

SOUTH ASIAN NEWS WEEKLY

MidWeek



ONTARIO NDP PROMISES 3 FULL HOSPITALS WITH ERS IN BRAMPTON (FROM EXTREME LEFT: NAVJIT KAUR, ONTARIO NDP BRAMPTON WEST CANDIDATE; ANDRIA BARRETT, ONTARIO NDP CANDIDATE FOR BRAMPTON SOUTH; ONTARIO NDP LEADER ANDREA HORWATH; SARA SINGH, ONTARIO NDP BRAMPTON CENTRE CANDIDATE; GURRATAN SINGH, ONTARIO NDP BRAMPTON EAST CANDIDATE; SANDEEP SINGH, ONTARIO NDP CANDIDATE FOR BRAMPTON NORTH. | DETAILS ON PAGE 3



PRABMEET SARKARIA, ONTARIO PC BRAMPTON SOUTH CANDIDATE LAUNCHES CAMPAIGN | DETAILS ON PAGE 4

CANADA ADDED 15,000 JOBS IN APRIL, UNEMPLOYMENT REACHED 5.2%

Employment was little changed in April after two consecutive months of growth. The unemployment rate edged down 0.1 percentage points to 5.2%. Increases in employment in professional, scientific and technical services and public administration were offset by declines in construction and retail trade. There were more people working in the Atlantic region and Alberta, while employment fell in Quebec. At the national level, employment gains among core-aged women aged 25 to 54 were offset by a decrease among core-age men. | CONTD. ON PAGE 9

US PRESIDENT BIDEN NAMES INDIAN AMERICAN RICHARD VERMA TO BODY THAT MONITORS US SPIES

US President Joe Biden has named Indian American Richard Verma, who is also a former ambassador to India, to a White House body that advises the president on the effectiveness of the country's sprawling intelligence community. Biden also named retired Admiral James A. "Sandy" Winnefeld as chair of the body – President's Intelligence Advisory Board, – and Janet Napolitano, a former secretary of the department of homeland security (a cabinet position) and Gilman G. Louie as members, like Verma. | CONTD. ON PAGE 11



RESTRICTIONS ON FREEDOM OF EXPRESSION UNDERMINE PAKISTAN'S ABILITY TO PROGRESS: BLINKEN

Restrictions on freedom of expression undermine Pakistan's image and its ability to progress, US Secretary of State Antony Blinken said, Geo News reported. During a press briefing on world 'Press Freedom Day' at the US State Department, Secretary of State Antony Blinken said the US government was aware of the restrictions imposed on media outlets and civil society in Pakistan and highlighted this issue with his Pakistani counterpart. | CONTD. ON PAGE 14



PARAG AGRAWAL'S WIFE VINEETA LINKED WITH MUSK'S \$44 BN TWITTER TAKEOVER

Vineeta Agarwala, the wife of Twitter CEO Parag Agrawal, is now making headlines amid Elon Musk's \$44 billion takeover deal. Her role as general partner at Andreessen Horowitz (a16z) — a top US VC firm which has agreed to pay \$400 million as part of Musk's new \$7.1 billion financing commitments — is set to create a conflict of interest. As a general partner at Andreessen Horowitz, she leads investments for the firm's bio and health fund across therapeutics, life sciences tools/diagnostics, and digital health, with a focus on companies leveraging unique datasets to improve drug development and patient care delivery. | CONTD. ON PAGE 14



EUROPE NOW BATS FOR PM MODI AS PEACEMAKER IN THE RUSSIA-UKRAINE CONFLICT

Prime Minister (PM) Narendra Modi arrives in France — the last leg of his hectic three-day, three-nation tour — late Wednesday as several nations are now looking at India's mediation in the ongoing conflict between Russia and Ukraine. Even though it is being labelled just as a "brief stopover" in Paris, Modi and French President Emmanuel Macron, who is himself in the thick of diplomacy to end the conflict, are bound to discuss the Ukraine situation during their talks. In a phone conversation, which according to the French media lasted over two hours Tuesday evening, Macron had spoken to Russian President Vladimir Putin in a bid to explain the "extreme gravity of the consequences" of the escalating situation. | CONTD. ON PAGE 14



Y MEDIA EXCLUSIVE: ONTARIO LIBERALS WILL REFORM EDUCATION & HEALTHCARE SYSTEM: JANNAT GAREWAL

POOJA LUTHRA

Liberals in Brampton East have nominated Jannat Garewal, a small business owner and education advocate, as their Ontario Liberal Party (OLP) candidate for the next provincial election. In an exclusive interview with Y Media Associate Editor Ramona Singh, Jannat Garewal highlighted the shortcomings of the PC and NDP parties and explained the policies the Liberals plan to implement. Read on.

Ramona Singh: The PC-led party by Doug Ford and NDP leader Andrew Horwath have come to Brampton specifically since the campaign has launched and talked about building hospitals and infrastructure and housing and affordability. What is the Liberal plan for Brampton specifically?

Jannat Garewal: The Liberal government, in 2018, suggested a booster shot for all of our health care workers at William Osler, Brampton Civic and Peel Memorial hospitals. We provided funding in 2018 that the Ford government cancelled as soon as he was elected. We must remember we had 320 beds cancelled in 2018, which could have helped us in this pandemic. So if Doug Ford is coming to our riding now with a new plan to build our hospitals, we had a plan in 2018 that was cancelled. | CONTD. ON PAGE 11



PM TRUDEAU MEETS UKRAINE PRESIDENT ZELENSKY, REOPENS CANADIAN EMBASSY

Canada sends a resounding message to the world that we continue to stand shoulder to shoulder with Ukraine and its people. The Prime Minister, Justin Trudeau, today visited Kyiv, Ukraine, where he met with President Volodymyr Zelenskyy. The Deputy Prime Minister, Chrystia Freeland, and the Minister of Foreign Affairs, Mélanie Joly, accompanied the Prime Minister. Earlier today, the Prime Minister, Deputy Prime Minister, and Minister of Foreign Affairs participated in a flag raising ceremony to mark the re-opening of the Canadian Embassy in Ukraine. Ambassador Larisa Galadza, together with a team of additional staff members, will resume diplomatic operations in Kyiv, Ukraine as part of a gradual restoring of Canada's full diplomatic presence and services. Until further notice, consular and immigration services will continue to be provided in Poland and many other European cities in the region. Prime Minister Trudeau also visited Irpin, where he witnessed firsthand the reckless brutality of Vladimir Putin's illegal war. Russian forces have terrorized and killed civilians and destroyed homes and neighbourhoods. Canada is leading efforts to ensure they are held accountable for war crimes and other egregious violations of human rights. | CONTD. ON PAGE 11



2021 NEWGEN AWARD CEREMONY HELD ON MAY 7, 2022 AT PK'S RESORT: NORTHUMBERLAND WELLNESS CENTRE AND SPA IN COBOURG, ONTARIO. | DETAILS ON PAGE 31

Y MEDIA POLITICAL SENSEX

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Andria Barrett, Ontario NDP Candidate for Brampton South, campaign launch



ONTARIO NDP PROMISES 3 FULL HOSPITALS WITH ERS IN BRAMPTON

NDP Leader Andrea Horwath will finally start to fix Brampton's crisis of hallway medicine and long waits by expanding Peel Memorial into a real hospital with an ER, and adding a new standalone hospital.

"People in Brampton should, at the very least, have the basics. They tell me they just want an ER you can count on to help your kid quickly in an emergency. Enough staff and beds to guarantee your mom won't be left in a hallway on a gurney. We can absolutely deliver that," said Horwath.

"Everyone in this community knows that the wait times at the Brampton Civic are long and painful, and hallway medicine is rampant. So many people here have told me they drive straight to another city when they need a hospital. We have to fix it. Together, we're going from one hospital in Brampton to three – with three emergency rooms, shorter waits and faster care." Horwath's NDP will fund the expansion of Peel Memorial hospital to include a round-the-clock emergency department, build a brand new full-service hospital, and establish a dedicated cancer centre. Brampton's population is 650,000 and Brampton Civic is the city's only hospital with an ER. It sees 140,000 people yearly even though it's built and funded to handle 90,000. About 5,000 patients are treated in Brampton Civic's hallways every year. Brampton only has 96 beds per 100,000 people. The provincial average is 220 beds per 100,000 people.

"Kathleen Wynne and Steven Del Duca's Liberals had 15 years to build hospitals in Brampton, but chose not to. And Doug Ford's cuts to health care won't fix it," said Horwath. "We will always go to bat for Brampton. And together, we can finally give this community its fair share, and better health care."



Sandeep Singh, Ontario NDP Candidate for Brampton North Campaign Office Opening Ceremony



ONTARIO SECONDARY SCHOOL TEACHERS' FEDERATION (OSSTF) ENDORSES SLATE OF LOCAL NDP CANDIDATES



The Ontario Secondary School Teachers' Federation (OSSTF/FEESO) held a press conference to announce the endorsement of NDP Candidates Andria Barrett, Brampton South, Navjit Kaur, Brampton West, Gurratan Singh, MPP for Brampton East, Tess Prendergast, Dufferin-Caledon, and Sara Singh, MPP for Brampton Centre, in the June 2nd provincial election. OSSTF/FEESO President Karen Littlewood emphasized the need for Ontario to elect candidates that will strengthen our critical public services, support publicly-funded education, and invest in Ontario's future.

President Karen Littlewood said, "In the lead up to the June 2nd provincial election, OSSTF/FEESO has met with candidates across the province. MPPs Sara Singh and Gurratan Singh, and NDP Candidates Andria Barrett, Tess Prendergast, and Navjit Kaur, have proven themselves to be the best candidates in their ridings to protect and enhance the future of Ontario's public education system. The Federation and its 60,000 members are committed to supporting their campaigns."

"I'm incredibly grateful to have the support and endorsement of OSSTF," said Andria Barrett. "Teachers, education workers, and students are essential to our children and young peoples' learning and overall well-being. Teachers are exhausted and burnt out from two years of online learning, school disruptions and stress. Years of funding freezes and cuts from Liberal and Conservative governments have led to overcrowded classrooms and teacher layoffs. An Ontario NDP government would forge a relationship with teachers and education workers based on respect and collaboration. Our commitments on education include hiring thousands of new teachers and education workers, lowering class sizes and scrapping Doug Ford's low-wage policy, Bill 124, to ensure teachers and

education workers have the respect and fair wages they deserve."

Sara Singh, MPP, expressed her gratitude, saying, "I would like to give my sincere thanks to the OSSTF for this endorsement and the amazing support they've shown. I will continue to fight for public education, workers, students and improving our secondary school system."

States NDP Candidate Tess Prendergast, "As an elementary school teacher, I've witnessed firsthand the harmful effects of this government's cuts. Schools are overcrowded, understaffed, and falling apart. The pandemic has made apparent the need of meaningful investments in health care and long-term care. I am running to ensure our families have access to services, healthy communities, and grow economically in an environmentally sustainable way." "Thanks OSSTF for the endorsement, I am proud to stand shoulder to shoulder with an organization which fights for one of the major pillars of our society, our public education system," said Gurratan Singh, MPP. "Our public schools help foster strong communities and it's our responsibility to help students get back on their feet, academically and emotionally after a tough few years. We need to reverse Ford's cut to ensure every student in the province gets the support, education and opportunities they need to succeed."

"As a mother of three, I know how essential it is that our kids and young people have what they need in the classroom, but for years, cuts to our education system by Liberal and Conservative governments has meant that education workers do not have what they need," said Navjit Kaur, NDP candidate for Brampton West. "That's why I am so honoured to be endorsed by the Ontario Secondary School Teachers' Federation, because education workers deserve better. It's time to elect a government that invests in our schools."

Prabmeet Sarkaria, Ontario PC Brampton South Candidate Launches Campaign



ONTARIO PC LEADER FORD PROMISES TO KEEP TOLLS OFF HIGHWAYS 412 & 418 & FEES OFF LICENCE PLATES

DURHAM: Doug Ford confirmed that only the Ontario PCs will keep tolls off Highways 412 and 418 and fees off licence plates to keep costs down for drivers and businesses.

"The Del Duca-Wynne Liberals imposed unfair road tolls on Highways 412 and 418 in Durham Region and increased licence plate sticker fees by nearly 25 per cent, making life more expensive for drivers and businesses," said Doug Ford. "Andrea Horwarth and the Ontario NDP are out of touch with the real needs of drivers. The Liberals and NDP will bring back tolls and licence plate sticker fees to pay for their unrealistic promises."

The PC government officially ended the unfair and costly road tolls on Highways 412 and 418 on April 5, 2022. Before their removal, the Del Duca tolls on Highways 412 and 418 were the only north-south tolls in Ontario, unfairly costing drivers and businesses in Durham and surrounding regions.

In April, Ontario also became the only jurisdiction in North America to scrap licence plate sticker fees and the requirement to have a licence plate sticker for passenger vehicles, light-duty trucks, motorcycles and mopeds. Drivers in the province are now saving \$120 per year per car (or \$60 per year per car in northern Ontario) with eight million vehicle owners having also been refunded fees paid since March 2020.

As a result of these changes, families in Durham Region and across Ontario now have hundreds of dollars back in their pockets, with more savings each year.

"Whether it's eliminating the cost of renewing your licence plate or getting rid of unfair tolls, only the Ontario PCs are keeping costs down for you and your family," added Ford. "The other parties will find any way they can to increase costs on hard-working Ontarians. Only the Ontario PCs will get it done by keeping tolls off our roads and fees off your licence plates."





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| Fairview Mall | Woodbine Centre | Masonville Mall | Galeries de la Capitale |
| | | | Place Vertu |
| | | | West Edmonton Mall |
| | | | Sunridge Mall |
| | | | CrossIron Mills |
| | | | Polo Pak - Kiosk |
| | | | Kildonan Place |

Rimmy Jhajj, Ontario Liberal Candidate for Brampton West, Campaign Office Opening



Marilyn Raphael, Ontario Liberal Candidate Brampton South, Campaign Kick-Off Rally



Ontario Liberal candidate for Mississauga Centre, Sumira Malik, joined by Transport Minister Omar Alghabra for a canvass



Team Sumira Malik was joined by Minister Omar Alghabra for a canvass. The exciting day started with words of encouragement and endorsement from Minister Alghabra as he addressed the volunteer team. After lunch, teams went door-to-door connecting with supporters working to turn Mississauga Centre red again on June 2nd!



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HEALTHCARE

Strengthening Ontario's elder care system with the addition of 30,000 new not-for-profit care spaces by 2028.



EDUCATION

Improving Ontario's Public Education system with a \$2.3 Billion investment to build safer schools, smaller class sizes and increase mental health support.



HOUSING

Increased investment into affordable housing with a plan to increase housing supply and protect renters.

VOTE SUMIRA MALIK TO BE YOUR MPP FROM MISSISSAUGA CENTRE

“ This riding is my home, it's residents, my family. In the fight for change, I want to be your voice, your ally and your strongest advocate. I will be a listener, a helping hand and a someone you can always trust. And so on June 2nd, I leave the choice with you. ”

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CAST YOUR VOTE: TOP 25 CANADIAN IMMIGRANT AWARDS 2022 IT'S CANADA'S TURN TO CHOOSE OUR NATION'S MOST INSPIRING IMMIGRANTS

Western Union is proud to present the 14th annual Top 25 Canadian Immigrant Awards — and it's time to vote! Canadian Immigrant Magazine has opened the national online voting portal and is inviting all Canadians to vote for their favourites among the shortlist of 75 finalists at: canadianimmigrant.ca/top25.

This coveted award recognizes and celebrates the untold stories of Canadian immigrants who have made a significant contribution to Canada, in a variety of professions and from coast to coast. Returning in 2022 are special honours for a standout Youth and Entrepreneur, to be chosen among the Top 25.

The Top 25 Canadian Immigrant Awards program, also sponsored this year by COSTI Immigrant Services, has been the leader in highlighting inspiring stories of immigrants in Canada, and honouring them with the only national award celebrating immigrant success.

This year's Top 25 will join an inspiring group of past winners who are examples of true nation builders — from entrepreneurs and artists, to academics and community volunteers, to philanthropists and visionaries. Their motivations, circumstances and timing for coming to Canada have been as varied as their backgrounds. Some fled strife in their home countries, while others chose to gain higher education; some arrived as children, while others arrived as adults with dreams of a better life for their own kids. Nonetheless, they have all shared a common theme: rising above challenges in their immigration journeys to make Canada a better place for all. We see these enduring themes reflected among this year's Top 25 finalists, who were chosen among hundreds of nominations by a judging panel composed of past winners.

