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AMITABH BACHCHAN TALKS OF 'SILENCE AND THE UNCERTAINTY OF THE NEXT' AS HE WRITES FROM COVID-19 WARD



ACTOR AMITABH BACHCHAN TOOK TO HIS BLOG AND NOTED DOWN HIS THOUGHTS ON LIFE AND ITS UNCERTAINTIES, AS HE BATTLES COVID-19. AMITABH -- ALONGWITH SON ABHISHEK, DAUGHTER-IN-LAW AISHWARYA AND GRANDDAUGHTER AARADHYA -- TESTED POSITIVE FOR THE VIRUS LAST WEEK AND ARE ADMITTED IN NANAVATI HOSPITAL. THE ACTOR, SPEAKING OF HIS EXPERIENCE DURING THESE TIMES, SPOKE OF HOW THERE IS SILENCE IN EVERYTHING, HOW LIFE WORKS IN ITS OWN WAY AND HOW THOUGHTS RACE FASTER THAN NORMAL. HE WROTE: "IT IS THE SILENCE AND THE UNCERTAINTY OF THE NEXT ... IT IS A WONDER OF THE NATURE OF LIFE .. OF ALL THAT IT BRINGS TO US EACH MOMENT , EACH LIVING BREATHING DAY. IN THE ACTIVITY DRIVEN PAST DAYS OF NORMALCY, NEVER WAS THERE INCLINATION TO ASSESS OR SIT BACK AND THINK OF WHAT THOUGHTS INVADE US NOW .. BUT THEY DO NOW WITH A REGULARITY THAT FILLS THOSE IDLE HOURS, SITTING, THINKING, LOOKING OUT INTO NO WHERE ..."

RANVEER SINGH ROCKS MAN BUN STYLED BY DEEPIKA PADUKONE, GETS HILARIOUSLY TROLLED BY JIM SARBH



RANVEER SINGH FLAUNTED HIS MAN BUN IN HIS NEW INSTAGRAM POST AND REVEALED THAT IT WAS STYLED BY NONE OTHER THAN WIFE, DEEPIKA PADUKONE. HE SHARED A PICTURE OF HIS SIDE PROFILE, WITH THE TINY MAN BUN, AND SAID THAT HE WAS REMINDED OF A SAMURAI.

SWARA BHASKER MOCKS KANGANA RANAUT'S COMMENT, SAYS SHE GOT INDEPENDENCE FOR INDIA IN 1947



SWARA BHASKER HAS TAKEN A JIBE AT KANGANA RANAUT'S CLAIM THAT HER 2014 FILM QUEEN LED TO THE BIRTH OF FEMINISM IN THE INDIAN FILM INDUSTRY. KANGANA'S TEAM HAS IN TURN ACCUSED SWARA OF TRYING "TO SIMPLY DISTRACT FROM THE CULPRITS WHO KILLED SUSHANT."

SUICIDE OR MURDER POSTER: SUSHANT SINGH RAJPUT'S DOPPELGANGER SACHIN TIWARI TO PLAY LEAD ROLE



VIJAY SHEKHAR GUPTA'S PRODUCTION SUICIDE OR MURDER: A STAR WAS LOST WILL HAVE TIKTOK STAR SACHIN TIWARI IN THE LEAD ROLE. SACHIN, WHO FOUND A FAN FOLLOWING ON SOCIAL MEDIA GIVEN HIS RESEMBLANCE TO THE LATE ACTOR, ALSO FEATURED ON THE POSTER OF THE FILM.

KANGANA SAYS TAAPSEE PANNU, SWARA BHASKER, RICHA CHADHA HAVE 'BILLS TO PAY': 'OTHERS MAY NOT HAVE MY INCLINATION TO GAIN ENEMIES'



After attacking the likes of Taapsee Pannu, Swara Bhasker and Richa Chadha by calling them 'needy outsiders' and 'B-grade actresses', Kangana Ranaut now claims that she understands their motivations to not support her. She said that they have 'bills to pay' and that she gets where they are coming from. In an interview with Pinkvilla, Kangana opened up about the jibes taken at her by Taapsee, Swara and Richa, after she lashed out at them. "It is so sad. I do not know what to say because I have been in their place. People who come from outside, I have said it in my earlier interviews as well, we [outsiders] do not have the comfort of our parents' houses. I am not Anil Kapoor or Mahesh Bhatt's daughter. Or when you talk about Swara Bhasker, Taapsee Pannu or Richa Chadha, I understand they have bills to pay for their house; everybody is not and doesn't want to live the kind of life I aspire. So, I do understand where they're coming from and there are a lot of pressures," she said. Kangana said that by speaking out against the injustices in the film industry, she will only gain enemies and nothing else. "While I understand that others may not have my inclination to gain enemies, what I expect from them is just to give respect to other people's struggle," she said.

'KURTA PAJAMA' BTS VIDEO: SHEHNAAZ GILL ACES HOOK STEP OF HER LATEST SONG DURING REHEARSAL



Shehnaaz Gill is riding high on the success of her latest music video 'Kurta Pyjama' with Tony Kakkar. The song which released on July 17, 2020, has more than 20 million views on YouTube. Everyone couldn't stop gushing towards Bigg Boss 13 finalist and made her trend on social media pages too. Now we came across a video which is from the rehearsals of the song. The Punjabi star is enjoying dancing to the fullest in it. In the video, Shehnaaz is acing every step choreographer has taught her and will full grace. She is also showing pretty expressions just like the way we saw in the music video. Like the song, even the rehearsal videos are going viral on the Internet. Earlier Shehnaaz thanked fans for their constant love and appreciation. She wrote on her Instagram page, "Thankyou so much my fans. Jo mujhe hamesha trend kar te hai n hamesha mujhe promote kar te hai because of u all mujhe itni respect mili hai. N aji bhi kurta pajama is trending means koi jawab nhi. Sirf tumari wajah se hu main."

IPL GOVERNING COUNCIL TO MEET IN 7-10 DAYS TO DISCUSS TOURNAMENT SCHEDULE: BRIJESH PATEL

The governing council chairman of the Indian Premier League (IPL), Brijesh Patel, on Tuesday (July 21) announced that a meeting would be taking place in the next 7-10 days to discuss the scheduling of the tournament. Patel also confirmed that the Board of Cricket in Control for India (BCCI) will be seeking permission from the government to go ahead with IPL 2020. "The governing council meeting is expected in 7-10 days time. There will be discussions on the scheduling of the tournament and we will also look at the operational aspect," Patel was quoted as saying by ANI. "We will continue to look at the coronavirus situation till September then we will decide whether we host the tournament in India or UAE. We have to take the permission of the government as it is mandatory," he added. This announcement comes right after the International Cricket Council (ICC) confirmed that the 2020 T20 World Cup, scheduled to take place in Australia later this year, has been postponed amid COVID-19 scare. The global event was supposed to be held from October 18 to November 15 but the country's cricket board expressed its inability to host the massive tournament amid a second surge of COVID-19 cases in the state of Victoria. Sports across the globe took a massive hit by the coronavirus pandemic. Due to the pandemic, the 2020 edition of the IPL was also indefinitely postponed. With the constant increase in coronavirus cases in India each day, BCCI is expected to shift the 13th edition of the IPL abroad, with UAE being its most likely destination.

DECISION ON HOLDING WOMEN'S 50-OVER WORLD CUP 2021 WILL BE TAKEN IN NEXT TWO WEEKS, SAYS NZC CHAIRMAN



AFTER THE INTERNATIONAL CRICKET COUNCIL (ICC) POSTPONED THE MEN'S T20 WORLD CUP 2020 DUE TO THE CORONAVIRUS PANDEMIC, THE NEW ZEALAND CRICKET (NZC) CHAIRMAN GREG BARCLAY HAS CONFIRMED THAT THE DECISION ON THE FATE OF THE WOMEN'S 50-OVER WORLD CUP 2021 WILL BE TAKEN IN THE NEXT TWO WEEKS.

