

- AUTO
- REAL ESTATE
- BODY & SOUL

# Mid Week LIFESTYLE

ESSENTIAL WINTER  
SKINCARE TIPS YOU MUST  
FOLLOW | P27



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## KAREENA KAPOOR KHAN LOOKS CUTE IN STRIPED-PLEATED DRESS; LAUNCHES 'WHAT WOMEN WANT' SEASON 3



THERE'S NO STOPPING FOR KAREENA KAPOOR KHAN AS SHE KEEPS HERSELF BUSY WITH WORK. THE ACTOR WHO WRAPPED THE SHOOT OF HER FILM LAAL SINGH CHADHA HAS KICKSTARTED THE THIRD SEASON OF HER RADIO SHOW WHAT WOMEN WANT. ON SUNDAY, KAREENA, WHO IS PREGNANT WITH HER SECOND CHILD WAS CLICKED AT A POPULAR STUDIO IN MUMBAI. SHE LAUNCHED THE SHOW AND POSED IN A STYLISH LOOK FOR THE PAPARAZZI PRESENT THERE.

## HOME SALES 25% UP, PRICE 13.7% UP IN GTA



Home sales in the Greater Toronto Area (GTA) were up again year-over-year for the fourth month in a row. Our Members made 10,563 sales as reported through the Toronto Regional Real Estate Board's MLS® System in October 2020. This was up by 25.1 per cent compared to 8,445 transactions in October 2019. Sales and new listings reached record levels for the month of October. However, year-over-year growth rates for sales and new listings diverged in some market segments. In the detached market segment, the pace of annual sales growth far outstripped growth in new list-

ings. Conversely, the condominium apartment market segment experienced more than double the new listings compared to October 2019, whereas sales were only up by 2.2 per cent over the same period. "Competition between buyers of single-family homes, and particularly detached houses, remained strong last month and continued to support double-digit annual rates of price growth in many GTA neighborhoods. In contrast, condo buyers have benefitted from much more choice compared to last year. Pre-COVID polling had already pointed to an increase in investor selling in 2020. The pandemic only added to this trend with a stall in economic growth and a halt to tourism impacting cashflows for many investors," said Lisa Patel, TRREB's President. The MLS® HPI Composite Benchmark was up by 10.8 per cent on a year-over-year basis in October 2020. The average selling price for all home types combined was \$968,318 – up by 13.7 per cent compared to \$851,877 in October 2019. "Year-to-date home sales through October were above last year's level. The economic recovery in some sectors coupled with low borrowing costs has kept home purchases top-of-mind for many GTA residents. With this being said, we have not accounted for all of the pent-up demand that resulted from the spring downturn. Expect record or near-record home sales for the remainder of 2020," said Jason Mercer, TRREB's Chief Market Analyst.

## CORONAVIRUS PANDEMIC WILL DEAL BLOW TO LUXURY MARKET, ANALYST WARNS



General Motors is recalling more than 217,000 cars and SUVs in the U.S. and Canada because transmission oil can leak, causing them to stop moving or possibly catch fire. The recall covers certain versions of the 2018 through 2020 Chevrolet Equinox and Traverse as well as the GMC Terrain. Also included are the 2018 Chevrolet Malibu and 2018 and 2019 Chevrolet Cruze and Buick LaCrosse, as well as the 2019 through 2020 Buick Encore and Enclave, the Cadillac XT4, GMC Acadia and Chevrolet Blazer. The 2020 Cadillac XT6 also is covered. GM says in government documents posted last weekend that two bolts may be missing from the stop-start mechanism, allowing the fluid to leak. The company says it has no reports of crashes, fires or injuries. Dealers will inspect the mechanism and replace bolts if they're missing. The recall is expected to start December 14.

## WHAT THE DICKENS, LET'S FIGHT THE STRESS OF CORONAVIRUS

TORONTO (IDN) – Humanity is in the midst of an unfolding global public health crisis caused by the COVID-19 pandemic. The virus is spreading at an alarming rate and there are no vaccines or approved treatments so far, except assisted breathing. Mental stress affects all of us to a greater or lesser degree just like physical stress. We need to learn how to cope with the stress, fear and anxiety in these exceptionally difficult times. We need to safeguard the physical and mental health of ourselves and our loved ones. We must stay home and maintain physical distancing with a sense of togetherness, unity and social caring. "Soap and water and common sense are the best disinfectants." (William Osler). If Charles Dickens was alive today, he would have said, "It is the best of times, it is the worst of times, it is the age of wisdom, it is the age of foolishness, it is the epoch of belief, it is the epoch of incredulity, it is the season of Light, it is the season of Darkness, it is the spring of hope, it is the winter of despair, we have everything before us, we have nothing before us. ..." (Tale of Two Cities by Charles Dickens) It is the best of times, as we have the best selfless and dedicated frontline health providers, the best medical equipment, the best hospitals and the best scientific knowledge to deal with the infectious COVID-19 pandemic. It is the worst of times, given our greed, selfishness, lack of common sense, lack of faith, lack of compassion for others, lack of unity, lack of cooperation with the preventative guidelines and safety protocols.



CONT'D. ON PAGE 31



KIARA ADVANI



SARA ALI KHAN



SHRADDHA KAPOOR



URVASHI RAUTELA



RAKUL PREET SINGH

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# HERE ARE 4 FOODS YOU MUST AVOID GIVING YOUR CHILDREN DURING COLD, FLU SEASON



When kids have flu, the last thing they want to do is eat. It's certainly okay to eat a little less with the flu, as children likely have a reduced appetite. Still, they will need to eat small amounts of the right foods to provide them with energy and nutrients while recovering. Picking just one from rows of dry fruits, meats, dairy products or oil can appear a daunting task for some of us.

