

- BOLLYWOOD
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# Mid Week ENTERTAINMENT

AFTER KANYE WEST ANNOUNCES  
RUNNING FOR US PRESIDENT, TWITTER  
EXPLODES WITH MEMES ON KIM  
KARDASHIAN BEING FIRST LADY | 15

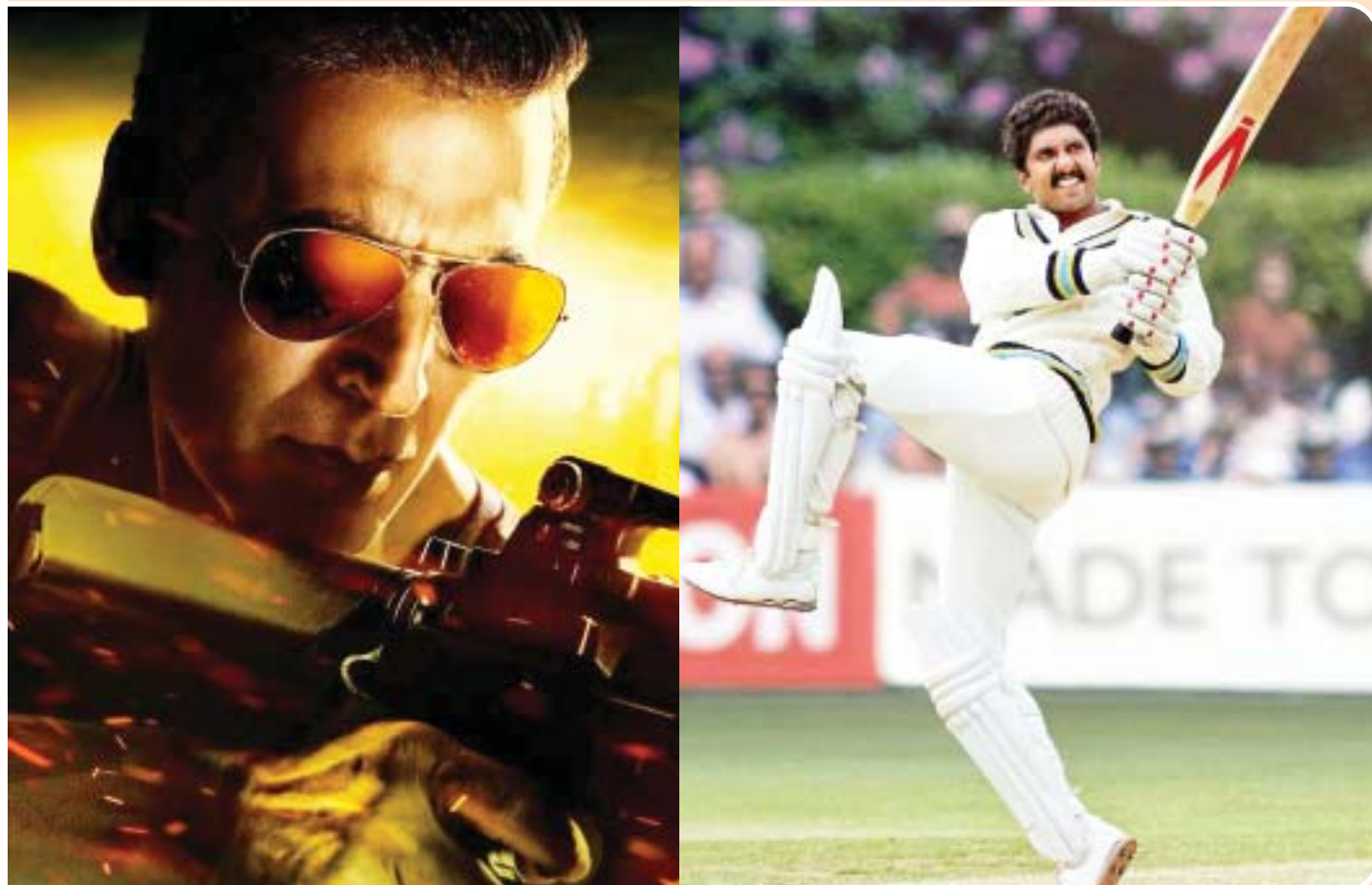


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## AKSHAY KUMAR'S 'SOORYAVANSHI' AND RANVEER SINGH'S '83' LIKELY TO GET FESTIVE RELEASES ON BIG SCREEN



TRADE ANALYST TARAN ADARSH MADE THIS INTERESTING ANNOUNCEMENT MUCH TO THE EXCITEMENT OF THE FANS. CURRENTLY, SEVERAL FILMMAKERS ARE ANNOUNCING THE DIGITAL RELEASES OF THEIR FILMS AND A FEW OF THEM HAVE BEEN ALREADY STREAMED. YES, AMITABH BACHCHAN AND AYUSHMANN KHURRANA STARRER GULABO SITABO STREAMED A FEW WEEKS BACK ON AMAZON PRIME VIDEO AND EVEN A FEW SOUTH MOVIES TOO.

'WHAT KIND OF POWER ARE YOU CHARGING US FOR?': TAAPSEE TWEETS ABOUT HIGH ELECTRICITY BILL, PROVIDER ISSUES CLARIFICATION



TAAPSEE PANNU TOOK TO HER TWITTER PAGE AND SHARED HER HIGH ELECTRICITY BILL WHICH AMOUNTED UP TO RS 36,000.

'YOU COULD BE THE BIGGEST FILMMAKER OR HERO, BUT YOU SHOULD SHOW RESPECT': SUSHMITA SEN ON SURVIVING IN BOLLYWOOD



SUSHMITA SEN WHO MADE A WEB SERIES DEBUT WITH AARYA, IN A RECENT INTERVIEW, SPOKE ABOUT THE SAME, BOLLYWOODLIFE REPORTED. SHE SAID, "A LOT OF YOUNG PEOPLE COME FROM SMALLER CITIES, WHO LIVE, BREATHE AND EAT CINEMA.

'BIGG BOSS 14': WILL SALMAN KHAN HOSTED REALITY SHOW BE FURTHER DELAYED?



SALMAN KHAN HOSTED BIGG BOSS IS ONE OF THE MOST AWAITED TELEVISION SHOWS IN THE SECOND HALF OF THE YEAR. THE 14TH SEASON WAS UNDERWAY AND REPORTS ARE MAKING THE ROUNDS THAT THIS TIME THE HOUSE WILL WITNESS BOTH CELEBRITIES AND COMMONERS.

## '28 years & counting': Shah Rukh Khan shares pic with lockdown hairdo, beard as he celebrates journey in Bollywood



Superstar Shah Rukh Khan recently completed 28 years of his journey in Bollywood. Fans of the actor all congratulated him on his achievement and expressed how eagerly they are waiting for him to announce his next project. Today, the superstar took to his Instagram and shared a picture of himself with a note, celebrating his time in the film industry. He wrote, "Don't know when my passion became my purpose and then turned into my profession. Thank u all for so many years of allowing me to entertain you. More than my professionalism I believe my passionism will see me through many more years of service to all of you. 28 years and counting." At the end of his caption, Shah Rukh also thanked his wife Gauri Khan for the pic. "And thank u @gaurikhan for capturing this moment," he wrote. For the uninformed, Shah Rukh had made his debut in the film industry with the film Deewana opposite Divya Bharti and Rishi Kapoor. He was a television actor before that and was seen in TV shows like Circus and Fauji to name a few. Over the years Shah Rukh has managed to entertain his fans by delivering several hit films not only loved by the audiences but the critics too.