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RANVEER SINGH ROCKS MAN BUN STYLED BY DEEPIKA PADUKONE, GETS HILARIOUSLY TROLLED BY JIM SARBH



Ranveer Singh flaunted his man bun in his new Instagram post and revealed that it was styled by none other than wife, Deepika Padukone. He shared a picture of his side profile, with the tiny man bun, and said that he was reminded of a samurai.

“Hair by: @deepikapadukone. Very Mifune in ‘Yojimbo’. I like it. What do you think?,” Ranveer wrote in his caption. He made a reference to Japanese filmmaker Akira Kurosawa’s critically-acclaimed film Yojimbo, starring Toshiro Mifune as a wandering samurai.

While Ranveer seemed to like his new hairdo, his Padmaavat co-star Jim Sarbh hilariously trolled him for it. “Yobimbo more like it,” he wrote in the comments section. However, others such as Meezaan and Maanvi Gagroo complimented him for it. Many also dropped heart and fire emojis on his post.

Ranveer and Deepika have been spending time together as they iso-

late at their Mumbai home. Recently, in an Instagram live with football player Sunil Chhetri, Ranveer said that he was helping Deepika in the kitchen as she cooked.

“Deepika is actually very fond of cooking and she is way better than me, so I leave those kitchen duties to her. But I am a very enthusiastic assistant to her. Whenever she is baking or making me Thai food, especially during the lockdown when we have more time to do these little things, I am a very enthusiastic Santa’s little helper,” he said.

Ranveer and Deepika will be seen together in Kabir Khan’s 83, in which they will play Kapil Dev and Romi Bhatia, respectively. While the film was originally slated for an April release, it has been delayed to the Covid-19 pandemic and will now hit the theatres on Christmas 2020. The film also features an ensemble cast, including Boman Irani, Pankaj Tripathi, Harrry Sandhu, Saqib Saleem, Jatin Sarna and others.

Salman Khan enjoys farm life, shares video of planting rice saplings in ankle-deep water



Actor Salman Khan is thoroughly enjoying farming these days. He, along with some members of his family and staff, have taken to farming in a major way in his Panvel farmhouse. Salman on Tuesday shared a new video. Sharing it, Salman simply wrote: “Rice plantation done.” The video shows the Bharat actor planting rice saplings in ankle-deep paddy fields . He cuts the picture of a modern farmer in shorts, t-shirt and a cap. There are other people on the job too; in the group of people are his rumoured girlfriend Iulia Vantur and his nephew Nirvaan. There are other staff members too. The video looks beautiful; with green hills around the place. Once the planting is done, the camera pans across the field to show a job well done.

On Monday, Salman had shared a video of himself on a tractor, ploughing the plot of land. At another time, he had shared a picture of wet mud smeared all over his body along with a note of appreciation and gratitude to farmers of the country. Not just Salman, Iulia too is clearly enjoying the process. Some time back, she had posted an equally

engrossing post of farming and had written: “I spent many of my summer holidays at the country side as a child and I use to enjoy helping my grandparents working the land, planting seeds, taking care of the animals. It is very rewarding. I've never planted rice before so this was a new experience for me.”

Just before the coronavirus-related lockdown came into force, Salman had moved into his Panvel farmhouse with some members of his family. The actor has stayed put there since then. He had been giving glimpses of his life there, which includes horse-riding sessions, lazing around in the farm, doing odd jobs like cleaning the place among other things. He has also released a few songs, shot and produced in the farm. One of them featured Jacqueline Fernandez.

On the work front, just before the lockdown set in, Salman had been shooting for his upcoming film, Radhe Your Most Wanted Bhai. The film also stars Disha Patani and Randeep Hooda. It was scheduled to release on Eid but was postponed due to coronavirus pandemic.

Not Sushant Singh Rajput, Paani shelved due to creative differences with Shekhar Kapur: Aditya Chopra tells police

The film Paani was not made because of creative differences with Shekhar Kapoor and had nothing to do with Sushant Singh Rajput, said the filmmaker Aditya Chopra, in his recorded statement with the Mumbai Police on Saturday pertaining to the deceased actor’s suicide case. As per the police officers involved in the case, Chopra was questioned about his movie Paani that was shelved later. The film that was to be directed by Shekhar Kapoor, had announced Sushant Singh Rajput in the lead role. The police recorded statements of 35 others before him, including the actor’s family members, people from the film fraternity including casting director Mukesh Chhabra, business manager Shruti Modi, PR manager Ankita Tehlani, actor Rhea Chakraborty, filmmaker Sanjay Leela Bhansali, among others. In a tweet to Union Home Minister Amit Shah earlier, Rhea Chakraborty had requested for CBI inquiry in the case. The actor was found dead at his Mumbai residence on June 14.



Sushant Singh Rajput’s sister Shweta shares heartbreaking post: ‘I wish I could just hold you one more time’



Sushant Singh Rajput’s sister Shweta Singh Kirti has changed her Facebook profile picture to a throwback picture with the late actor. She wrote in caption, “I wish I could just hold you one more time...”

The picture shows Sushant posing with Shweta at a family function. The brother-sister duo can be seen flashing big smiles for the camera.

Shweta had recently shared a special video created in the actor’s memory with the caption, “My Forever Star. A pain so precious so close tat u wldnt trade the world for it!! A wound so deep, so grave you wouldn’t and couldn’t ever share it!” It shows several candid moments of his personal life with Don McLean’s song Starry, Starry Night from the album American Pie playing in the background. The video begins with a quote in the beginning, ‘Somewhere between neurons and narratives I was born, lived (dreamt) and die - Sushant Singh Rajput’. Sushant can be seen reading on his tablet, playing a guitar, stargazing with his telescope, playing with his dog and dancing with him to Govinda’s song, Sona Kitna Sona Hai.