"Canada is a global leader in diversity and immigration, and this awards program honours that while celebrating the important contributions that newcomers to Canada make," says Sanjay Agnihotri, publisher of Canadian Immigrant. "These 75 finalists are all amazing new Canadians,

who represent diverse ethnic communities, cities and industries, and who have each made Canada better by adopting this country as their own." "Western Union is thrilled to celebrate immigrants across Canada and shine a light on their impact in building local communities," says Mitchell Steiman, Digital Growth Leader. "Their resilience and generosity to send support to loved ones back home — is truly an inspiration. Western Union is committed to serving the needs of immigrants in Canada, from sending money online with our app or website, to sending money from a retail location. Together with immigrants, we send so much more than money."

"The awards showcase the important role immigrants play in building our country. They spotlight the importance of diversity and inclusion in Canada. COSTI is proud to support this national awards program once again this year, as we work together to build a stronger Canada for everyone," said Mario J. Calla, Executive Director.

Time to vote!

The public can now vote for up to three of their favourite finalists online at www.canadianimmigrant.ca/top25 until June 10, 2022.

The award winners will be announced in July on www.canadianimmigrant.ca, and in the summer issue of Canadian Immigrant magazine.

About Canadian Immigrant

Attracting more than 200,000 readers each month in print and digital, Canadian Immigrant is a national multimedia platform to help immigrants succeed in Canada, with content, resources and events on careers, education and settlement. Canadian Immigrant is the producer of the cross-country Canadian Immigrant Fairs. Canadian Immigrant is a division of Metroland Media Group, a dynamic media company with more than 75 community and daily newspapers in print and online, as well as innovative websites including wheels.ca, goldbook.ca, save.ca and localwork.ca. Learn more at canadianimmigrant.ca.

ONTARIO LIBERAL TO COVER TUITION COSTS FOR MEDICAL AND NURSING STUDENTS WORKING IN THE NORTH & DEVELOP THE RING OF FIRE

Promote the wellbeing and success of Northern communities

Ontario Liberals will:

- Ensure access to a family doctor or nurse practitioner
- Get more health services in Northern Ontario
- Cover tuition costs for medical and nursing students working in the North
- Fund and equip Northern schools

As part of ensuring access to a family doctor or nurse practitioner within 24 hours regardless of where you live in Ontario, we'll expand the number of Community Health Centres and Nurse Practitioner-Led Clinics so all communities have access to primary care. We'll also cover tuition costs for any medical and nursing students in Ontario who commits to working long-term in a rural or remote community — and we'll increase the admission cap on the Northern Ontario School of Medicine, providing more tuition subsidies for students committed to staying in the North long-term. We'll also work to bring a midwifery program back to the North. When taken together, these measures will reduce wait times for and quality of care in the North.

We'll annually review the Northern Health Travel Grant to ensure it keeps up with rising costs — and we'll lift the arbitrary cap on new Consumption and Treatment Services sites, which includes safe injection programs, expediting applications in rural and Northern Ontario.

In education, we'll review the school funding formula from top-to-bottom to ensure it meets the needs of rural and Northern students, parents and educators. We'll invest in the sustainability of Northern post-secondary institutions including Laurentian University, the Université de Sudbury and Indigenous Institutes, as well as equip these institutions with digital teaching tools so that students needing to complete assessments can do so without travelling long distances.

Expand internet access by 2025

Ontario Liberals will:

- Get affordable, high-speed internet to everyone by 2025
- Generate more competition for internet providers

Internet has become an essential good for people, especially during two years of physical distancing. We need to improve access to internet while driving down costs through greater competition — leveraging existing public fibre assets to expand small, municipal or community-owned networks. Expanding these and other networks, along with investing in low Earth orbit satellites, will get affordable, high-speed internet to every Ontario household and business by 2025, including First Nations reserves. Build up Northern Ontario

Ontario Liberals will:

- Reverse the Ford Conservatives' cuts to Northern projects
- Develop the Ring of Fire
- Support a growing economy in Northern Ontario
- Provide Northern municipalities with a mining tax rebate

We'll update the Growth Plan for Northern Ontario and invest in the Northern Ontario Heritage Fund Corporation (NOHFC) by reversing the Ford Conservatives' cuts and increasing annual funding to \$150 million. We'll introduce representation thresholds for the NOHFC Board of Directors to ensure regional and diverse perspectives, providing opportunities to elect members and take out political influence by removing the Minister as a voting member.

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Pickering Town Centre	Centerpoint Mall	Square One Shopping Centre - Upper	Shoppers World - Brampton	Lime Ridge Mall - Kiosk	Place Montreal Trust	Marlborough Mall	
Scarborough Town Centre	Woodbine Centre	Albion Centre	Bramalea City Centre	Devonshire Mall	West Edmonton Mall - Upper Kiosk	Crossiron Mills	

ONTARIO LIBERAL RELEASES FULLY-COSTED PLAN FOR PROVINCE

Steven Del Duca has released the Ontario Liberal Party plan for Ontario, A Place to Grow. It will improve public education, clear the surgery backlog, and revolutionize elder care. At its core, A Place to Grow is about tackling Ontario's affordability crisis and helping families get ahead – including by introducing \$1 transit fares, lowering the cost of food, and making buying and renting a home more affordable. According to Del Duca, Liberal plan will make Ontario:

- A Place to Grow Your Family
 - Eliminate HST on more meals, funded by fair taxes
 - Replace the minimum wage with a regional living wage, starting at \$16/hour
 - Build 1.5 million new homes and deliver rent control
- A Place to Grow Older
 - Revolutionize senior care in Ontario by guaranteeing home care
 - End for-profit long-term care
 - Boost pensions by up to \$1,000 for seniors who need it
- A Place to Grow Healthy
 - Clear the surgical backlog and set maximum wait times
 - Ensure access to a doctor or nurse practitioner within 24 hours
 - Make more mental health help available
- A Place to Grow Economic Dignity
 - Give every worker access to benefits and 10 paid sick days
 - Build to a four-day work week
 - Eliminate corporate taxes for two years for small businesses hit hard by the pandemic
- A Place to Grow Up
 - Build and repair schools with \$10 billion funded by scrapping Highway 413
 - Hire 10,000 teachers for smaller class sizes
 - Fully fund an optional Grade 13 to give students a chance to catch up
- A Place to Grow Sustainably
 - Cut transit fares to \$1 a ride everywhere in Ontario
 - Cut Ontario's carbon pollution in half by 2030



- Protect and expand the Greenbelt and create new provincial parks
- A Place to Grow Together
 - Raise disability and social assistance benefits
 - Advance Indigenous reconciliation
 - Ban handguns

PAKISTAN'S POLITICAL POWER TUSSELES TAKE CENTRE STAGE



Pakistan's political temperature is rising as former Prime Minister Imran Khan has started a massive anti-government protest based campaign and called on his supporters to march together towards Islamabad by the end of May. Khan claims that he will never accept the presence of the Shahbaz Sharif government, terming it as an imported one, brought into power through an international conspiracy. Khan launched his public engagement and anti-government protest from his hometown Mianwali in Punjab province, slamming the current government for being a slave to what he called foreign masters. "They (US) toppled me off power because I refused to take their dictation and worked towards forming Pakistan's independent foreign policy," he said. "I will not rest until this imported government is taken off power and fresh elections are held. It will be the people who will decide Pakistan's future. We will come back with two-third majority and will not accept this team of corrupt people who have been imposed on us," he added. Khan has called for a long march towards Islamabad by the end of May, in which he said he will be bringing at least three million people, who will not leave until the sitting government is taken off power and the country goes into general elections with immediate effect.

On the other hand, his political rival and co-chairperson of Pakistan Muslim League-Nawaz (PML-N), Mariyum Nawaz Sharif, has also launched an anti-Imran, anti-PTI and pro-government campaign of public engagement as she showcased her first and impressive show of public might at Attock in Punjab province. The public rally held by PML-N was attended by tens of thousands of party supporters and visibly showed equal public strength in comparison to the PTI rally. "Imran Khan's 3.5 years in power have been the worst disaster this country has witnessed because he drowned the country into severe crisis due to his incompetence," said Mariyum Sharif. "Imran Khan was a selected leader and when his artificial support ended, he fell face first," she added. The month of May is seeing a clear and visible show of strength and launch of election campaign by political parties fighting it out against each other at a time when the general elections are at least 1.5 years away. According to analysts, the current coalition government knows that the country will have to go into early elections and that this present situation is an interim-setup. This is why two major political parties — PTI and PML-N — have started their election campaign through public engagements, showing clear signs of early elections in the country.

BJP LEADER BAGGA ARRESTED BY PUNJAB POLICE FROM HIS DELHI RESIDENCE

The Punjab Police on Friday arrested BJP leader Tajinder Pal Singh Bagga from his Delhi residence over his remarks against Chief Minister Arvind Kejriwal.

Confirming the arrest from his West Delhi's residence, Punjab Police later tweeted: "SIT of SAS Nagar Police is looking after the matter. A notice of 41 CrPC was issued against Bagga. This morning he has been arrested."

After arrest, he was taken to Mohali for interrogation, sources said. Bagga's family has alleged that his father was allegedly slapped by the police.

As per the FIR, a complaint against him was lodged with the Mohali Police by Dr Sunny Singh Ahluwalia (Lok Sabha In-charge and Spokesperson, Aam Aadami Party, Punjab).

In his complaint, Ahluwalia had alleged that the BJP leader and other unknown persons were causing instigation, incitement, criminal intimidation to cause violence, use of force, imminent hurt to Delhi Chief Minister Arvind Kejriwal and other AAP leaders, in a pre-designed, well planned, orchestrated manner by making, publishing provocative, false, communally divisive and inflammatory statements.

"They want to outrage religious feelings and promote disharmony and create feeling of enmity, hatred, ill will, etc. Bagga along with other members of the BJP have been manufacturing an absolutely false, malicious and inflammatory narrative against Kejriwal in a well calculated and pre planned systematic manner to execute their vested motives.

"Bagga on March 30, through his interview given to various News Channels, issued an absolutely false, fabricated and communally divisive statement in order to outrage the religious feelings as well as subject Kejriwal to imminent threat to his life.

"He wrote Bharatiya Janata Yuva Morcha activists won't let Kejriwal live, Kejriwal should apologise. Thus an FIR should be lodged against Bagga," read the FIR accessed by IANS.

Based on this, the Punjab Police filed an FIR on April 1, under sections 153-A, 505, 505(2), and 506 of IPC against Bagga.

Soon after his arrest, BJP leader Kapil Mishra criticised the Punjab Police. Another leader Naveen Jindal accused the AAP of misusing police, while Praveen Shankar Kapoor termed it "political vendetta".

PAKISTAN PM SHEHBAZ IMPOSES 'COMPLETE BAN' ON EXPORT OF SUGAR TO STABILISE PRICES, CONTROL HOARDING

Pakistan Prime Minister Shahbaz Sharif has imposed a ban on the export of sugar to stabilise prices and control hoarding of the commodity in the country, his office said on Monday.

In a statement, the office quoted the premier as saying that the first priority is to fulfil the domestic demand and stabilise the prices of sugar for the people, reports Xinhua news agency.

Sharif also directed the concerned authorities to take stringent measures against the smuggling of the commodity.

He ordered the concerned departments to sternly deal with hoarders, illegal profiteers and other factors involved in creating an artificial shortage of sugar, the statement added.

According to the statement, Sharif will keep himself updated on the implementation of the measures, adding that relevant authorities will be held accountable for any negligence.

FIRST INDIAN WOMAN TO CLIMB FIVE 8000+ PEAKS, PRIYANKA MOHITE WANTS TO GO ON AND ON

It was a challenge that Priyanka Mohite took up in 2013. It finally got fulfilled in May 2022 — nine difficult years in which the 30-year-old mountaineer from Maharashtra constantly worked, planned and dreamt of completing a challenge no Indian woman has ever achieved — climbing five mountains of 8000 metre and above height.

In 1975 when Junko Tabei of Japan became the first woman in the world to climb Mount Everest, she conquered what was till then a male bastion — a challenge considered too tough for the weaker of the sexes. Since then, many women have climbed Mount Everest and many similar peaks, conquering male bastions in mountaineering — and other fields too.

This week Priyanka, the woman climber from Satara district in Maharashtra, fulfilled her dream of becoming the first Indian woman to climb five mountains of 8000m and above height.

Priyanka, who works for a pharmaceutical research company in Bengaluru, climbed Mount Kanchenjunga, at 8,586 metres above sea level, the third highest mountain on earth, on Thursday (May 5) at around 4.52 PM.

Many hurdles along the way

Priyanka, a recipient of the prestigious Tenzing Norgay Adventure Award in 2020, set the record by climbing Mount Everest in 2013, Mount Lhotse in 2018, and Mount Makalu in 2019, Annapurna 1 in 2021, and completed the monumental challenge by summitting Mount Kanchenjunga on May 5, 2022. She is the first Indian woman to climb Annapurna 1 and Makalu. For most people not well-versed with the world of mountaineering, these were only five mountains. But for those really in the know, Priyanka had to cross many more mountains on the way — hurdles that may not be as high but not insignificant either.

She was thwarted by the natural disaster in Nepal in 2014-15, the Covid-19 pandemic in 2022, financial hardship due to lack of sponsors and societal pressures that women face every day. But she was determined enough to conquer all and also the five 8000ers.

Start of the dream

The dream to summit the five 8000 metres and above mountains started one fine day in 2013, soon after Priyanka Mohite had climbed Mount Everest. She took up the challenge because there were very few from India that have attempted the feat.

"There are 14 8000m-plus height mountains in the world — seven in Nepal, two in China and five in Pakistan. As Indians, we can't climb in Pakistan. In 2013, I climbed Mount Everest, at that time I decided that I would go for these tough 8000 metres mountains because there are very few mountaineers from India who have done this. Nowadays women are also climbing but very few of them are taking this challenge," Priyanka told IANS in an exclusive interview after returning to Kathmandu, the capital of Nepal from Kanchenjunga.

Although she started the project in 2013, she could not take the next step till 2018 because of the snowstorm that devastated Nepal in 2014. The next year, it was the earthquake that devastated the country, pushing Priyanka's plans further.

"In 2014-15, I can say I was unlucky because of the natural disasters in Nepal. I was at the base camp to climb the fourth tallest mountain, exactly near Everest, called Mount Lhotse. But I was not able to climb," she said.



Natural disasters delay her

For the next two years, Priyanka took a break from mountaineering, pursuing her career and raising funds for her next expedition.

"In 2018 I summited Mt Lhotse, the fourth tallest and I was like 'yeah, that's one more for me'." in 2018, she also climbed Mount Makalu, which is the fifth highest mountain on the planet.

Three down and two more to go for Priyanka.

"In 2019, I saw Kanchenjunga and I wanted to do it in 2020 but could not because of the Covid-19 pandemic. We all know that happened, everything got cancelled," says Priyanka.

According to Priyanka, Kanchenjunga was the toughest of the five peaks and needed a lot of teamwork and preparation. She wanted to do that soon after things opened up in 2021 but could not as not many mountaineers were ready to team up for the challenge.

"It's huge teamwork actually, we need a big team because the routes are very long, we need to fix the route and everything. So, in 2021 there were very few climbers who wanted to climb Kanchenjunga, so we dropped the plan," says Priyanka.

Instead, she summited Mount Annapurna 1, the 10th tallest peak in the world and considered the toughest among the peaks.

"In 2021, I climbed Annapurna 1, which is one of the trickiest among the top mountains and I became the first Indian woman to climb that. Even Makalu, I am the only Indian woman to climb it," says Priyanka of her proud achievements.

Whoever tries to spoil atmosphere will not be spared: Punjab CM on Mohali attack

Hours after a rocket-propelled grenade (RPG) hit the Punjab Police Intelligence wing headquarters in Mohali with police saying a 'minor explosion', Chief Minister Bhagwant Mann on Tuesday in his first comment said 'whoever tried to spoil the atmosphere would not be spared'. "The police is investigating the blast in Mohali. Whoever tried to spoil the atmosphere of our Punjab will not be spared," Mann tweeted. A high alert has been declared across the state. The grenade hit the Intelligence bureau headquarters in an upscale locality on Monday evening, shattering windowpanes on the third floor of the building. "The RPG was fired from a distance by unidentified persons who are believed to have fled in a vehicle. A Swift car was spotted at the spot," a police officer told IANS, adding "before the attack a recce was carried out by two miscreants". A team of the National Security Guard (NSG) is expected to reach the spot later in the day.

The attack was aimed to harm high-level Organised Crime Control Unit (OCCU) officials who have offices in the Intelligence wing headquarters. Responding to the attack, Delhi Chief Minister and AAP national convenor Arvind Kejriwal said the blast was a cowardly act of those who want to disturb the peace of Punjab. "Aam Aadmi Party's Punjab government will not allow those people's wishes to be fulfilled. Peace will be maintained under all circumstances with the cooperation of all the people of Punjab and the culprits will be punished severely," Kejriwal said in a tweet on Tuesday. "A minor explosion was reported at the Punjab Police Intelligence headquarters in S.A.S Nagar around 7.45 p.m. No damage has been reported. Forensic teams have been called," the police said in a statement. Former Chief Minister Amarinder Singh in a tweet said, "Shocked to hear about the blast at the @PunjabPoliceInd Intelligence headquarter in Mohali. Thankfully nobody was hurt. This brazen attack on our police force is deeply concerning and I urge CM @BhagwantMann to ensure perpetrators are brought to justice at the earliest." Shiromani Akali Dal President Sukhbir Badal said he was deeply shocked at the blast, exposing serious security lapses and highlighting once again the deteriorating law and order situation in Punjab.

