologer Bejan Daruwalla

To buy any Gemstone, visit [www.BejanDaruwalla.com](http://www.BejanDaruwalla.com)

Contact us for all kind of Astrology Services

Call/ Whatsapp +91 8141234275

Email: [info@bejandaruwalla.com](mailto:info@bejandaruwalla.com)



World Famous Astrologer Bejan Daruwalla



Nastur Bejan Daruwalla



# Sikh History This Week

JULY 7, 2023, TO JULY 13, 2023

## 7th July



1656 Prakash Utsav, Eighth Patshah, Guru Har Krishan Ji. Guru HAR KRISHAN Patshah (1656-1668), was born on Monday, Sawan 8 sunmat 1713 (July 7, 1656) at Kiratpur, to father Sri Guru Har Rai Patshah and mother Matta Krishan Kaur. On Katak 8 sunmat 1718 (Oct. 7 1661), Guru Sahib ascended to Gur Gadh. Based on the complaints of Baba Ram Rai, Guru Sahib were summoned to Aurangzeb's court in Delhi. While in Delhi, Guru Sahib suffered from small pox (Chaechak) and subsequently left for heavenly abode on Vaisak 3 sunmat 1721 (March 30, 1664). Two historical Gurudwaras marking Guru Sahib's visit to Delhi include Balla Sahib and Bangla Sahib.



1926 Sardar Teja Singh Samundri passed away in Lahore Fort as a result of the strain from the lengthy detention there. He was among the main Panthic leaders around the Gurudwara Sudhar period and had been jailed for a long period. His antim saskar was conducted the following day on July 18. To his memory Teja Singh Samundri Hall was erected, where the general body meetings of SGPC are usually held. Master Tara Singh elected the leader of the Akali Dal.

## 8th July



1923 Maharaja Ripduman Singh Nabha forced to

abdicate his throne. As a result the jaito morcha was launched. He was well-known for his pro-Tat Khalsa proclivities. But he had a dispute with the Maharaja of Patiala, known for his pro-government role. Although Maharaja of Nabha had no dispute with the government, but as a result of mediation he was forced to abdicate. Col. Michin, with the help of troops and armored cars, took Maharaja by surprise and taunted him with the query, Where is that Akali? The announcement of deposition by the government, helped raise a storm of protest against Government interference on Nabha and was described as a challenge to the Akali movement.

1951 Akali Dal passed a resolution for Punjabi Suba and independent organization.

## 9th July



1609 The foundation stone of 12 feet high Akal Bunga (Sri Akal Takhat Sahib) was laid by Sri Guru Hargobind Sahib Ji himself in front of the harimandir Sahib. The five story building was completed in 1609. The Akal Takhat was carefully constructed by Baba Buddha Ji and Bhai Gurdas Ji. No mason was employed as per Guru's instructions that no labour would be acquired for its construction.

1850 Bhai Maharaj Singh arrived in Singapore aboard the Mahomed Shaw, accompanied by his disciple, Khurruck Singh, and moved to Outram Jail. 1922 Kishan Singh Gargaj considers merger of both the Chakarvarti Jathas. He along with Assa Singh, reaches Hayatpur to meet Karam Singh.

1975 Akali Dal initiated their protest against the emergency imposed by Indira Gandhi and launched an agitation. It should be noted that Akali Dal was the only organization to raise such protests. This agitation was successfully concluded on Jan. 17, 1977. A total of 43,472 Sikhs had courted arrest during this agitation.

## 10th July

1620 Guru Hargobind had to marry Mehrai despite his refusal. This was an unfortunate upshot of the jubilation in Sikh community caused by Guru Sahib's release from seven years of incarceration. Within a few months two brides were pledged to him by their parents. Under the customs prevalent at that time, on Guru Hargobind's refusal, those girls would have remained unmarried throughout their life. So he had to marry Nanaki on March 28, 1620, and Mehrai also called Marwahi on July 10, 1620. The first incident occurred too close to his release. Taken aback at the second incident, he announced that no one should pledge his daughter to him in future.

1923 Akali leadership formally took up the question of the restoration of Maharaja of Nabha. However, they waited for the completion of SGPC elections before proceeding this case vigorously. This culminated into what is known as the Nabha agitation.

1985 Indian government honors its forces for attacking Sri Darbar Sahib and Sri Akal Takhat. Zail Singh, then President of India, bestowed the honors.

## 11th July

1675 Guru Tegh Bahadur left Anadpur Sahib for Delhi

to help save Hindu dharma from total extinction.

Kashmiri Pandits, led by Kirpa Das of Mattan (Martand), reached Chak Nanki, Kahlur (old name of Anadpur Sahib). He appealed to Guru Tegh Bahadur for his help in against the prosecution of Kashmiri Pandits by Aurangzeb's forces and resulting extinction of Hindu dharma. After appointing Gobind Rai as the next Guru, Guru Tegh Bahadur left for Delhi on July 11, 1675. After Guruji's martyrdom, Pandit Kirpa Das stayed back and became Kirpa Singh after taking amrit in 1699 and died fighting at Chamkaut along with the two elder sahibjadas of Guru Gobind Singh Ji.

When Guru Tegh Bahadur sacrificed himself to save the Kashmiri Pandits from extinction in 1675, Guru Gobind Singh put his stamp on this truth by proclaiming "The Lord (Guru Tegh Bahadur) protected the sacred thread and the frontal mark of the Hindus: He performed a great deed in the age of Kalyug." However, it is strange that the Kashmiri Pandits did not build any memorial in honour of Guruji. On the other hand the present generation had started doubting the veracity of this event.



1710 Baba Banda Singh Bahadur eliminated the rulers of Nanotae.

1984 Indian regime released a "White Paper" on the Sikh situation, stating its version of events leading to and during the Operation Bluestar. Later Investigation Team comprising of Amiya Rao, Aurobindo Ghosh, Sunil Bhattacharya, T.S. Ahuja, and N.D. Pancholi exposed the blatant corruption of this so-called "White-paper."

## 12th July



1675 Guru Tegh Bahadur along with leading personages of his Darbar, Dewan Mati Das, Sati Das, and Dayal Das, were taken into custody at village Malikpur Ranghran, Pargana Ghanaula near Ropar. At the time Guru was camping with his three companions on his way to Delhi. They were sent to Sirhind where they remained for four months before being sent to Delhi on receipt of formal orders from Aurangzeb. During this period Aurangzeb remained at Hasan Abdal.