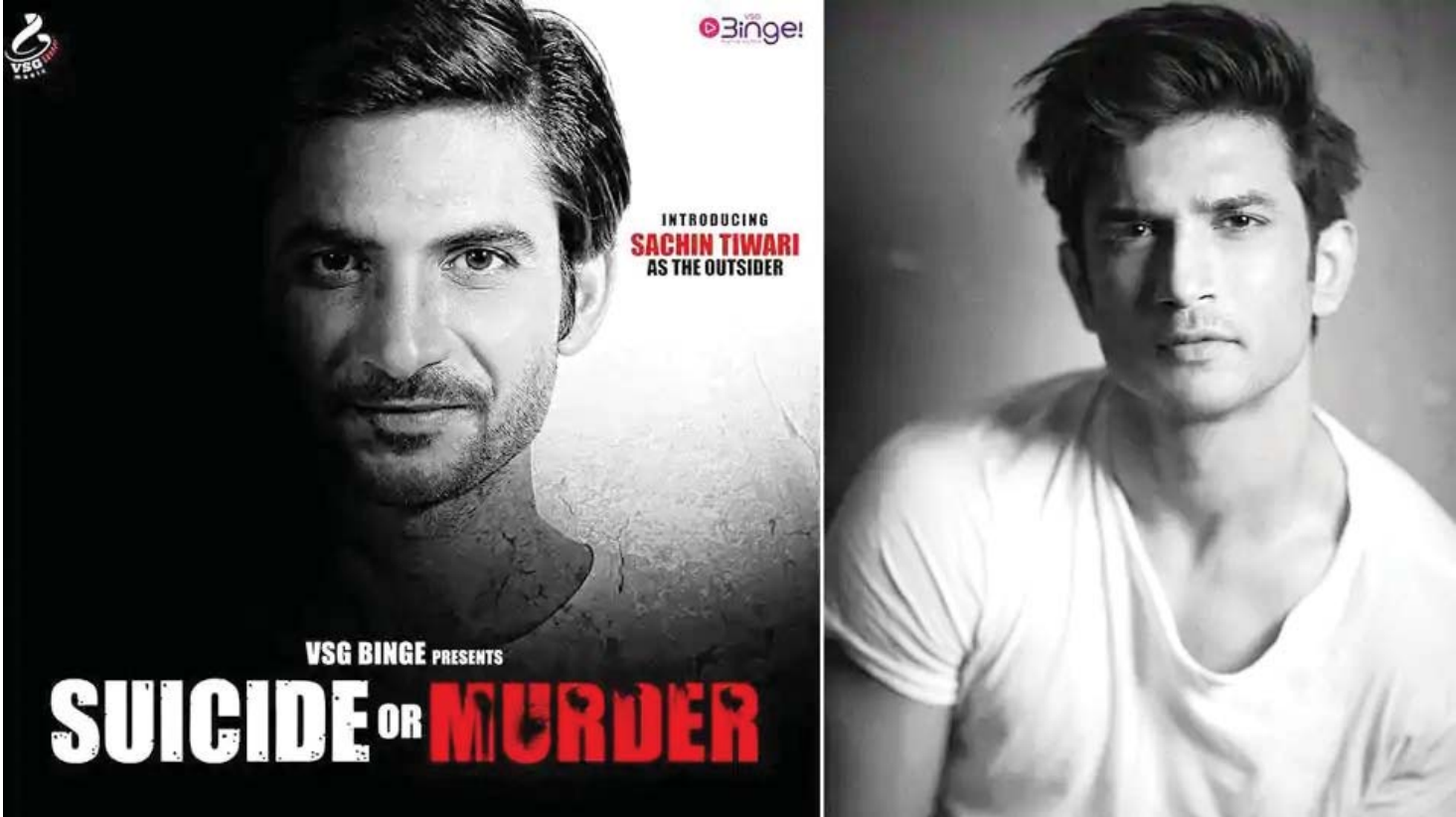
Sushant was found dead at his Mumbai apartment on June 14. He was suffering from depression. The Mumbai Police has recorded statements of many filmmakers, actors and friends of the actor in this regard. However, actor Shekhar Suman and a few others have demanded a CBI probe into the actor’s suicide case. The police have now recorded statements of three psychiatrists and a psychotherapist as part of their probe, a senior official said on Monday. Their “statements were recorded over the last three- four days” by the Bandra police who are probing the case, said Deputy Commissioner of Police (Zone IX) Abhishek Trimukhe. The late actor was consulting these mental health professionals and hence their statements were recorded as part of the ongoing probe, police said.

Shilpa Shetty reveals truth of social media: ‘Low days, heartbreaks, insecurities concealed behind a mask of filters’



Shilpa Shetty has penned a note on Instagram, urging her fans and followers to engage in constructive criticism and share only positive posts on the picture sharing platform. The actor has also asked people not to believe everything that they see on social media. Sharing an apt picture which shows a half-eaten apple that appears whole in the mirror, she wrote. “There’s so much on social media that is shared purely as a façade to cover the lives we lead. The hardships, the struggles, the low days, the heartbreaks, insecurities, and so much more are easily concealed behind a mask of filters... one that we’ve been wearing since time immemorial. Always remember, like we don’t put our difficulties on display on social media, neither do other people. Nobody’s life is perfect. Most are dealing with their own issues.. So, don’t let social media trick you into believing all that you see, and don’t allow it to play with your mind & emotions. Life isn’t a bed of roses for any of us, but we’re all in this together. Let’s try & make this medium a positive one with constructive criticism and care, to make us a healthier community, less negative & more positive ‘grams’ on this ‘gram’.” Shilpa kept her fans entertained and involved by sharing funny videos, workout tutorials, healthy recipes and humorous posts on Instagram throughout the lockdown. Most of her funny videos also feature her husband Raj Kundra and son Viaan.

Suicide or Murder poster: Sushant Singh Rajput’s doppelganger Sachin Tiwari to play lead role



Vijay Shekhar Gupta’s production *Suicide or Murder: A Star was Lost* will have TikTok star Sachin Tiwari in the lead role. Sachin, who found a fan following on social media given his resemblance to the late actor, also featured on the poster of the film. The first poster introduced Sachin as ‘The Outsider’. However, the film is not a biopic of the actor’s life, as per the makers, but inspired by his life. The film is expected to start shooting in September in Mumbai and Punjab, with a release expected at Christmas this year. Film’s producer told Indian Express, “Sushant Singh Rajput’s death by suicide came as a shock to all of us, but it is not new. Many actors who come the industry to accomplish their dreams of making it big here, end up not getting work. Many take this route, and some keep struggling all their lives. So, we wanted to tell a story of how actors

from small towns, who don’t have godfathers in Bollywood, struggle. We will be revealing other characters one by one. I can assure you that this film will definitely unmask the real face of the insiders of Bollywood.” The film will be directed by Shamik Maulik, with Shraddha Pandit composing music for the film. Sachin found recognition for his resemblance to Sushant. A fitness enthusiast, his Instagram page shows him doing different stunts. Thanking social media users, on July 2, he wrote on his Facebook page: “Hello Friends, You people are amazing, I never expected this kind of tremendous love. Thank you so much everyone for being with me. I created this page so that I can share more contents with everyone.”

JENNIFER ANISTON’S DOPPELGANGER TAKES THE INTERNET BY STORM. CAN YOU TELL THEM APART?



Instagram users were in for a surprise when they stumbled upon pictures of blogger Caitlin, who could very well pass for Jennifer Aniston’s identical twin. The pictures were first shared online by California-based hairstylist Steph Carrillo on Instagram. “I can assure you she is not Jennifer Aniston! Caitlin,” she captioned the pictures. Caitlin also took to her Instagram account to share pictures of her new hairdo. Many pointed out her resemblance to Jennifer in the comments section. “Wow. You do look like her but you’re still so beautiful in your own right,” one user wrote. “To me you look like you and jen could be sisters,” another wrote. Talking to Fox News, Caitlin said that she has been compared to Jennifer since high school, but she just does not see it. “I have never thought I look like her. I’m completely flattered, but side with those that disagree. Jennifer has been and always will be iconic for her beauty!” she said. “Since I was in high school, I’ve gotten the comments of looking like ‘Rachel from Friends,’ but never from family and friends. They don’t see the resemblance,” she added.



Meanwhile, Jennifer has been spreading awareness about the measures to take to protect oneself from Covid-19. She has been encouraging her fans to wear face masks in lengthy Instagram posts. Earlier this month, Jennifer shared a selfie of herself wearing a mask and wrote, “I understand masks are inconvenient and uncomfortable. But don’t you feel that it’s worse that businesses are shutting down... jobs are being lost... health care workers are hitting absolute exhaustion. And so many lives have been taken by this virus because we aren’t doing enough.” “I really do believe in the basic goodness of people so I know we can all do this. BUT still, there are many people in our country refusing to take the necessary steps to flatten the curve, and keep each other safe. People seem worried about their ‘rights being taken away’ by being asked to wear a mask. This simple and effective recommendation is being politicized at the expense of peoples’ lives. And it really shouldn’t be a debate. If you care about human life, please... just #wearadamnmask and encourage those around you to do the same,” she added.