Today, we bring to you some foods that your kids should avoid eating during winters to stay healthy during this season. Let us take a look at the foods which kids should avoid eating during winters.

### SUGARY FOODS

Avoid sugary foods to prevent exposing your kids to viral infections. Simple sugar in general, is bad for kids. Too much sugar can reduce white blood cells, which increases the risk of developing infections and other related diseases.

Sodas, chemical beverages, candies, chocolate, cold drinks, and other processed foods are some of the foods you should avoid.

### DAIRY PRODUCTS

Dairy products contain animal proteins, which can be harmful to kids during winter and can lead to congestion, which may further deteriorate their condition.

Refrain from giving dairy products such as cheese and cream during

winters to avoid the production of mucus.

Also, limit kids' consumption of milk as much as you can. Instead, give them seasonal foods to avoid such problems.

### HISTAMINE RICH FOODS

Histamine is a chemical involved in the making and secreting stomach acid.

However, eating a histamine rich diet in winters can have a negative impact as it can induce the production of mucus, which can lead to health problems and can even make it difficult for your kid to swallow food.

Mayonnaise, dried fruits, mushrooms, vinegar, bananas, spinach, soy sauce, pickles, strawberries, papaya, fermented foods, smoked fish, yogurt, eggplant and foods that contain artificial preservatives should be avoided.

### FRIED FOOD AND ITEMS

Deep-fried foods – mostly the ones that are fried in fats and oils derived from animal products – can be a severe problem in kids during winters. Fried food causes thickening of saliva and mucus and may lead to an uneasy feeling.

Such foods are very harmful to your kids and must be avoided from being served to them.

## Richa Chadha takes to Urdu shayari



When a start-to-finish schedule was lined up for her upcoming project in Lucknow, Richa Chadha was happy to be back at work. Keeping true to her style, the actress spent time honing her Urdu pronunciation, or talaffuz, for her character. Though her character in the movie doesn't speak Urdu per se, there's a lehja or manner which she sought to perfect.

## Maniesh Paul bags a Dharma project!

Television host Maniesh Paul has been roped-in for Dharma Productions' next film Jug Jug Jiyo, which is going to be directed by Raj Mehta.

The actor will play a pivotal character for the film that stars Varun Dhawan, Kiara Advani, Neetu Kapoor and Anil Kapoor.

Touted to be a family drama, the film will see Varun paired opposite Kiara. Neeta Kapoor and Anil Kapoor will be portraying the roles of parents.

A source says, "Maniesh Paul has been recently signed for the film, there have been various discussions and readings so as to mould the character for the actor. He plays a very important role which impacts the film."



# I AM MORE FEARLESS NOW, SAYS ACTOR BOBBY DEOL

In the hugely popular web series Aashram, he takes to the throne-like seat as if to the manor born and in this zoom conference Bobby Deol relaxes in a winged chair at his home with the same ease. Only charming and handsome as ever, it's hard to imagine Prakash Jha could see a conniving baba in him! Even Bobby was taken aback and quizzed the director with whom he had been pining to work with for a long time, "Are you sure? Am I hearing it right?" But then he gives full marks to Jha his belief that he could pull off a character like Nirala Baba. Sure Bobby has played some grey shades in his career before too in films like Race 3. But these he reminds were "Not so abominable and were justified in the end." To step into the shoes of a man whose actions have no justification whatsoever was easier said than done. So, what were the reference points? Bobby explains it as simply as possible. "In my life, especially in my 25-year-long journey in Bollywood, I have come across some good people and some bad ones. As human beings we all have the good and bad in us. And I tapped into those experiences and emotions." He wants to play diverse parts yet admits, "Bad boys intrigue us more as human beings." The fact that this particular bad man is drawn from real life is something he denies blatantly. "I don't think Nirala baba is fashioned after any real godman. It is fiction."



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# ESSENTIAL WINTER SKINCARE TIPS YOU MUST FOLLOW



When it comes to skincare, choosing from a plethora of products can feel downright confusing. Picking just one from rows of cleansers, toners, scrubs, moisturizers, and serums can appear a daunting task. While you spend time checking out one product after the other, the question remains the same - which skincare product is right for you? Well, the answer depends upon the type of skin one possesses and the season of the year. While skin types can be broadly classified in dry, oily, combination, acne-prone, and sensitive, the basic skincare routines throughout the season stay the same. Just a few adjustments and you`re sorted.

Dolly Kumar, Cosmetic Engineer and Founder & Director at Cosmic Nutracos Solutions Pvt. Ltd., the parent company to skincare brand Skinella shares her skincare guide for all skin types.

**Cleansing:** Cleansing your skin is the first step for any skincare routine, as it will remove any makeup, dirt, excess oils, and build-up on your skin. Double cleansing has become quite popular recently, where you use an oil-based cleanser to break down any makeup on your skin followed by foam or gel cleanser to remove everything. Those with dry skin should try not to go overboard as it can rip your skin of natural oils when using a hard cleanser.

**Toning:** Toner helps achieve the skin`s pH balance. You can either spritz a mild toner on your face or take a small amount on a cotton pad and swipe it all over the face. A good toner tightens pores over regular use and lends an enviable glow to your skin.

**Exfoliation:** Using an exfoliator once or twice a week will help remove dead skin cells and keep your skin looking brighter. If you have sensitive skin, a very gentle exfoliation such as a lower percentage gly-

colic acid would be best suited. However, don`t scrub your skin too hard or too often with an exfoliator as this can damage your skin.