## 13th July

1631 Mata Damodari, wife of Guru Hargobind passed away at Darauli Bhai, now in Faridkot district. Her marriage with Guru Hargobind gave birth to Baba Gurditta in 1613 and Bibi Viro in 1613. A small shrine on the outskirts of the village marks the site where the cremation took place.



**S**awan, also known as Shravan, is a significant month in the Hindu calendar. It is the fifth month of the Hindu lunar calendar and typically falls between July and August in the Gregorian calendar. The month of Sawan holds great religious and cultural importance for Hindus, particularly Lord Shiva devotees.

In Sawan, which is believed to be the month of Shiva, the worshippers observe a fast every Monday (Somwar).

**Sawan 2023 Start and End Day**

This year, the month of Sawan will begin on July 4, 2023, and end on August 31, 2023. During this time, special prayers will be offered to Lord Shiva and his family in temples across the country. It's believed that Sawan is a sacred month dedicated to worshipping Lord Shiva for success, marriage, and wealth.

### Sawan Shivaratri

This year there are two Shivratri in Sawan, that is why according to the Hindu calendar, 2023 is Adhikamas and hence the month of Sawan will come twice. The first Sawan Shivratri is on July 15th, 2023, and the second Sawan Shivratri is on August 14th, 2023.

**Story**

According to the Hindu Scripture, at the time of Samudra Manthan or churning the ocean, many auspicious things including innumerable amounts of gems, jewels, Kaamdhenu Cow, and an Elephant named Airawat have come out of the ocean along with the poison but demons and deities were shocked seeing that poison (Halahal) as it had the ability to destroy the world and everything.

Lord Shiva then came to rescue and drank all the poison and stored it in his throat, which turned out blue in colour that is why Lord Shiva is called Neelkanth also. Lord Shiva saved the entire world from this destructive poison. Demons and deities started offering him the holy water of Ganga so that the hazardous effect of poison could be reduced. This event took place during this month, from then this month is celebrated as Shravan month, and is considered to be the propitious month in the year.

### What Is Sawan Somvar?

Sawan Somvars hold a great significance because they are the special days of Lord Shiva in the special holy month. Highly auspicious results can be obtained by worshipping Lord Shiva on Savan Somvars every year.

The starting of fasts of Solah (sixteen) Somvars is also considered as highly auspicious in the month of Savan. Reciting Solah Somvar Vrat Katha is considered highly auspicious for women. Savan Somvar Vrat is mainly categorized into three categories, these are:

**Sawan Somvar** : Fast of Monday only in the month of Savan

**Solah Somvar** : Beginning the fast of Solah (sixteen) Somvars, in the month of Savan

**Somya Pradosh** : Fast observed till the evening during Pradosham

Lord Shiva and Maa Parvati are the two main deities worshiped during the month of Savan. Devotees offer their favorite offerings to please the deities and to receive their blessings. These offerings include Bel Patra, Datura, rose or marigold flowers and much more.

### Significance

People perform religious and spiritual activities during this month. The devotees observe a fast each Monday, which comes in Sawan month. The female unmarried devotees observe fast on Tuesday also, which is known as Mangla Gauri Vrat to get a desired husband and even newly married devotees also can observe Mangla Gauri Vrat.

Sawan is also known for the Kanwar yatra in which the devotees of Lord Shiva bring the sacred and holy Ganga Jal from Gaumukh to Haridwar and also wherever Maa Ganga travels. Kanwariya devotees walk miles by foot to bring the Ganga Jal. A Kanwar is carried on the shoulder of the Kanwariya to carry Ganga Jal so that they can offer Ganga Jal to Lord Shiva on the day of Shivratri which falls on Triyodashi Tithi in Krishna Paksha in Shravan Maas.

Hariyali teej also celebrated in the sawan month. It is believed that during this month unmarried girls also observe the sixteen Monday fast, which is called 'Solah Somvaar' to get a desired husband and worship Lord Shiva with pure dedication and devotion, Lord Shiva blesses the devotees with wish fulfillment.

# Shravan Maas



### Auspicious Results Of Sawan Somvar Vrat

After discussing that how to perform Sawan Somvar Vrat, we should also not miss out the auspicious results that can be obtained by observing this very auspicious Savan Somvar Vrat every year and during Savan in 2016.

All the difficulties and tensions of life will disappear. Lord Shiva blesses unmarried girls with desired husband.

Lord Shiva blesses married ladies with long life and well being of husband and sons.

Lord Shiva fulfills all the desires and wishes of his devotees.

Lord Shiva blesses his devotees with wealth and prosperity.

Lord Shiva is so kind toward his devotees that anyone can easily please him by showing love and gratitude, thus he is also known as Bholenath. Let's now talk about another very important day of Savan that is Sawan Shivaratri.

### Puja Vidhi

- Devotees visit the temple of Lord Shiva and perform Jalabhishek to the Shiv Ling.
- They wake up early in the morning and take a holy bath, worship the idol of Lord Shiva and continue chanting Om Namah Shivaya.
- People observe the Monday fast during this time of the month.
- Mahamrutunjaya mantra is chanted 108 times in the name of Lord Shiva.
- Rudrabhishek is done by providing milk, curd, ghee, honey and Gangajal.
- The month is followed by not fighting, quarrelling with anyone and avoiding certain food habits like onion, garlic, radish, and brinjal.
- Alcohol is strictly prohibited.
- Shiv Chalisa and Shiva Aarti are chanted to please Lord Shiva.

### Beautiful Month Of Savan

The month of Sawan is considered as the most beautiful month in terms of weather changes. Every year, some really pleasant changes are encountered by nature in itself in the month of Sawan.

The sky fills with clouds, the fields fill with green grass and beautiful flowers. Rainy season starts in the month of Sawan or Shravan and it seems like the whole universe is worshipping Lord Shiva by pouring water on him in the form of rain.

The whole world feels relieved in the month of Sawan with the cool breezes and rains, after the hot season of summers. It seems like all the birds and insects come out to greet Lord Shiva. Water level also increases in the month of Savan. Nature regains its beauty in the month of Savan.