MILIND SOMAN SPENDS LOCKDOWN IN LONAVALA, HAS A STRONG MESSAGE TO STAY POSITIVE: ‘LOVE YOURSELF’

Actor Milind Soman has moved to pristine Lonavala, a hill station located between Mumbai and Pune. The actor on Monday posted a new picture of himself with an equally strong powerful message to stay positive. He wrote: “Lockdown in Lonavala!! We are transformed little by little every moment. We are not the same as we were when we were children, or teenagers, or at any other age. Our bodies, our minds, our attitudes and perceptions are all changing due to internal and external influences. Everything we eat, read or watch, every interaction and conversation has an effect. Mindfulness and awareness help to identify and guide this transformation moment by moment so that we may become the people we want to be and create the world we want to live in. Stay positive. Love yourself. Surround yourself with love.” The picture shows bare-chested Milind posing for the camera, from behind lush green plants. His moustache, beard and hair are all in shades of grey but he looks every bit the star he is. Through much of the pandemic period, Milind had been messages of hope. Thinking aloud about life’s success mantra, he had said: “If you have a goal, first know your reason to achieve it with absolute clarity, understand what needs to be done to achieve it, in detail, and then give yourself NO CHOICE ! - success is inevitable - Transformation Series 2020.” Milind has been inspiring young and old to include some form of exercise into their daily regimen, irrespective of their surroundings or condition in life. To that effect, Milind shares videos and pictures of doing exercise of roof tops, middle class surroundings, and in no-fuss, non-gym setups. He debunks age-related issues as a deterrent to exercise by sharing his 81-year-old mother Usha’s videos.

NATASA STANKOVIC, HARDIK PANDYA ‘WALK TOWARDS HAPPINESS’ HAND IN HAND AS THEY AWAIT THEIR FIRST CHILD



Actor-dancer Natasa Stankovic and cricketer Hardik Pandya are all set to welcome their first child this year. Natasa has been keeping her fans updated with pictures as she looks forward to the arrival of the baby. Now Hardik has shared a new picture from a photoshoot on Instagram. He captioned the picture, “Walking towards happiness.” It shows the two of them holding hands and walking away from the camera amid lush green surroundings. While Hardik is in black casuals, Natasa is in a loose blue dress. Natasa had recently shared another picture from the photoshoot with a sweet message for Hardik. “You complete me @hardikpandya93,” she wrote. A few days ago, Natasa had shared a solo picture in which she could be seen cradling her baby bump. “Happiness is on the way. @hardikpandya93 #grateful #blessed,” she captioned it. Natasa had announced her pregnancy in May. She had written on



Instagram: “Hardik and I have shared a memorable journey together so far and now, it’s only going to get better Together, we are excited to welcome a new life into our lives very soon. We’re super excited for this new step of our life together and humbly ask your blessings and well wishes.” Natasa and Hardik had announced their engagement on January 1. The two had shared several pictures from a dreamy proposal on a yacht to break the news on Instagram. Natasha had posted a video which showed Hardik going down on one knee and proposing to her. She shared it with the caption, “Forever yes @hardikpandya93.” Natasa had participated with ex-boyfriend Aly Goni on dance reality show Nach Baliye. She was last seen grooving alongside Emraan Hashmi in the song Jhalak Dikhlaa Reloaded from the film The Body.

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NATASA STANKOVIC CRADLES BABY BUMP IN NEW PHOTOS, FANS ‘CAN’T WAIT FOR THE GOOD NEWS’



HARDIK PANDYA'S PARTNER NATASA STANKOVIC WAS SEEN CRADLING HER BABY BUMP IN NEW PICTURES SHARED ON INSTAGRAM. FORMER BIGG BOSS CONTESTANT AND DANCER NATASA STANKOVIC, WHO IS EXPECTING HER FIRST CHILD WITH CRICKETER HARDIK PANDYA, SHARED NEW PHOTOS ON HER INSTAGRAM PAGE. IN THE PICTURES, SHE IS WEARING A BLACK SPAGHETTI TOP AND CRADLING HER BABY BUMP. SHE HAS A RADIANT SMILE ON HER FACE.

Swara Bhasker mocks Kangana Ranaut’s comment, says she got independence for India in 1947. Her team hits back



Swara Bhasker has taken a jibe at Kangana Ranaut’s claim that her 2014 film Queen led to the birth of feminism in the Indian film industry. Kangana’s team has in turn accused Swara of trying “to simply distract from the culprits who killed Shushant.” Swara shared a clip from Kangana’s recent interview on Twitter and wrote in Hindi, “Kangana ji ran parallel cinema with ‘Pathar Panchali’ in 1955, She started Feminism with Queen in 2013, but first of all in 1947, she got India independence. - says an unknown sycophantic needy outsider, eating the fruits of sycophancy and licking fingers.” Kangana’s team account reacted to the tweet on Monday, “Dear @ReallySwara none of you were born in the golden era of Indian cinema, after Gangsters mafias and Dons took over the industry it became big stinking gutter and feminism and parallel cinema awakening happened with Queen 2014 if not please correct us when it happened ?” The team added in another tweet, “It’s evident your motive is to simply distract from the culprits who killed Shushant, people like you not only protect terrorists and anti nationals but also protect movie mafia dons, shame on you and your evil intentions...” The team wrote in another tweet, “Blood thirsty terrorism promoters urban naxals & anti nationals hv come out in full force, dey call them-

elves anti establishment bt nw ganging up on a lone warrior to protect people who psychologically &emotionally lynched Shushant,did dey say a word when he ws bullied & killed?” Kangana had called Swara, Taapsee Pannu and Richa Chadha “needy outsiders” and “B grade actresses” in a recent interview on Republic TV. She had said, “For me, I have only to lose here (in Bollywood) because I know tomorrow they (movie mafia gangs) will get some 20 needy outsiders like Taapsee Pannu and Swara Bhasker, who will get up and say, ‘Oh, only Kangana has problem with nepotism, but we love Karan Johar’. If you love Karan Johar, why you both are B-grade actresses? You are better looking than Alia Bhatt and Ananya Panday. You both are better actresses. Why don’t you get work? Your whole existence is a proof of nepotism. What are you telling me that how happy you are with the industry? So, I know this happen and the whole system will make me look like a mad person.” Reacting to the same, Swara had written on Twitter, “Okay so while on topic.. full disclosure & confession. I am needy. I need respectful public interaction. I need rationality and logic in debate. I need sane, civil and decent public discourse. I need rule of law. and I need FACTS ! What do you need? #NeedyOutsider.”

SONU SOOD COMES TO THE RESCUE OF JHARKHAND-BIHAR STUDENTS STUCK IN KYRGYZSTAN



There is finally a ray of hope for 20 medical students from Jharkhand and Bihar, among the 3,000 students from India stuck in Kyrgyzstan, near Russia. Saddam Khan, one of the students from Jharkhand, revealed that the process of rescuing and evacuating them have started, thanking Bollywood star Sonu Sood, former Baharagora MLA Kunal Sarangi and social worker Rekha Mishra for their efforts. “We thank Sonu Sood, Kunal Sarangi and Rekha Mishra for their collective effort to help 3000 Indian students pursuing medical degree at Asian Medical Institute (AMI) in Kyrgyzstan, one of the many nations worst hit by global pandemic Covid-19. The process to rescue us and evacuate us has started and Sonu Sood has assured us that we need not pay any flight charge for our journey back to India,” Saddam said in his tweet.