"Thorough probe required to expose and punish those responsible," he added.

India's thrust at the global stage

D.C. PATHAK

A nation's strategic approach is by definition meant to take care of the security and economic interests of the country and it is truly remarkable that Prime Minister Narendra Modi's policy on international relations has stood its ground amid a festering Ukraine-Russia military conflict, deepening geopolitical alienation between US-led West and the Russia-China camp and the progressively hardening regime of economic sanctions imposed by the US and its allies against Russia.

That India's foreign policy -- again a product of the nation's security and economic concerns and hence a strategic instrument -- has remained consistent through these turbulent times, speaks volumes of the wisdom of following bilateral relations that were mutually beneficial and consistent with world peace, the line of 'positive' non-alignment that the largest democracy of the world is able to put forth before the world and above all the rare political will that a strong leader like Prime Minister Modi has been able to demonstrate in the intrepid exercise of India's sovereignty, by him.

Never before had India risen so fast on the global stage as an advocate of universal peace, a promotor of economic advancement of the world and a strong voice for renewable energy, environment and poverty elimination -- all in the interest of the larger good of the humanity.

When the Ukraine-Russia conflict broke out in February-end with Russia launching what it called 'a military operation' to protect the interest of the Russian speaking population in the eastern part of Ukraine, India was the first country to show an understanding of Russia's security concerns in a situation where the US-backed NATO had been egging on Ukrainian President Volodymyr Zelensky to confront Vladimir Putin, in an avoidable replay of the Cold War tussle.

In reality, the sensible thing for the West was to work for peaceful co-existence of the East European neighbours with Russia after the USSR had been dismembered and a Unipolar world order had been established.

Significantly, Prime Minister Modi became the first world leader whom the two warring sides favoured as the peacemaker and responding upfront to this situation, Modi called for immediate cessation of military offensive in Ukraine and return to exploration for a negotiated solution.

The strength of Modi's political will was rooted in his belief in doing what was right and this led India to abstain from voting on resolutions moved in the UN Security Council -- first by the US and then by Russia -- on the Ukraine imbroglio. India has not condemned Russian military action in Ukraine but has also lost no time in demanding immediate stoppage of hostilities and resumption of talks for peace. On his three-nation tour of Europe last week, Modi underscored the Indian view that on the present going, there would be no winner in the Ukraine-Russia armed conflict and -- again without taking sides -- warned that the entire world would suffer because of the impact of this confrontation on the people in the affected zone and the economic consequences that it would produce globally. To the extent the military conflict in Ukraine is becoming an unending phenomenon, among other things, because of supply of arms



and ammunition to Ukraine by the US and its allies, India is counselling both Russia and the Western supporters of Ukraine -- the former to stop military action and the latter to abstain from adding fuel to the fire -- and implicitly calling for peace on a minimal give and take.

Significantly there is no criticism of India by President Joe Biden of the US -- beyond the appeal from his administration for India's support for economic sanctions against Russia. There was in fact an expression of understanding for India's impartial stand on the Ukraine-Russia conflict, from Quad.

Prime Minister Modi has kept up India's commitment to this multilateral forum that was meant to safeguard the Indo-Pacific against any aggressive moves by China and at the same time, maintained friendship with Russia for preserving India's enlightened self-interest -- all of this was broadly understood by the democratic world.

It is a tribute to Prime Minister Modi's grasp of the current geopolitical situation that all through the turbulence created by Ukraine-Russia military confrontation over the last two months and the threat of escalation held out by both sides, India has steadily worked its way up in building mutual cooperation with other major powers, in the sphere of trade and economy.

From free trade agreement with Australia to long-term economic pacts with UK and Japan and strategic partnership on energy and environment with Germany, all of this was facilitated by the personal cord of friendship struck by Prime Minister Modi with his counterparts in these countries, including Scott Morrison of Australia, Boris Johnson of UK, Fumio Kishida of Japan and Chancellor Olaf Scholz of Germany, not to forget Emmanuel Macron, the re-elected President of France.

Prime Minister Modi made a short stoppage at Paris on his way back home to specially congratulate Macron in person and became the first world leader met by the French President on his fresh election. Modi has opened into Nordic region by striking a green alliance with the Prime Minister of Denmark, Mette Frederiksen, at Copenhagen, besides participating in the summit of Nordic countries at the Danish capital.

India has thus pushed ahead with consolidating economic ties with Europe -- steering clear of the sanctions US had placed on Russia in the wake of the military intrusion in Ukraine.

India is somewhere giving a message to the world that the issues of economic development and betterment of the people should not be allowed to be drowned into the negative fall-out of military conflicts howsoever serious they might seem to be.

In what will prove to be of far-reaching advantage for India in future, the Modi regime has succeeded in proving to the world that the Indian model of post-Covid economic recovery built on a bottom-up restoration of market and demand supported by the 'vocal for local' campaign, coordination from the top of all efforts to make India the global hub of production of vaccines and a sustained push towards making India the preferred destination for foreign investment, particularly in manufacture, has deliv-

ered. The political executive of the nation headed by Modi has produced a bench mark in integrity, dedication and macro-vision that is enabling the country to move towards becoming self-dependent in defence, security and economic growth.

No narrative built against it by a desperate opposition would cut much ice. It is, however, extremely important that the nation remains totally alert against the concerted mischief the two prime adversaries of India on our borders -- Pakistan and China -- which might indulge to create internal destabilisation here for which they do have a potential as India's next-door neighbours.

In recent times, India has reached out to Southeast Asia, countries of the Gulf and the Central Asian Republics to expand the areas of interest in both security and economic cooperation. Following the return of Taliban Emirate in Kabul with active collusion and support of Pakistan, the NSA of India invited his counterparts from Russia, CARs and even Iran to a conference in Delhi where a consensus was reached on the need to counter the danger of spread of radicalisation from Afghanistan.

This was a timely initiative that has kept in check the doings of Sino-Pak axis in Afghanistan and thus helped to maintain the security of this region. Modi has brought the UK, Germany, France and the Nordic region on a grid of lasting economic relations with India -- notwithstanding the differential that existed on their approach to the current Ukraine-Russia conflict.

If anything, Modi's initiatives have enhanced the stature of India as a counsel for global peace. This strengthens the claim of India on a permanent seat in UN Security Council and certainly establishes India's position as a star of the democratic world that deals with international situations on merit and leads the world towards multi-polarity to avert the return of Cold War.

India lends a powerful voice to the collectively of democratic nations against the dictatorial and fundamentalist regimes. In all his interactions abroad, Modi has given a call for united action against terrorism and elicited endorsement of India's consistent policy towards Pakistan based on the principle that 'talks and terror did not go together'.

India under Prime Minister Modi has universally established this country's civilisational wisdom of upholding what is right and opposing what is violative of political morality and human values. This honesty of purpose will carry India ahead on the mission of becoming the sane voice of the world. It is already creating a world consensus in favour of India getting actively involved in the mediation for restoring peace between Russia and Ukraine.

Disclaimer: The writer is a former Director of Intelligence Bureau. The opinions expressed within this article are the personal ideas of the author. The facts and conclusions appearing in the article do not reflect the views of Y Media and Midweek Newspaper, and Y Media does not assume any responsibility or liability for the same.

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On Saturday, May 14, Markham Stouffville Hospital Foundation's Festival of Colours presented by RBC will celebrate the vibrant South Asian culture while raising money for child and adolescent mental health care at Oak Valley Health's Markham Stouffville Hospital (MSH). MSH Foundation is proud to partner once again with leaders from the South Asian community for an evening of scintillating entertainment and delicious Indian cuisine, with a featured performance by Bollywood singer Shradha Pandit.

Approximately 450 guests will gather to help destigmatize and shed light on mental health awareness in our diverse community. Funds raised will enable the expansion and enhancement of the child and adolescent programs within the Gulshan & Pyarali G. Nanji Mental Health Services to help reduce wait times, ensure more youth can access more timely care, and improve the quality of life for our community's children, youth, and families. Lead donors for the event are the Gulshan & Pyarali G. Nanji Family Foundation. To make a donation visit support.mshf.on.ca/festivalofcolours2022.

Where: Hilton Toronto/Markham Suites, 8500 Warden Ave., Markham, ON
When: Saturday, May 14, 2022
Doors open at 5:30 p.m.
Performance and welcome at 7 p.m.

Patient speaker at 9 p.m.
Shradha Pandit performance at 10 p.m.
Who: The Hon. Helena Jaczek, MP Markham-Stouffville Chairman Wayne Emmerson, CEO, The Regional Municipality of York Deputy Mayor Don Hamilton, City of Markham Mayor Iain Lovatt, Town of Whitchurch-Stouffville Jo-anne Marr, President and CEO, Oak Valley Health Suzette Strong, CEO, MSH Foundation Dr. Rustom Sethna, Chief of Psychiatry, Oak Valley Health, and event committee member Teresa Givelas, Patient Care Manager, outpatient mental health services Imtiaz Seyid, Event Co-Chair & Board Member, MSH Foundation Indu Bains, Event Co-Chair

Please RSVP by Wednesday, May 10, 2022
Venue and event COVID-19 guidelines, mshf.on.ca/festivalofcolours
Markham Stouffville Hospital Foundation exists to enable the growth of Markham Stouffville Hospital (MSH) by raising funds and awareness for its ongoing priorities and needs. Donations from the community fund life-saving medical equipment that helps to ensure the delivery of first-class health care at MSH.

DATA FROM CANADIAN INSTITUTE FOR HEALTH INFORMATION SHOWS YOUTH EATING DISORDER HOSPITALIZATIONS RISE DURING PANDEMIC

Canadian Institute for Health Information has data on hospitalizations, emergency department (ED) visits and medication use by children and youth (age 5 to 24).



Surveys have found declining mental health among Canadians during the pandemic due to high levels of anxiety and loneliness, as well as changes to the care they were able to access. In 2020, there was a 20% decrease in youth reporting excellent or good mental health, while Kids Help Phone reported double the number of interactions (phone calls, texts, use of self-directed help resources) compared with 2019. Certain mental disorders may have been disproportionately affected. For example, an increase in eating disorders may be the result of constraints on physical activities, a lack of social supports and increased exposure to media and social media.

Key findings

- * While there was a small decrease in ED visits and hospital stays for children and youth with mental disorders in 2020, the proportion of ED visits and hospitalizations for mental disorders increased.
- * There were higher rates of ED visits and hospitalizations for mental health reasons for females, and for those age 15 to 17 and 18 to 24.
- * Eating disorders are complex and potentially life-threatening conditions often associated with food, body weight and body shape. ED visits and hospitalizations for eating disorders increased in 2020, particularly for females age 10 to 17, at a time when hospital care overall decreased.
- * The rate of psychotropic medication use increased over time, with the highest rates for mood and anxiety medications among female youth.
- * Those living in less-affluent neighbourhoods had higher rates of ED visits and hospitalizations for mental health overall. This was reversed for hospital care for eating disorders — those living in the most-affluent neighbourhoods had higher hospitalization rates.

US PRESIDENT BIDEN NAMES INDIAN AMERICAN RICHARD VERMA TO BODY THAT MONITORS US SPIES

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The White House said the advisory board serves as an independent element within the executive office of the and that it exists exclusively to assist the president by providing him with an "independent source of advice on the effectiveness with which the Intelligence Community is meeting the nation's intelligence needs and the vigor and insight with which the community plans for the future". Verma is currently with Mastercard as its general counsel and head of global public policy. He was sent to India as ambassador by President Barack Obama in 2014 — he was the first Indian American to be named US ambassador to India. He had earlier served in the state department as assistant secretary of state and National Security Advisor to the Senate Majority Leader. Verma was an active member of Biden's 2020 presidential campaign and led the team's outreach to the Indian American community.

PEACE OF MIND WITH A DOUBLE-CLICK: TELUS IS BRINGING WEARABLE, DISCREET PERSONAL SECURITY TO CANADA THROUGH PARTNERSHIP WITH INVISAWEAR

VANCOUVER, B.C.: Today, TELUS launched TELUS SmartWear Security, a line of discreet wearable accessories that provides our customers with emergency support, 24/7 monitoring, and peace of mind wherever they go. In partnership with US-based tech brand Invisawear, TELUS SmartWear Security provides customers with a stylish personal safety device disguised as jewelry or a key charm powered by TELUS' world-leading wireless network, and TELUS SmartHome Security's 24/7 monitoring team. TELUS SmartWear Security is the latest innovation in our comprehensive line of security solutions to bring customers a greater sense of security at home or on the go. "It's truly exciting to bring this level of personal security to Canadians.

There are so many instances where as a mom and an aunt, I can see SmartWear bringing peace of mind to customers and their loved ones, from young adults walking alone on school campuses, real estate agents doing late showings, or even just taking the dog out at night," said Zainul Mawji, Executive Vice-president and President, Home Solutions & Customer Excellence. "By simply double-clicking your wearable device, you can immediately alert selected contacts and share your geolocation. It's empowering our customers with technology that immediately connects them to the support they need in an emergency." TELUS SmartWear Security is managed through an easy-to-use smartphone app, which provides customers with quick access to alerts and updates. The app provides 24/7 monitoring, instantly connecting your smartphone to TELUS' monitoring service. Customers can tailor TELUS SmartWear Security with a selection of alert modes in the app. In the event of an emergency, once the device is double clicked, TELUS SmartWear Security will alert your preselected five emergency contacts or connect you immediately to our 24/7 monitoring team for emergency assistance, where the TELUS agent will stay on the line with you. "We're excited to bring our devices to Canada and are proud to partner with a trusted organization like TELUS that understands the importance of

security and putting customers first," said Rajia Abdelaziz, CEO of Invisawear. "With just the push of a button, customers can seek assistance and receive the right safety resources and help they need, empowering users to feel safe and connected."

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ONTARIO LIBERALS WILL REFORM EDUCATION & HEALTHCARE SYSTEM: JANNAT GAREWAL

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He's given a false promise and hope of building beds and building a hospital in Brampton. He's really misleading our community because in 2018 if he had just given us our funding for our hospital, we would have been more prepared for the pandemic. This is a premier who called us a COVID hotspot in Brampton but did not provide any COVID vaccines and health care funding. Our healthcare system collapsed, and he couldn't provide any emergency health care funding or beds to support it. I talked to health care workers every day at the door, and they felt devastated. They have lost hope and faith. A lot of nurses have left and gone to practice in other provinces. We have staff shortages because of the Ford government's shortcomings. He is now making a false claim about

rebuilding another hospital in Brampton. I think Liberal's plan of hiring 100,000 health care workers is beneficial. The Liberal government will provide the funding we offered in 2018 to make up for the pandemic. I think these are the issues and the policies that we are actually trying to deliver results right now instead of false promises. Watch this exclusive interview on Y Media Plus and Channel Y Bell 828, Telus 2418, Rogers 857, Ignite 707 and listen on Radio Y 91.9 FM. You can also visit our website southasiandaily.com to know more information. Follow us on our Twitter and Facebook pages: Y Media, to stay updated with the latest happenings. Read our 'Midweek' newspaper published every Tuesday to know what's happening in Canada and worldwide.

PM TRUDEAU MEETS UKRAINE PRESIDENT ZELENSKY, REOPENS CANADIAN EMBASSY



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At the same time, the Prime Minister also witnessed the strength and resilience of Ukrainians, and despite efforts by Russia, Kyiv still stands strong and proud today. In a bilateral meeting, the Prime Minister and President Zelenskyy discussed the historic partnership between their two countries, the situation in Ukraine, and the need for additional international support – including humanitarian, financial, and military assistance. The two leaders also discussed global efforts to impose severe and lasting sanctions on Russia in response to President Putin's invasion of Ukraine. Prime Minister Trudeau reiterated Canada's unwavering support for Ukraine and ongoing commitment to help in any way possible.