**Moisturising:** The job of the moisturiser is to aid in hydrating and softening the skin. More specifically, finding the right formula is key here. It must nourish and restore your skin efficiently without leaving it feeling greasy or heavy.

**SPF:** We can`t stress enough how important this step is, because SPF is the single most important treatment for your skin with major benefits, and it`s not just for the summer months. The sooner you start using sunscreen, the better your skin will look and feel in the long run. The UVA and UVB rays of the sun result in ageing, fine lines, wrinkles, dark spots, and of course, skin cancer, which is why wearing sunscreen must be an indispensable part of skincare.

Now that we`ve covered the daily skincare routine, you may be wondering what products to add to your arsenal. This is perhaps the most important part. Although advanced digital technologies and marketing tools are working in the background to influence your purchase decisions, a user must be careful about the kinds of ingredients that go inside these skincare products. This is where you need to be 100 percent sure that the products you choose have no harsh chemicals and contain all-natural ingredients or the power of superfoods. This means choosing skincare products the same way you will choose your platter - healthy, colourful, and nutritious.

Instead of just consuming superfoods such as avocado, kale, oats, honey, goji berries, and more, which are packed with antioxidants, why not try applying them in the form of skincare? Using such products can protect your skin from the damage caused by free radicals.

These radicals cause collagen breakdown, which leads to dull, saggy skin, wrinkles, and skin inflammation - which is one of the main reasons for skin sensitivity and pigmentation issues. So, give your skin the food that it needs to look its best.

Here are a few tips to help you further your skincare routine via some lifestyle changes:

**Eat fresh fruits and veggies:** Fruit and vegetables contain powerful antioxidants that help to protect skin from the cellular damage caused by free radicals, smoking, pollution, and sunlight. These pollutants can cause wrinkling and age spots. To help prevent skin damage, eat a rainbow of colourful fruits and vegetables, and aim for at least five portions a day.

**Drink plenty of water:** Skin needs moisture to stay flexible. Even mild dehydration will cause your skin to look dry, tired, and slightly grey. You should drink six to eight glasses of water a day. Even if you`re working from home, keep a bottle of water on your desk to remind you to drink. Don`t forget that some fruits and vegetables, such as watermelon, and cucumber, also contribute fluids - the added benefit is that the minerals they contain will increase the rate you hydrate your body and skin.

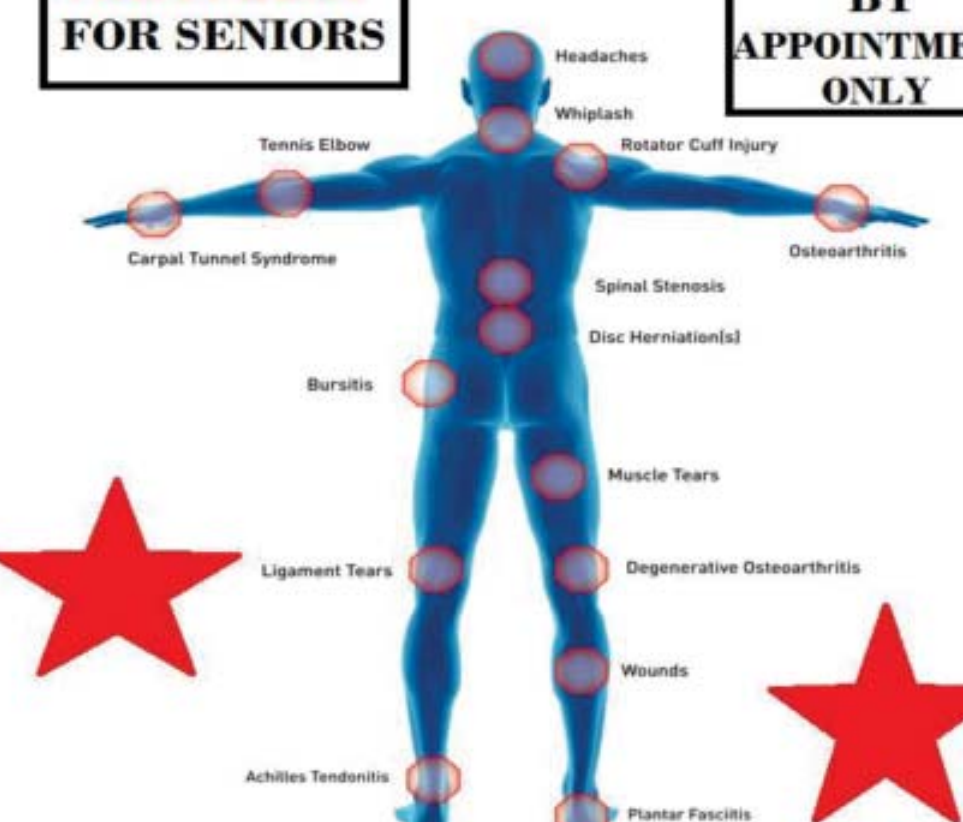
**Exercise:** By getting the heart rate up and improving blood circulation, exercising can help to deliver oxygen and nutrients to the skin - a big anti-ageing secret. It keeps your skin healthy and promotes the production of collagen and new skin cells to help you with glowing skin. While you follow this daily routine, it is also equally important to eat well. It`s worth considering the possibility that alkaline foods like fruits, vegetables, raw nuts, and soy do wonders for your skin by providing your body with nutrients that maintain the pH level of your blood.