## ABHISHEK BACHCHAN ON LOSING ROLES BECAUSE OF HIS 'NO INTIMATE SCENES' CLAUSE FOR DAUGHTER AARADHYA



Abhishek Bachchan who is all set for his web series Breathe: Into the Shadows on an OTT platform has always been particular about his family, especially his daughter Aaradhya Bachchan. In a recent interview, the actor spoke not only about his career but also how he rejected certain roles in the past as he felt his daughter, Aaradhya would be uncomfortable watching them. Quoting a report, BollywoodLife detailed his conversation saying, "I know it has changed one thing. There are certain kinds of films and scenes I'm not comfortable doing anymore. I would not want to do anything in which my daughter would feel uncomfortable or something that she'd question me about, saying 'hey what's going on here?'" Abhishek further added that he was uncomfortable shooting for romantic scenes from the start of his career.

## 'Do the helicopter celebration': Dwayne Bravo releases teaser of song 'Number 7' dedicated to MS Dhoni

From talking about the 2007 and 2011 World Cup victories to the iconic helicopter shot, Dwayne Bravo has released the teaser of the new song 'Number 7' which is dedicated to none other than Mahendra Singh Dhoni.

The song, which is said to be released on MS Dhoni's birthday (July 7) may be more than a week away, however, the new song has got social media abuzz. The Chennai Super Kings (CSK) all-rounder Bravo, took to his Instagram and wrote, "Are you ready for July 7th!! @mahi7781 birthday we going to be celebrating his birthday in style with this special track from the Champion team!! @djanamusic @ultrasimmo @collegeboyjesse @arielle.alex @dexterrthomas guys don't forget to tag us an let us see your helicopter dance!!". Sharing the lyrics of the much-awaited song, Bravo is heard singing: "MS Dhoni, number 7, MS Dhoni, number 7. 2007 T20 Champion, 2011 became the world champion, first captain to win every trophy for his nation, now everybody do the helicopter celebration."



## FOR FIRST TIME IN 143 YEARS, TEST MATCH WILL WITNESS NO AUDIENCE



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# Aashiqui actor Rahul Roy reveals why he ‘walked away’ from Bollywood



Rahul Roy, who became a household name with Aashiqui, could not recreate the same success in his later films. A few years later, he disappeared from the scene, only to reappear as a participant in the popular reality show Bigg Boss and win its first season. In an interview with Pinkvilla, Rahul opened up about being away from the spotlight. “I walked away and that was my choice. Industry ka kuch lena dena nahi tha (The industry had nothing to do with it). Whether it is a privilege or whether it is a curse, I came into the industry not because I was seeking to be a star or an actor,” he said, adding that he was approached for Aashiqui after Mahesh Bhatt met his mother for a completely different reason. Talking about why he chose to stay away from Bollywood, Rahul said that after he turned 30, he wanted to get married. “Being an actor, it is very difficult...I applaud those that can...but it is very difficult to do cinema as well as fulfil family responsibilities. Because cinema takes a lot out of you. When I got married (to model Rajlaxmi Khanvilkar) in 2000, I said, ‘Let’s take a break. Let me work on my personal relation-

ship,’” he said. Rahul also admitted that his films at the time were not doing very well and though he was getting offers, they did not excite him. “My growth as an actor had stagnated. You’re doing the same role again and again, and in that time, everybody’s perception is ki isko yehi karte raho (make him do the same thing). It was a combination of a lot of things,” he said. Rahul’s year-long sabbatical became longer, when Rajlaxmi wanted to move abroad. After moving to Australia, it became difficult for him to continue with a career in Bollywood. He said that though he tried to approach and meet a lot of people, nothing worked out. He also said that he could never understand the new ‘agency’ culture. In 2005, Rahul was in an ‘insecure’ place and gladly took up the Bigg Boss offer. When he won the first season, he was convinced that the audience still wanted to watch him. He eventually went on to sign a few films that took a lot of time to make because they were not big-budget films. However, he said that he was ‘proud’ of them.

## Kashmera Shah says social media used only to spread hate: ‘Don’t lose humanity over a few likes’



Former Bigg Boss contestant and actor Kashmera Shah is disturbed by the negative side of social media and rued how people are using it only to ‘spread hate and ugliness’. She also talked about the excessive use of social media and said that ‘people have really forgotten to live’. Kashmera shared a picture with her dog on Instagram and wrote,

“My best friend my life my Boo. When one thinks back and sees the important moments in your life it will Never be an Instagram or a FB post. It will be real moments. How many of these real moments do we have left? It is so sad to see people check their phones all the time and be concerned about who likes their picture and who does not and how many followers they have. People have really forgotten to live.” Wishing to go back to a time when there was no social media, Kashmera wrote, “So many posts I see here and on other social media and most of these posts are people pushing their own agendas and they have nothing to do with anything but they want to say something even if it is wrong. People forwarding WhatsApp messages without even thinking twice whether the message forwarded is true or not or who they are hurting and accusing in the bargain? We have become such a rude and negative society that even if someone is doing something good all we can do instead of helping or keeping quiet is bring them down.” Kashmera cited the examples of people rushing to take pictures and videos of an accident on their phones, instead of helping the injured. “Where and when did we leave humanity behind? Don’t just pray to God. God is not at home sitting in our temples but God is inside those that are out there minus their phones ‘Helping’ people in need. Don’t lose humanity over a few likes guys,” she wrote. In conclusion, Kashmera said that she was ‘so done with all this negativity and fakeness’ and urged people to not comment on her post, as she did not care about their opinions. “And don’t bother commenting on my post. For your opinion to matter to me You have to Matter to me. So done with all this negativity and fakeness. Wish all humans had some animal in them to learn compassion,” she wrote.

## Nithya Menen on playing Jayalalithaa, comparisons with Kangana Ranaut: ‘There shouldn’t be a sense of competition’

Nithya Menen, who will portray former Tamil Nadu chief minister J Jayalalithaa in a biopic titled The Iron Lady, is not worried about comparisons. While Kangana Ranaut will play the late leader in Thalaivi, Ramya Krishnan’s character in the web series Queen was loosely based on her. In an interview with Hindustan Times, Nithya said that she was concerned about doing justice to the portrayal of Jayalalithaa, rather than comparisons with other actors. When asked if she feels a greater sense of responsibility, given that others are playing the part as well, she said, “Not at all. The responsibility should not come with comparisons with other actors or films. The responsibility should come with comparisons with Jayalalithaa, that I did that role right or I did right by that person.”



The number of projects on Jayalalithaa’s life ‘doesn’t matter’ to Nithya. “Different people can make different films and everybody is very passionate about their own film. There is no problem with that. There shouldn’t be a sense of competition, but rather that this is a creative medium and art should always thrive. Everyone’s films should do well. I don’t think these things even played in the director’s mind. She told me, ‘Let them make their film, we will make our film.’ Our interest is only in making a good film, not in making the ‘best’ film. A film that is authentic, that is right and stands out in its own way,” she said. Jayalalithaa was a successful movie star before she set her sights on politics in the 1980s. She held the chief minister’s seat for six terms. She continues to be loved and revered by the people. When director Priyadharshini approached Nithya for the role of Jayalalithaa in The Iron Lady, she was prepared to politely turn it down. However, she changed her mind because of the filmmaker’s clarity of vision. Talking about the apprehensions she had about playing Jayalalithaa, Nithya said, “I think while playing any real person, you will have some kind of apprehension, because you have to fit yourself into that mould. That is not very easy to do. So, you think, ‘Will I be successful in doing that?’ I initially thought I will politely decline, but the director was quite clear with how she wanted to go about it and just seeing how clear she was, I changed my mind.”