Today, the Prime Minister announced additional measures and investments to continue supporting Ukraine, including:

- * Providing an additional \$50 million in military assistance, which builds on recent contributions of artillery, ammunition, and civilian-pattern light armoured vehicles;
- * 18 drone cameras, including in-service support and repair,

- * \$15 million of high-resolution satellite imagery,
- * Up to \$1 million in small arms and related ammunition, and
- * Additional ammunition for M777 howitzers;
- * Allocating \$25 million, from Canada's \$100 million contribution for humanitarian aid in the region, to the World Food Programme to address food security in Ukraine; and
- * Contributing \$10 million in funding to support human rights, civil society, and demining in Ukraine, in particular:
 - * \$1.5 million to the United Nations Women's Peace and Humanitarian Fund;
 - * \$2.5 million to the United Nations Office of the High Commissioner for Human Rights to monitor, document and assess human rights violations;
 - * \$775,000 to Front Line Defenders to support human rights activists and organizations;
 - * Up to \$2 million to German Marshal Fund of the United States to support civil society actors at risk;
 - * Up to \$1.15 million in digital emergency support for civil society in Ukraine; and
 - * \$2 million to HALO Trust for mine action emergency response.

CANADA ADDED 15,000 JOBS IN APRIL, UNEMPLOYMENT REACHED 5.2%

CONTD. FROM PAGE 1

Total hours worked fell 1.9% in April, driven in part by absences related to illness or disability.

Average hourly wages were up 3.3% (+\$0.99 to \$31.06) year over year, similar to the growth observed in March (+\$1.03; +3.4%).

As of the April reference week (April 10 to 16), remaining capacity limits affecting business operations had generally been lifted, although some combination of masking, proof-of-vaccination, or testing remained a requirement in some settings in certain jurisdictions.

'ONE IN FOUR SMALL BUSINESSES STILL NEGATIVELY AFFECTED BY SLOW RETURN TO OFFICE BY DOWNTOWN WORKERS, YET FEDERAL SUPPORTS EXPIRE TOMORROW:' CFIB



Roughly one in four (24%) small business owners' revenues are currently impacted by a slow return to the office by downtown workers despite the lifting of COVID restrictions, according to the Canadian Federation of Independent Business (CFIB).

The impact is even more significant for certain sectors like hospitality (46%), personal services (31%), enterprises and administrative management (29%), and retail (28%).

"The pandemic caused many businesses and governments to transition to a hybrid work model, leaving many downtown cores empty. Many local businesses rely on workers returning to in-person work. At a time when only 40% of businesses are making normal revenues and 65% are dealing with pandemic-related debt, consumer spending is more important now than ever," said Corinne Pohlmann, Senior Vice President of National Affairs at CFIB. Overall, three in five (60%) small business owners agreed that government and big business should increase their efforts to get their workers back to downtown cores. This figure jumps to over four in five businesses (84%) among those whose revenues have been impacted by a lack of workers in downtown cores. Many businesses, such as retail and hospitality, are looking to the approaching warm season to boost their sales and revenues. With a lack of customers and major federal COVID support programs ending May 7, many businesses will struggle to make it through. "Programs like the Canada Recovery Hiring Program are retroactive, meaning applications will be accepted up to 180 days after the end of a claim period. However, business expenses beyond May 7 will not be covered," Pohlmann said. "The lack of financial relief and consumer demand may lead to more businesses struggling to make ends meet and some may end up winding down their operations." CFIB continues to petition the government to help small businesses reduce their COVID debt burdens by increasing the forgivable portion of their CEBA loan to at least 50% and extending the repayment deadline for an additional year. Small business owners can add their voice to CFIB's petition calling for more debt relief at cfib.ca/covidpetition.

For more information on the Canada Recovery Hiring Program and how to apply, visit here.

IF ELECTED, ONTARIO NDP WILL BRING FREE OR LOW-COST DENTAL CARE PLAN FOR ALL LOW & MIDDLE-INCOME FAMILIES



If elected, NDP Leader Andrea Horwath will bring in the Ontario Dental Plan, which will mean free or low-cost dental care for all low- and middle-income families. "We all want what's best for our families — including regular check-ups at the dentist. But the cost of living is making that harder," said Horwath. "People are racking up credit card bills to get the dental care they need. Parents sometimes make the heartbreaking decision to put off getting their kid's cavity filled because it's not in the budget. Dental care is health care — so why is it costing people so much? With the NDP, you'll be covered."

Horwath's Ontario Dental Plan will save a family of four \$1,240 every year just on basic checkups and a cavity. If both kids need braces, Horwath's plan could save them over \$13,000. The plan will cover all uninsured low- and middle-income families for dental care. Ontario households earning less than \$90,000 will pay nothing. Ontarians with a household income between \$90,000 and \$200,000 will pay a co-pay, on a sliding scale that goes no higher than 50 per cent of the dentist's bill. An NDP government will invest \$680 million in 2022-23, which will be added to committed federal dollars. When full, annualized federal funding flows, Ontario will maintain the program with a \$380 million annual investment. The NDP will also make targeted capital investments of at least \$25 million, which will help build and expand 70 dental suites and buy and operate seven mobile dental buses. These will be targeted to rural, remote, Indigenous and Northern communities. That plan meshes with and expands on the coverage funded by an anticipated federal plan. When dollars for that begin flowing, the federal government will contribute part of the cost for households earning less than \$90,000. Horwath won't wait, though — the NDP plan will start in 2022 with households earning less than \$90,000 and expand to households earning under \$200,000 within two years.

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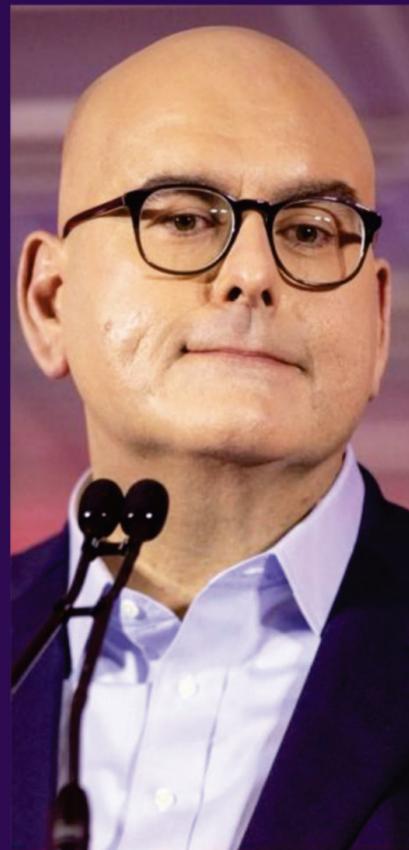
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LAUNCH MAJOR CRACKDOWN ON DRUG MAFIA, PUNJAB CM TELLS POLICE

Showing zero tolerance towards the menace of drugs, Punjab Chief Minister Bhagwant Mann on Monday directed the police to launch a major crackdown on those selling drugs besides tightening the noose around any political functionary interfering with its anti-drug campaign. Chairing a meeting of the Special Task Force (STF) team led by its chief Harpreet Sidhu here, Mann said neither political persons nor officers would be spared if found conniving with the drug mafia. He told the police officers to work freely without any political pressure with a sharpened focus to make Punjab a drug-free state. Without mincing any words, the Chief Minister said, "To my mind, some police officers might have been working earlier under certain compulsions but all the officers are not alike. However, a few drug peddlers might be getting political patronage in the past but now this shall not happen and all of you should work fearlessly in a direction to wipe out the slur of drugs from the state".

Emphasizing the need to break the supply chain of drugs, Mann asked

the police officers to arrest those who are actually selling drugs not the drug addicts as these persons have already become victims of the drug mafia. He said with this initiative, ultimately the backbone of the supply chain would be broken and Punjab would soon become a drug-free state, adding that this could not be accomplished without the wholehearted support of the police force. Emphasising his government's priority for the rehabilitation of drug addicts after the crackdown on drug smugglers, Mann underscored the need to bring all those back into the mainstream, who had gone astray in the past. The Chief Minister said that his government would strive hard to run the drug de-addiction centres across the state efficaciously while ensuring there is no shortage of medicines besides running counselling programmes so that the youth after treatment should not again fall prey to drugs. Appreciating the Punjab police for valiantly combating the black phase of terrorism across the state, Mann hoped it would now set an example by vanquishing the drug mafia, which has ruined the lives of our youth.

AT LEAST ONE IN FOUR ADULTS HAVE HYPERTENSION IN INDIA: REPORT

It is estimated that at least one in four Indian adults have hypertension in India, but only about 10 per cent of them have their blood pressure under control, according to a report released on Monday.

The India Hypertension Control Initiative report, released by Indian Council of Medical Research Director General, Dr Balram Bhargava, emphasised at making hypertension a national priority.

The IHCI is a multi-partner initiative with the Union Health Ministry, the ICMR, and WHO Country Office for India, which was launched to achieve the government's goal of 25 per cent relative reduction in raised blood pressure in 2017. In the first year, IHCI covered 26 districts across the states of Punjab, Kerala, Madhya Pradesh, Telangana, and Maharashtra. By October 2021, it was expanded to 100 plus districts across 19 states.

"We compared the key indicators in 2020 and 2021 for the initial 26 Phase I districts. The quarterly cohort blood pressure control rates declined in the second and third quarters of 2020 due to Covid-19-related disruptions; control rates started improving in the first quarter of 2021," the report underlines.

The community-level hypertension control improved in 21 project districts in 2021 compared to 2020. Among the estimated 46 lakh hypertensives across initial Phase I 26 districts, BP control increased more than four fold, although from a very low baseline - 6.1 per cent achieved BP control in first quarter of 2021 compared to 4.9 per cent in Q1 of 2020 and 1.4 per cent in Q1-2019.

Overall, the number of patients with controlled BP continued to increase over three years (2,83,457 in Q1-2021; 2,18,340 in Q1-2020 and 64,704 in Q1-2019). The numbers declined in Kerala due to poor documentation during the pandemic and inability to provide medication refills at the subcentre level, the report said, adding that six districts achieved more than 10 per cent community level BP control.

The report also highlights scalable key strategies, which include patient centred care, standard treatment protocols, access to drugs, simple information system to ensure treatment and control of high BP.

TO ATTRACT YOUTH, CONGRESS PANEL RECOMMENDS ONE TICKET PER FAMILY

To attract young talent to the party, a Congress sub group has recommended to give only one ticket per family so that big leaders do not corner party tickets and deny a place to the genuine hard workers.

However, the party recently flouted this rule in Goa and Uttarakhand. In the hill state, former chief minister Harish Rawat and his daughter were given tickets, and the senior Rawat lost in the polls; Yashpal Arya and his son were also given tickets, son Sanjeev Arya lost; former Punjab chief minister Charanjit Singh Channi contested from two seats and lost both.

The other recommendation is to expand the social base and give reservations to the SC/ST and marginalised OBC. The CWC will take a view on Monday evening and deliberate in the brainstorming session.

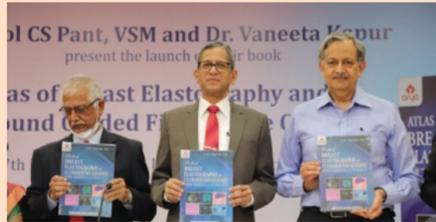
To increase the vote share, the Congress has decided to focus on increasing its social base and reach out to the groups which have not found place in the party apparatus, sources have said.

The convenors of the sub committee met party president Sonia Gandhi and handed over their recommendation to her.

Each state has been told to focus on sub-castes and give more representation to them in the party. The BJP in Uttar Pradesh has been successful in weaning away the non Jatavs from the BSP, which is helping them immensely in expanding their vote base. Taking a cue from this, the party wants to similarly increase its social base in each state, add more people and expand its vote share which has been declining since 2014. The special focus will be on Uttar Pradesh where the party won only two seats and the vote share declined to around two per cent. Uttar Pradesh is the biggest state in terms of Lok Sabha seats and sends 80 MPs. The Congress won only one seat in 2019 and now it hopes to rope in the leaders from the BSP, who have lost hope in their party, a Congress leader said.

CJI SAYS GOVT MUST STEP IN TO TACKLE BREAST CANCER, CALLS FOR ROADMAP

The Chief Justice of India, N.V. Ramana, said on Saturday that the government must step in in a big way to tackle breast cancer, which is becoming a leading cause of concern in the society. He also said the government should develop a roadmap to tackle this issue. Speaking at the release of a book titled 'Atlas of Breast Elastography and Ultrasound Guided Fine Needle Cytology', the CJI said breast cancer is becoming one of the leading causes of concern in the society and considering the socio-economic considerations, this disease can be a curse for the entire family. He added that from diagnosis to treatment, at every stage, the patient has to shell out substantial amounts which very few can afford. Emphasising that the need of the hour is to generate awareness, Ramana said, "It is essential to design breast cancer awareness campaigns on the scale of cervical cancer, anti-tobacco and pulse polio campaigns. Celebrities and famous personalities should be involved. The mass media plays a significant role in disseminating information." He said that primary healthcare centres lack even basic infrastructure and there is also lack of affordable treatment options. "Often, women belonging to marginalised sections lack access to information, diagnosis and treatment of the disease. We need interventions and strategies addressing inequities of cancer screening and treatment in India. If this disease is to be tackled effectively, the government has to step in in a big way. The government must give a boost to medical infrastructure and research," the CJI said. He added, "Ultimately, a roadmap is necessary to tackle up this issue. The Health Ministry, the government of India must involve doctors, leading NGOs and industrialists to prepare the same." Ramana pointed out that every four minutes, one woman is diagnosed with breast cancer, which is the most common cancer in women. "As many as 27.7 per cent of all new cancers detected in women in 2018 were breast cancer cases. Every eight minutes, one woman dies of breast cancer. A total of 87,090 women died of breast cancer in 2018, which was the second highest number in the world for that year. Around 32 per cent of new cases belong to the age group of 25 to 49," he said. The CJI further pointed out that the role of doctors is also of great significance and the responsibility of gynaecologists cannot be under-stated. "



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BLINKEN INVITES BILAWAL BHUTTO TO ATTEND FOOD SECURITY MEET IN US

US Secretary of State Antony Blinken made a maiden telephone call to Pakistan's newly-appointed Foreign Minister, Bilawal Bhutto-Zardari and extended an invitation to the latter to visit Washington this month, the Foreign Office said in a statement. During the telephonic conversation, Secretary Blinken congratulated his Pakistani counterpart on the assumption of his office and ex-

pressed the desire to continue strengthening the mutually beneficial Pakistan-US bilateral relationship, Geo News quoted the statement as saying. "An invitation was also extended by the Secretary of State for Pakistan's participation in the Ministerial meeting on Global Food Security to be held in New York on May 18." Building on the Pakistan-US cooperation in dealing with the

pandemic during the last two years, Blinken also invited Pakistan to the Second Global Covid Summit to be held virtually later this month. Exchanging views on various aspects of bilateral relations, Bilawal Bhutto underscored that Pakistan and the US have a longstanding broad-based relationship. He added that constructive and sustained engagement between the two countries on the

basis of mutual respect and mutual interest was vital to promote peace, development and security in the region and beyond, Geo News reported. Bilawal Bhutto emphasised that Pakistan's vision was focused on human development, regional connectivity, and a peaceful neighbourhood. Both the leaders agreed to remain in contact and enhance engagement on regional and global issues of mutual interest.

US ANNOUNCES NEW SANCTIONS, G7 TO PHASE OUT RUSSIAN OIL IMPORTS

The US on Sunday announced new sanctions on Russia, targeting management consultancies and accounting services and media outlets funded directly or indirectly by the state. Also, among the new curbs, were export controls on equipment and machinery such as bulldozers. The announcement followed an agreement between G-7 countries to further "ratchet up" costs on Russia by collectively taking further measures. A White House fact-sheet stated that sanctions in place "are already exacting an immense toll on Russia's economy and our export controls have strangled Russia's access to critical technology and the supply chains it needs to sustain its military ambitions". The US and G7 partners also committed themselves "to phasing out or banning the import of Russian oil". This group of countries includes some of the largest importers of Russian oil such as

Germany and Japan. "This will hit hard at the main artery of (Russian President Vladimir) Putin's economy and deny him the revenue he needs to fund his war," the White House said in the fact-sheet, adding: "The G7 also committed to work together to ensure stable global energy supplies, while accelerating our efforts to reduce dependence on fossil fuels." The new curbs announced by the US target three of Russia's most widely watched TV channels that are also directly or indirectly controlled by the government - Joint Stock Company Channel One Russia, Television Station Russia-1, and Joint Stock Company NTV Broadcasting Company. "All three stations have been among the largest recipients of foreign revenue, which feeds back to the Russian state's revenue," the fact-sheet said. The US has also banned American citizens and companies from providing management consultancy and



accounting services to Russia. "These services are key to Russian companies and elites building wealth, thereby generating revenue for Putin's war machine, and to trying to hide that wealth and evade sanctions," the White House said. Furthermore, the US will also slap new export controls on Russia, this time targeting "a broad range of inputs and products including wood products, industrial engines, boilers, motors, fans, and ventilation equipment,

bulldozers, and many other items with industrial and commercial applications". Control in place already have severely affected Russia's efforts to replenish the military weapons and equipment. Its top manufacturers of tanks, for instance, Uralvagonzavod Corporation and Chelyabinsk Tractor Plant are said to have halted work due to lack of foreign components. The US has also said, citing reports, more than 200,000 Russians, many of whom are highly skilled, have fled the country.