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# HINA KHAN'S FLORAL SHARARA SET IS AN EFFORTLESS DIWALI LOOK



Diwali approaches in a few days, and the shopping for the big day has already begun. Each person is buying a gift for their loved ones along with themselves. The festival, which marks the beginning of a new year according to the Hindu calendar, also sees people wear new clothes. During this time, renowned Television actress Hina Khan posted a look which is the ideal Diwali fashion inspiration. She shared

images of her in a floral sharara suit and it is most definitely worth the investment, considering how she pulled off the look. The simple yet vibrant attire, designed by Tasha, is the perfect Diwali look. It also does not take much effort. You could accessorize it with jewellery or not, and still look effortless on the festive season. More so, the outfit comes with a mask keeping COVID-19 safety in mind.

## Varun Dhawan-Sara Ali Khan promote 'Coolie No 1'; actor dons three different looks



Varun Dhawan and Sara Ali Khan are promoting their upcoming film Coolie No 1 in full swing in Mumbai. This is the first time the actors are paired opposite each other, and David Dhawan directs the film. On Sunday, Varun and Sara stepped out in the city and visited a popular studio for promotional activities of Coolie No 1.

During their stint, Varun donned three different looks going from formal to casual cool. On the other hand, Sara Ali Khan donned a stylish look and was all smiles for the shutterbugs present there. The actor also did her iconic 'Namaste' pose while getting clicked by the paps.

## NATIONAL CANCER AWARENESS DAY 2020: HISTORY, FACTS, SIGNIFICANCE, TREATMENT



National Cancer Awareness Day is celebrated in India today. The day is important, for it educates people about the serious threat that is cancer. According to the World Health Organization (WHO), cancer is the second-deadliest disease which causes death among people. The condition of people dying by cancer in India is a serious threat to the nation. In 2018, 1.5 million people from India, died of cancer. Thus, to raise awareness about cancer, the day is observed on November 7.

**History:**  
Union Health Minister Dr. Harsh Vardhan first announced National Cancer Awareness Day in September 2014. He launched the state-level movement on cancer control, and encouraged people to report to municipal clinics for free screening. A booklet talking about early symptoms of cancer and how to avoid getting it, was also distributed.

**Facts:**  
- A woman dies of cervical cancer every eight minutes.  
- Tobacco chewing has been directly linked to cancer, leading to most deaths in the year 2018.  
- While males are prone to dying by cancer of oral cavity and lungs, women could die of breast cancer and oral cavity cancer.

**Symptoms of cancer:**  
While it is advisable to undergo a screening to detect cancer, here are a few symptoms which might raise the alarm.

- Continuous diarrhoea
- Consistent cough and blood in saliva
- Unexplained anaemia
- Breast lumps
- Change in urination
- Blood in stool

**Treatment:**  
National Pharmaceutical Pricing Authority (NPPA) launched Pilot on Trade Margin Rationalisation for 42 anti-cancer drugs. The initiative was taken to make the treatment affordable to the common man. Other therapies are:

- Immunotherapy
- Chemotherapy
- Radiation Therapy
- Hormone Therapy
- Targeted Therapy
- Stem Cell Transplant
- Surgery
- Precision Medicine

**Prevention:**  
Maintaining a healthy diet and weight helps long-term in fighting cancer. Apart from that, here are the other precautions which can be taken.

- Get vaccinated
- Sun Protection
- Don't use tobacco
- Regular check-ups

*Happy Diwali & Bandi Chhor Divas to all of you!*

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# Dhanteras 2020: Date, time, significance



Dhanteras, also known as Dhantrayodashi, will mark the beginning of the festival of Diwali. Just a few days are pending for the festival to commence.

The festival is celebrated along with Trayodashi Tithi (Thirteenth tithi), Krishna Paksha (waning phase of the Moon) of Kartik Maas.

Lord Kubera, Lord Dhanvantari, Yamraj and Goddess Lakshmi are worshipped by devotees on the day.

**SIGNIFICANCE:**

It is believed that Lord Dhanvantari (the God of medicines) and Devi Lakshmi (Goddess of wealth) emerged from the ocean bed during Satyug on the day.

Lord Dhanvantari, is believed to be an avatar of Lord Vishnu, held the

kalash containing Amrit (immortality).

This year, in 2020, Dhanteras falls on November 13.

**TRAYODASHI TITHI:**

The Trayodashi Tithi begins at 9:30 PM on November 12 and ends at 5:59 PM on November 13.

**SHUBH MUHURAT:**

The puja is usually performed after sunset. The Pradosh Kaal Muhurat is especially considered holy for Dhanteras Puja. The muhurat for that is 5.28 pm to 8.07 pm on November 13.

The Vrishabha Kaal, however, is ideal for Dhanteras Puja rituals. It begins at 5.32 pm and ends at 7.28 pm on November 13.

The Yama Deepa Shubh Mahurat is from 5.28 pm to 5.59 pm.

# KAREENA KAPOOR KHAN'S LATEST LOOK IS ALL ABOUT COMFORTABLE MATERNITY FASHION



Actress Kareena Kapoor Khan, who is all set to welcome her second child in 2021 with actor-husband Saif Ali Khan, on Thursday stepped out in comfortable maternity clothes, for an evening stroll.

Bebo, as she is fondly called, who is often papped out and about in Mumbai city or even outside while she is devoting time towards her professional commitments or catching up with friends and family for a get-together, stepped out in Bandra, dressed in a chic yet comfortable pink and white checkered ankle-length dress, giving major maternity fashion goals.

Kareena teamed her outfit with golden sliders and a white face-mask and rounded off her look with a messy bun. She was snapped taking a stroll in her building premises.