## ‘MAKE DIL BECHARA HIGHEST WATCHED MOVIE EVER’: BOLLYWOOD SHOWERS LOVE ON SUSHANT SINGH RAJPUT FILM



The much-awaited trailer of Dil Bechara, Sushant Singh Rajput’s swansong and Sanjana Sanghi’s debut as a leading lady, dropped online on Monday evening. The nearly three-minute clip crossed five million views on YouTube in under an hour and left fans teary-eyed. Anushka Sharma, Rajkummar Rao, Mouni Roy, Parineeti Chopra and many others shared the trailer of Sushant Singh Rajput film on their respective Instagram accounts. Riteish Deshmukh said that Sushant and Sanjana were ‘magical’. “Love the trailer of #DilBechara - Sanjana & #SushantSinghRajput both are magical on screen. Will be ready with my Pop Corn to celebrate the legacy of this fine actor You will live forever dear Sushant - in our hearts - shining bright in the skies,” he tweeted. Sidharth Malhotra shared the Dil Bechara trailer on Twitter and said that he was eagerly waiting for its release. He wrote, “#DilBechara lovely, looking forward.” Vidyut Jammwal shared the Dil Bechara trailer link in his Instagram bio and urged his fans to watch the film. “I want you all to watch this movie and we should make sure that this is the highest-watched movie ever,” he said in a video addressed to ‘Jammwalions’. Rakul Preet Singh wrote on Twitter, “This trailer is all things love !! iam sure people will give it lots n lots of love ..” Mrunal Thakur shared the trailer on her Twitter page along with a number of heart emojis. Madhur Bhandarkar called the Dil Bechara trailer ‘heartwarming’ and wrote on Twitter, “Wow, lovely, heart-warming trailer of #DilBechara , so looking forward to watch, My best wishes to @CastingChhabra and the entire team. #SushantInOurHeartsForever. @arrahman @foxstarhindi @DisneyplusHSVIP.” Casting director-turned-filmmaker Mukesh Chhabra, who is helming Dil Bechara, shared an emotional note on Twitter. Sharing his journey of making the film, he wrote that Sushant ‘will live on in me till my last breath’.

## AMIDST NEPOTISM DEBATE, DID KARAN JOHAR STEP DOWN FROM MAMI AS A DIRECTOR?



A lot of fingers were pointed on Karan Johar after Sushant Singh Rajput’s suicide on June 14. Fans of the late actor blamed the director for only launching starkids and supporting nepotism. Amidst the ongoing debate, a news report claims that Karan Johar has stepped down as the director for MAMI film festival this year. A report on BollywoodLife confirmed the same by stating that the filmmaker is upset nobody supported him publicly when he was being trolled. The report states that Karan wrote a letter to Smriti Kiran on email that he wants to quit as a member of the board. The same report also goes on to state that Deepika Padukone is trying to convince him into staying on board with MAMI. Apart from Karan and Deepika, Vikramaditya Motwane, Siddharth Roy Kapur, Zoya Akhtar and Kabir Khan are also members of the board.

## ‘Rasbhari’ scene of girl child provoking drunk men upsets Prasoon Joshi, Swara Bhaskar says it's what society thinks

Film lyricist and Central Board of Film Certification (CBFC) chief Prasoon Joshi expressed disappointment with a scene in ‘Rasbhari’ that shows a young girl dancing provocatively in front of drunk men. Swara Bhaskar responded to his tweet and said that it is how majority of the society has consumed the scene. Prasoon Joshi tweeted to the makers of ‘Rasbhari’, including lead actress Swara Bhaskar, “Saddened by web series #Rasbhari’s irresponsible content portraying a little girl child dancing provocatively in front of men drinking. Creators & audience need to seriously rethink Freedom of expression or freedom of exploitation? Let’s spare children in the desperate need for entertainment.” Swara, in turn, responded writing, “Maybe there is a misunderstanding. The scene is different from what you have described. The kid is dancing on her own will. Her father is ashamed to see her. The dance is not provocative, the kid is just dancing, she isn’t aware that the society will even sexualise her - this is what the scene shows.”



# 'LIGHT OF MY LIFE, CENTRE OF MY UNIVERSE'

## DEEPIKA PADUKONE WISHES RANVEER SINGH ON BIRTHDAY WITH UNSEEN BEAUTIFUL PHOTO



As only a few minutes are left for Ranveer Singh's birthday to end, Deepika Padukone who spent the special day with her husband finally posted a wish on her Instagram page. Even in 2019, when Ranveer celebrated his first birthday post-wedding with Deepika, the loving wife had wished him when the day was about to end. She had posted a childhood photo of her husband as a birthday post. Now, Deepika took to her Instagram page and shared a candid click with Ranveer which seem to have been shot at a party. In the photo, a suited-up Ranveer is seen raising a toast while Deepika shows her infectious laugh. Both are seen as happy as ever giving ultimate couple goals for sure. Deepika captioned her post stating, "The light of my

life. The centre of my universe. I wish you good health and peace of mind in abundance. As for the rest, I'll tell you in person! I Love You! #happybirthday". Last year, Deepika's birthday message for Ranveer was, "Sensitive & emotional, caring & compassionate, generous & gentle, funny & intelligent, delightful & faithful...all this and so much more... To my husband, my friend, my lover, my confidante... but more often than not, my child, my infant, my toddler, my dot, my pineapple, my sunshine, my rainbow... May you forever and always be this way...I love you..." Meanwhile, on the work front, Deepika and Ranveer are all set to reunite on the big screen with Kabir Khan's 83.

## 'The Kissing Booth 2' trailer: Joey King, Jacob Elordi, Joel Courtney are back in business again in teenage rom-com



The trailer for The Kissing Booth 2 is finally out. Sequel to 2018 Netflix original film The Kissing Booth, the teenage rom-com has Joey King, Jacob Elordi and Joel Courtney in the lead roles. In the new trailer, we see Elle (Joey) and Noah (Jacob) trying out a long-distance relationship after he moves to Harvard for further studies. Elle and Lee (Joel) enjoy the new year in school wherein they meet a new guy makes a grand entry in her life. However, her long-distance with Noah also makes her change the life-long decisions she made with Lee which doesn't go well with him. There are similar instances of possessiveness, the booth and friendship in the new trailer like the first instal-

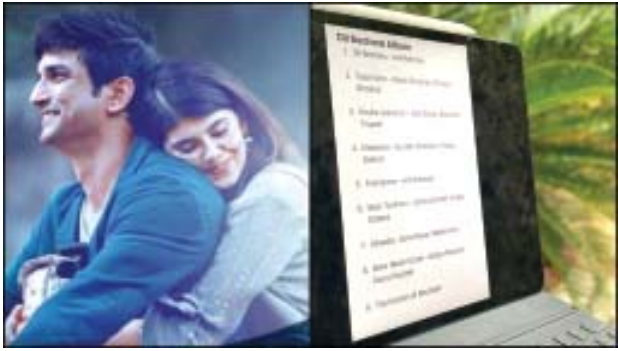
ment. The film is based on The Kissing Booth 2: Going the Distance by Beth Reekles. Directed by Vince Marcello, The Kissing Booth 2 will be streamed on Netflix from July 24, 2020. Talking about the premise of the film, the makers had penned, "The Kissing Booth is open for business again! High school senior Elle juggles a long-distance relationship with her dreamy boyfriend, college applications with her best friend, and a new friendship with a handsome classmate that could change everything." The film also stars Maisie Richardson-Sellers, Taylor Perez and Molly Ringwald in pivotal roles.