EUROPE NOW BATS FOR PM MODI AS PEACEMAKER IN THE RUSSIA-UKRAINE CONFLICT

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At the same time in Copenhagen, while making her country and European Union's position "clear" on Ukraine, Danish Prime Minister Mette Frederiksen was urging PM Modi to play peacemaker in the current crisis.

"We would like to see India use its influence with Putin," said Frederiksen. PM Modi reiterated India's stand for an immediate ceasefire in Ukraine and adoption of dialogue and diplomacy to resolve the problem.

Ukraine and 'regional situation' was also discussed extensively when the heads of government from Norway, Sweden, Iceland and Finland met the Indian Prime Minister on the sidelines of the 2nd India Nordic Summit on Wednesday.

"I met with India's Prime Minister Narendra Modi today. Good discussions on bilateral cooperation, within Green Transition, Blue Economy, we agreed on Task Force on Energy, great potential in renewables. Also exchange on Russia's war in Ukraine, shared Norway's condemnation," tweeted Norway PM Jonas Gahr Store after his first meeting with PM Modi since assuming office in October 2021.

On Monday, during his meeting with German Chancellor Olaf Scholz in Berlin, PM Modi had highlighted that India remains "deeply concerned" by the humanitarian impact of the ongoing conflict, saying that New Delhi believes that there will be no winning party in this war and everyone would suffer.

"That is why we are in favour of peace. Oil prices are skyrocketing due to the turmoil triggered by the Ukraine conflict; there is also shortage of foodgrains and fertilisers in the world. This has burdened every family in the world, but its impact on developing and poor countries will be even more serious," said PM Modi.

India has expressed its position on the Russia-Ukraine crisis — including to the visiting heads of states like British PM Boris Johnson, European Commission President Ursula von der Leyen and several Foreign Ministers — a number of times ever since Moscow began its 'special military operation' on February 24.

New Delhi has maintained that its international partners have not only a complete understanding of India's position, but also share deep appreciation in favour of the Modi government.



"I think it is very clear, very directly, very clearly, that with our partners, the European partners, the rest of those who are our allies at the international level are completely clear about it," said India's new Foreign Secretary Vinay Kwatra, last Sunday.

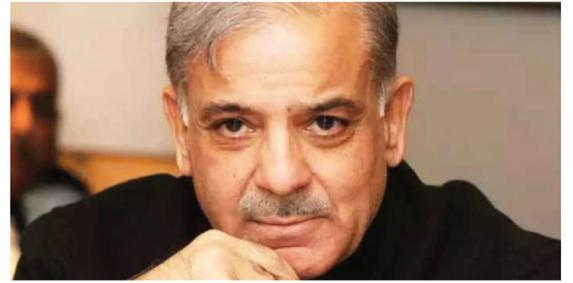
Meanwhile, talks on growing India-France strategic partnership in areas like defence, clean energy environment, space, digital, manufacturing in high-end sectors, are also expected to take place when PM Modi meets Macron on Thursday.

This will be the first meeting between the two leaders after Macron was re-elected as French President in the presidential elections in April this year. India and France are celebrating 75 years of their diplomatic relations this year and the meeting between the two leaders is expected to set a more ambitious agenda of the strategic partnership.

New Delhi and Paris have already made it clear that their partnership is "more relevant today than ever" as they deepen cooperation in defence and security, besides making the blue economy a driver of progress for both the countries.

It is also expected that Modi and Macron will hold further discussions on jointly developing high thrust aircraft engines under the Indian government's initiative to promote self-reliance in defence manufacturing and also a possible collaboration on nuclear-powered submarines.

SHEHBAZ SHARIF GOVT IN DAMAGE CONTROL MODE ON PAKISTAN-US RELATIONS



Former Pakistan Prime Minister Imran Khan had accused the United States of conspiring against him to oust him from power because of his inclination towards Russia, and refusal to being party to the Western bloc in the Russia-Ukraine conflict.

Since then, Imran Khan has launched his campaign by holding political gatherings across the major cities of Pakistan, carrying the same anti-US narrative, and publicly slamming the Joe Biden administration for 'plotting a conspiracy' against his government, which he said refused to be a slave to Washington's demands and dictations. Now, the new government in place under Prime Minister Shehbaz Sharif is working towards mending the damaged ties with the United States. After Bilawal Bhutto Zardari took office as Foreign Minister along with Hina Rabbani Khar as Minister of State for Foreign Affairs, Pakistan's foreign office has been actively reforming its foreign policy and working towards having active contacts with the Joe Biden administration, showing clear signs of siding with the Western bloc with regard to the Russia-Ukraine conflict. In a latest, Zardari received a telephone call on Saturday from the US Secretary of State, Anthony Blinken. "Secretary Blinken congratulated Foreign Minister Bilawal Bhutto Zardari on assumption of his office and expressed the desire to continue strengthening mutually beneficial Pakistan-US bilateral relationship," read a statement issued by the Pakistan foreign office.

NEVER WOULD HAVE AGREED TO US DEMANDS OF MILITARY BASES IN PAKISTAN: IMRAN



Former Pakistan Prime Minister Imran Khan reiterated that during his time in power he would "never have agreed" to any US demands of being given military bases in the country in the aftermath of Washington's withdrawal from neighbouring Afghanistan.

Khan, who was voted out of the top office last month via a no-confidence movement which he alleges was masterminded by the US through the help of local players over his pursuance of an independent foreign policy, made these remarks while addressing overseas Pakistanis in a video message, Dawn news reported.

He said that the US wanted bases in Pakistan in order to "conduct (counter attacks) from here in case if there were any terrorism in Afghanistan". something he said he found "absolutely unacceptable". Khan said Pakistan had already lost 80,000 lives in the US-led "war on terror" and still its sacrifices were never appreciated, with many US politicians blaming it instead. "First they blamed us, then they didn't appreciate us, our country and tribal areas were destroyed and now (they) are again asking for bases. I would have never agreed to this and the problems (between us) started from there." Khan, in an interview in June 2021, had categorically said that Pakistan would "absolutely not" allow any bases and use of its territory to the US for any sort of action inside Afghanistan, Dawn reported. His latest comments were similar to the ones he made in a recent podcast where he said that the US was "asking for bases here to stop international terrorism in Afghanistan".

RESTRICTIONS ON FREEDOM OF EXPRESSION UNDERMINE PAKISTAN'S ABILITY TO PROGRESS: BLINKEN

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He was reportedly responding to a question asked by a Pakistani journalist over Pakistan being among those countries in the world still considered the most dangerous place for journalists.

Last year, many Pakistani journalists were killed, kidnapped, and tortured for exposing crime and corruption and criticising some of the government policies. "Has the State Department ever taken up this issue in bilateral talks with the Pakistani authorities?" the journalist asked "The short answer is yes, we take this up in our engagements with Pakistani counterparts. Of course, this is also a feature of the annual Human Rights Reports that we put out, and, of course, we're aware of significant restrictions on media outlets and civil society more broadly in Pakistan," he said. Blinken's remarks came after a report released by a global media watchdog, Reporters Without Borders, showed that Pakistan slid from 145th position last year to 157th this year on the World Press Freedom Index.

PARAG AGRAWAL'S WIFE VINEETA LINKED WITH MUSK'S \$44 BN TWITTER TAKEOVER

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Andreessen Horowitz is also one of the biggest backers of Facebook (now Meta). Prior to joining a16z, Vineeta held many different roles in the healthcare space.

She was a physician taking care of patients, an operator at healthtech startups and as a venture investor on the Google Ventures life sciences team. She was an early data scientist at Kyruus, a management consultant for biotech, pharmaceutical, and medical device clients at McKinsey & Co; and a director of product management at Flatiron Health. She has collaborated with academic researchers at Cold Spring Harbor Laboratory, Lawrence Livermore National Laboratory, and the Broad Institute, where she did graduate work in computational biology and human genetics.

Vineeta holds a Bachelor of Science in biophysics from Stanford University, and MD and PhD degrees from Harvard Medical School/MIT. She continues to see patients at Stanford as an adjunct clinical professor in the Division of Primary Care and Population Health.

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SEAFOOD

Fresh Boston Porgy Fish 新鮮波士頓海立魚 Reg: \$2.99 \$1.97 lb	Fresh White Bass Fish (Wild Caught) 新鮮野生三線魚 Reg: \$3.99 \$2.97 lb	Salted Palook (Whole) 鹹魚 Reg: \$5.99 \$3.97 lb	Round Squid 鮮魷魚 Reg: \$5.99 \$3.97 lb	Indian Ocean White Pomfret 印度白鰻魚 Reg: \$13.99 \$10.97 lb
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KITCHEN

Sweet & Sour Chicken 甜酸雞 Reg: \$11.99 \$8.59 order	Stir Fried Chicken With Mushroom 蘑菇雞 Reg: \$11.99 \$8.59 order	Stir Fried Beef With Black Pepper Sauce 黑椒牛肉 Reg: \$15.99 \$10.98 order
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SUPER DEAL

Live Green Bass 活水青斑 Reg: \$14.99 \$12.97 lb	Seafood Season Tilapia Fish (Gutted & Scaled) 11lb/kg Reg: \$8.99 \$6.97 ea	Shona Original Paratha Promo Pack 15x5 18x4 (200g) (200g) Reg: \$8.99 \$6.97 ea	Kebab Factory Halal Chicken Kebab 18pcs Reg: \$16.99 \$9.97 ea
Sunthal Seafood Frozen King Fish Steak 5LB Reg: \$39.99 \$29.97 ea	Armstrong Melts Slices 24pcs 450g 5LB Reg: \$5.99 \$2.97 ea	Cracker Barrel Shredded Cheese 32oz Reg: \$7.99 \$4.97 ea	Lay's Chips 30g Reg: \$1.49 97¢ ea
Lee Kum Kee Panda Brand Oyster Sauce 510g Reg: \$4.99 \$2.97 ea	Pran Mango Juice 1.5L Reg: \$3.99 \$2.97 ea	Kuchenmeister Cake 400g Reg: \$4.99 \$3.97 ea	National Ginger / Garlic Paste 750g Reg: \$5.99 \$4.77 ea
Phidella Crystallized Ginger 400g Reg: \$5.99 \$4.97 ea	Eagle Brand Chickpeas 4Lb Reg: \$6.99 \$4.97 ea	Quality Brand Huskless Split Mung Beans (Moong Dal Dhuli) 4Lb Reg: \$8.99 \$6.97 ea	Sun Gas Power (Portable Gas) 4pcs Reg: \$11.99 \$9.97 ea
Croissant 4pcs Reg: \$2.59 \$1.97 pk	Deep Fried Squid Tentacles With Salt & Pepper 椒鹽魷魚 Reg: \$15.99 \$10.98 order	Fresh St. Carlos Haden Mango In Case 125 4kg 新鮮St. Carlos箱裝芒果 Reg: \$12.99 \$9.97 ea	Fresh Hothouse Tomato 新鮮溫室番茄 Reg: \$1.59 97¢ lb

GROCERY

Arm & Hammer Baking Soda 500g Reg: \$2.59 \$1.97 ea	Planters Salted Cocktail Peanuts 200g Reg: \$2.99 \$1.97 ea	Hemani Dr. Organic Super Grain Chat Seeds 200g Reg: \$4.99 \$2.97 ea	Ritter Sport Chocolate 100g Reg: \$3.99 \$2.97 ea	Mr. Goudas Sweetened Condensed Milk 300ml Reg: \$3.99 \$2.97 ea
Carnation Evaporated Milk 354ml Reg: \$1.99/ea 2 FOR \$3.00	Manner Wafers Hazelnut, Cream Filled Wafers 2175g Reg: \$1.99/ea 2 FOR \$3.00	Ching's Secret Hokka Veg Noodles 600g Reg: \$4.99 \$3.97 ea	French's Tomato Ketchup 1L Reg: \$5.99 \$3.97 ea	Fleischmann's Canada Corn Starch 454g Reg: \$3.99 \$3.97 ea
3 Ballerina Naturally Caffeine Free Natural Green Tea Brand Herbal Tea Extra Strength 18 Tea Bags Reg: \$5.99 \$4.77 ea	Maggi Coconut Milk Powder Mix 300g Reg: \$5.99 \$4.97 ea	Wild Tusker Organic Coconut Flour (Gluten Free) 500g Reg: \$6.99 \$5.97 ea	Imperial Fruity Minis Hard Candies 750g Reg: \$7.99 \$5.97 ea	Bedessee Demerara Gold 100% Natural Cane Sugar 3Lb Reg: \$7.99 \$5.97 ea

BAKERY

Melewa Cup Cake Series Reg: \$2.79 \$2.27 pk	La Fournee Doree Brioche Burger Buns 4 Buns Reg: \$3.99 \$2.97 pk	
D'Italiano Slice Bread 675g Reg: \$3.59 \$3.27 pk	Vidhya Pani Puri 240g Reg: \$4.99 \$4.57 pk	Egg Tart 6pcs Reg: \$6.49 \$5.57 pk

FROZEN

Sunthal Frozen Whole Baby / Cut Okra 300g Reg: \$1.99 \$1.27 ea	Golden Harvest Aloo / Dai Puri 100g Reg: \$3.99 \$1.97 ea	Cowandish Potato Patties Hashbrown 1400g Reg: \$3.99 \$2.97 ea	Naan Spinach & Cheese Pizza Pack 152g Reg: \$12.99 \$5.97 ea	Shona Plain Naan Family Pack 152g Reg: \$12.99 \$6.97 ea	Al Safa Chicken Burgers / Nuggets 7, 51g (51g) Reg: \$9.99 \$6.97 ea
Frozen Spicy Fries Reg: \$9.99 \$7.97 ea	Al Safa Chicken / Beef Samosa Samosa 900g Reg: \$19.99 \$15.97 ea	Ocean Mama Golden Pompano Fish 500g Reg: \$5.99 \$2.97 ea	Cool Ocean Scallops 110g Reg: \$5.99 \$2.97 ea	Cool Ocean Impex Cutlass Fish 400g Reg: \$6.99 \$3.97 ea	Raja Outfitters Pangasius Steaks Net 450g (90g) Reg: \$7.99 ea \$3.97 ea
Cool Ocean Impex Raw PRAW White Shrimp 450g Reg: \$12.99 \$5.97 ea	Seven Baskets Premium Frozen Raw, Vietnamese Spring Roll 130/40 Net 400g Reg: \$2.99 \$6.97 ea	Cool Ocean Impex Black Tiger Shrimp 400g Reg: \$13.99 \$7.97 ea	SH Frozen White Shrimp 500g Reg: \$12.99 \$7.97 ea	Sunthal Seafood Red Fish Net 3Lb Reg: \$19.99 \$14.97 ea	Sunthal Seafood Frozen Swimming Crab 3Lb Reg: \$29.99 \$19.97 ea

DAIRY

Philadelphia Cream Cheese Reg: \$4.99 \$1.97 ea	Silk Almond & Coconut Beverage 1.89L Reg: \$5.99 \$2.97 ea	I Can't Believe It's Not Butter! 454g Reg: \$3.99 \$2.97 ea	Harvest Creek Halal Chicken Wieners 900g Reg: \$6.99 \$3.97 ea
Astro Yogurt 12x100g Reg: \$6.99 \$4.97 ea	Savara Paneer 341g Reg: \$6.99 \$5.97 ea	Gray Ridge Extra Large 18 Family Pack White Eggs Reg: \$6.99 \$5.97 ea	Phoenicia Alkaiwe Soft Unripened Cheese Reg: \$12.99 \$9.97 ea
Bra's Dairy Pure Desee Ghee Clarified Butter 1.6kg Reg: \$35.99 \$19.97 ea			

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May. 13 (Fri.) - May. 19 (Thur.) 2022

PRODUCE

Fresh White Bass Reg: \$4.69 \$3.57 lb	Luzern Garlic Bread (6x3x3) Naan Reg: \$2.99 \$1.27 ea	Astro Original Yogurt 250g Reg: \$3.99 \$1.97 ea	Haidaram's Soan Papdi 250g Reg: \$3.99 \$2.27 ea	Lee Kum Kee Panda Brand Oyster Sauce 510g Reg: \$5.99 \$2.97 ea
Caro Coconut Snack 270g Reg: \$2.99 \$2.97 ea	Eagle Brand Chick Peas 4Lb Reg: \$5.99 \$4.97 ea	Dunja Harvest Chia Seeds 367g Reg: \$8.99 \$6.97 ea	Phidella Jumbo Row Crispy 510g Reg: \$10.99 \$7.97 ea	India Gate Premium Basmati Rice 10kg Reg: \$14.99 \$11.97 ea
Cool Vegetable Oil 4L Reg: \$15.99 \$4.97 ea	Sun Gas Power Butane Gas 500ml (220g) Reg: \$11.99 \$9.97 ea	Croissant 4pcs Reg: \$2.59 \$1.97 pk	Deep Fried Squid Tentacles With Salt & Pepper Reg: \$14.99 \$11.99 order	Fresh St. Carlos Haden Mango In Case 125 4kg Reg: \$12.99 \$9.97 ea
Fresh White Radish Reg: \$1.29 77¢ lb	Fresh Cassava Reg: \$1.29 87¢ lb	Fresh Red Pepper Reg: \$2.59 \$1.57 lb		
Fresh Seedless Red Grape Reg: \$2.99 \$1.57 lb	Fresh Pomegranate Reg: \$3.99 \$1.97 ea	Fresh Brazilian Black Fig Bunch Reg: \$6.99 \$4.97 ea		