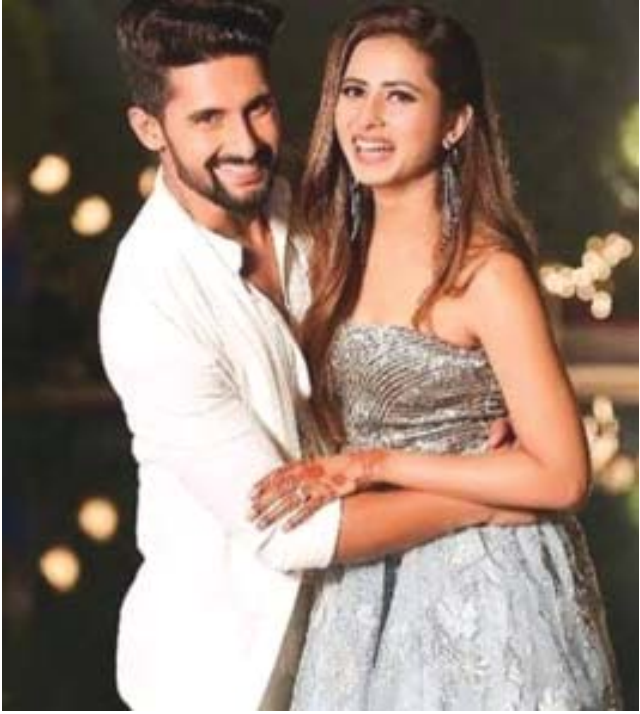
Kunal said he had tweeted the plight of about 3,000 Indian students, including about 20 from Jharkhand and Bihar, currently stuck in Kyrgyzstan tagging Ministry of External Affairs (MEA) and Jharkhand chief minister Hemant Soren and attaching an emotional video message by the stranded students on July 14. “One of the 20 students from Jharkhand and Bihar is from Jamshedpur. It would not have been possible without the active efforts by Sonu Sood. He had contacted Yadav, one of the students, on the mobile number shared by them in the video message,” said Sarangi on Monday. “The next day, Sonu Sood retweeted my tweet and got in touch with the students in Kyrgyzstan through the mobile number of a student I had shared in my tweet. “Please e-mail me the details of the students so that the rescue and evacuation process could be planned and initiated,” Sood tweeted on July 15 evening. The video message was addressed to Prime Minister Narendra Modi, Hemant Soren, the Indian government, Jharkhand government and politician Vishnu Dayal Ram. “The last evacuation flight by India from Kyrgyzstan was on July 15. We are about 3000 students stuck in Kyrgyzstan who study at Asian Medical Institute here. The number of Covid-19 cases are surging here and there is not adequate medical facility to save their own citizens. We request for evacuating us urgently to save our lives. We request Jharkhand and Bihar governments to arrange a flight to Gaya which will be convenient for students from both the states,” a student from Palamu said in the video.

Saif Ali Khan to move to bigger apartment with Kareena Kapoor, Taimur, actor overseeing renovation during free time



Saif Ali Khan has revealed his family is planning to move to a bigger apartment, situated opposite to their current residence. The actor is currently overseeing the renovation work at the new house and will give his old flat for rent. On being asked why he was regularly spotted outside his house, Saif told Mumbai Mirror in an interview, “Our new home is being renovated, which is why I hop across to see how things are coming along and not because I feel cooped in. I’m enjoying this time with my family. My sister Soha and her husband Kunal (Kemmu) come over sometimes, as do my kids Sara and Ibrahim. My other sister, Saba, too, has moved to Mumbai. Only, mother (Sharmila Tagore) is in a rented apartment in Delhi because the lockdown happened while she was doing up her place. So now, even she is overseeing the renovation work there. She is a real trooper and never complains.” Saif and Kareena recently hosted Soha-Kunal and their daughter Inaaya and Sara Ali Khan and brother Ibrahim over the weekend. The next day, Sara shared the news of her driver testing positive for coronavirus. Saif said he was concerned about it but added, “Anyone can get infected, so the stigma that has come to be attached to it doesn’t make sense. Medical costs are astronomical, so it’s important to stay home and safe.” On the work front, Saif has quite a few projects in his kitty. He is yet to complete the remaining shoot for Bunty Aur Babli sequel. He said there are plans to begin shooting for Bhoot Police in August but is uncertain of its exact schedule amid coronavirus pandemic. He also hopes to work on the Vikram Vedha remake with Aamir Khan but, again points, out at a looming uncertainty in the current situation.

We should seek excellence but we don’t: Ravi Dubey



Actor Ravi Dubey turned poet with Aankade, where he urges people to pay attention to talent rather than numbers. Talking about the dig at the industry’s box office obsession, he says, “box office collections, TV ratings, views on songs is the lens through which we are judged in the industry and gauges your potential. If you get the numbers all is well but if you don’t, kya aap kamyab kalaakar nahin? Our self worth usually is tied to validation from others and they judge us by numbers.” In the poem, he explains that the not-so-good content works “because niyat kalaakar aur aankade star bante hain. A product should be about quality, which sadly it isn’t”. Dubey stresses that this scenario of chasing numbers starts from childhood, with grades and first salary and continues all your life. “And not just showbiz but every industry. We should seek excellence but we don’t. The need and ability to push ourselves should not be undermined by numbers and rat race. Today, the world is changing and while earlier only a certain kind of content worked, today people are ready to experiment and audiences want only good content. There have been times when people go to see a film that made R200 at the box office and later feel it was not a good film. We have seen that a lot of hype is created around a product and if a 100 people have seen it, we should too, as it must be good but that is not a given.” He also shared how the pressure of numbers has stopped during the lockdown, motivating people to invest in productive activities and making them fall in love with their skills. “When most creative people start their journeys, everyone dreams of doing their best and showing their talent, but soon in this business, you end up looking at each other and then start changing and focusing more on the numbers than talent. Now we have to focus on what makes us happy and excel in creativity,” he says.



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MidWeek Sports

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Team India needs to serve 14-day quarantine in Adelaide before series opener against Australia



The chief executive of Cricket Australia (CA), Nick Hockley, has announced that Team India cricketers and staff will most likely be asked to undergo two weeks of quarantine before the four-match Test series. As per the recent reports of ESPNCricinfo, this scenario will also bring the Adelaide Oval and its newly constructed hotel firmly into view as the sort of biosecure bubble.

"The two-week quarantine is pretty well-defined. What we are working on is making sure that even within that quarantine environment, the players have got the absolute best training facilities, so that their preparation for the matches is as optimal as it can possibly be," ESPNCricinfo quoted Hockey as saying.

"Certainly the fact that the Adelaide Oval has a hotel. It does provide a facility not dissimilar to Old Trafford or Ageas Bowl where the hotels are integrated into the venue," he added.

India and Australia are set to take on each other in a four-match Test

series, scheduled to start from December 4 at Brisbane.

Hockley further claimed that an exacting standard of biosecurity and testing will also be practised before the series kicks off as the coronavirus cases are on the rise in the subcontinent.

"It's widely known and it's unlikely that international travel restrictions would have lifted by the time that India will be due to come into the country. Clearly there will be testing regimes. We will be able to test people before that they get on to the plane and it is the nature of the situation of making sure we have the quarantine arrangements in line with government and health authority protocols," Hockley said.

"The key thing for the players is that there's regular testing and that we appropriately quarantine them when they come in and all of those plans are currently in development," he added. On Monday, the ICC Men's T20 World Cup 2020 scheduled to take place in Australia this year got officially postponed after the ICC board met virtually.

ICC RANKINGS: BEN STOKES DETHRONES JASON HOLDER TO BECOME NUMBER ONE ALL-ROUNDER IN TESTS



England's Ben Stokes on Tuesday dethroned Jason Holder to become the number one all-rounder in the Test format after his fiery performance against West Indies in the second Test.

Stokes had produced a match-winning performance against West Indies in the second Test to give England a 113-run win.

The England all-rounder, who trailed Holder by 54 rating points going into the second Test in Manchester, now enjoys a lead of 38 points after his performance in the second Test.