## After Kanye West announces running for US President, Twitter explodes with memes on Kim Kardashian being first lady

Kanye West announced that he is running for US Presidency in 2020 on his Twitter handle. Netizens have been going berserk now thinking that Kanye's wife Kim Kardashian would become the first lady if he is actually elected as the President. The netizens shared memes of Kim Kardashian and their situation. They have been thinking what would happen once Kanye West is elected as the President of United States, and Kim becomes the first lady. Kanye West announced his presidency on Twitter and received support from none other than billionaire Elon Musk. "We must now realize the promise of America by trusting God, unifying our vision and building our future. I am running for president of the United States," tweeted Kanye along with the american flag emoticon and #2020VISION. Soon, Elon Musk replied, "You have my full support!" Kanye had hinted that he would run for the presidency back in 2016. In November the same year, the rapper had spoken about running for the presidency, post which Barack Obama referred to Kim's family and said, "In case Kanye's serious about this whole POTUS thing, or as he calls it, Peezy, I do have advice for him." He also said, "You've got to deal with strange characters who behave as if they are on a reality TV show. So you've got to be cool with that."



## 'Dil Bechara' Album: AR Rahman unveils song list of Sushant Singh Rajput-Sanjana Sanghi film



Music maestro AR Rahman has composed the music for Dil Bechara which stars Sushant Singh Rajput and Sanjana Sanghi in the lead roles. We got to hear a few melodious in the trailer and fans can't wait for the whole jukebox to come out. However, Rahman decided to tease the fans with the list of songs which are a part of Dil Bechara. The title track is crooned by Mozart of Madras himself. The other songs also include 'Taare Ginn' by Mohit Chauhan, Shreya Ghoshal, 'Khulke Jeene Ka' by Arijit Singh, Shashaa Tirupati, 'Maskhari' by Sunidhi Chauhan, Hriday Gattani, 'Friendzone' by A.R. Rahman, 'Main Tumhara' by Jonita Gandhi, Hriday, 'Afreeda' by Sana Musa, Rajakumar, 'Mera Naam Kizzie' by Aditya Narayan, Poorvi Koutish and The Horizon of Saudade. Dil Bechara is directed by Mukesh Chhabra in his directorial debut. Earlier in a statement, while talking about Sushant's final film, Mukesh had said, "Sushant was not just the hero of my debut film as a director, but he was a dear friend who stood by me through thick and thin. We had been close right from Kai Po Che to Dil Bechara. He had promised me that he would be in my first film. So many plans were made together, so many dreams were dreamt together but never once did I ever imagine that I would be left alone to release this film. He always showered immense love on me while I was making it and his love will guide us as we release it." Dil Bechara will be streamed from July 24, 2020.

## 'SAROJ KHAN WAS REBEL IN MALE-DOMINATED PROFESSION': MADHURI DIXIT PAYS TRIBUTE TO LATE CHOREOGRAPHER ON GURU PURNIMA



Today, on the occasion of Guru Purnima, Madhuri Dixit-Nene paid a tribute to Saroj Khan with whom she collaborated as an actor-choreographer duo until her last film, Kalank. Saroj Khan passed away on July 3, 2020, due to cardiac arrest at the age of 71. She choreographed several songs for the leading ladies of Bollywood and especially with Madhuri she gave unforgettable hook steps which will be followed by coming generations as well. Madhuri took to her Instagram page and posted a photo in which she is seen hugging late Saroj Khan. The actor penned a note which has several anecdotes, interesting facts about Saroj Khan and more. The last song of Madhuri choreographed by Saroj Khan was 'Tabaah Ho Gaye' from 2019 release Kalank.

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# MAKERS OF AAMIR KHAN, KAREENA KAPOOR'S 'LAAL SINGH CHADDHA' CALL-OFF SHOOTING IN LADAKH DUE TO INDIA-CHINA TENSION



The coronavirus pandemic saw the entertainment industry come to standstill but due to the recent unlock phase, many films and TV shows have resumed shooting. Among the films that were preparing to resume shooting, Aamir Khan and Kareena Kapoor Khan starrer Laal Singh Chaddha was also one, however, according to the latest development the upcoming schedule of the film that was supposed to be shot in Ladakh, has been cancelled due to ongoing tension between Indian and China in Galwan Valley. Reports state that the makers are now planning to shoot that schedule in Kargil, which is expected to start in October. BollywoodLife quoted a report saying, "Given the current scenario, shooting in Ladakh is out of the question. So, Aamir, Advait, and the top brass at the studio are considering shifting the venue

to Kargil. The final call will be taken in the coming weeks." For the uninformed, Laal Singh Chaddha is an official remake of Tom Hanks' Forrest Gump which was based on 1986's novel by the same name, written by Winston Groom. Forrest Gump starred Tom in the lead role along with Robert Wright and Gary Sinise. The movie received several accolades and was the biggest hit of that year. It also was the recipient of the Academy Awards for Best Picture, Best Director, Best Adapted Screenplay, Best Visual Effects, and Best Film Editing. Laal Singh Chaddha is written by Atul Kulkarni and is directed by Secret Superstar helmer Advait Chandan. We sure are excited to see Aamir in a completely different avatar, especially after he released the first look from the film in November last year.

# ESHA DEOL NOT MAKING HER TV DEBUT ANYTIME SOON, HERE'S WHAT SHE'S DOING INSTEAD



Film actress Esha Deol's name has recently been linked to a Television show 'Jag Janani Maa Vaishno Devi'. The actress has now clarified that she is not part of the show. Stating that she is a devotee of Ma Vaishno Devi, Esha wished everyone goodluck while clarifying that she isn't part of the show. Esha's team released an official statement denying the news. They also revealed what the actress was busy

doing in the meantime. Esha informed that she is currently reading scripts for movies, web series and digital films. She has recently come out as an author with her new book Amma Mia. The statement was released to clarify that Esha is not a part of any TV serial. With the same piece of information, it is clear that Esha is not making her small-screen debut anytime soon.

# Namrata Shirodkar reveals her favourite Team India cricketer



Popular Bollywood actor Namrata Shirodkar recently picked her favourite Team India cricketers. Namrata recently conducted a 'Q&A session' with her fans over on her official Instagram handle where she answered numerous queries from her followers. During this session, the actress was asked to name her favourite cricketers. Responding to this, Namrata named the former and current Team India skippers, MS Dhoni and Virat Kohli, as her favourites. She was also quizzed if she had ever played cricket or not to which she said: "Yes, the only difference is it's called French cricket." As far as cricket is concerned, the coronavirus outbreak brought most sports activities to a halt with players practising social distancing and self-isolation during the pandemic. The World Health Organisation (WHO) and the governments all around are urging people to stay at home. Since India's semi-final exit from the ICC Cricket World Cup 2019 against New Zealand in August last year, MSD hasn't featured for the Men In Blue. During his break from cricket, the 38-year-old also served for the Indian Army too.