FROZEN

Charmaine Collection Alfredo Sauce Chocolate 450g Reg: \$5.99 \$3.97 ea	Pan Spring Roll 24pcs 450g Reg: \$2.99 \$1.97 ea	Farma Frozen Cassava 500g Reg: \$2.99 \$1.97 ea	G'Ya Halo IQF Chopped Spinach 750g Reg: \$3.99 \$2.97 ea
Patty Halal Spicy Chicken / Shrimp Reg: \$12.99 \$4.97 ea	Frozen Fries 2kg Reg: \$5.99 \$4.97 ea	Lion Vegetable Spring Roll 1000g Reg: \$6.99 \$5.97 ea	Pan Family Pack Plain (20x20x20) Reg: \$9.99 \$7.97 ea
SH Wild Caught Crayfish / Shrimp Fillet Net 300g Reg: \$3.99 \$2.97 ea	Ocean Market Sealed Shrimp (Cooked & Scaled) 11lb/kg Reg: \$12.99 \$7.97 ea	Seafood Season Tilapia Fish (Gutted & Scaled) 11lb/kg Reg: \$8.99 \$6.97 ea	Sunthal Seafood Frozen Kingfish Steak 5LB Reg: \$35.99 \$29.97 ea

SEAFOOD

Fresh Yellow Tail Snapper Reg: \$5.99 \$3.97 lb	Fresh Bath (Blue) Snapper Reg: \$5.99 \$4.97 lb	Pre - Frozen Almond Cut White Shrimp Reg: \$4.99 \$5.97 lb
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MEAT

Halal Veal With Bone Reg: \$4.99 \$3.97 lb	Halal Frozen Lamb Kidney Reg: \$5.99 \$3.97 lb	Halal Boneless Beef Reg: \$6.99 \$5.97 lb	Halal Frozen Skin On Lamb Head Reg: \$17.99 \$14.97 ea
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GROCERY

Jalilbab Sparkling Drinks 330ml Reg: \$1.59 97¢ ea	Jamaican Pride Balled Pigeon 300g Reg: \$1.99 \$1.00 ea	S&W Cream Crackers 2000 Reg: \$1.99 \$1.27 ea	Aapki Pasand Premium Milk Runk 300g Reg: \$2.99 \$1.97 ea	Sulphur Spring Biscuits Reg: \$1.99 \$1.97 ea
Pearl Fruit Flavoured Jelly 380g Reg: \$2.99 \$1.97 ea	Sera Pickled Mixed Vegetables 700g Reg: \$3.99 \$2.97 ea	Grace Corn Meal 2kg Reg: \$3.99 \$2.97 ea	Ritter Sport Chocolates 100g Reg: \$3.99 \$2.97 ea	Manner Hazelnut Wafers 2175g Reg: \$1.99/ea 2 FOR \$3.00
Tiger Tamarind Paste 200g Reg: \$2.99/ea 2 FOR \$3.00	Maggi Coconut Milk Powder 454g Reg: \$5.99 \$3.97 ea	Fleischmann's Canada Corn Starch 454g Reg: \$3.99 \$3.97 ea	Coca-Cola Mini Bottles 8x300ml Reg: \$7.99 \$3.97 ea	Cuetoro Maria Cookies 600g Reg: \$3.99 \$3.97 ea
Holdiram's Corn Puri 240g Reg: \$3.99 \$4.97 ea	Deel Suji Course 4Lb Reg: \$6.99 \$4.97 ea	Eagle Brand Lighter Ketchup 454g Reg: \$8.99 \$5.97 ea	Nupak Black Turtle Beans 2kg Reg: \$7.99 \$5.97 ea	Montego Ackee in the Shell 500ml Reg: \$8.99 \$7.97 ea
Moisturize Hand Sanitizer Gel 500ml Reg: \$2.99 \$1.97 ea	Sunlight Dishwashing Liquid 900ml Reg: \$3.99 \$2.27 ea	Sargam Garbage Bag 40kg Reg: \$4.99 \$3.97 ea	Detail Antiseptic 500ml Reg: \$6.99 \$6.97 ea	Scotties Original Facial Tissue & Roll Reg: \$12.99 \$8.97 ea

MEAT

Fresh Chicken Drumstick Reg: \$1.99 \$1.29 lb	Fresh Beef Honeycomb/Tripe Brown Reg: \$5.99 \$4.99 lb	Fresh Beef Outside Round Reg: \$5.99 \$4.99 lb	Frozen Lean Mutton Shoulder Reg: \$5.99 \$5.49 lb
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DAIRY

Zabihah Halal Chicken Sausages 300g Reg: \$5.99 \$3.47 ea	Philadelphia Cream Cheese Reg: \$4.99 \$3.97 ea	Harvest Dairy Paneer 300g Reg: \$5.99 \$4.27 ea	Milk 2 Can (200g) Reg: \$5.99 \$4.97 ea	Armstrong Melts Cheese Block 450g Reg: \$3.29 \$2.47 ea
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BAKERY

Melewa Cup Cake Series Reg: \$2.79 \$2.27 pk	Crispy Plain Cooker (6x6x6) Reg: \$3.49 \$2.77 pk	La Fournee Doree Brioche Burger Buns Reg: \$3.99 \$2.97 pk
D'Italiano Slice Bread 675g Reg: \$3.59 \$3.27 pk	Vidhya Pani Puri 240g Reg: \$4.99 \$4.57 pk	Egg Tart 6pcs Reg: \$6.49 \$5.57 pk

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Mid Week ENTERTAINMENT

RAKUL PREET SINGH WAS CALLED A 'STICK' IN SOUTH INDUSTRY, WAS ASKED TO LOSE WEIGHT WHEN SHE CAME TO MUMBAI: 'THAT WAS THE STANDARD OF BOMBAY' | 16



May 10, 2022

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KIARA ADVANI, SIDHARTH MALHOTRA WEDDING SOON? FANS WONDER AS ACTRESS ASKS IF THINGS CHANGE AFTER MARRIAGE



IS KIARA ADVANI, SIDHARTH MALHOTRA'S WEDDING ON CARDS, WONDER FANS OF THE RUMOURED BOLLYWOOD COUPLE. IT ALL STARTED WHEN KIARA POSTED A WEDDING PHOTO OF HER PARENTS ON HER VERIFIED INSTAGRAM ACCOUNT AND ASKED IF THINGS CHANGE AFTER MARRIAGE. HER POST SENT FANS INTO A TIZZY MAKING THEM WONDER IF THE ACTRESS IS THINKING OF GETTING MARRIED SOON. MANY OF THEM REACTED TO THE POST BY SUGGESTING TO MARRY HER SHERSHAHH CO-STAR AND FIND OUT. "HERE'S ONE OF MY FAVOURITE PICTURES OF MY PARENTS. I'VE ALWAYS LOOKED UP TO THEM FOR THE PERFECT MARRIAGE! THEIR BLESSINGS ARE ALWAYS WITH ME.. NOW I NEED YOURS! ALSO, SOME ADVICE PLEASE, KYUNKI SAB KEHTE HAI - SHAADI KE BAAD SAB BADAL JAATA HAI. KYA SACHI BADAL JAATA HAI?" KIARA HAS CAPTIONED THE POST.

AYUSHMANN KHURRANA: 'WE ARE SO DIVERSE AS INDIANS, BUT DO WE CELEBRATE THAT...?'



Ayushmann Khurrana is gearing up for the release of Anek which is his second collaboration with filmmaker Anubhav Sinha, after their acclaimed movie Article 15.

The actor recently revealed why he chose to be a part of Anek. "When we set out to make Anek, Anubhav (Sinha) sir was very clear that he wants to make an engaging story that would also make people ponder about our identity as Indians. We are so diverse, different and unique as Indians but do we celebrate that and make it our strength? Anek intends to pointedly ask and hopefully answer that question which is why this film is so special to me," Ayushmann said.

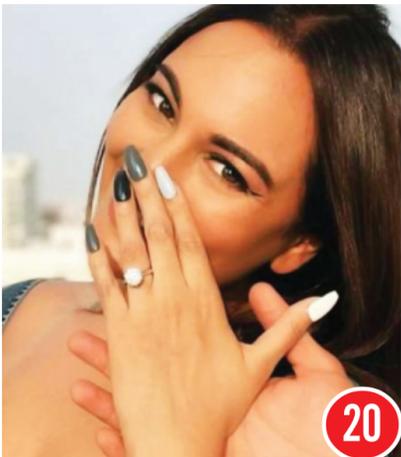
He added, "I have always hunted for clutter-breaking content and Anek rests at the top of the pile for me." Anek is set against the geopolitical backdrop of Northeast India. Apart from Ayushmann Khurrana, the film also stars Manoj Pahwa, JD Chakravarthy, Kumud Mishra and Andrea Kevichusa in pivotal roles.

RANVEER SINGH AND NORA FATEHI RAISE THE TEMPERATURE AS THEY DANCE ON Garmi SONG



Ranveer Singh and Nora Fatehi shared the stage recently and set the floor on fire as they danced to the viral song Garmi. Ranveer follows Nora's footsteps and jumps in and does a couple of hook steps with her, including the viral pelvic thrust movement while lying face down. During the episode, Nora wears a sequin gown with a slit. She looks stunning in the glam outfit. Ranveer wears a funky, light pink trousers and a multi colour shirt. They look great together matching steps on Garmi song. Nora is one of the judges on Dance Deewane Juniors, alongside Neetu Kapoor and Marzi Pestonji. Karan Kundrra of Bigg Boss 15 fame is hosting the dance reality show that showcases kids' talent. Ranveer looked out-of-the box in a multi-coloured baggy shirt. He paired it with hot pink flare pants and yellow sneakers. He also wore brown sunglasses and pearl neckpieces. He shared his look on Instagram with a candy emoji as a caption. He also shared another video in which he dances with the child participants on the track of his upcoming film Jayeshbhai Jordaar.

SONAKSHI SINHA ENGAGED? ACTRESS FLAUNTS FLASHY RING AMIDST WEDDING RUMOURS



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IS SONAKSHI SINHA ENGAGED? THE BOLLYWOOD ACTRESS STUNNED EVERYONE AS SHE POSTED A PHOTO FLASHING A HUGE RING.

ESHA GUPTA RAISES HOTNESS QUOTIENT IN HER LATEST MIRROR SELFIE



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ESHA GUPTA DROPPED A SELFIE IN WHICH SHE IS SEEN WEARING ONLY OVERSIZED PINK AND BLACK LEATHER SHORTS.

PROJECT K: FANS ELATED AFTER DISHA PATANI JOINS THE CAST OF BIG B, DEEPIKA PADUKONE



22

PROJECT K: ON SATURDAY NIGHT, DISHA PATANI TOOK TO INSTAGRAM AND DROPPED A PICTURE OF FLOWERS AND A GIFT HAMPER THAT SHE HAS RECEIVED FROM THE TEAM OF 'PROJECT K'.

TO WATCH ALL THE LATEST GOSSIP IN ENTERTAINMENT, WATCH CHANNEL Y ROGERS 857, BELLFIBE 828, TELUS 2418



RASHID KHAN RAN THROUGH THE MIDDLE-ORDER, AND HARDIK PANDYA WAS UNDERSTANDABLY HAPPY. GUJARAT TITANS VS LUCKNOW SUPER GIANTS, IPL 2022, PUNE, MAY 10, 2022. | DETAILS ON PAGE 25

SONU SOOD'S ENDORSEMENT FEES FOR PROMOTING A HOSPITAL CHAIN IS 50 LIVER TRANSPLANTS



Actor Sonu Sood has been hailed as a superb Samaritan, thanks to his efforts in providing relief to people across the country during the coronavirus pandemic. In an interview with The Man magazine, Sonu explained how he gets people from different walks of life to aid him in his commendable humanitarian efforts. "I will give you a small example: A gentleman called Wilson from Aster Hospitals connected with me on a recent trip to Dubai and said the group would like to collaborate with me in helping people with their medical needs. So, I said that I'll promote the hospitals, but give me 50 liver transplants. That is almost Rs 12 crore in value," said the actor.

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CHAAND RAAT & EID BAZAAR 2022 LIGHTS THE WAY FOR THE FESTIVITIES IN BRAMPTON



A flurry of colors, culture and community spirit greeted the attendees when they walked into the hall. This was the scene of the Chaand Raat & Eid Bazaar. Cocktail International, a leading event management company based in Canada, organized a community based shopping gala at Courtyard by Marriott Toronto-Brampton on 1st May, 2022.

The event witnessed large-scale public interest, and a range of entertainment activities had been planned for families and children. These activities included a live musical performance, magic show, face painting, free henna tattoos, clothes exhibit, jewelry, accessories and food stalls. Giving a true shopping experience to the people, Bramptonites could be seen walking up and down the halls holding shopping bags full of gifts, goodies and Eid attires they picked from the stalls.

The joy and excitement was visible through their glowing faces and giggles

as they greeted by the hosts of the "Desi Vibe Radio Show" which has gained a massive listenership across the GTA in the Urdu category.

The attendees expressed appreciation and joy for the execution of this successful Eid shopping extravaganza by Cocktail International in collaboration with the DreamMedia Agency.

Talking about the success of the event, Syed Sumair Alam, the Director at Cocktail stated, that after the lockdown, when a lot of people are faced with unemployment and resultant financial difficulties, this bazaar has given them a chance to enjoy the an important religious festival with all enthusiasm and fervor.

The one-day event saw more than 3000 attendees from the GTA and turned out to be a soaring success in bringing alive the community spirit and a leading light for the local small business owners.

KATRINA KAIF, VICKY KAUSHAL SHARE PICS AS THEY BINGE ON PANCAKES IN NEW YORK



Actors Vicky Kaushal and Katrina Kaif are on a holiday in New York and binging on some pancakes. Both of them took to Instagram to share photos from their trip on Monday morning, giving the perfect start to their fans' week. In the picture shared by Vicky, both of them are seen on a crosswalk, looking to the left with big smiles. Katrina is wearing a bright green shirt, blue jeans and a beige coat. Vicky is wearing a white T-shirt on blue jeans and a denim jacket with a cap. Sharing the photo, he wrote, "Sugar rush." Katrina shared three pictures on her page as well. The first one was a solo picture of her inside a diner. The next one showed her cuddling with Vicky and the third was a picture of a plate of pancakes loaded with cream and syrup. She captioned her post, "The Home of Everything, my favourite place ever Bubby's." Katrina's friend Mini Mathur wrote, "Ooooh kat has reached her happy place - bubbys." Anushka Sharma shared a heart emoji on her post. Fans of the actors thanked them for the pictures. "Always and forever my favourite," wrote one. "Are you come from heaven, because I nothing found beautiful than you in the world. big fan always," wrote another. Katrina and Vicky got married in Rajasthan's Sawai Madhopur in the presence of close friends and family. The intimate wedding was held away from the media glare and the couple released pictures from the wedding only after the ceremonies were all done. After the wedding, they went for a short honey-

moon to the Maldives, took a trip to Thailand a couple of months later and are now in New York. Katrina was last seen in last year's Sooryavanshi with Akshay Kumar. Her upcoming projects include Phone Bhoot, Merry Christmas, Tiger 3 and a superhero movie with Ali Abbas Zafar. Vicky's last release was Sardar Udham, directed by Shoojit Sircar. He has lately been shooting for a film with Sara Ali Khan, directed by Laxman Utekar. He also has Sam Manekshaw biopic with Meghna Gulzar and Govinda Naam Mera with Shashank Khaitan.



MADHURI DIXIT SHARES PIC WITH ELDER SISTERS, FANS SAY 'NEVER SEEN THEM BEFORE'



Madhuri Dixit and her sisters with their mother.