Stokes has ended Holder's 18-month reign at the top, becoming the first from England at the summit since Andrew Flintoff in May 2006. His 497 rating points is the highest by any Test all-rounder since Jacques Kallis aggregated 517 in April 2008.

The left-handed batsman now has 497 points in the all-rounder rankings, while second-placed Jason Holder has 459 points.

In the second Test, Ben Stokes was named as Man of the Match. For England, the second Test win was laid on Stokes' immense all-round haul of 254 runs and three wickets, including the key wicket of

Jermaine Blackwood on the stroke of tea on the final day of the match. The left-handed batsman had played a knock of 176 in the first innings, while in the second, he scored a quickfire 78 not out from just 57 balls.

As a result of this batting performance, Stokes has also gained the number three spot in the ICC Test batsmen rankings.

Among batsmen, Stokes is joint-third with Marnus Labuschagne, only behind Steve Smith and Virat Kohli and with specialist batsmen like Kane Williamson and Babar Azam below him in the list.

His captain Joe Root is ninth while opener Dom Sibley has advanced 29 places to a career-best 35th position after a sturdy first innings 120. Stuart Broad, who was not picked for the opening Test, returned to the top 10 after claiming three wickets in each innings. He is now England's top-ranked bowler, one slot ahead of James Anderson, who dropped to 11th after being rested for the match.

Chris Woakes, who scalped five in the match to reach the 100-wicket mark, is in 21st position, his highest since late 2016.

Here's how Tiruppur Police used MS Dhoni's name to spread social distancing awareness



The coronavirus outbreak has brought most daily activities to a halt with people needing to maintain all social distancing norms to create a safer environment for everyone.

In a bit to raise social-distancing awareness, Tiruppur Police came up with a unique move and used former Team India skipper MS Dhoni's name to emphasise the importance of maintaining social distancing protocols for the safety of each other.

Tiruppur, a city in Tamil Nadu, is widely considered as Dhoni's second home due to the 39-year-old being a key member of Chennai Super Kings (CSK) since the inaugural season of the Indian Premier League (IPL) back in 2008.

Mahi, who is also known by the name of Thala, is one of the most popular characters in this part of the world.

"#tnpolice #Tiruppur #tiruppurcitypolice M S D-maintain social distance," Tiruppur police captioned their post on Twitter.

India's coronavirus cases tally has gone up to 10,77,618, out of which there are 3,73,379 active cases and 6,77,423 patients have been cured/discharged/migrated.

The death toll has gone up to 26,816 over the past few days too.

Frontline health workers like ASHAs and ANMs have done a commendable job of managing the migrant population and to enhance awareness at the community level.

Centre, the State/UT governments have ramped up the testing and hospital infrastructure by combining public and private sector efforts, health ministry went on to say.

World Test Championship: England earn 40 points as they level series 1-1 against West Indies

England claimed a series-levelling win by 113 runs in the three-match Wisden Trophy 2020 series, after setting a target of 312 against West Indies. Shamarh Brook and Jermaine Blackwood kept going on a good pace as they both got their half-centuries, but all-rounder Ben Stokes was in their way.

Stokes churned up a century in over 250 balls in an innings and then went on to smash a fifty at over 120 in the same match. He even bowled 11 over spells and got five wickets overall.

The series is level at 1-1 which is being played behind closed doors due to the COVID-19 pandemic. Windies won the first Test in Southampton. The third test will also be played in Manchester.

The World Test Championship points table is still led by India, who have lost only two and won seven of the nine Tests they have played so far. With 360 points India rule the table followed by Australia (296 points) and New Zealand (180).

England surpass New Zealand and now sit on the third spot with 186 points. West Indies, on the other hand, continue to sit on the seventh spot with only 40 points. Points in the WTC are evenly distributed over the number of matches in a series (two to five), the points varying from 60 for each match of a two-Test series to 24 for each match of a five-Test series.

The ICC World Test Championship has been introduced to add context to the longest format of the game with nine teams featuring in matches which were decided by the Member countries as per their bilateral agreements. Bangladesh and Pakistan are the other teams in the championship.

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ENG VS WI: BEN STOKES RECEIVES HUGE COMPLIMENT FROM SACHIN TENDULKAR FOR CLASS-OOZING PERFORMANCE



Former Team India cricketer Sachin Tendulkar has showered praises over Ben Stokes for his class-oozing performance against West Indies during England's 2nd Test match at Old Trafford in Manchester. The legendary batsman took to social media to express his thoughts about Stokes, who acted as the win on England's sails to secure a 113-run victory to level the series 1-1. In the match, Stokes helped his side hoist 176-run in the first innings with an inspiring 57-ball 78 against a steaming Windies bowling attack. Reacting to this, Sachin took to Twitter and labelled the English allrounder's performance as 'remarkable'.

"Great comeback by England to win this Test. This is turning out to be a brilliant Test Series! England have been superb & the way @benstokes38 has played is just remarkable. It will be a great finale to this Series! Looking forward to the 3rd Test already! #ENGvWI," Tendulkar wrote. Stokes' inspirational innings also earned him the man of the match award for the 2nd Test. Speaking about his different roles in both the innings, Ben said: "Both completely different roles, last night and this morning was simple in terms of what we needed to do to get ahead of the game." The third and final Test match, which is now the series decided, is scheduled to start from July 24.

ENG VS PAK: PACER MOHAMMAD AMIR TO JOIN SQUAD IN ENGLAND SOON, SHOAIB MALIK'S DEPARTURE DELAYED



Pacer Mohammad Amir, who earlier pulled out of the upcoming England tour, will join the Pakistan squad following the birth of his second daughter last week. The Pakistan Cricket Board (PCB) also announced that it has agreed to send Mohammad Imran, a masseur at the National High-Performance Centre, to England on the request of the team management. "As part of the process, both Amir and Imran underwent COVID-19 tests on Monday and require two negative tests to be eligible to travel to the United Kingdom. If their first tests return negative, they will be moved to a bio-secure environment in Lahore where their second tests will be conducted on Wednesday, with the expected departures over the weekend," PCB said in a statement. PCB said that as soon as Amir will join the squad, reserve wicketkeeper-batsman Rohail Nazir will be released from his duties. Pakistan's cricket governing body further stated that the departure of Shoaib Malik to England has been delayed until the second week of August. "Meanwhile, the departure of Shoaib Malik to England has been delayed until the second week of August after India extended the ban on international flights until 31 July, which, in turn, has delayed a planned family reunion. When Shoaib Malik will join the squad for the T20I series, which starts on 28 August in Manchester, the team management will release a player," the statement read. Pakistan are slated to play three Tests and as many T20Is against England. The first Test will begin on August 5.

ICC Men's T20 World Cup 2020 postponed due to coronavirus, opens doors for IPL

The ICC Men's T20 World Cup 2020 scheduled to take place in Australia this year has been officially postponed after the ICC board met virtually on Monday. The global event was supposed to be held from October 18 to November 15 but the country's cricket board expressed its inability to host the massive tournament amid a second surge of COVID-19 cases in the state of Victoria. **Future dates?** Due to the uncertainty about when it will be safe to again host a major sporting event with full stadiums, the International Cricket Council (ICC) said it will continue to assess the impact of COVID-19 before making a final decision. **The windows for the Men's events are:** — ICC Men's T20 World Cup 2021 will be held October – November 2021 with the final on 14 November 2021 — ICC Men's T20 World Cup 2022 will be held October – November 2022 with the final on 13 November 2022 — ICC Men's Cricket World Cup 2023 will be held in India October – November 2023 with the final



on 26 November 2023 **Opens doors for IPL?** The 13th edition of the Indian Premier League (IPL) is rumoured to be hosted by United Arab Emirates (UAE). The tournament was only possible if the scheduled ICC T20 World Cup would get postponed, the Board of Control for Cricket in India (BCCI) Apex Council member said. BCCI are also looking at a shortened window of 5 to 6 weeks for IPL 2020 between September and early November. "We had a discussion on domestic cricket, but at the moment we are looking at the situation, no concrete decision was taken because of the situation until you get government clearance you can not decide anything, we have to conduct training camp for the players, we cannot go to NCA as Bengaluru is witnessing a surge in COVID cases."