# Kapil Sharma slams Twitter user for mocking him for silence on Sushant Singh Rajput's death



Comedian Kapil Sharma was one of the many celebs who had posted a condolence message after Sushant Singh Rajput's death so Kapil was visibly angry when a twitter user asked him why he did not have anything to say on Sushant's demise. The user wrote, "Gyaanchand. Sushant Singh Rajput ke liye bhi tweet karo ya pichwaada phat gaya..." to which Kapil replied in an equally sharp manner, "Ab apki bhaasha me! :-gotichand.Mera pichwaada to theek hai, aap kripya apna pichwaade jaisa munh tabhi khole'n jab apke paas uchit kaaran ho." Sushant's tragic death left everyone in a state of a shock especially his fans who are still coping with the loss of their favourite actor. Currently, the Mumbai Police is investigating the case and all the people known to him are being questioned regarding his career and general state of mind. For the uninformed, Kapil himself has battled severe depression and alcohol issues. At the time, he had told an entertainment portal, "I could not step on the stage to perform and would cancel the shoot. I suffered from anxiety and drank myself silly. I would stay locked up in the office with my pet dog. People stopped coming on the show and I went off the radar. One of my close friends asked me to shift to his sea-side apartment. He thought a change of scene would be good for me. As I saw the wide expanse of the sea from his balcony, I felt like jumping into it. I was depressed; it felt like the world was gunning for me," BollywoodLife reported. However, Kapil recovered after a year-long break and his comeback has been a successful one.

# Happy Birthday Ranveer Singh: Fancub donates computers for underprivileged children in Indore



On Ranveer Singh's birthday, his fan club called Ranveer Ka Fan Club, has paid a tribute to their favourite actor in the noblest way possible. They have donated computers to a school supporting education for underprivileged children. Atharva Khendekar, a Ranveerian, spoke about the gesture on Ranveer's 35th birthday and said, "As you know Ranveer ka fan club is always on spot to help the unprivileged people and children. And this time we are trying to help the rural children who are not privileged to afford high class education. For some of them basic education is also a dream. We as a proud member of Ranveer ka Fan Club are planning to provide 2 basic computer system and some indoor games to those angles. Imagine the amount of enthusiasm and excitement in these children to attend their school when they receive the computers!"These computers will be given to a school that educated children till the fifth standard. The school is situated in Sikandari village in Indore district, Madhya Pradesh." He added, "The total budget of this project is Rs. 30,000 out of which Rs. 15,000 will be for 2 basic computers Rs, 10,000 will be for colouring the walls of the school and Rs. 5,000 will be allocated to get indoor games for children. So please come forward and donate as much as you can and make the future youth of our country more educated and more reliable."

# Kanye West announces he's running for US Presidential election, billionaire Elon Musk shows his support

Popular rapper Kanye West, married to Kim Kardashian, has confirmed that he would be running for US Presidency in 2020. West has already received support from billionaire Elon Musk as soon as he made the announcement on Twitter. "We must now realize the promise of America by trusting God, unifying our vision and building our future. I am running for president of the United States," tweeted Kanye along with the american flag emoticon and #2020VISION. Soon, Elon Musk replied, "You have my full support!" Kanye had announced that he would be running for 2020 US Presidential elections back in 2016. In November that year, West made the official announcement at MTV Video Music Awards. "I would like to help [make the world a better place]," he was quoted saying by ANI. The US President back then, Barack Obama, appeared to referred to Kim's family and said, "In case Kanye's serious about this whole POTUS thing, or as he calls it, Peezy, I do have advice for him." He also said, "You've got to deal with strange characters who behave as if they are on a reality TV show. So you've got to be cool with that." Donald Trump, also a media personality, is currently the president of United States of America. He was elected on January 20, 2017. US under Trump's presidency has close connections with Narendra Modi-governed India.



# MidWeek Sports

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## NO CONFLICT, SAYS COMPANY THAT REPRESENTS KOHLI



Cornerstone Sport and Entertainment, Virat Kohli's managers for over a decade, have refuted charges of conflict of interest against the India captain.

"This is with reference to the recent "conflict of interest" speculations surrounding Virat and Cornerstone. It is unfortunate to repeatedly see Virat's name being dragged into absurd allegations every now and then. Such speculations are based entirely on conjecture, nothing more," said Cornerstone CEO Bunty Sajdeh in a media release.

Sajdeh was reacting to a complaint by Sanjeev Gupta with the BCCI ethics officer DK Jain that Kohli violated rule 38 (4) in the BCCI rulebook, pertaining to conflict of interest.

In his complaint, Gupta has said that Kohli's co-directors at Virat Kohli Sports LLP and Cornerstone Ventures Pvt Ltd also hold the same position in Cornerstone Sports and Entertainment Pvt Ltd, a company that has India cricketers as clients. The complaint also

mentions Chisel, a chain of gym and fitness centres, jointly owned by Kohli, with CSE, a subsidiary of Cornerstone Sport & Entertainment.

Sajdeh said Kohli is nothing more than a contracted client like all other cricketers. "Virat is a contracted, exclusive client of Cornerstone exactly like the rest of our esteemed talent roster. And as a responsible agency, we once again reiterate that there is no question of any conflict of interest with Virat or any other of our talent for that matter. "Third parties with whatever vested interests prefer to think otherwise. I request them to simply check all facts before jumping to their own conclusions. We carry out our business in a very professional and transparent manner which can be easily verified from the documents filed with public authorities from time to time. This is all we have to say on this matter once and for all." Jain has said he is examining the complaint before deciding if a case is made against Kohli.

## UMAR AKMAL'S APPEAL AGAINST THREE-YEAR BAN TO BE HEARD ON JULY 13



Tainted batsman Umar Akmal's appeal against his three-year ban for failing to report corrupt approaches will be heard on July 13 by former Supreme Court judge Justice (retd) Faqir Muhammad Khokhar, the Pakistan Cricket Board announced on Monday.

The PCB banned Akmal from all forms of cricket in April after its disciplinary panel found him guilty of not reporting corrupt approaches ahead of the Pakistan Super League (PSL) earlier this year.

The hearing, which was previously scheduled to take place on June 11 but had to be postponed due to the COVID-19-enforced lockdown, will take place at the National High Performance Centre in Lahore. Khokhar will hear the appeal as an independent adjudicator.

"Former Supreme Court judge Mr Justice (retd) Faqir Muhammad Khokhar, in his capacity as an independent adjudicator, will hear Umar Akmal's appeal on 13 July at the National High Performance Centre in Lahore," PCB posted on its website. "Notices for the hearing have been issued to Umar Akmal and the PCB. The PCB will make no

comment on the matter until Justice Khokhar has announced his decision," it added.

Akmal filed an appeal against the ban which was imposed after the panel found him guilty of breaching Article 2.4.4 of the PCB Anti-Corruption Code in two separate incidents.

Spot-fixing offers were made to Akmal at two separate parties held in Defence Housing Society Lahore.

The disciplinary panel chairman Justice (retd) Fazal-e-Miran Chauhan had observed that Akmal was non-cooperative and did not show any remorse. He is the younger brother of former Pakistan wicketkeeper-batsman Kamran Akmal, who played 53 Tests, 58 T20s, 157 ODIs, and cousin of current captain Babar Azam. Akmal, who last played for Pakistan in October, has featured in 16 Tests, 121 ODIs and 84 T20s, scoring 1,003, 3,194 and 1,690 runs across the three formats, respectively. He last played for Pakistan in October 2019, in a T20 series against Sri Lanka at home.

## SOURAV GANGULY FEELS COVID-19 NOT GOING ANYWHERE AT LEAST TILL END OF 2020



BCCI president Sourav Ganguly on Monday reckoned the country will have to bear with the Covid-19 pandemic at least till the end of this year or beginning of 2021, effectively ruling out India's chances of organising the sought-after IPL at home. Responding to a question on how he looks at the COVID-19 situation in India during a chat with opener Mayank Agarwal, Ganguly said, "I think the next two-three-four months will be a little tough. We will just have to bear it, and by the end of the year or beginning of next year, life should be back to normal." The BCCI has already zeroed in on the end September-early November window for the IPL.