Madhuri Dixit shared a sweet message for her mom Snehlata Dixit on the occasion of Mother's Day on Sunday. She posted it on Instagram with a rare picture of her two elder sisters and their mom. Madhuri is the youngest of four siblings, with two elder sisters and and one elder brother. Also read: Madhuri Dixit's husband Shriram Nene drops her at airport in ? 2 crore Porsche; fan says, 'This is called class' Sharing the picture, Madhuri wrote, "All that I am, all that I will ever be, it'll be all your reflection Aai. Happy Mothers Day #MothersDay #Mother #MotherLove #Motherhood #Maa." The photo shows Madhuri and her two sisters Roopa and Bharti in black outfits, posing with their mother, who is in a kurta-salwar. Fans showered love on Madhuri's post. "Never seen your sisters before," wrote one. "Mam..you all three sisters looks totally different..may God bless to all the beautiful n careful mothers on this earth," commented another. Another said, "3 reflective images of their great mother." During her younger days, Madhuri shared a very close resemblance with one of her sisters. She had once shared a throwback picture of the two of them together from a dance performance. Asking her fans to recognise her, she wrote, "This is one of my favourite memories that I have with my sister. We used to always take part in school competitions. Here's sharing a #MajorThrowback childhood memory with my favourite dance buddy. Let me know what is your favourite childhood memory! P.s. Can you tell us apart?" Earlier this year, Madhuri had opened up about how she and her siblings were brought up by their mom. She told ETimes, "Even when I was working in films, my mom used to scold me if my room was messed up and things like that. So that's how I was brought up. And that's how I am." Madhuri is married to Dr Shriram Nene and the couple have two sons: 19-year-old Arin and 17-year-old Ryan. The actor recently made her OTT debut with the Netflix series, The Fame Game. She played a superstar in the show, which also had guest appearances from several celebrities. Manav Kaul played the role of her husband on the show.

DIA MIRZA'S DAUGHTER HAS SAVED HER NUMBER AS 'NOT THE WICKED STEP-MOTHER YET'



DIA MIRZA WITH HUSBAND VAIBHAV REKHI, SON AVYAAN AND STEP-DAUGHTER SAMAIRA.

Dia Mirza celebrated Mother's Day with her mom, son Avyaan as well as her step-daughter Samaira. She has said that she always had maternal instincts and her relationship with Samaira has been a pleasant one. She also feels fortunate to become a parent to a girl who is so open, receptive and wonderful. On Mother's Day, Dia shared a picture of Avyaan, Samaira and her mom on Instagram. Also mentioning Vaibhav's mom, she captioned the photos, "A child gives birth to a mother. So grateful for my babies and so grateful for my Ma. Miss you @rekhi.poonam #MothersDay #MothersDay2022." Dia opened up about her relationship with Samaira in an interview to Indian Express. Talking about why she avoids reading fairy tales to her children, she said, "It also helps if your children don't read fairy tales, because the concept of a wicked step-father or a wicked step-mother, all these concepts come from those stories and thankfully I never read them and I make sure my kids don't either. And, funnily enough, Samaira has my number saved as 'not the wicked step mother yet'." Dia said that she continues to let Samaira take the lead in their relationship. "When I say that is that I am always there for her, she knows that. I always say that we are friends first and whenever she needs me as a parent," she said. She further added, "I am very fortunate that I have become a parent to a child who is so open and so receptive and so wonderful. Don't try and be someone else for the child, be yourself and the child will value that and appreciate that." Samaira had played an active role during Dia and Vaibhav Rekhi's wedding rituals. She walked ahead of Dia as the actor walked towards the mandap. Dia and Vaibhav welcomed Avyaan last year. He was born premature and was in hospital for several weeks.

PRITHVIRAJ TRAILER: AKSHAY KUMAR FACES MOHAMMAD GHORI ON BATTLEFIELD.

The trailer of Akshay Kumar's upcoming film Prithviraj, directed by Chandraprakash Dwivedi and produced by Yash Raj Films, was released on Monday. It will star Akshay Kumar in the title role of king Prithviraj Chauhan of the Chauhan dynasty, and will revolve around The First Battle of Tarain, in which he faced Muhammad Ghori of Ghurid dynasty. Former Miss World Manushi Chhillar, who is making her Bollywood debut with the film, will star opposite Akshay as Akshay Kumar took to his social media accounts on Monday to share the trailer, and wrote, "Shaurya aur veerta ki amar kahaani. Ye hai kahaani Samrat Prithviraj Chauhan Ki (this is story of Prithviraj Chauhan) Releasing in Hindi, Tamil and Telugu. Celebrate Samrat #Prithviraj Chauhan with #YRF50 only at a theatre near you on 3rd June."



SONAKSHI SINHA ENGAGED? ACTRESS FLAUNTS FLASHY RING AMIDST WEDDING RUMOURS. BTW WHOSE HAND IS THAT?

Is Sonakshi Sinha engaged? Since the time Sonakshi has set foot in the industry, speculations around her love life have dragged on and fans have been curious as to when the actress would be getting hitched. While Sonakshi has always kept her personal life a secret and has maintained silence over these matters for so long, she has now posted something flashy on her Instagram feed! Putting a ring on these rumours, her latest Instagram post suggests that she might be taking the plunge with a 'special someone' soon. In Sonakshi's latest photo, she is seen wearing a rock on her ring finger with a hint of a mystery man in the picture. In the caption, she mentions it was the best decision of her life and a very easy one for that matter. "BIG day for me!!! One of my biggest dreams is coming trueuuue... and i cant wait to share it with YOUUUU.. Cant believe it was SO

EZ," she wrote. Take a look: Sonakshi and wedding rumours are not new. Time and again, the actress is asked about it. Earlier this year, the actress gave a witty answer when she was asked about tying the knot during a question and answer session on social media. During an earlier interactive session, a user asked her: "Mam everyone is getting married when will you get married?" To which, Sonakshi gave a quirky reply: "Everyone is also getting Covid? Should I get that too?" Speaking about her upcoming work in cinema, Sonakshi was last seen in Ajay Devgn-starrer 'Bhuj: The Pride Of India'. The film also features Sanjay Dutt and Nora Fatehi. The actress is all set to make her web series debut with 'Fallen', where she plays a cop and will also be seen in 'Bulbul Tarang'.

KGF CHAPTER 2 BOX OFFICE COLLECTION: YASH STARRER CREATES ANOTHER RECORD, BECOMES THIRD HIGHEST-GROSSING FILM

Prashanth Neel's directorial 'KGF 2' ever since its release on April 14 has been shattering many records at the box office. Starring Yash, Sanjay Dutt and Raveena Tandon in the lead, the regional film happens to be the sequel to the hit series 'KGF: Chapter 1' which was released in the year 2018. It has crossed a worldwide collection of Rs 1100 crore and has become the third highest-grossing Indian film. It has been 25 days ever since the second part of the film was released and it has shattered many movies including Dangal and RRR. For those unversed, RRR directed by SS Rajamouli featured Jr NTR, Ram Charan and Alia Bhatt's and was released in the month of March this year. Trade analyst Manobala Vijayabalan shared the collections and wrote, "#KGF2 with Rs1129.38 cr BEATS #RRRMovie's Rs 1127.65 cr to become the HIGHEST grossing movie of 2022 and THIRD highest grosser of all time (sic)."



PARENTHOOD HASN'T BEEN EASY FOR PRIYANKA CHOPRA, NICK JONAS; THEIR DAUGHTER WAS IN ICU FOR 100 DAYS



Parenthood hasn't been easy for Priyanka Chopra and Nick Jonas so far. The couple that welcomed their child, via surrogacy, revealed that their daughter was in the hospital for 100 days. Their daughter, who they have named Malti Marie Chopra Jonas was in NICU and was brought back home only recently. Priyanka and Nick posted the first photo of their daughter and revealed how difficult the time has been for them lately. The duo also wrote in appreciation of each other sharing how they have been each other's strength.

BOBBY DEOL ON BEING CALLED 'UNPROFESSIONAL' EARLY IN HIS CAREER



Bobby Deol was a significant star in the 1990s and the early 2000s, but by the time 2010s commenced, he disappeared from the limelight and became a half-remembered name, particularly to those who weren't old enough to have seen his early movies. This was despite him being the son of yesteryear superstar Dharmendra. But in the last couple of years, Deol has made a comeback of sorts through the streaming space, in what is being called his second innings. He has earned acclaim for his performance in the ZEE5 film Love Hostel and the MX Player original series Aashram. In a recent interview with BBC Hindi, Deol spoke about his early success and also his steep fall, when he was no longer a bankable star. There were also rumours circulating at the time about him being "unprofessional". He denied the accusations and said in Hindi, "Those charges were hurled at me without basis. I have not cancelled the shooting ever, I haven't ever been late."

KANGANA RANAUT CLAIMS CELEBS AT SALMAN KHAN'S SISTER'S EID PARTY PRAISED 'DHAAKAD' TRAILER BUT...



Kangana Ranaut, who is gearing up for the release of her action-packed starrer 'Dhaakad', recently revealed that Bollywood celebrities were all praise for her film's trailer. The actress recently attended Arpita Khan and Aayush Sharma's Eid party. She was a part of the celebrations along with Salman Khan, Karan Johar, Deepika Padukone, Ranveer Singh, Shehnaaz Gill, Sidharth Malhotra, Kiara Advani, Tabu, Kartik Aaryan, Sushmita Sen and others. Kangana claimed that everyone at the Eid bash was talking about the trailer of 'Dhaakad'. However, many celebrities have refrained from speaking about the movie in public. 'Dhaakad's trailer was released on April 29. Speaking about it in an interview with Siddharth Kannan, Kangana said, "I recently went to a Bollywood party (Aayush Sharma and Arpita Khan's Eid party), every person who was at that party, they were only talking about the trailer. Mera kehne ka matlab hai jab aap itne bade level pe ek trailer se impressed hai sab ke sab toh itna chupaayi hui baat kyun hai (What I mean to say is if you are so impressed by the trailer, why is it kept a secret?)." "

SONALI BENDRE TO MAKE OTT DEBUT WITH ZEE5 SERIES 'THE BROKEN NEWS'



Actress Sonali Bendre is set to enter the streaming space with "The Broken News", an upcoming original drama series from the streamer ZEE5. The show, an adaptation of the popular 2018 British series "Press", will also feature "Paatal Lok" star Jaideep Ahlawat and Shriya Pilgaonkar, who recently starred in the Prime Video show "Guilty Minds". "The Broken News" will be directed by Vinay Waikul, who had recently helmed the crime-thriller Netflix series "Aranyak". According to the makers, the show follows the story of two rival Mumbai-based news channels - Awaaz Bharati, an independent, ethical news channel, and Josh 24/7 News, which offers sensationalist and invasive journalism and "what transpires between the main characters in their quest for news".

JACQUELINE FERNANDEZ SEEKS PERMISSION TO TRAVEL FOR IIFA 2022 IN DELHI COURT



Jacqueline Fernandez's name has constantly popped up in conman Suresh Chandrasekar's case. The investigation is being undertaken by the ED in connection with Rs 200 crore extortion case. Jacqueline is currently acting as the witness in the case and has even recorded her testimony. She has been told to be available for investigation whenever required and not to fly out of the country. With IIFA 2022 approaching, Jacqueline Fernandez is required to fly to Dubai, Yas Island, to be a part of the awards ceremony. For the same, Jacqueline has moved an application in a Delhi court seeking permission to travel abroad for 15 days, for IIFA Awards in Abu Dhabi. She has also sought the court's permission to travel to Abu Dhabi, France and Nepal.

Last month, the Enforcement Directorate (ED) seized the property of Jacqueline Fernandez in the money laundering case. According to sources, valuables and property which is a fixed deposit worth Rs 7.27 crore had been attached by the agency. Not just Jacqueline, Nora Fatehi has also been investigated in the same case. Conman Chandrasekar reportedly gave Rs 20 crore worth of gifts to models and Bollywood celebrities. Some of them refused to take gifts from him. However, Nora Fatehi and Jacqueline are believed to have accepted expensive items as gifts from Chandrasekar.

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Esha Gupta raises hotness quotient in her latest mirror selfie

Esha Gupta is one of those celebrities who catches the public eye with her Instagram posts or latest photoshoots. Yet again she did the same when the actress oozed oomph with her looks in her recent mirror selfie that was shared on Instagram. Taking to the photo-sharing application, Esha dropped a selfie in which she is seen flaunting her braless look, wearing only oversized pink and black leather shorts. "Shoot day," she captioned the post.

As soon as Esha shared the same, her bold look caught netizens' attention. Reacting to her picture, a social media user commented, "Hot. Hot." "Gorgeous," another one wrote.

This is not the first time the 'Jannat 2' star has turned heads with her steamy picture. Only a few weeks ago, she set the internet on fire with her sensuous pictures. The images feature Esha sporting a red Coca-Cola T-shirt paired with a white bikini bottom. She chose to keep her make-up nude while posing for the camera. In fact, she celebrated Earth Day 2022 by treating fans with her fiery look. She

took to Instagram and shared a bikini picture. She is seen soaking the sun in a white two-piece bikini along with a black derby hat. "Happy Home Day #earthday," Esha wrote alongside the picture. One can't forget Esha's red satin dress that sent out major fashion goals. In February, she raised the temperature with her drool-worthy pictures. In the images, she looked smoking hot in red satin dress that has a thigh-high slit.

Apart from stealing hearts with her bold looks in western outfits, Esha has also slayed in ethnic outfits. On Saturday, Esha marked statement in a stunning blue saree. She posted a video in which she is seen embracing her curves while grooving to 'Hai Rama Ye Kya Hua' track.

Meanwhile, on the work front, Esha, who recently clocked a decade in Indian cinema, will be seen sharing screen space with Bobby Deol in a new season of 'Aashram'. She also has 'Invisible Woman' in her kitty.

SHEHNAAZ GILL SAYS 'PUNJABI REFLECTS IN THE WAY I TALK', OPENS UP ABOUT HOW LIFE'S CHANGED: 'MAIN TAB BHI BEST THI, AB BHI BEST HOON'



Shehnaaz Gill left fans "happy and satisfied" at a recent campaign for empowerment of girl child by Brahma Kumaris, which she attended in Gurugram. Shehnaaz, known for her candidness and no-filter replies, left everyone impressed with her honest confessions about resilience and her outlook towards life.

"Maine apni mehnat se kamaya hai yeh sab kuch (I've earned it all my sheer hard work)," she said. "Nothing has come to me easy or before time. I believe if something comes to you too soon, it goes away soon. I'm working hard and I'll continue to do so because I want to earn more of this love," she added.

Punjabi actor-singer Shehnaaz, who shot to national fame after winning hearts in Bigg Boss 13, faced quite a turmoil in personal life post the sudden demise of close friend and actor Sidharth Shukla. After mourning for several months, keeping away from the public glare, the "Punjab ki Katrina Kaif", as Salman Khan calls her, slowly returned to action. At the aforementioned event, she thanked her fans for standing by her in the challenging times.

"Only if my fans are satisfied, will I get satisfaction, because these are the people who support me day and night. So, those who love me,

I have to love them back," she said as she clicked hundreds of pictures with her fans.

Shehnaaz was last seen in Punjabi film Honsla Rakh alongside Diljit Dosanjh and Sonam Bajwa. She is now set to make her Bollywood debut with Salman Khan's Kabhi Eid Kabhi Diwali.

Reflecting on how she'll always remain a Punjabi at heart, the 28-year-old said she'll always remain connected to her roots. "You can see how Punjabi reflects in the way I talk. No matter where you live, your place of birth and where you started your journey from, it never leaves you."

Shehnaaz, who currently has around 11.5 million followers on Instagram and a massive fan following around the globe, reiterated that she's the same person in real life even after finding mega fame. "Purity toh same hi hai (The purity remains the same) but I've improved a lot in terms of my knowledge and how I can understand things better. Baki main tab bhi best thi, ab bhi best hoon (I was the best even then. I'm the best even now)." Several photos and videos that have surfaced online of Shehnaaz Gill from the event show her spending time with her fans at the venue.

WHEN SHAH RUKH KHAN SPOKE ABOUT HIS ILLUSTRIOUS FAMILY: 'MY FATHER WAS A FREEDOM FIGHTER, HE WAS JAILED WHEN HE WAS 16...'



Actor Shah Rukh Khan is among the most popular celebrities in the world, his fame extending outside the Indian subcontinent, and into the diaspora population around the globe. Not only is he a mascot for outsider success in the film industry — he began in television, after moving to Mumbai from New Delhi — his fame remains unmatched even after decades in the industry. As seen recently, when thousands gathered to catch a glimpse of him on Eid.

Shah Rukh was an exceptionally bright student in school, and comes from a long line of achievers. He has often spoken about his illustrious, and as he described it, 'eccentric family'. In a video doing the rounds online among his fan clubs, the actor said, "My grandfather was Ifitikhar Ahmed. He was the chief engineer of the Karnataka state, and he built the Mangalore port. He was educated in London, and was one of the top engineers of our country. My father was the youngest freedom fighter of this country, and he was jailed when he was 16 or 19. He had a lot of friends. One of his close associates, maybe related to him, was General Shah Nawaz Khan, who was one of the leaders of the Indian National Army with Subhas Chandra Bose."