### PAGE SPONSORED BY



**ARISH K. SAHANI**

Serving Since 1972

Please Call or Write for Your Insurance Needs

**Arish K Sahani (Father)**

**Shiv Sahani (Son)**

**Priya Sahani Sood (Daughter)**

**718 - 271 - 1906**

[arish.sahani@gmail.com](mailto:arish.sahani@gmail.com)

“If Hindus don't maintain Hinduism, who shall save it?”

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

“Indians alone can save India, and India and Hinduism are one.”



contd from page 1

**'U.S. will provide cluster munitions to...**

Ukrainian officials have asked for the weapons to aid their campaign to push through lines of Russian troops and make gains in the ongoing counteroffensive. Russian forces are already using cluster munitions on the battlefield and in populated civilian areas, U.S. officials have said.

According to the International Committee of the Red Cross, some cluster munitions leave behind bomblets that have a high rate of failure to explode - up to 40% in some cases. U.S. officials said on Thursday that the rate of unexploded ordnance for the munitions that will be going to Ukraine is less than 3% and therefore will mean fewer threats left behind to civilians.

At a Pentagon briefing on Thursday, Brig. Gen. Pat Ryder said he had no announcement to make about cluster munitions. He said the Defense Department has "multiple variants" of the munitions and "the ones that we are considering providing would not include older variants with (unexploding) rates that are higher than 2.35%."

Brig. Gen. Ryder would not say whether Defense Secretary Lloyd Austin has reached out to NATO counterparts to address some of their concerns on the use of cluster munitions. Brig. Gen. Ryder said the U.S. is aware of reports that indicate some munitions have higher unexploding rates.

If the decision was made to provide the munitions to Ukraine, he said the U.S. "would be carefully selecting rounds with lower dud rates, for which we have recent testing data."

Asked how the cluster munitions, if approved, would help Ukraine, Brig. Gen. Ryder said they can be loaded with charges that can penetrate armor and fragment so they can hit multiple personnel - "a capability that would be useful in any type of offensive operations." Brig. Gen. Ryder said the Russians have been using cluster munitions that have a very high dud rate.

Oleksandra Ustinova, a member of Ukraine's Parliament who has been advocating that Washington send more weapons, noted that Ukrainian forces have had to disable mines from much of the territory they are winning back from Russia. As part of that process, Ukrainians will also be able to catch any unexploded ordnance from cluster munitions.

"We will have to de-mine anyway, but it's better to have this capability," Ms. Ustinova said.

She credited Congress for pushing the Democratic President's administration over several months to change its position on the munitions.

Rep. Michael McCaul, chairman of the House Foreign Affairs Committee, said the move was long overdue.

"Now is the time for the U.S. and its allies to provide Ukraine with the systems it needs from cluster munitions to F-16s to ATACMS in order to aid their critical counteroffensive. Any further delay will cost the lives of countless Ukrainians and prolong this brutal war," said McCaul, R-Texas.

The Army Tactical Missile System, known as ATACMS, would give Ukraine the ability to strike Russian targets from as far as about 300 km.

Army Gen. Mark Milley, chairman of the Joint Chiefs of Staff, said last week that the U.S. has been thinking about providing the cluster munitions "for a long time."

"The Ukrainians have asked for it, other European countries have provided some of that, the Russians are using it," Gen. Milley said during a speech at the National Press Club.

Cluster bombs can be fired by artillery that the U.S. has provided to Ukraine, and the Pentagon has a large stockpile of them.

The last large-scale American use of cluster bombs was during the 2003 invasion of Iraq, according to the Pentagon. But U.S. forces considered them a key weapon during the invasion of Afghanistan in 2001, according to Human Rights Watch. In the first three years of that conflict, it is estimated the U.S.-led coalition dropped more than 1,500 cluster bombs in Afghanistan.

Proponents of banning cluster bombs say they kill indiscriminately and endanger civilians long after their use. Groups have raised alarms about Russia's use of the munitions in Ukraine.

A convention banning the use of cluster bombs has been joined by more than 120 countries who agreed not to use, produce, transfer or stockpile the weapons and to clear them after they've been used.

The United States, Russia and Ukraine are among the countries that have not signed on.

Marta Hurtado, a spokesperson for the U.N. human rights office, said Friday that "the use of such munitions should stop immediately and not be used in any place."

"We will urge the Russian Federation and Ukraine to join the more than 100 states that have ratified the convention of cluster munitions and that effectively ban their use," she added.

It is unclear how America's NATO allies would view the U.S. providing cluster bombs to Ukraine and whether the issue might prove divisive for their largely united support of Kyiv. More than two-thirds of the 30 countries in the alliance are signatories of the 2010 convention on cluster munitions.

Germany made clear on Friday that it won't be providing any cluster ammunition to Ukraine, as it joined an international treaty prohibiting the weapons more than a decade ago, but it expressed understanding for the American position.

"We're certain that our U.S. friends didn't take the decision about supplying such ammunition lightly," German government spokesman Steffen Hebestreit told reporters in Berlin. "We need to remember once again that Russia has already used cluster ammunition at a large scale in its illegal war of aggression against Ukraine."

Laura Cooper, a deputy assistant secretary of defense focusing on Russia and Ukraine, recently testified to Congress that the Pentagon has assessed that such munitions would help Kyiv press through Russia's dug-in positions. (With inputs from AP)

**Six supporters of Eric Adams...**

So multiple smaller contributions mean more money for a campaign, as opposed to fewer, large donations - especially with individuals limited to giving \$2,000.

Dwayne Montgomery, Shamsuddin Riza, Millicent Redick, Ronald Peek, Yahya Mushtaq, Shahid Mushtaq and the construction safety company EcoSafety Consultants are all named in the indictment. The indictment identified Montgomery and Riza as relatives who facilitated the scheme. Yahya and Shahid Mushtaq are the owners of EcoSafety, and the indictment alleges that they made campaign contributions in the names of the company's employees without their knowledge. Riza and his own construction company were charged in a separate, apparently unrelated state Supreme Court indictment earlier this year.

Montgomery is alleged to be the ringleader of the scheme, and hoped to use the significant amount donated to help open doors in City Hall, once Adams took office.

"Montgomery and an associate regularly updated a spreadsheet with all of the contributions associated with the fundraiser and the amount of matching funds they believed they had generated for the campaign," said a press release from Bragg's office. "They planned to use the contributions as leverage in potential future requests of the Mayor's Office."