The board's first choice is staging the tournament at home but that is looking increasingly unlikely with India having the third largest caseload of coronavirus behind Brazil and USA. New Zealand on Monday became the latest country after UAE and Sri Lanka to present an offer to host the IPL in case the billion dollar league can't be held in India due to rising cases of coronavirus.

Speaking on the show #DadaOpensWithMayank, the former India captain added, "I will wait for the vaccine to come out. Till then, yes, we will have to be a little more careful...we know what's happening and we don't want to fall sick. Saliva is an issue. Maybe once the vaccine comes out, just like any other illness, everything will be fine."

The pandemic may have changed the world forever but the cricketer in Ganguly compared the fast-evolving situation with batting tactics which helps a batsman to play according to the pitches.

"It's like batting tactic, it's not same on all pitches, you play differently on slower pitches, you play differently when it turns and you play differently when it is flat. So Covid is at that stage, the stage of recovery," he said.

## RAHUL DRAVID TURNED DOWN OPPORTUNITY TO BE INDIA'S HEAD COACH: COA CHAIRMAN VINOD RAI



Vinod Rai, Chairman of the Committee of Administrators, has revealed that the panel approached Rahul Dravid for the post of the head coach of the Indian men's cricket team but the former batsman turned down the offer to give preference to his family. After Anil Kumble's tenure as coach of the Indian team came to a tumultuous ending in 2017, following his fallout with captain Virat Kohli, Rai revealed the CoA wished for Dravid to take up the post, but the former batsman, who was already serving as coach of the India A and Under-19 teams, decided otherwise. "Rahul was very upfront with us," Rai told SportsKeeda. He said, 'look I have two boys growing up at home and I have been travelling with the Indian team all over the world and I am not able to give time and attention to them, I think I must stay at home also. And give time to my family.' I think that was a very fair request and though he would have been uppermost in mind. So, he was very much in the zone of consideration."

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# Australian players told get ready for England series as T20 WC set to be postponed: Reports

The Australian cricket team, which started outdoor training, has been told to get ready for a white-ball series against England in September as the ICC T20 World Cup is expected to be postponed this week, according to a media report here.

The Indian Premier League is set to be slotted during the October-November window as the ICC Board may finally decide to officially announce the postponement of the October 18-November 15 World Cup in Australia due to the logistical issues that will crop up due to the COVID-19 pandemic.

“Cricket’s World Cup is set to be officially postponed this week as Australia’s players are told to start preparing for comeback battle against England,” Australian newspaper ‘The Daily Telegraph’ reported. The report also stated that if Cricket Australia decides on allowing its players to play in the IPL, “..the ideal scenario would be they could go straight from the England limited overs series to wherever the T20 league is held in Middle East or Asia”. The Australian team is, therefore, now preparing for ODIs and T20 Internationals against England in an away series.

“Training for return to action in September is strongest indication yet that Aaron Finch’s troops will head to the UK for a limited overs tour in bio-security bubble .....,” the newspaper further wrote.

The report states that a white-ball tour of England is yet to be officially confirmed but Australia’s pace bowlers are “building up their workloads for a return to play in September and players have been told to start preparing for another date with the Old Enemy.”



## Mohammad Azharuddin could be a reason behind Flower’s knife allegations against Younis Khan: Ex-Pak captain Rashid Latif



The Pakistan Cricket Board (PCB) may have declined to comment on the issue but former batting coach Grant Flower’s revelation about Younis Khan’s behaviour inside the dressing room refuses to die down.

Former Pakistan captain Rashid Latif has added a whole new dimension to it by bringing former India skipper Mohammed Azharuddin in the equation. “Younis Khan quite tough to master. I remember one incident in Brisbane, during the Test, at breakfast, I tried to give him a bit of batting advice... But he didn’t take kindly to my advice and brought a knife to my throat, with Mickey Arthur sitting alongside, who had to intervene,” Flower had said on ‘Following On Cricket Podcast’.

Reacting on the matter, Latif said one of the reasons, why Flower made such a comment about Younis, could be Azharuddin.

“We do not know what happens inside the dressing room. But Azharuddin can be a reason for this. In 2016, Younis made a double century at the Oval. He (Younis) did not take the name of the batting coach (Grant Flower). He said that I was struggling and talked to Azharuddin,” Latif said in YouTube show called ‘Caught

Behind’.

“That is a big factor that a player is crediting someone else rather than the coach. Flower must have contributed as a batting coach and served Pakistan. But I think this Azharuddin factor must have been somewhere in his (Flower’s) mind and he probably wanted to get back to him,” Latif added.

Latif was referring to Younis’ 218-run knock at the Oval in 2016 that helped Pakistan win the last Test and square the series 2-2 against England. Younis, who was struggling for runs in the whole series, had turned it around in the final Test by becoming the oldest Pakistan batsman to score a double hundred at the age of 38.

After the match, Younis had revealed that Azharuddin had called him up before the last Test of the series and advised him how to stay longer at the wicket.

## 48-year-old Indian spinner picked up by Trinbago Knight Riders in CPL draft



Former Mumbai leg-spinner Pravin Tambe is set to become first Indian player to play in the Caribbean Premier League after being picked up by Trinbago Knight Riders in the players’ draft. The 48-year-old, who has retired from first-class cricket, will need a No Objection Certificate from the BCCI to play in the CPL. The six CPL franchises have selected their teams for the 2020 tournament which is scheduled to take place from August 18 to September 10. The tournament will be held behind closed doors due to the COVID-19 pandemic. “The draft was carried out remotely and the six teams have successfully filled out their rosters with both Caribbean and overseas players with Rashid Khan, Marcus Stoinis, Ross Taylor, Tambe and Carlos Brathwaite all being signed up,” read a CPL statement. Tambe rose to fame after he made his IPL debut at the age of 41 and became the oldest player to play in the cash-rich league. He played 33 IPL matches and taken 28 wickets with an average of 30.5.

## England vs West Indies - Joe Root’s absence is advantage for tourists: Kemar Roach

With Joe Root not playing the first Test between England and West Indies starting on Wednesday in Southampton, it will be advantage for the travelling party, according to Windies fast bowler Kemar Roach.

Root will be with his wife for the birth of their second child. “A Test match without Root, the fantastic stats he has, is going to be a bit of an advantage for us,” Roach said via Zoom press conference. “He’s one that keeps the England batting together, he’s done fantastically for them for the last couple of years.

“Without him it is a bit of an advantage for us, but also a little bit of a disadvantage because there’s some new guys coming in that we obviously have to work out and see what their weaknesses are and try to exploit them. So it goes 50-50, but once we get stuck in and hit our straps and put the balls in the right area I think we stand a very good chance of going out there and performing well.”

In place of Root, Ben Stokes will lead the England team. “I’m a huge fan of Ben Stokes,” Roach said. “He’s a fantastic cricketer. He’s very energetic, brings a lot of energy to the field and a lot of confidence when he bats or when he bowls, so I’m expecting a very free and relaxed England team to come out there and express themselves because that’s the way he plays.

“It’s interesting to see him captain, obviously it’s the first time we’re going to see it, but I’m sure that with him at the head, they’re in good hands as well, so I wish him all the best.”

Roach is also expecting a keen contest between Windies skipper Jason Holder and Stokes, the No. 1 and No. 2 all-rounders in the ICC Test rankings.