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'PLAYED AGAINST MS DHONIA LOT, SO TO SHARE A DRESSING ROOM WAS AWESOME': MITCHELL SANTNER ABOUT HIS STINT WITH CSK

New Zealand spinner Mitchell Santner, who was picked by Chennai Super Kings (CSK), talks about playing under MS Dhoni and how the Indian Premier League (IPL) is the pinnacle of all T20 tournaments.

Santner was picked by CSK in the IPL 2018 auction, but he was injured and missed playing in the tournament that year. However, the spinner did play a few games for the team in the 2019 edition.

"Yeah, the IPL, I guess, is the pinnacle of all T20 tournaments and I was pretty excited when I was picked up in 2018. There are some world-class spinners in Chennai to talk to and play with - guys like Harbhajan Singh, who I've watched a lot of, Ravindra Jadeja and Imran Tahir as well," ESPNcricinfo quoted Santner as saying.

"When I got injured the first year, I was pretty disappointed, but I was given the opportunity last time around to go and experience it. It's an unbelievable tournament and definitely the best cricket going around in terms of T20 leagues," he added.

The Kiwi spinner also said that he gained a lot of experience after his stint in the Indian T20 tournament and playing under MS Dhoni.

"I've played against Dhoni a lot, so to share a dressing room with him and talk to him about how he goes about things was awesome. Even guys like Suresh Raina - you watched him from other teams you go with," Santner said.

"The IPL last year was a cool experience as well. It was the first time for me playing at a ground where it spins more, in Chennai, which is nice because you don't have to do too much. You try and fire it into the wicket and let the wicket do the rest. I guess, for me, it's about trying to adapt to the conditions as early as possible and find what will be the most attacking ball on each surface," he added.

Santner played a total of four matches in the 2019 edition for CSK



and took four wickets.

The IPL 2020 edition was slated to commence from March 29, but it had to be postponed indefinitely due to the coronavirus pandemic. However, speculations are rife that the tournament might go ahead if the T20 World Cup, slated for October-November, gets postponed.

Santner has so far played 22 Tests, 72 ODIs, and 44 T20Is for New Zealand. He has taken 162 wickets across all formats. The 28-year-old was last seen in action in an ODI match against Australia in March this year. In that particular fixture, Santner picked up two wickets and scored 14 runs.

Like Gautam Gambhir the cricketer but not as a human being: Shahid Afridi

Former Pakistani cricketer Shahid Afridi recently said that even though he has issues with Gautam Gambhir as a human being but there is no denying that he likes the former Indian opener as a batsman.

Ever since that iconic clash happened between Afridi and Gambhir during India vs Pakistan ODI match in Kapur back in 2007, the duo has shared a much fiery relationship with each other. However, that has not stopped the former Pak allrounder from praising Gambhir's undoubtedly abilities with the cricket bat.

"As a cricketer, as a batsman, I've liked him always but as a human being he sometimes says certain things, gives certain treatment that you feel just let it be, he has some problems. His physio has already highlighted that," Afridi to Zainab Abbas in an interview.

Afridi spoke on the comments by Paddy Upton, who had pointed out how Gambhir behaved after scoring a century and stressing on the mistakes he made. "Using the popular notion of mental toughness, he was one of the weakest and mentally most insecure' people I have worked with," Upton had written.

Previously, Gambhir had bashed Afridi for his controversial comment on Kashmir.

"Pak has 7 lakh force backed by 20 Cr ppl says 16 yr old man @SAfridiOfficial. Yet begging for Kashmir for 70 yrs. Jokers like Afridi, Imran & Bajwa can spew venom against India & PM @narendramodi ji to fool Pak ppl but won't get Kashmir till judgment day! Remember Bangladesh?" Gambhir wrote on Twitter.



HERE'S WHY BCCI WILL PAY FORMER IPL FRANCHISE DECCAN CHARGERS RS 4,800 CRORE



The Board of Control for Cricket in India (BCCI) has been ordered to pay Rs 4,800 crore to Deccan Chronicles Holding Ltd (DCHL) over the termination of the company's Indian Premier League (IPL) franchise team (Deccan Chargers) as per an arbitrator, a DCHL lawyer claimed. The lawyer further added that the arbitrator also held the termination of the franchise as illegal.

Back on August 11, 2012, BCCI issued a show-cause notice for termination of the franchise to DCHL (aka Deccan Chargers). However, according to the lawyer, the termination official happened a day before the 30-day expiry period of the granted to respond to the notice. DCHL thus approached the Bombay High Court appealed that their termination was arbitrary.

In September 2012, the HC also appointed retired Supreme Court Justice C K Thakker as the sole Arbitrator to determine the matter.

"The sole arbitrator on Friday upheld the termination to be illegal and granted damages to the tune of Rs 630 crores and compensation to DCHL to the tune of Rs 4160 crores," Maneesha Dhir, Managing Partner of Dhir & Dhir Associates, who appeared for DCHL was quoted as saying by The Indian Express.

"DCHL has also been granted Rs 36 crore as an admitted amount payable under the Franchise Agreement," he added.

During the inaugural season of the IPL back in 2008, Deccan Chargers were one of the 8 classic sides who went on to dominate the domestic T20 circuit in India alongside Chennai Super Kings.

'Finally some good news': This is how Rohit Sharma celebrated Real Madrid's La Liga title win



Team India cricketer and La Liga ambassador Rohit Sharma congratulated Real Madrid on their 34th league title win on Friday (July 17). The devastating opening batsman took to Twitter and expressed his thoughts on how the 'Los Blancos' really come together during these tough times.

"Another title in the bag. Real Madrid truly came together as a team during these tough times. Congratulations! Finally some good news in a year that is severely lacking any. #No34 #HalaMadrid @LaLiga @realmadrid," Rohit wrote on Twitter. Real Madrid defeated Villarreal 2-1 to seal the La Liga 2019-20 title on July 16. In the match, Zinedine Zidane's men dominated their opponents completely with Benzema bagging two goals for his side in the 29th and 77th minute of the game. Villarreal managed to pull one back through Vicente Iborra's 83rd-minute goal, but it was not enough to stop the 'Royal Whites' from winning the game. In the final game of the 2019-2020 La Liga season, Real Madrid will be taking on Leganes on July 20.



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'Y'ALL TRIED TO LOCK ME UP': KANYE WEST TWEETS AND DELETES CRYPTIC POSTS ABOUT KIM KARDASHIAN, KRIS JENNER



RAPPER KANYE WEST IS GOING ON A TWITTER RANT

AFTER ANNOUNCING THAT HE WILL BE RUNNING FOR PRESIDENT IN THE UNITED STATES, KANYE WEST HAS BEEN POSTING CRYPTIC NOTES ON HIS TWITTER PAGE. HE HAS BEEN TALKING ABOUT WIFE KIM KARDASHIAN, THEIR KIDS AND ALSO HER MOTHER KRIS JENNER. THE AMERICAN RAPPER IS GOING ON A MAJOR CONFESSION SPREE AND IT HAS GOT THE ATTENTION OF THE NETIZENS FROM THE WORD 'GO'. AS PER AN INTERNATIONAL PORTAL, KANYE TWEETED, "Y'ALL TRIED TO LOCK ME UP" WHILE HINTING AT KIM AND KRIS. HOWEVER, MANY OF THE TWEETS HAVE BEEN DELETED. KANYE ALSO WROTE, "KRISS [SIC] DON'T PLAY WITH ME YOU AND THAT CALMYE ARE NOT ALLOWED AROUND MY CHILDREN." HE FURTHER TWEETED, "EVERYBODY KNOWS THE MOVIE GET OUT IS ABOUT ME."