Evan Thies, the spokesperson for Adams' 2021 campaign, emailed a statement distancing Adams from the case. "The campaign thanks the District Attorney's office for their hard work on behalf of taxpayers," Thies wrote. "There is no indication that the campaign or the mayor is involved in this case or under investigation. The campaign always held itself to the highest standards and we would never tolerate these actions. The campaign will of course work with the DA's office, the Campaign Finance Board, and any relevant authorities."

**BBC gets fresh summons over...**

Additional District Judge Ruchika Singla, who is hearing the matter, said that it is clear that as per the rules formulated under the Hague Convention and by the Government of India, the summons/notices in foreign countries can be effected only through the Department of Legal Affairs, Ministry of Law and Justice, Government of India, which has admittedly not been done in the present case.

"Hence, it is directed that the summons be issued afresh to the defendants [BBC, Wikimedia Foundation and Internet Archive] on the filing of process fee within seven days to be served through the Department of Legal Affairs, Ministry of Law & Justice as per rules," the judge added.

According to the defamation complaint of Mr. Singh, the BBC documentary, India: The Modi Question, has defamed organizations like the RSS, VHP and the BJP.

The prayers made in the defamation complaint are that the court should pass an order restraining all the Defendants (including their agents, representatives, associates, heirs, relatives etc.) to cease the publishing of two-volume documentary series "India: TheModiQuestion" or any other defamatory material pertaining to the Plaintiff, (RSS and VHP) on their platforms.

It is also prayed from the court to pass a direction to the defendants to tender an unconditional apology to the Plaintiff as well as to the RSS and VHP as well as pass a decree of damages of ₹10,00,000 in favor of the Plaintiff and against the defendants.

**Gujarat High Court dismisses Rahul...**

The High Court noted that the Congress leader used Prime Minister Narendra Modi's name in his speech at a poll rally to "add sensation" and with an intention to "affect the result" of the 2019 Lok Sabha election.

"The accused did not stop there but imputed that 'saare choro ke naam Modi hi kyu hai (why do all thieves have the Modi surname in common)'. Thus, the present case would certainly fall within the category of seriousness of the offence," the order said. The court also underlined that he faced as many as 10 criminal cases across the country, including one filed by the grandson of V.D. Savarkar, and held that "it is now the need of the hour to have purity in politics".

The case relates to Mr. Gandhi's remarks while campaigning for the 2019 Lok Sabha poll in Karnataka. The High Court upheld the Surat Sessions Court's ruling in which Mr. Gandhi's plea seeking a stay on his conviction was rejected. The Surat court's ruling led to his disqualification as a member of the Lok Sabha.

Justice Hemant Prachchhak, who dismissed the plea, held that the trial court's sentence of a two-year jail term was "just, proper and legal". He noted that a stay on a conviction is not the rule, but an exception reserved for rare cases only, and held that the present case did not fall into that category.

"He [Mr. Gandhi] was trying to stay the conviction on absolutely non-existent grounds. It is a well-settled principle of law that staying of conviction is not a rule, but an exception, resorted only in rare cases. Disqualification is not only limited to MPs, MLAs. Moreover, as many as 10 criminal cases are pending against the applicant," the HC noted in the judgement.

'Purity in politics'

Referring to the cases Mr. Gandhi is facing, the High Court further observed, "It is now the need of the hour to have purity in politics. Representatives of people should be men of clear antecedent."

The High Court judge pointed out that after the current complaint was filed, another complaint was submitted to a court in Pune by the grandson of Hindutva ideologue V.D. Savarkar for the Congress leader's "defamatory utterance against Veer Savarkar at Cambridge". A separate complaint against him has also been filed in a Lucknow court, he said.

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



# Ooty: Queen of the Nilgiris

Nestled amidst Nilgiri hills, Ooty, also known as Udagamandalam, is a hill station in Tamil Nadu which serves as a top-rated tourist destination. Once regarded as the summer headquarters of the East India Company, the Queen of the hills is a picturesque getaway.

Dotted with tea gardens, serene waterfalls, winding country lanes, and charming colonial architecture, Ooty is the perfect respite everyone. Popular among couples and honeymooners, Ooty allures its visitors with the panoramic views of the Nilgiri mountains.

The Nilgiri mountain railway is the steepest track in all of Asia. Remember the hit song 'Chaiyya Chaiyya' where Shahrukh Khan and Malaika Arora matching steps on top of a train? Remember the breathtaking locales as the train chugged its way across lush greenery? Yes, that was the Nilgiri Mountain Railways, and the Nilgiri Mountains all along.

## Nilgiri Mountain Railway

Nilgiri Mountain Railway, also known as Toy Train in Ooty, is one of the key attractions of the popular hill station Ooty. Such is the train's popularity and history that it was declared as a World Heritage Site by UNESCO in 2005. Started in the year 1899, it has continued to charm its visitors over the past many years winding its way through the best of nature.

The Toy Train covers a distance of total 46 km in a span of 5 hours and takes one through a truly spectacular journey filled with picturesque views en route. Another fascinating feature of the train is that its youngest X-class locomotive is over 50 years old and the oldest is 80 years old.

Weaving amidst the forests, dark snaking tunnels, sharp bends, and amid mist and fog, the Nilgiri Mountain Train will take you on a spectacular trip up and down the green slopes. Apart from offering a beautiful journey, the uniqueness of the trip lies in the fact that the rail system is the steepest in Asia and worth a visit.

## Ooty Lake

Ooty Lake is one of the most refreshing and beautiful places to visit in Ooty. It lies at a distance of approximately 2 km from Ooty city in the green hills of the Nilgiris district. The stunning lake is spread over an area of 65 acres, and its foundation was laid down by John Sullivan who was the collector of Coimbatore in 1824.

Ooty Lake is surrounded by Eucalyptus trees and greenery all around and is a great place to experience the beauty of this hill station. One can also spot numerous streams coming out through the hills. This is a perfect place to capture people who are genuinely interested in photography. The lake is filled with beautiful water birds with the exotic Nilgiri mountain ranges in the background.