Earlier, on Wednesday, Kareena was clicked by the paparazzi while making her way towards her home in a white outfit. In the photos, Kareena is seen in a comfortable, over-sized white sheer layered midi dress with lace around the

neckline. On November 5 photos of the 'Udta Punjab' actress from a family get-together attended by Riddhima Kapoor Sahni, Aadar Jain, Armaan Jain, Anissa Malhotra and other Kapoor family members for a Karwa Chauth celebration, had gone viral on social media.

Kareena was snapped sporting the 'Fia Pink set' comprising of 'chanderi modal kurta and pajama with chudidhar sleeves with fine ankle-length pants' from Gulabo Jaipur.

The B-town diva looked elegant in the comfortable and classy outfit and managed to make a style statement.

Meanwhile, on the work front, Kareena will be next seen in 'Laal Singh Chaddha' opposite Aamir Khan. She recently wrapped the shooting of the film in Delhi and took to her Instagram handle to share a photo with co-actor Aamir to make the announcement. Helmed by Advait Chandon, the film is an adaptation of Tom Hanks starrer 'Forrest Gump'. The film is slated for release during Christmas 2021.

## 'Don` t allow age to determine what you can do': Shilpa Shetty shares fitness mantra



Shilpa Shetty on Tuesday shared a mantra to stay fit, positive and increase self-confidence.

The actress, who defies age with her fitness, took to her verified Twitter account to share a photo where she can be seen performing yoga amidst mountains.

"The power and potential to achieve all that your heart desires invested in your mind. Don` t allow your age to determine what you can and can` t do. Surround yourself with people and situations that emit positivity. Your determination stems from within. Work on the energy within and around you. Believe YOU CAN and trust me, YOU WILL!" tweeted the actress, who is currently in scenic Manali.

Shilpa is known for being a fitness enthusiast and yoga lover. She keeps sharing photos and videos of her performing yoga asanas and shares words of encouragement for her followers on social media.

On Monday, Shilpa had shared a video performing an asana. The actress also revealed the benefits of the asana. She wrote: "Being able to connect with your inner self amid the quiet surroundings of Manali is a blessing. When the mind is at peace, nothing seems difficult to do. This flow is the Eka pada Navasana going in to Supta Padmasana. It helps improve blood circulation while it strengthens the core, lower back, and pelvic muscles. Additionally, it stretches the hamstring and ankles too! No matter what your day looks like, make sure to dedicate a few minutes to yoga. Try it!" Shilpa is currently shooting for her upcoming film "Hungama 2" in the hill town Manali. The comedy film, directed by Priyadarshan, also stars Paresh Rawal, Meezaan and Pranitha Subhash.

## Alia Bhatt looks glamorous in latest photoshoot, shares fresh take on Cinderella story



B-town diva Alia Bhatt's fashion choices seldom fail to impress. Her looks, whether on-screen and off-screen, have often set off trends and inspired fashion enthusiasts to take a cue. Keeping this in mind, it's wouldn't be wrong if we say that she is one of the most promising faces and fashion diva that the Hindi film industry has seen in recent times.

Backing that is Alia's recent Instagram photos that prove that the 'Raazi' star is a symbol of perfection when it comes to styling and making chic sartorial selections.

In a recent bold avatar, the 'Sadak 2' actress looked ethereal in a finely crafted ensemble, sourced from the atelier of couturier Georges Hobeika's ready-to-wear spring/summer 2021 collection that is 'designed for the deepest dreams and most pleasurable escapes'.

Looking alluring in a monochrome checkered ensemble that featured a short dress with sensual cuts and a majestic royal checkered cape, Alia posed for the shutterbugs with utmost perfection.

While sharing the photos on her Instagram account, Alia added a little note that read, Cinderella never wished for a prince, all she asked for was a new dress and night out (sic)."



HAPPY DIWALI AND BANDI CHHOR DIWAS TO ALL OF YOU!

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# ANUSHKA SHARMA SETS YET ANOTHER EXAMPLE IN SUSTAINABLE MATERNITY FASHION; GUESS THE PRICE OF HER DRESS



Mom-to-be Anushka Sharma, actor, and wife of RCB captain and Indian skipper Virat Kohli, yet again came out in support of Royal Challengers Bangalore vs their match with Chennai Super Kings in the Dream 11 Indian Premier League (IPL) 2020. Anushka was clicked during the match, pictures of which went viral on the internet. The mother-to-be chose a burnt orange dress for the occasion, RCB colours, flaunting her baby bump as she stood in support of her husband. For the match, Anushka chose an easy empire waist and flowy butterfly sleeves burnt orange dress, combining comfort and a striking hue in one ensemble. She teamed her dress with a golden watch, ring, and loop earrings. So simple and elegant was her dress that we looked for it online and were in awe of how affordable and elegant Anushka's maternity fashion was.

Anushka wore an ASOS DESIGN "Maternity midi tea dress in burnt orange". The dress cost £19.45 which is INR 1,873. Wow! It is worth taking a tip or 10 from Anushka on sustainable fashion. For the uninformed, Virat and Anushka are expecting their first child together in January 2021. Anushka broke the news on her Instagram handle with a photo of her in a black polka-dot dress and Virat standing behind her in a white t-shirt. "And then, we were three! Arriving Jan 2021," she wrote alongside the picture. Earlier, Anushka had also posted of picture of herself enjoying some pool time, clad in a black monokini. Before that, she took to her Instagram page and shared a beautiful candid click cradling her baby bump. She could be seen standing against the backdrop of a beautiful beach. Anushka was seen wearing a white full-sleeved top and a blue blot-printed skirt.