“It’s always good to have challenges, it’s always good to have battles, it brings out the best in you,” Roach added. “I hope he and Ben Stokes go at it in a couple of Test matches here. They’re both fantastic cricketers and I’m sure that once they’re battling it will be great cricket to watch.”



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# 'CORONA WOULD BE HOLDING CUP': NETIZENS REACT TO T20 WORLD CUP GETTING 'ALL BUT CERTAIN' POSTPONED



The T20 World Cup which is slated to be held in October-November in Australia may be postponed due to the coronavirus pandemic, Australian media reported. According to the report in the Sydney Morning Herald, no formal decision had been taken yet but claims of the tournament "is all but certain" postponed are doing the rounds. The reports also state that a decision on the postponement of the tournament is expected in the coming days. The International Cricket Council (ICC) last month deferred a decision on the T20 World Cup to July. "We will only get one chance to make this decision and it needs to be the right one and as such we will continue to consult with our Members, broadcasters, partners, governments, and players and to ensure that we make a well-informed decision," ICC chief executive Manu Sawhney had said after its board meeting in June. As for Cricket Australia chairman Earl Edding, he admitted last month that holding the T20 World Cup in 2020 is "unrealistic". "While it hasn't been formally called off this year, or postponed, trying to get 16 countries into Australia in the current world, where most countries are still going through COVID spiking, I think it's unrealistic, or it's going to be very, very difficult," he had told reporters. When it comes to the Board of Control for Cricket in India (BCCI), they are reportedly planning to hold this year's edition of the Indian Premier League (IPL) in the October window if the T20 World Cup is postponed. The IPL was scheduled to commence from March 29 but was postponed indefinitely due to the coronavirus pandemic. The governing council chairman Brijesh Patel had said that they are just waiting on the decision and are prepared to hold the IPL in September and October. "Yes we are ready to go with IPL in September-October window, everything is planned and ready. Will have to follow the guidelines and SOPs, for medical and other things," Patel was quoted as saying by ANI in June. "We are waiting for the announcement from ICC on T20 World Cup. If it is not happening, we can hold IPL," he had said. Countries like UAE, Sri Lanka, and now New Zealand have also shown interest in hosting the 2020 edition. Hearing the news of the postponement of the T20 World Cup and the IPL, fans take to social media to express their feelings.

## 'MS DHONI HAS DONE WONDERFULLY WELL FOR HIMSELF, COUNTRY, AND HIS FAMILY': WAQAR YOUNIS HAILS 'CHAMPION' THALA

Wicketkeeper-batsman Mahendra Singh Dhoni is a 'champion' who has won two World Cup titles for his country, said former Pakistani pacer, Waqar Younis. Younis heaped lavish praise on former Indian captain and revealed that Dhoni has indeed done a tremendous job in carrying forward the momentum of the team that started during the era of Sourav Ganguly. Under Dhoni`s captaincy, India won the inaugural edition of the ICC T20 World Cup in 2007 and ODI World Cup in 2011. In 2013, Dhoni led to his side to triumph the ICC Champions Trophy and became the only captain in the history of cricket to win all major ICC trophies. Dhoni also guided India to attain the number one spot in the Test rankings. "Sourav Ganguly was the one who started that journey of improvement for Indian cricket and MS Dhoni took that journey ahead. He is a World Cup champion and has won two World Cups. I think he has done wonderfully well for himself, for his country, and of course, for his family," Younis said while speaking exclusively to GloFans during chat show `Q20` on Twitter. Former skipper Sourav Ganguly, who is now the president of the BCCI is regarded as the best captain that Indian cricket has ever produced and it was his captaincy that inculcated a strong winning mentality in the team and the Men in Blue became a force to reckon with outside the country as well. While agreeing to Ganguly`s immense contribution to Indian cricket, Younis also confessed that Dhoni as a leader had changed the face of Indian cricket forever and fulfilled his responsibility as a captain par excellence. "What a cricketer MS Dhoni is. The way he led the team, it is difficult to express it in words. He is a very good and big leader who understands things. He is a wonderful human being and coming from a small village and the heights he has achieved plus leading such a big country and team is indeed praiseworthy," Younis said. Dhoni is currently on a sabbatical from international cricket. The 38-year-old last played competitive cricket during the 2019 World Cup. He had to face criticism for his slow batting approach during India`s matches in the high-profile game. Dhoni did not find a place for himself in the BCCI`s centrally contracted players list. The board had released the list of central contract list of players for the period from October.



## AAKASH CHOPRA SLAMS SHAHID AFRIDI OVER 'INDIANS ASKING FORGIVENESS' REMARK

Former Pakistan skipper Shahid Afridi's remarks saying, "I have always enjoyed India. Unhe to theek-thaak mara hai humne. Itna mara hai unhe ki match ke baad maafiyen mangi hai unhone. (We've thrashed them a lot. I believe we've beaten them so much that they used to ask us for forgiveness after the match)," has not gone down well by commentator Aakash Chopra.



The former India batsman has responded to the recent remarks about the Indian cricket team on the Cric Cast show on Youtube. Chopra pointed out certain stats stating that there was a balance between the two teams who have performed fairly equal in Tests and ODIs during Afridi's time. However, when it came to T20Is, India were way ahead. Speaking in his latest YouTube video, Chopra said: "Pakistan team used to be good at one point. It is still an okay team today. But there was a time when India used to play against Pakistan at Sharjah and the balance was tilted towards the neighbouring nation. But it was not the 'Afridi time' that he is talking about. "Pakistan's strength was a sheer talent - from Imran Khan to Wasim Akram to Waqar Younis. Because of it, they did really well. They used to beat India, there is no doubt about that. But later, when Afridi started playing and till the time he retired, things had changed," Chopra added. Revealing some stats between the arch-rivals, Chopra further said: "If you look at the stats, we played 15 Tests, each of us have won 5 Tests each. In ODIs, you have won two more games than us. The stat is 41-39 in your favour in 82 games, so well done. But I doubt that anyone is going to ask for forgiveness for just losing two more games. "But when you talk about T20I, the format in which you were really good, India lead the head-to-head contest by 7-1. Isn't the story told backward? Maybe, he (Afridi) wanted to say something else, and he said something else. I am really surprised". Chopra also recalled the story of a coach who bragged a lot about himself, but a look at his stats revealed that he was an average cricketer. "Some of the best minds in the world have said that there is a cure when a snake bites you, but there is no cure for misconceptions," Chopra said. The former right-handed batsman added: "During Afridi's time, the scenario was balanced, in fact, it was starting to tilt in favour of India. And if we talk about the current scenario, there is quite a difference.



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## SUSHMITA SEN REMEMBERS SUSHANT SINGH RAJPUT, WISHES THEY HAD MET: 'FROM ONE SUSH TO ANOTHER'



**SUSHMITA SEN HAS PENNED AN EMOTIONAL NOTE REMEMBERING SUSHANT SINGH RAJPUT AND THE MANY THINGS THEY COULD HAVE TALKED ABOUT.**

SUSHMITA SEN HAS PENNED A HEARTBREAKING NOTE IN THE MEMORY OF SUSHANT SINGH RAJPUT AFTER WATCHING THE TRAILER OF HIS LAST FILM DIL BECHARA. THE ACTOR SAID THAT SHE WISHED TO HAVE AN OPPORTUNITY TO CHAT WITH HIM ABOUT THE MYSTERIES OF THE UNIVERSE AND THEIR FASCINATION FOR THE NUMBER 47. ADDRESSING HIS FANS, SHE WROTE, "I DIDN'T KNOW SUSHANT SINGH RAJPUT PERSONALLY...ONLY THROUGH HIS FILMS & SOME INTERVIEWS!! HE HAD TREMENDOUS EMOTIONAL INTELLIGENCE BOTH ON & OFF SCREEN!! I FEEL LIKE I KNOW HIM BETTER NOW, ALL THANKS TO HIS FANS...COUNTLESS LIVES THAT HE TOUCHED, WITH ENDEARING SIMPLICITY, GRACE, LOVE, KINDNESS & THAT LIFE AFFIRMING SMILE!!!"