Ooty Lake is pretty fun as well activity-filled place. One can hire paddle boats, rowing boats and motor boats from the boathouse here. There is a mini train too for kids to hop on and take a quick tour of the lake. Boat races, as well as other



events, are also organized here for two days in May. Since there are a lot of visitors during weekends, it is advisable to visit the lake during weekdays. The romantic song 'Dil Deewana' from Maine Pyaar Kiya (1989) too was shot here along with a few scenes of Ajab Prem Ki Gazab Kahani (2009).

## Emerald Lake

Emerald Lake is situated in Emerald Village, around 20-22 kilometres from the main city of Ooty and is a part of the Silent Valley National Park in the Nilgiris District. Serene and away from the maddening crowd, the lake and its surroundings are much cleaner and offer a perfect place to enjoy a leisurely time in the vicinity of nature and quietude.

It is one of the unexplored and virgin places of the South Indian hill station, not yet encroached by the masses of tourists that visit the place every year. Emerald Lake is the ideal spot in Ooty for nature lovers. Tourists usually flock there for the picturesque scenic beauty of the lake, and the green Nilgiri slopes and tea plantations surrounding it. It is a paradise for nature photography enthusiasts as the delightful landscape offers a perfect subject and composition.

## Ooty Botanical Gardens

Ooty Botanical Gardens lie on the lower slopes of the Doddabetta peak, the Government Botanical Garden is a splendid garden in Udagamandalam, near Coimbatore in the state of Tamil Nadu. Sprawled over an area of 22 hectares, the garden is divided into several sections that are trimmed beautifully to present an endearing sight.

Visitors are greeted with astounding colourful natural beauty from the moment they pass through the gates. For more than 160 years, foreign and local travellers have visited the lush green lawns of the garden, admiring the stunning variety of flowers, ferns, and orchids present here. Another highlight of the Botanical Garden is the Toda hill, known as the Toda mund, which gives the visitors an insight into the lives and culture of Todas (a tribe of the Nilgiris).



## Dolphin's Nose

Located about 12 km away from Coonoor is the Dolphin's Nose about 1,500 meters above sea level. The tip of the peak of this enormous rock resembles a dolphin's nose and this is one of the most visited tourist spots in The Nilgiris District of Tamil Nadu. It is set amidst the rolling hills of the Nilgiris Hills (or

the Blue Mountains). The gigantic rock formation is entirely unprecedented. There are enormous canyons found on both the sides of the destination and there is a clear view of the Catherine Falls, another popular tourist destination with its ongoing current several thousand meters below, which is located at a short distance from the Dolphin's Nose.





Shiv Sahani

Call for All your Life Insurance Needs!  
"Making Friends Through Service"

**SAHANIS: Shiv, Arish & Priya**  
Office: (718) 271-0453  
Cell: (646) 644-0174  
Email: [sksahani@ft.nyl.com](mailto:sksahani@ft.nyl.com)  
Agent, New York Life Insurance Company



# SACH Law Firm

"Whole Truth and  
Nothing But The Truth."

- > Immigration
- > Accidents
- > Divorce
- > Real Estate

Call at (516)-499-9779

Our legal team at Sach Law Firm has a well-deserved reputation of excellence in providing smart, sensible, and cost-effective legal and business solutions for our clients.

We serve a wide range of clientele, and every client relationship is valued greatly and treated with dignity and respect. Each engagement benefits from the depth and breadth of expertise of Sach Law Firm.



**Do you want to succeed in a very rewarding career?**

NEW YORK LIFE INSURANCE COMPANY  
**IS HIRING**  
Do you want to capitalize on your ability to produce?  
**COME CHECK IT OUT!**

CALL MR. ROHAN HANDA **718-286-1132 | 516-435-6120**

Conveniently located at:  
95-25 Queens Blvd., 4th Floor  
Rego Park, N.Y. 11374



Rohan Handa  
Executive Partner  
New York Life

## Indian Visa Center

VISA / OCI PIO / PASSPORT  
APPLICATION ASSISTANCE CENTER  
349 S. Broadway, Hicksville, NY 11801

**DEEPAK BANSAL**  
Email: [deepakbansalny@gmail.com](mailto:deepakbansalny@gmail.com)  
Cell: 516.304.8808 Fax: 516.218.8009

Get to the  
Point



The **INDIAN PANORAMA**

EVER TRUTHFUL

A DELIGHTFUL READING EVERY WEEK

**Widest Coverage**

Your Trusted Partner in Business

**The Indian Panorama**

P.O. Box No. 190067, South Richmond Hill, NY 11419, Tel: 646-247-9458  
Phone: 646-247-9458 Fax: 347-632-0001 email: [editor@theindianpanorama.com](mailto:editor@theindianpanorama.com)

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



## BCCI to send teams for Asiad

The IPL version of the Impact Player Rule will be used in the Syed Mushtaq Ali T20 Trophy, the BCCI Apex Council has approved.

The rule was introduced in the Syed Mushtaq Ali T20 Trophy last season but the player had to be brought before the end of the 14th over and had to be named before the toss.

However, this will change from next season. Like IPL, the teams will be allowed to name four substitutes before the toss. Out of the four substitutes, only one can be used as an Impact Player.

"Both teams are allowed to use one Impact Player per match. It is, however, not compulsory," read one of the guidelines on the rule.

The Apex Council also approved the participation of the men's and women's teams at the Asian Games.

A second-string Indian team will participate in the men's competition, beginning September 28, while a full-strength side will be picked for the women's event, beginning September 19.

Cricket has been included only thrice in the Asian Games history. The last time it was held, in 2014, India did not participate.

## PV Sindhu, Lakshya Sen in quarters

Star Indian shuttlers PV Sindhu and Lakshya Sen progressed to the quarterfinals of the women's and men's singles competitions, respectively, at the Canada Open Super 500. While Sindhu advanced to the last-eight after her opponent Natsuki Nidaira of Japan gave her a walkover, Sen notched up a 21-15 21-11 win over Brazil's Ygor Coelho in 31 minutes. Sindhu will face 2022 Indonesia Masters champion Gao Fang Jie, who had played an important role in China's win at the Asia Mixed Team Championships this year. Sen, a CWG gold medallist, takes on Belgium's Julien Carraggi. Sen has been slowly regaining his touch after going through a lean patch early in the season. On Thursday, July 6, Sen faced a tough battle against Coelho, who erased a 0-2 deficit with a four-point burst and then kept it tight. The duo moved neck and neck till 13-13 but Sen managed to march ahead and sealed the contest after jumping to 20-15 with a five-point burst. In the second game, Sen galloped to 12-2 and kept Coelho at bay.