## Katrina Kaif achieves perfect brunch look with pink floral print dress; Can you guess the price?

Katrina Kaif on Thursday celebrated the 1st anniversary of her brand Kay Beauty, thus creating her very own products of makeup. Taking to Instagram, the actress posted a picture dressed in a floral dress. She captioned her post saying, "Kay Beauty Turns 1. Celebrating a ONEderful year of new product launches, beauty ranges, accomplishments & our ever growing #KayKommunity I couldn't be more proud of our journey so far. Thank you all for supporting us, loving us so much ,It wouldn't be the same without any of you....Also stay tuned for something super EXCITING coming..... launching tomorrow." Katrina's post garnered likes and good wishes from her fans but what stood out was her gorgeous dress by Gauri & Nainika. For the uninformed, Katrina wore a V-neck pouf sleeve frilled short dress by the brand. So simple and elegant was her dress that we looked for it online and were in awe of its beauty. Katrina wore a pink floral print dress. The dress cost a whopping INR 38,000. As per a report in Elle, while speaking about Kay Beauty Katrina had said, "For as long as I can remember, make-up has been an innate part of my journey, from runway to the big screen, and finally I rendered my love for it to launch Kay Beauty. After spending years donning different looks, it was time that I created make-up that feels comfortable on the skin but also looks great."



*Happy Diwali & Bandi Chhor Divas to all of you!*

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# WHAT THE DICKENS, LET'S FIGHT THE STRESS OF CORONAVIRUS

CONTD. FROM PAGE 25

It is the age of wisdom, as we have been able to extract knowledge from the overwhelming flow of information and the wisdom to act appropriately and safely. It is the age of foolishness, as many of us have defied the safety precautions, ignored hygiene guidelines of handwashing, indulged in the hoarding of household items, acted unethically in price gouging, and do not practice social distancing and social isolation.

It is the epoch of belief, as we have hope and faith in the Creator that tomorrow will be a better day for all humanity. Patience, empathy and compassion in tribulations are noble virtues indeed. It is the epoch of incredulity, as many of us harbour fear of the unknown, have doubts in our system, and some are cynical.

It is the season of Light, as we have learned to overcome every difficulty with our faith in the Creator, our spiritual strength, our realistic optimism, our resilience, our ability of emulating patience, self-denial and sacrifices, and our compassion and charity for the needy and the poor. It is the season of Darkness, as tragically many precious lives have been lost due to COVID-19.

It is the spring of hope, as we humans have overcome many challenges posed by pandemics in the past; we shall succeed in conquering the virus and in flattening the curve of this pandemic. There is hope that effective treatments and vaccine will be available soon. It is the winter of despair, as we were not fully prepared for what is yet to come, we were tardive in taking immediate steps of containment, testing for the virus and mitigation. We have everything before us, as we have highly qualified medical, nursing, paramedic and public health staff, who are taking risks to save our lives. We have nothing

before us so far, as we lack evidence-based treatments and vaccines, lack of enough hospital beds, lack of ventilators and personal protective equipment, and the uncertainty of how long it will take to control the pandemic.

We have experienced sudden changes in our daily life, family life, work-life, social life and our financial situation. These changes and factors such as social isolation, shortages of household and food items, unemployment, worries about the uncertain future, and overload of news and social media have caused high levels of stress for many of us and precipitated despair, fear, anticipatory anxiety, apathy, sadness, panic and sleeplessness. Stress tends to compromise our immune system and weakens our body's response to infection and recovery.

We all need to cope with the stress on a daily basis, as stress increases exponentially like the COVID-19 virus. Stress is defined as a series of physiological or behavioural responses to an environmental or perceived threat or danger. The threat of the present pandemic is both environmental and perceived. We tend to show a heightened flight-or-fight response to the threat or danger. Everyone of us could experience some degree of stress differently, depending on many factors such as the capacity of resilience, personality traits, socio-economic status, social support and individual lifestyle.

Stress affects both the body and the mind. Most of us are worried well, although some might develop psychological symptoms of anxiety, depression, fear, anger, guilt, apathy, boredom and loneliness. Some of the bodily symptoms include insomnia or hypersomnia, fatigue, unexpected change in body weight, lack of appetite, muscle tension, headaches and pain. Some of the factors that increase our vulnerabil-



VIEWPOINT BY  
DR. DILKUSH PANJWANI \*

ity to stress include social isolation, alcohol and substance abuse, poor anger management, dysfunctional relationships, and chronic illnesses.

The ABCs of stress busters and stress management:

- A: Accept the inevitable situation  
Adhere to accurate facts from authentic sources  
Avoid alcohol or substance abuse, or excessive caffeine intake  
Avoid overindulgence in social media and television
- B: Balance work, family and leisure time  
Beware of phone scams and "text-scams"  
Beware of sensationalism in news and social media  
Boundaries on time spent for news and social media
- C: Common sense in screening fake information  
Compassion and charitable contributions to the needy
- D: Deep diaphragmatic breathing exercises five times daily
- E: Exercise the body and mind to relieve tension and boost immune system
- F: Family communication and support on regular basis  
Fasting intermittently for the body,