## VOLVO, WAYMO PARTNER TO BUILD SELF-DRIVING VEHICLES



Waymo and Volvo Cars have agreed to develop a self-driving electric vehicle designed for ride-hailing use, as part of a new global partnership, the companies said Thursday.

Waymo, a unit of Silicon Valley's Alphabet Inc., said it will be the exclusive global partner for Volvo Cars for developing self-driving vehicles capable of operating safely without routine driver intervention. Waymo will focus on the artificial intelligence for the software "driver." Volvo will design and manufacture the vehicles. The companies said Waymo will work with Volvo's global brands, including Polestar and Lynk & CO. Volvo, owned by China's Zhejiang Geely Holding Group, has a separate agreement to deliver vehicles to ride-hailing company Uber Technologies Inc. that Uber will equip to operate as self-driving vehicles. Volvo Cars is continuing to deliver vehicles to Uber. Uber's development of self-driving vehicle technology was disrupted after a self-driving Volvo crossover operated by Uber struck and killed a pedestrian in Arizona in 2018. More recently, Uber has been slashing costs and staff to offset revenue lost to the coronavirus pandemic. CEO Dara Khosrowshahi has said Uber is open to using competitors' technology.

## Hundreds of scientists say coronavirus is airborne, ask WHO to revise rules

**NEW YORK:** Hundreds of scientists say there is evidence that novel coronavirus in smaller particles in the air can infect people and are calling for the World Health Organization to revise recommendations, the New York Times reported on Saturday. The WHO has said the coronavirus disease spreads primarily from person to person through small droplets from the nose or mouth, which are expelled when a person with COVID-19 coughs, sneezes or speaks. In an open letter to the agency, which the researchers plan to publish in a scientific journal next week, 239 scientists in 32 countries outlined the evidence showing smaller particles can infect people, the NYT said <https://nyti.ms/2Vlxp67>.



The WHO did not immediately respond to a request for comment from Reuters. Whether carried by large droplets that zoom through the air after a sneeze, or by much smaller exhaled droplets that may glide the length of a room, the coronavirus is borne through air and can infect people when inhaled, the scientists said, according to the NYT.

## DISRUPTION TO CANADA'S IMMIGRATION IN PANDEMIC WILL 'REVERBERATE' THROUGH ECONOMY: RBC

**MONTREAL:** Canada will miss its immigration targets by a wide margin this year, and potentially in future years, a disruption that "will reverberate across the economy," Royal Bank of Canada has warned in a new report.

The federal government had set a record-high target of 350,000 new permanent residents for 2020, up from 341,000 last year, also a record high. But restrictions on travel meant to slow the spread of COVID-19 have "for all intents and purposes shut down immigration," RBC senior economist Andrew Agopsowicz wrote.

If the current restrictions stay in place through the summer, the country will fall short of its target by 170,000 people, he predicted. Among the "potential casualties," Agopsowicz wrote, are industries with labour shortages, the rental and housing markets in urban areas, universities and deficit-laden governments.

"Canada will need a younger and growing population to maintain growth and support the unprecedented expansion of the fiscal deficit that came in response to the crisis," he wrote. Without immigration, Canada



in recent years would have looked a lot like Japan in the 1990s, the RBC economist argued. That country has struggled with a moribund economy for decades due to a rapidly aging population, running up the developed world's largest public debt.



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# #DobaraPoocho: Deepika Padukone launches powerful mental health awareness campaign



Deepika Padukone has always been a strong advocate of mental health awareness, and has done extensive work towards the same with The Live Love Laugh foundation, the mental health organisation she has founded. The 34-year-old actor has now launched a powerful campaign: #DobaraPoocho, urging people to pay more attention to their loved ones, and constantly keep in touch with them, asking about their struggles and mental health issues. The Padmaavat actor took to her instagram account and posted a short video that delivers the message of how one should care more for their loved ones and constantly check up on them. The video captioned, “Now more than ever we need to be sensitive and support the emotional needs of those around us...”, follows four stories of friends, brothers, a couple and a father and son, and in every instant everything seems to be okay, until the other person asks if everything is okay, and that they want to know if something is bothering the other. After some convincing, the other person (who is going through some issue) speaks up and let’s the tears flow. The four-minute video is a tear-jerker for sure, and more and more celebrities are coming forward to speak about the importance of mental health especially after actor Sushant Singh Rajput’s sudden death by suicide that not only shook Bollywood, but all of India. Through the campaign, Dobara Poocho, Deepika seems to be urging people to keep checking up on their loved once even if they assure you that they are okay, and also sheds light on the fact that mental health issues and illnesses are still taboo topics in our society, and people shy away from talking about such subjects. Last week, Deepika had also released a video along with Dr Shyam Bhatt and Dr Soumitra Pathare about suicide prevention, talking about why people may do it when they do. The caption to the video read, “#SuicidePrevention. While I embarked on this journey more than 5 years ago, recent tragic events have made us all realise that now more than ever, we need to prioritise mental health and intensify our focus on #SuicidePrevention.”Deepika’s extensive work towards the spread of awareness regarding mental health has also gotten her the Crystal Award at the World Economic Forum for spreading awareness about the importance of mental health. Through her foundation, that she started in June 2015 after going through depression herself, Deepika has launched several nationwide awareness campaigns in the hopes of reducing the stigma of talking about mental health.

## Losing muscle? 8 ways it may impact your health

**New Delhi:** Are you tired by the time you reach the top of the stairs? Have you been ill or hospitalised and lost weight recently? Are you walking slower than normal? These can all be signs of muscle loss, and it's more common than you might think. Advanced muscle loss, or sarcopenia, affects one in three adults aged 50 and older.

"You have more than 600 muscles in your body, which account for up to 40 per cent of your body weight - that's almost half of you," explains Dr Ganesh Kadhe, Associate Director Medical and Scientific Affairs at Abbott Nutrition, adding "While ageing is natural, losing too much muscle is not and can directly impact your mobility, strength and energy levels, immune system, and even organ function." Because muscles are intrinsically linked to so many systems, research published in 'The Journal of Post- Acute and Long-Term Care Medicine' argues that a person's muscle mass is a far better predictor of health than BMI, or body mass index.

What are the risks of losing too much muscle? While advanced muscle loss is common in older adults or with some chronic diseases, it's also an alert that your health may be at risk: Falls: Falls and fractures are the leading cause of injury and death among older adults.

1 Mobility: Loss of strength can limit mobility and result in loss of independence.

2 Weight: Muscle mass is the single-greatest determiner of metabolic rate, or how many calories you burn per day.

Heart Health: Your heart is a muscle and muscle loss can impact cardiovascular health.

Insulin Resistance: Muscles use blood glucose, or sugar, for fuel. Muscle loss may increase the risk of insulin resistance.

Hospital complications: Patients with low muscle are prone to pressure injury, infection and are often unable to complete physically demanding treatments like chemotherapy.

Breathing problems: For people with respiratory issues, muscle loss can lead to additional complications.



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