# Stokes heroics drag England back into Ashes test

LEEDS (TIP)

Captain Ben Stokes continued to perform heroics as he single-handedly guided England to a more respectable 237 all out in their first innings on day two of the third Ashes test on Friday, July 7, before Australia moved on to 29-1 in reply at tea.

With England struggling on 142-7 at lunch, Mark Wood came in after the restart and got a quick-fire 24 off eight balls to take the hosts a little closer to Australia's total, with Stokes looking on in disbelief down the other end.

The fast bowler was then caught after one slog too many to give Australia skipper Pat Cummins his first five-wicket haul in England, before Stokes took on the big-hitting mantle, passing 50 with a huge hit.

While England's scoring rate in the morning session was uncharacteristically slow, Stokes ensured the runs continued to flow, despite struggling with the knee injury that plagued his pre-Ashes build-up.

Back-to-back sixes took Stokes past 6,000 test runs before he finally fell for 80 to bring an end to England's first innings, trailing Australia by only 26 runs, thanks to their captain.

Earlier, on his home ground, Joe Root edged through to the slips off the second ball of the day without adding to his overnight score of 19, before another Yorkshireman,



Jonny Bairstow (12), was out moments later.

Stokes, whose incredible century at Lord's in the second test was in vain as England fell 2-0 behind in the series stemmed the flow of wickets alongside the recalled Moeen Ali, before the returning spinner wildly hooked the ball straight to Steve Smith.

Chris Woakes (10) tried to up the ante with some big shots, but got a top edge through to wicket keeper Alex Carey on the last ball before lunch to leave the hosts seven down and staring down the barrel of another defeat before Stokes's afternoon onslaught. Back in to bat,

Stuart Broad again took opener David Warner's wicket in identical fashion to his dismissal in the first innings, the Australian falling to the veteran England bowler for the 17th time in his test career for one.

Usman Khawaja and Marcus Labuschagne steadied the ship, seeing Australia through to tea without being overly troubled.

Trailing in a match England have to win to prevent Australia retaining the Ashes with two matches to spare, the hosts need some wickets in the evening session to give themselves a chance of resurrecting the series.

Source: Reuters

WIMBLEDON

## Sabalenka, Alcaraz fight back as Tsistipas outlasts Murray

LONDON (TIP)

Second seed Aryna Sabalenka of Belarus recovered from a poor first set to beat Varvara Gracheva 2-6 7-5 6-2 today and reach the third round at Wimbledon.

The 2021 semifinalist at the All England Club is only behind world No. 1 Iga Swiatek (40) for match wins on the Tour this year with 35. However, her status as one of the favourites to lift the Venus Rosewater Dish was severely tested.

The Australian Open champion struggled badly in the opening set, with Gracheva, representing France for the first time since switching nationality from Russia last month, moving around with ease in the sunshine on Court One.

"It was just crazy, it was super tough and I couldn't find my rhythm. I was just telling myself to keep fighting, keep trying and just

do your best and probably you're going to win this one," Sabalenka said in an on-court interview.

Top seed Carlos Alcaraz produced an entertaining mixture of power hitting, fearsome returning and delicate drop shots to beat France's Alexandre Muller 6-4 7-6(2) 6-3 and reach the third round.

But he made 41 unforced errors and did not have it all his own way against an obstinate opponent, who clearly enjoyed his first outing on the big stage and went toe-to-toe with the Spaniard for much of the match.

The 26-year-old Muller, ranked 84th, has spent most of his professional career on the second-tier challenger circuit. He came up with some delightful shots of his own, particularly on the backhand but, in the end the smiling top seed's all-round game was just too strong for him.

Source: Reuters



Petra Kvitová toppled Aliaksandra Sasnovich 6-2 6-2.



# International Day of Yoga celebrated in Guatemala, Honduras and El Salvador

**GUATEMALA CITY (TIP):** To commemorate the International Day of Yoga 2023, the Embassy of India in Guatemala organized a series of yoga events across Guatemala, Honduras, and El Salvador. These events aimed to unite yoga enthusiasts from the Central American region and emphasize the significance of yoga in enhancing physical and mental well-being. The Embassy's efforts were focused on promoting the practice of yoga and fostering a deeper connection between the Indian and Central American communities through these events.

The theme for this year's International Day of Yoga was "Vasudhaiv Kutumbakam," which emphasizes the concept of the world as one family. Through the practice of yoga, we aimed to promote unity, harmony, and inclusivity among individuals and communities. It was a wonderful opportunity for the school children to experience the benefits of yoga and participate in this global celebration.



Embassy of India celebrated yoga event at Mariscal Zavala attended by 2500 participants

The major highlight of the International Day of Yoga 2023 celebrations was the grand Mega Yoga Show held at Mariscal Zavala in Guatemala City on 18th June 2023. This highly anticipated event drew a remarkable crowd of 2500 participants, comprising students, government officials, and enthusiastic members of the public. The grand Yoga event provided a platform to showcase the beauty and effectiveness of various yoga asanas, breathing exercises, and meditation techniques. It served as a remarkable opportunity to raise awareness about the profound impact that yoga can have on one's daily life, fostering a sense of harmony and well-being. Invaluable support and cooperation from Ministry of Defence and Military personnel played a pivotal role in ensuring the smooth execution of the event, from assistance in logistical arrangements to security measures. The Embassy acknowledged and appreciated their dedication and commitment to making the International Day of Yoga a resounding success. Their collaborative efforts exemplify the spirit of unity and harmony that yoga promotes.



Yoga event at UPNFM, Tegucigalpa, Honduras

In Tegucigalpa, Honduras, a remarkable Yoga Event was held at Universidad Pedagógica Nacional Francisco Morazán (UPNFM) on 20th June 2023. The event brought together a diverse group of participants, including students, faculty members, and local yoga enthusiasts. With an aim to promote the holistic benefits of yoga, the event featured a wide range of yoga asanas and engaging interactive sessions. Around 150 yoga participants from different parts of Honduras attended the event, showcasing the growing interest and engagement of the local community. Through the consistent organization of yoga events, the Embassy of India has successfully established a strong presence among the Honduran population, attracting yoga enthusiasts of all ages and fostering a sense of well-being and harmony.