- mind and soul
- G: Godliness and faith in the meaning of suffering as a blessing rather than punishment gives courage and strength to fight stress
- H: Hope dispels fear and overcomes tribulations  
Humour that is not offensive releases tension
- I: Imagery: mental imagination of the sounds and sights of nature and of pleasant experiences of the past
- J: Journaling: keep a diary of your feelings
- K: Kindness toward others uplifts your spirits
- L: Love all to enhance your brain's chemicals
- M: Mindfulness meditation, music and massage  
Mindful eating
- N: Nutritional foods and vitamin supplements
- O: Optimistic attitude of the future  
One day at a time approach  
Organize your daily routine
- P: Prayer uplifts your soul with positive energy  
Prudent financial management and savings
- Q: Quiet time for peaceful contemplation
- R: Relaxation exercises daily and relaxation apps with visual cues
- S: Sleep enough to revitalize your body and mind  
Smile often  
Spiritual mindset to renew your hope and patience  
Stay in contact with family and friends virtually

- Stretching exercises to ease muscle tension  
Social distancing with a sense of closeness
- T: Time management every day  
Togetherness and sense of belonging even in social isolation  
Tele-Counselling/therapy online via telephone or secure video
- U: Use your time wisely and avoid procrastination
- V: Volunteer to assist the elderly and the disabled  
Virtual work from home
- W: Wash your hands often  
Waste not your food and resources
- X: Exit all negative thoughts from your mind
- Y: You and you alone have the power to adapt to change  
Yoga for healthy body, mind and soul
- Z: Zealous enthusiasm keeps you going one day at a time  
In closing, let us reflect on what the pandemic has taught us:  
Let us salute and express our gratitude to all the selfless frontline healthcare workers, law enforcement officers, paramedics, firefighters, and all essential service providers, as they are risking their lives to serve the sick and the frail members of our society. Notwithstanding the risk, doctors are also faced with making tough ethical decisions.  
Let us transcend cultural, racial, religious, linguistic and social differences, as we are all equal.  
Let us make humanity our race.  
Let us believe that coronavirus does not threaten the existence of humanity.  
Let us accept that our lives have a meaning, purpose and value.  
Let us appreciate the importance

of maintaining a balance between family, work and leisure.  
Let us value health more than wealth.  
Let there be no place for ego, pride, prejudice or hatred.  
Let us keep our faith and hope alive for this pandemic is not the end.  
Let us help the most vulnerable persons in our society, as our moral character is reflected by how we treat our weakest fellow human beings.  
Let us together make this a new beginning of a better life and a better peaceful world.  
Let us strive to change ourselves, even though we might not be able to change the current situation.  
Let us all become citizens of the world and work for humanity across borders with cosmopolitan ethics.  
In the end, "Truth alone will endure, all the rest will be swept away..." - M.K. Gandhi.  
Author's note: The phrase 'What the dickens' has nothing to do with Charles Dickens. It is a euphemism that Shakespeare used in 'the Merry Wives of Windsor'.  
\* Dr. Dikhush Panjwani is a highly qualified psychiatrist who is an assistant professor at the University of Toronto's department of psychiatry and consultant staff psychiatrist at Trillium Health Partners. As a community psychiatrist for over 30 years, Dr. Panjwani has vigorously promoted dignity for those suffering from mental health issues and workplace injuries, dedicated his career to helping patients without access to care, and advocated to end the social stigma of mental illness. He has also promoted pluralism by connecting diverse community organizations and initiating interfaith and intercultural dialogue. He was appointed to the Order of Ontario in recognition of his outstanding contribution and achievements.

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# ANANYA PANDAY DEFINES HER STYLES AS 'COMFORTABLE, EASY, LESS IS MORE'



Bollywood newbie Ananya Panday defines her style as "comfortable, easy and less is more". In a round of rapid-fire with IANS, the Student of the Year 2 actor reveals more about her fashion choices and essentials. Talking about her mantra to relatable fashion, Ananya said, "Fashion that appeals to my varied personalities and moods." Sharing about her fashion preferences, the Khaali Peeli actor replied, "It depends on my mood. Lazy - the comfy outfit, Mad weird - quirky outfit, Diva, glam - Elegant outfit." On preference about her favourite accessories, Ananya went on to share, "Accessories that lift your looks, a fun watch and a stylish bag are my go-to accessories." Ananya also revealed who according to her is stylish Bollywood actor. She said, "I think everyone has their

own unique style and sense of fashion but if I had to pick one it would probably be Deepika (Padukone). She's experimental, chic and effortlessly cool." Folds and pleats are the fashion trends Ananya is currently obsessed with. She also shared her three fashion essentials. "A nice pair of fitted jeans, sneakers and of course a super chic watch to add some glam," said Ananya. "My go-to outfit is probably shorts, oversized hoodie and sneakers," concluded Panday. Meanwhile, on the work front, Ananya is currently in Goa where she has kickstarted shoot for her upcoming film directed by Shakun Batra. The film also stars Deepika Padukone and Siddhant Chaturvedi in the lead roles. Ananya also has pan-Indian film Fighter opposite Vijay Deverakonda.

## ONLY 9 AUSPICIOUS DAYS FOR THOSE WHO ARE LOOKING TO GET MARRIED IN 2020, KNOW WHEN

This year the COVID-19 pandemic has jeopardised the grand wedding plans of many couples. Many had to postpone their wedding or go for an intimate wedding ceremony with only a limited number of invitees. Several couples also resorted to virtual wedding ceremonies this year. However, those Hindu couples who are looking to tie the knot this year, have very few auspicious days left till December. Even 2021 doesn't have too many auspicious dates owing to the bizarre planetary formulations. After November 25, which is Devutthan Ekadashi, there are only nine auspicious dates to get married in 2020. These are November 25, 27 and 30, and December 1, 6, 7, 9, 10 and 11. However, in 2021, there are no auspicious Hindu marriage dates between January and March. So, if you won't get married in 2020, you will have to wait till April 2021 for an auspicious day to get married to your beloved. This is because of the planetary positions of the Jupiter and Venus, which control the married life of couples. According to the Indian Sanatan Panchag, the auspicious muharats for marriage in 2020 are:

- November 25, 27 and 30
- December 1, 6, 7, 9, 10 and 11
- The auspicious muharats for marriage in 2021 till July are:
- April 25, 26, 27, 28, 30
- May 2, 4, 7, 8, 9, 13, 14, 21, 22, 23, 24, 26, 29, 30, 31
- June 5, 6, 17, 18, 19, 20, 21, 22, 24, 26, 28, 30
- July 1, 2, 3, 7, 15, 18

## UAE doctor shares pic of newborn baby yanking his mask off; internet sees it as ray of hope

With the coronavirus pandemic wreaking havoc on the world, wearing a mask and maintaining a safe distance has become the "new normal". However, amid this difficult time, even a small glimmer of hope sometimes goes a long way and this viral photo is proof of it. A recent picture of a newborn on the internet is winning hearts radiating hope and positivity. The picture of the infant in a hospital has gone viral and has become an image of hope. In the picture, shared by Dr Samer Cheaib, a newborn baby can be seen trying to yank away the doctor's surgical mask as he is holding the baby in his hand. The photo was posted on Instagram on October 5 and the infant was likely born just a few minutes before the picture was taken. A tiny being started its life by reaching out to take off something that is a stark reminder of our reality and that is what is appealing to so many people. What's more is the caption shared by the doctor. He wrote, "We all want sign are we going to take off the mask soon." The picture has become a viral hit. It has garnered more than 40 thousand likes on Instagram. One of the users wrote, "May your words come true doctor" while another said, "Tathastu" and "inshallah". Another commenter wrote, "The most beautiful pic I have seen. Hopefully, we will get rid of masks soon." Many users predict this as a sign for a better future, while others said it summed up the year 2020 for them.

## Soha Ali Khan sports kaftan with matching face-mask, keeps it 'simple yet stylish' in latest photo



Months after the coronavirus-induced lockdown forced everyone to stay at home, people from all walks of life, especially celebrities have been looking at clothing options to sport that home that can feel comfortable and yet be stylish. And giving us some fashion goals is actress Soha Ali Khan, who, in a recent Instagram post is setting new fashion trends, sporting a chic kaftan with matching face-mask. Probably taking 'kaftan' inspiration from sister-in-law Kareena Kapoor Khan, mommy to 3-year-old Inaaya, Soha kept it 'simple yet stylish' in a comfortable cotton block-printed kaftan that featured an elephant print design and teamed it with a matching mask from 'Rekh By Rohini Singh'.



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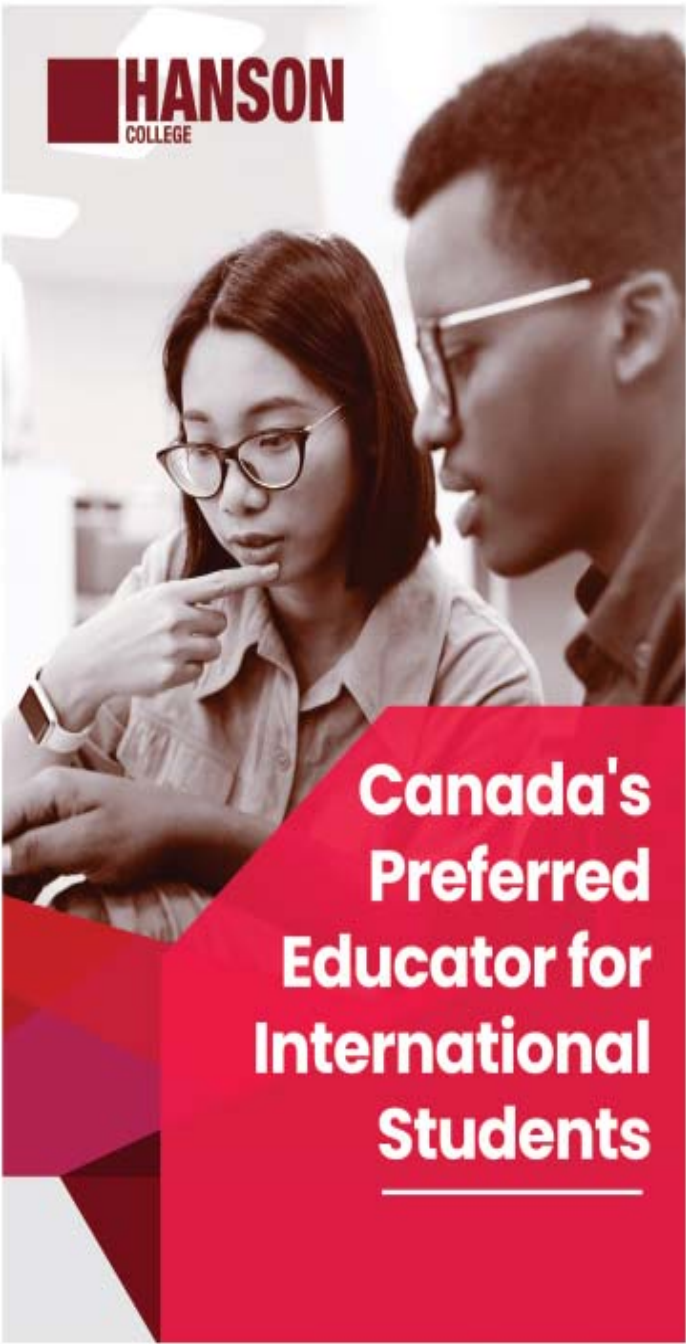
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