Nissan plans 30% cut in global output through December, report says



TOKYO- Nissan Motor Co. is planning a 30 percent year-on-year cut in global vehicle production through December as falling demand due to the COVID-19 pandemic complicates its turnaround efforts, two people with knowledge of the matter told Reuters. Japan's No. 2 automaker plans to produce around 2.6 million vehicles between April and December, down from 3.7 million during the same period last year, the people said. Nissan made 4.6 million cars in the financial year ended March. The sources spoke on condition of anonymity as the information is not public. Nissan, which has yet to announce a sales forecast for this financial year, declined to comment on its production plans. Global automakers are struggling after factories were shuttered earlier this year to stem the spread of the pandemic. Car dealerships were also closed in many countries, pummeling vehicle sales in March through May, although the fall in sales slowed in June as economies started to reopen. The pandemic has been particularly difficult for Nissan, which was already grappling with falling sales and a deteriorating cash position. In May, it unveiled a far-reaching restructuring plan after posting its first annual loss in 11 years.

COMMON BLOOD TEST CAN ADVANCE HEART FAILURE TREATMENT

NEW YORK: Researchers have developed a new use for a common blood test, which could provide potentially life-saving treatment for heart failure. According to the study, published in the journal Frontiers in Physiology, biomedical experts believe that half of heart failure patients likely have low levels of the thyroid hormone T3 in their cardiac tissue. A growing number of studies suggest that low cardiac T3 may significantly contribute to a patient's symptoms and underlying heart dysfunction. The symptoms of low cardiac T3 are also virtually indistinguishable from other conditions that lead to heart failure, suggesting that a significant number of underlying heart dysfunction and heart failure symptoms may actually be caused by a treatable T3 hormone imbalance. "Despite this treatability, clinicians are hesitant to prescribe T3 to heart patients, as too much of the hormone could accidentally trigger an irregular heart beat," the study authors from New York Institute of Technology (NYIT) in the US, wrote. In addition, no method has yet been identified to titrate, or continually measure and adjust, for the dosage of T3 needed to safely restore the heart's thyroid hormone function. Now, an existing biomarker called brain natriuretic peptide (BNP) may provide the much-needed solution, the researchers said.

Home Sales Returned To Their Booming Ways In June Amid Pandemic

OTTAWA — The Canadian Real Estate Association (CREA) says home sales continued to rebound in June after plunging earlier this year due to the pandemic. The association said Wednesday that sales in June were up 63 per cent on a month-over-month basis, while the number of newly listed properties climbed 49.5 per cent from May to June. Compared with a year ago, sales in June were up 15.2 per cent. The actual national average price for homes sold in June was almost \$539,000, up 6.5 per cent from the same month last year. The real estate industry came to a near standstill earlier this year as non-essential businesses closed to help slow the spread of the COVID-19 pandemic. CREA said the jump in sales returned them to "normal levels" for June, noting they were up 150 per cent from where they were in April. But while it may be hitting "normal levels," the overall market is "obviously not back to normal at this point," said Shaun Cathcart, CREA's senior economist.

"The market has recovered much faster than many would have thought, but what happens later this year remains a big question mark," said Cathcart in a statement. "That said, daily tracking suggests that July, at least, will be even stronger." Though the numbers, at a glance, appear to suggest there was not "anything amiss in the economy whatsoever," BMO chief economist Douglas Porter said the housing market now must keep up its momentum. Porter said that looking further out, the market will have to balance slowing immigration levels, low interest rates and short housing supply — creating a "tension" with "lasting scars from the shutdowns." "Home sales, prices and starts have effectively regained all the ground lost during the shutdown," Porter wrote in a note to clients. "However, fair point that some of this outsized strength is simply pent-up demand for the lost sales from the key spring season."



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IS IT SAFE TO GO TO THE GYM DURING THE CORONAVIRUS PANDEMIC?



Is it safe to go to the gym during the coronavirus pandemic? It depends on where you live and the precautions you and the gym take. If cases of COVID-19 are poorly controlled where you live, experts say it's best to stay away. But if you live in an area where the spread is being contained, there are ways to minimize risk when going for a workout. To ensure everyone stays at least 6 feet apart, gyms should take steps such as moving machines, blocking off areas and limiting the number of people allowed inside, says Dr. Marybeth Sexton, an assistant professor of infectious dis-

eases at Emory University. Avoiding the locker room, bringing your own water bottle and using hand sanitizer also helps reduce risk, Sexton says. The U.S. Centers for Disease Control and Prevention also suggests checking in online, rather than in person, and seeking activities that are outdoors instead of indoors when possible. Gym staff should be cleaning exercise machines between uses and regularly wiping down other frequently touched areas with products that kill viruses. And experts say face coverings should be worn at the gym when-

ever possible. Sexton also suggests bringing a backup mask. If the one you're wearing gets really damp with sweat, she says it might not be as effective. Even for those being careful, gyms pose a risk. Many are indoors, where ventilation is limited and social distancing can be challenging. In an ongoing pandemic, if you can manage to break a sweat without returning to the gym just yet, that's the best option, according to Sexton. "If you can exercise by yourself outside, that's safer than being at the gym," she said.

MEDITATION AND YOGA MIGHT AID COVID-19 TREATMENT, SAYS STUDY

A recent study explores the healing benefits of yoga and meditation practices as potential adjunctive treatments of Covid-19 in peer-reviewed journal JACM, The Journal of Alternative and Complementary Medicine. Deepak Chopra, University of California, San Diego and William Bushell of Massachusetts Institute of Technology and co-authors from Harvard University and Harvard T.H. Chan School of Public Health describe the anti-inflammatory effects associated with meditation and yoga. The 'brief overview of key subjects' found "there is evidence of stress and inflammation modulation, and also preliminary evidence for possible forms of immune system enhancement, accompanying the practice of certain forms of meditation, yoga, and pranayama, along with potential implications for counteracting some forms of infectious challenges." The authors also "readily acknowledge that in the context of the SARS-CoV-2 pandemic, the ideas put forth in this article must be put to further rigorous scientific investigation." "The paper is another in a series in JACM and in other integrative medicine journals suggesting that research agencies in the United States and Europe would serve their citizens by upping their exploration of the potential contributions of natural health practices, especially amidst the present dearth of conventional treatments," said JACM Editor-in-Chief John Weeks.



Mosquitoes cannot spread Covid: Study

WASHINGTON: Scientists have confirmed for the first time that the novel coronavirus behind the Covid-19 pandemic cannot be transmitted to people by mosquitoes, a finding that adds evidence to WHO's claim that the disease is not mosquito-borne. The research, published in the journal Scientific Reports, provided the first experimental evidence on the capacity of SARS-CoV-2, the virus that causes Covid-19 disease, to infect and be transmitted by mosquitoes. "Here we provide the first experimental data to investigate the capacity of SARS-CoV-2 to infect and be transmitted by mosquitoes," the study noted. "While the World Health Organization (WHO) has definitively stated that mosquitoes cannot transmit the virus, our study is the first to provide conclusive data supporting the theory," said Stephen Higgs, a co-author of the research from Kansas State University in the US. Samples collected by the scientists within two hours of inoculation in mosquitoes confirmed efficient delivery of infectious viruses to these insects.



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