Embassy organized yoga gathering at iconic Santa Catalina Arch, in world heritage city of Antigua Guatemala today to celebrate IDY2023

The Embassy continued its efforts to organise Yoga events in different iconic places of Central America and one of the most prominent places was in the City of Antigua, which has a history of more than 500 years old. On 21st June 2023, the Embassy of India in Guatemala chose the iconic Santa Catalina Arch in Antigua, Guatemala as the venue for a captivating yoga event. The arch, a magnificent symbol of Guatemala's rich art and cultural heritage, provided a mesmerizing setting for the participants to engage in yoga practices and embrace a serene ambiance. With the participation of approximately 100 yoga enthusiasts and local Guatemalans, the event not only celebrated the International Day of Yoga but also aimed to promote Guatemala's cultural legacy and foster the integration of yoga into the community's lifestyle. It was a harmonious blend of cultural appreciation and holistic well-being.



Embassy of India in Guatemala City organized International Day of Yoga at Casa Comunal de la Colonia Guadalupe, Soyapango, El Salvador

In the same spirit of celebrating the International Day of Yoga, yet another remarkable venue was chosen in Central America, specifically Casa Comunal de la Colonia Guadalupe in Soyapango, El Salvador. This serene location provided an ideal setting for a memorable yoga event, attended by 400 participants. The event focused on the significance of holistic well-being and stress reduction, highlighting the transformative power of yoga through invigorating sessions and guided meditation. By choosing this venue, the Embassy of India aimed to create a harmonious environment where individuals could immerse themselves in the practice of yoga, fostering a sense of balance, peace, and inner harmony. It was a testament to the universality of yoga's principles and its ability to transcend boundaries and connect people from all walks of life.

In addition to the grand-scale yoga events, the Embassy of India in Guatemala organized a Yoga Gathering at the Ministry of Foreign Affairs (MoFA) in Guatemala attended by approx. 70 participants. This event held special significance as it aimed to strengthen the diplomatic ties between the two nations through the practice of yoga. The gathering brought together embassy staff, government officials, and MoFA employees, fostering a sense of camaraderie and mutual understanding. Participants had the opportunity to experience firsthand the transformative power of yoga, both in terms of physical well-being and mental clarity. This intimate gathering served as a platform to showcase the shared commitment towards promoting holistic wellness and fostering a harmonious relationship between India and Guatemala.

Furthermore, the Embassy and Government of El Salvador has taken the initiative to organize another Mega Yoga Event in El Salvador on 30 July 2023. This event holds special significance as it reflects the growing recognition and support for yoga by the government of El Salvador. By bringing together an anticipated gathering of 4000-5000 participants, this event will not only promote the practice of yoga but also serve as a platform to foster well-being and unity among attendees. It is an opportunity for the two democratic nations to come together, strengthen their bond, and celebrate the shared values of holistic wellness and mindfulness. Through this event, the Embassy aims to deepen the existing ties between India and El Salvador while showcasing the transformative power of yoga in promoting physical, mental, and spiritual harmony.

In conclusion, the Embassy of India in Guatemala, along with its counterparts in Guatemala, Honduras and El Salvador, successfully organized a series of yoga events to commemorate the International Day of Yoga 2023. These events brought together yoga enthusiasts, government officials, and members of the local communities to celebrate the power of yoga in promoting physical and mental well-being. The Embassy's efforts to promote yoga as a way of life and foster cultural exchange were met with great enthusiasm and participation. The attached photographs capture the vibrant atmosphere and the spirit of unity that prevailed during these events. The Embassy remains committed to promoting the practice of yoga and strengthening the bond between India and the Central American region through such initiatives.





# History This Week

JULY 07 - JULY 13

## JULY 7



July 7, 1898 - President William McKinley signed a resolution annexing Hawaii. In 1900, Congress made Hawaii an incorporated territory of the U.S., which it remained until becoming a state in 1959.

Birthdays - Baseball pitcher Leroy R. (Satchel) Paige (1906-1982) was born in Mobile, Alabama. Following a career in the Negro Leagues, he became, at age 42, the first African American pitcher in the American League. He was inducted into the Baseball Hall of Fame in 1971.

## JULY 8

July 8, 1776 - The first public reading of the Declaration of Independence occurred as Colonel John Nixon read it to an assembled crowd in Philadelphia.



July 8, 1943 - During the Nazi occupation of France, Resistance leader Jean Moulin died following his arrest and subsequent torture by the Gestapo. He had been sent by the Allies into France in 1942 to unite the fledgling Underground movement. In June of 1943, he was arrested in Lyon, tortured for eleven days but betrayed no one. He died aboard a train while being transferred to a concentration camp.

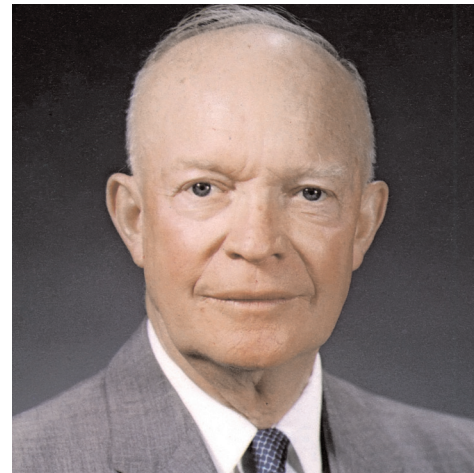
Birthdays - Nelson Rockefeller (1908-1979) was born in Bar Harbor, Maine. He served as Governor of New York from 1958 to 1973. He became vice-president under Gerald Ford in 1974, serving until January 20, 1977.

## JULY 9

July 9, 1868 - The 14th Amendment to the U.S. Constitution was ratified. The Amendment defined U.S. citizenship and prohibited individual States from abridging the rights of any American citizen without due process and equal

protection under the law. The Amendment also barred individuals involved in rebellion against the U.S. from holding public office.

## JULY 10



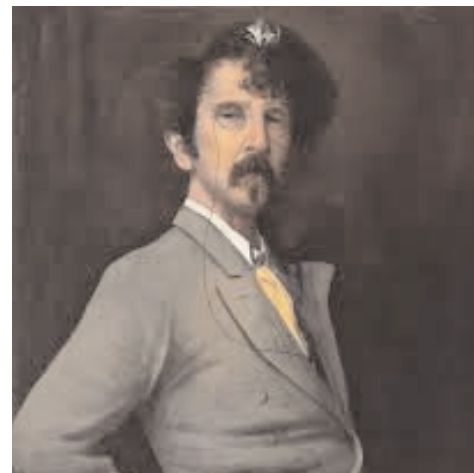
July 10, 1943 - The Allied invasion of Italy began with an attack on the island of Sicily. The British entry into Syracuse was the first Allied success in Europe. General Dwight D. Eisenhower labeled the invasion "the first page in the liberation of the European Continent."

July 10, 1973 - The Bahamas gained their independence after 250 years as a British Crown Colony.



July 10, 1991 - Boris Yeltsin took the oath of office, becoming the first popularly elected president in Russia's thousand-year history.

Birthdays - Theologian and founder of Presbyterianism, John Calvin (1509-1564) was born in Noyon, France.



Birthdays - American artist James Whistler (1834-1903) was born in Lowell, Mass. He is best remembered for his portrait Whistler's Mother.

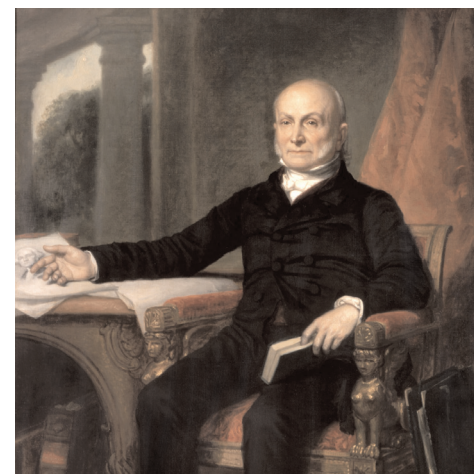
Birthdays - French author Marcel Proust (1871-1922) was born near Paris.

"Happiness," he wrote in *The Past Recaptured*, "is beneficial for the body but it is grief that develops the powers of the mind."



Birthdays - Tennis player Arthur Ashe (1943-1993) was born in Richmond, Virginia. He won a total of 33 titles including the U.S. men's singles championship and U.S. Open in 1968 and the men's singles at Wimbledon in 1975. As a pioneering African American athlete, he fought against racism and stereotyping and was arrested numerous times while protesting. In 1992, he announced he had likely contracted HIV through a transfusion during heart surgery. He then began a \$5 million fundraising effort on behalf of the Arthur Ashe Foundation for the Defeat of AIDS and campaigned for public awareness regarding the dreaded disease. He died from pneumonia in New York, February 6, 1993.

## JULY 11



Birthdays - John Quincy Adams (1767-1848) the 6th U.S. President, and son of the 2nd President, John Adams, was born in Braintree, Massachusetts. After serving just one term as President, he served 17 years as a member of Congress. He died in 1848 while in the House of Representatives in the same room in which he had taken the presidential Oath of Office. He was the first president whose father had also been president.

## JULY 12

July 12, 1943 - During World War II, in the Battle of Kursk, the largest tank battle in history took place outside the small village of Prohorovka, Russia. About nine hundred Russian tanks attacked an equal number of German

tanks fighting at close range. When Hitler ordered a cease-fire, 300 German tanks remained strewn over the battlefield.

July 12, 1994 - Germany's Constitutional Court ended the ban on sending German troops to fight outside the country. The ban had been in effect since the end of World War II. The ruling allowed German troops to join in United Nations and NATO peace-keeping missions. On July 14, German military units marched in Bastille Day celebrations in Paris, the first appearance of German troops there since World War II.



Birthdays - British pottery designer Josiah Wedgwood (1730-1795) was born in Burslem, Staffordshire, England.



Birthdays - American philosopher Henry David Thoreau (1817-1862) was born in Concord, Massachusetts. At Walden Pond he wrote, "I frequently tramped eight or ten miles through the deepest snow to keep an appointment with a beech tree, or a yellow birch, or an old acquaintance among the pines."

## JULY 13

July 13, 1787 - Congress enacted the Northwest Ordinance establishing formal procedures for transforming territories into states. It provided for the eventual establishment of three to five states in the area north of the Ohio River, to be considered equal with the original 13. The Ordinance included a Bill of Rights that guaranteed freedom of religion, the right to trial by jury, public education and a ban on slavery in the Northwest.





## A World without Childhood Blindness

Only by doing good can one benefit  
-Rig Veda



An Eye Institute in Rajahmundry,  
Andhra Pradesh to prevent  
avoidable childhood blindness

Vision of Dr. V.K. Raju,  
the Eye Foundation of America  
and Goutami Eye Institute

- \* 3.5 million + served
- \* 350 thousand + surgeries
- \* 30 thousand + on children

**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"

"There can be no keener  
revelation of a society's soul  
than the way in which it treats  
its children". - Nelson Mandela



**POST  
SURGERY**



**PRE  
SURGERY**

Triplets Prasanth, Susanth and Nisanth, who were treated by Goutami Eye Institute three years ago and gifted vision for life, as ROP babies under GEMROP (Goutami Eye tele Medicine Retinopathy Of Prematurity).

**Treating disease and vision problems  
Performing free cataract surgeries  
Screening infants and children  
Distributing glasses and visual aids  
Conducting Research  
Providing Education**

Be a part of  
the movement.  
Donate now at  
[www.eyefoundationofamerica.org](http://www.eyefoundationofamerica.org)  
Tax Exempt  
# 55-0621735

The work by the Eye Foundation of America team started in 1977 and has spread from India to 21 different countries. Additionally, EFA focuses on teaching and training of health professionals who receive the Foundation's support at every level.  
<https://youtube/B23VvUaloN4> <https://youtube/KiCzqLQe2VE>

To know more about the work of Eye Foundation of America or to donate, visit [www.eyefoundationofamerica.org](http://www.eyefoundationofamerica.org)

ॐ सर्वे भवन्तु सुखिनः Sarve Bhavantu Sukhinah,  
सर्वे सन्तु नरिमायाः । Sarve Santu Niramayah  
May all be prosperous and happy!  
May all be healthy!

The Eye Foundation of America  
695, West View Avenue, Morgantown, WV 26505  
Phone: 304-599-0705  
[www.eyefoundationofamerica.org](http://www.eyefoundationofamerica.org)