RANVEER SINGH HAS BEEN DISCUSSING BABY NAMES WITH DEEPIKA PADUKONE, REVEALS HE HAS 'A LIST PREPARED'



Ranveer Singh is busy promoting his upcoming comedy-drama Jayeshbhai Jordaar. In the film, Ranveer plays a man who goes on a mission to protect his wife and unborn child from a patriarchal society. The film touches upon themes such as female foeticide and gender discrimination in a quirky manner.

During most of his promotional interactions, Ranveer has discussed things like family, taking time out for his folks, and his life with Deepika Padukone.

In a recent interview with Pinkvilla, Ranveer said if he has any names picked out for future kids. Saying that he constantly obsesses over kids' names, Ranveer said, "I'm fascinated by unique names, every name phonetically has a different quality. Some are powerful names, some are cute names, and some are short names." Ranveer also disclosed that he has a whole list of names prepared for his future kids. Refusing to reveal them, he said, "I'm very secretive about it because I don't want people to steal them. I don't want them to get common. I do have a list but I'm playing that card very close to me. But, I'm discussing them with Deepika." Jayeshbhai Jordaar stars Shalini Pandey as Jayesh's wife while Boman Irani and Ratna Pathak Shah play his parents. The film is helmed by debutant director Divyang Thakkar and backed by Aditya Chopra under the banner of Yash Raj Productions. Jayeshbhai Jordaar will be released in theaters on May 13, 2022. Deepika and Ranveer tied the knot in 2018, after dating for several years.

KARTIK AARYAN ADMITS THAT YOU CAN 'LOSE JOBS' IN THE FILM INDUSTRY DUE TO MISCOMMUNICATION



Kartik Aaryan in an interview spoke about his 'outsider' status in the film industry, and how 'miscommunication' is often the root of problems. Kartik is on the publicity tour for his upcoming film, Bhool Bhulaiyaa 2, which is a standalone sequel to the hit 2007 film starring Akshay Kumar. Kartik broke out after the success of Pyaar Ka PUNCHAMA 2, which became a runaway box office hit, despite negative reviews. He subsequently signed onto several major projects, but controversially, dropped out of Dostana 2, after having filmed some sequences for the movie. While neither Dharma Productions nor Kartik commented about what happened, it was rumoured that Kartik clashed with the filmmakers. Responding to these rumours, Kartik told MissMalini in Hindi, "I have a lot of patience, I believe that your actions speak louder than words, so even when I have been in bad times, I do not talk about it. Negative things don't affect me, only one thing is important for me, whether my films do well at the box office or not. I categorically believe that your work speaks for you and nothing else." Asked about whether he still feels like an outsider in the industry, despite having established himself, he said, "I don't get the outsider feeling in any production house, everyone is happy with my work, you get that vibe as soon as you enter the room."

HEROPANTI 2, RUNWAY 34 BOX OFFICE: TIGER SHROFF, AJAY DEVGN'S FILMS FALL FLAT AGAINST KGF2 & DR STRANGE 2

Heropanti 2, Runway 34 Box Office Collection: There's no stopping for Yash starrer KGF 2 as it successfully enters the fourth week of its release. The film continues its winning streak at the box by smashing records thus making it difficult for Tiger Shroff and Ajay Devgn's films to rise. This Friday (May 6) saw another blockbuster franchise release with MCU's Dr Strange - In The Multiverse Of Madness giving another challenge to Bollywood film like Heropanti 2 and Runway 34. Both the films were released on April 29 and ever since they have been dealing with massive failure at the box. Ensemble cast of Ajay Devgn, Amitabh Bachchan, Boman Irani and Rakul Preet Singh in Runway 34 have also been unsuccessful in winning the hearts of the audience. On the other hand, Tiger Shroff and Tara Sutaria's sizzling chemistry also couldn't manage to bring the moviegoers to the ticket window. With the new releases, the journey of these films look extremely bleak. Runway 34 Box Office Collection Ajay Devgn directorial has not witnessed any growth ever since the last Eid period which gave it a slight boost. The aviation thriller has managed to collect just Rs 24 crore which is much less than the estimated mark. However, the film is inching towards the Rs 25 crore mark. 'Runway 34' is a story based on a flight from Doha to Kochi, that had crash-landed due to poor visibility in August 2015, killing several passengers.



Heropanti 2 Box Office Collection. There's no good news even for Tiger Shroff and Tara Sutaria-starrer Heropanti 2 as it continues its struggle on the eighth day of its release as well. The film has minted Rs 23 crore nett. Now, the film has a new completion with the release of Marvel film, Doctor Strange in the Multiverse of Madness. This indicates that there won't be much addition to the gross collections. The action-thriller presents Tiger Shroff's Babloo locking horns with Nawazuddin Siddiqui's Laila in a bid to stop cyber crimes across the world. The film also stars Amrita Singh in a pivotal role.



PROJECT K: FANS ELATED AFTER DISHA PATANI JOINS THE CAST OF BIG B, DEEPIKA PADUKONE, PRABHAS STARRER

The work on Nag Ashwin's Project K has already begun. While the cast previously included names of Amitabh Bachchan, Deepika Padukone and Prabhas, it seems like the makers have now made an addition. Yes, that's true! Disha Patani is the latest addition to 'Project K', and the news has been confirmed by none other than the actress herself.

On Saturday night, Disha took to Instagram and dropped a picture of flowers and a gift hamper that she has received from the team of 'Project K'. The team of Vyjayanthi Movies also sent her a heartfelt

welcome note that read, "Welcome Disha. Project K welcomes you! We are thrilled to have you on board." Disha added a string of red heart emojis to the picture.

As soon as she shared the good news, fans took to Twitter and started showing their excitement. See how the micro-blogging website got filled with reactions: Tentatively titled 'Project K', the movie is a mega canvas, pan India project that's been in the news ever since its announcement. The sci-fi film is being touted to be one of the most expensive Indian films of all time.

LOCK UPP GRAND FINALE HIGHLIGHTS: MUNAWAR FARUQUI ANNOUNCED WINNER; WINS 20 LAKHS CASH PRIZE & MORE



Kangana Ranaut's controversial reality show Lock Upp is winding up on Saturday evening after a run of 70 days. There are six contestants who are fighting it out to be the title holder of the first season of Lock Upp. The names of the Top 6 are-- Prince Narula, Munawar Faruqui, Shivam Sharma, Anjali Arora, Azma Fallah and Payal Rohatgi. The winner will be taking home a sum of Rs 25 lakh as prize money and a brand new car. Munawar is one of the leading contestants to win the reality show. After several controversies surrounding his stand-up comedy acts, he has won the heart of the fans on the show by showcasing his real and funny side. Lock Upp has put several interesting contestants behind bars, who made some shocking revelations about their personal and professional lives to survive in the game. It will be interesting to see who comes out as the winner tonight.

KGF CHAPTER 2 ACTOR MOHAN JUNEJA PASSES AWAY, FANS SAY 'WILL MISS YOU IN CHAPTER 3'

Kannada actor Mohan Juneja, who was last seen in the Yash starrer KGF: Chapter 2, has passed away. The makers of the franchise, Hombale Films confirmed the news of Juneja's passing in an Instagram post on their official page. The post is accompanied by the caption, "Our heartfelt Condolences to actor Mohan Juneja's family, friends & well-wishers. He was one of the best-known faces in Kannada films & our KGF family (sic)." In the KGF franchise, Juneja narrates the story of KGF mines and the legend of Rocky Bhai (Yash) to the writer of the book El Dorado. His scenes in KGF were meant to hype Rocky Bhai and move the narrative forward. His dialogue delivery was loved by the fans, who took to social media to pay condolences to the family of the bereaved. His performance in the KGF films was a mix of humour and intensity and his character had an instant connection with the watchers. Juneja's scenes in the movie were with actor Ashok Sharma, who plays the younger version of journalist Anand Ingalagi. Juneja's dialogue, "Gang leke Ane wale hote hai gangster, woh akela hi aata tha.... Monster..." was a huge hit among the KGF fans.

SHEHNAAZ GILL DANCES TO PUNJABI FOLK SONG AT BRAHMAKUMARIS' EVENT, DRAWS PRAISE FROM FANS



Shehnaaz Gill attended the launch of Brahmakumaris' campaign called Empowerment of Girl Child in Gurgaon. The Punjabi actress and singer gave a heartfelt speech and shared her life experiences with those who were present at the event. Shehnaaz even danced her heart out with the other sisters at the Brahmakumaris' event. Bigg Boss 13 fame Shahennaz has been associated with the spiritual organisation for sometime and seeing her with the sisters there is sure to bring a smile to your face. Several pictures and videos from the event have surfaced online. In one of the videos, Shehnaaz can be seen dancing to a Punjabi folk song with the Brahmakumaris' sisters. The actress looked beautiful in a traditional salwar kameez. Shehnaaz Gill's fans are delighted to see their favorite actress be a part of a noble cause. They showered her with lots of love. One of the users wrote, "Her family is always there for her and her army, proud proud love her bht jydaaaa." Another said, "We are so proud of her." Shehnaaz also shared pictures on Instagram with spiritual guide BK Shivani of the Brahmakumaris. She captioned it, "Soul sisters." For the unversed, Shehnaaz's close friend and late actor Sidharth Shukla was a follower of Brahma Kumaris and he only introduced Shehnaaz to the spiritual organization.

Shehnaaz Gill upcoming projects

Shehnaaz will reportedly share the screen space with Salman Khan in his upcoming film Kabhi Eid Kabhi Diwali, which also stars Aayush Sharma. Shehnaaz is supposed to be paired opposite Aayush in the Salman Khan and Pooja Hegde-led movie. The details of the movie are under the wraps.

KATRINA KAIF SNUGLING WITH HUSBAND VICKY KAUSHAL IN SWIMMING POOL LEAVES FANS AWESTRUCK

Katrina Kaif on Saturday morning sent the internet into a meltdown after she shared a mushy picture with her husband Vicky Kaushal. The Bollywood actress exactly knows how to make her fans and followers happy. She treated them with an adorable post from their time together in a swimming pool, featuring Vicky. Ever since the couple tied the knot in December last year, the actress leaves no stone unturned to share her special moments with Vicky on social media platforms.

Katrina Kaif Instagram post: In the picture both Katrina and Vicky can be seen sharing a warm hug as they stood in a swimming pool. Katrina looked every inch beautiful in a white swimsuit while Vicky is oozing hotness in his bare body. Sharing the picture, the actress wrote in the caption, "Me and mine (with white hearts)"

SMRITI KHANNA GETS CANDID ABOUT MOTHER DUTIES AND PHYSICAL TRANSFORMATION AFTER PREGNANCY

Actress Smriti Khanna, who is a mother of a two-year-old daughter Anayka, spills the beans on her motherhood journey and how her life has been a rollercoaster ride ever since she has given birth to her daughter. She says everything from trips, parties, and outdoor activities to her shoots revolve around her daughter's schedule. Now that Anayka has started learning to speak, Smriti Khanna shares how her heart melts every time she hears a word from her little angel's mouth. Smriti Khanna shares that she and her husband Gautam Gupta were already planning and trying for a baby. Her husband's reaction to the good news was quite hilarious. She had happy tears in her eyes and he thought that she is stressing over her pregnancy that's why she was emotional. 'Meri Aashiqui Tum Se Hi' actress says that her entire pregnancy had been very smooth as she enjoyed the whole period thoroughly. She tells us that she downloaded all the possible baby apps and pregnancy apps while she was expecting. She was very active in her physical and mental capacity. She took prenatal yoga classes and followed a nutrition-rich diet throughout her pregnancy days. She also broke a pregnancy myth that pregnant women are supposed to eat fat from the beginning so that the baby will be healthy, but it is not at all true. The baby's growth only depends on how much protein you are consuming which will help its muscles grow. So the diet should be rich in protein and not fat. However, by the end of the pregnancy, expecting mothers are suggested to have a little clarified butter so that the delivery is smooth. Smriti Khanna also shares the story behind the name selection of her daughter Anayka. She says that she followed a unique idea during her baby shower. She asked her guests for two names each for the baby as they did not know the gender. She adds that even after shortlisting the names, her daughter was still not named for the first 25 days because the family was not able to agree on one single name. Only later after a prolonged discussion, they decided on naming the little angel - Anayka which means powerful and complete.



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MOTHER'S DAY 2022: KAREENA KAPOOR TO AISHWARYA RAI BACHCHAN, BOLLYWOOD ACTRESSES ACING AT WORK-LIFE BALANCE



Mother's Day 2022: Kareena Kapoor Khan, Aishwarya Rai Bachchan, Twinkle Khanna, Anushka Sharma, and Neha Dhupia are not just exceptional in their line of work field but are the epitome of successful mothers. These actresses have broken the stereotype and have not let their careers take a back seat after embracing motherhood. Becoming a mother is nothing less than going to war. It leads to several monumental changes in a women's body and after being a part of a profession where your fitness and looks are of utmost importance it gets even more challenging. But these actresses have written their own stories of strength and have proved that nothing can come in the way to attain a successful career. They are setting examples of how personal and professional commitments can be managed without the hassle. As we celebrate Mother's Day on May 8, let's learn the art of perfect work-life balance through the courage and determination of Bollywood's supermoms. Within a month of delivering her second son, Jeh, Kareena Kapoor Khan was snapped on the sets of an ad shoot. The ever radiant actress has been on the go ever since welcoming her kids. When it comes to being a perfectionist, no one does it like Bebo. From going on vacations with her sons to being diligent with her art as an actor, Kareena does it all so effortlessly. Mother of two, Twinkle Khanna is a successful entrepreneur and a bestseller writer. The actress has time again talked about parenting and is a voice of modern mothers. She once rightly said, "Our job is not to give our children perfect childhoods."



NEETU KAPOOR SPILLS DETAILS ON RANBIR KAPOOR-ALIA BHATT'S WEDDING, SAYS THE BARAAT WENT FROM 5TH TO 7TH FLOOR: 'WE DANCED TO BHANGRA IN THE PASSAGE'

After five years of dating, Ranbir Kapoor and Alia Bhatt got married last month in a fairytale wedding. The ceremony was intimate just as the couple wanted it, with only a handful of friends and family members in attendance. For Neetu Kapoor, the low-key wedding functions were nothing less than a dream.

Speaking to Film Companion, Neetu said, "For the mehendi, there were only 20 people, and 7-8 friends. We did a surprise item for them and we did it in one day—Dholida, Mehendi Hai Rachne Wali and Tenu Leke. That was really too much fun." Neetu also revealed that Ranbir had hints about the surprise for him, as he had seen the choreographer when he was face-timing Neetu. Yet, he pretended to be oblivious to the planning of the whole gig till the actual function. Speaking about the baraat, Neetu laughed, "The best part was the baraat, which went from 5th to the 7th floor. In the passage we were dancing to bhangra. I wanted the full ghodi ritual,

but then also we thought the paps would come and it would become a crazy thing. So I said forget the whole thing, we'll just go from the 5th to the 7th floor." Neetu also added that they were planning for two years, including hunting venues in South Africa, and finally narrowed the location to their home. "This is the way it should be. But if my husband (Rishi Kapoor) was alive, it could not be like this. He wanted the big one. Showman ka beta hai," Neetu said, adding that Ranbir would have convinced him. "Ranbir and Alia wouldn't have liked the big hoo-ha." Ranbir Kapoor and Alia Bhatt, who fell in love while shooting for their film Brahmastra, tied the knot on April 14, this year. Ranbir had earlier revealed that they were meant to seal the deal in 2020 itself, had it not been for the pandemic. Both the stars have a host of films in the pipeline. While Ranbir has Brahmastra and Shamshera, Alia has Darlings and Rocky Aur Rani Ki Prem Kahani.

Kareena Kapoor Khan calls Taimur and Jeh 'the length and breadth' of her life



Kareena Kapoor Khan is celebrating being a mother on Mother's Day. The actor took to her Instagram account and shared an adorable picture of herself with her kids — Taimur Ali Khan and Jeh Ali Khan. Sharing the photo, Kareena penned that Taimur and Jeh are "the length and breadth of my life." The photo received a lot of love from her family members and friends. Saba Pataudi commented, "Happy Mothers Day" and Karisma Kapoor dropped heart emojis expressing her love for Bebo's family. Fans also heaped praise on Kareena and her kids. "Beautiful family," a fan wrote, while another mentioned, "This is so cute." Kareena gave birth to Taimur in 2016, while she welcomed Jeh in 2021.

Kareena's photo with her kids has come a couple of days after she posted a picture perfect family portrait on Instagram. On Eid, earlier

this month, Kareena shared an imperfect yet perfect picture in which she posed with her kids, husband Saif Ali Khan, Kunal Kemmu, Soha Ali Khan and Saba Pataudi.

On the work front, Kareena is waiting for the release of Aamir Khan's Laal Singh Chaddha. She is currently shooting for The Devotion of Suspect X's adaptation, which marks Kareena's OTT debut.

Revealing that her first digital project "has all the right ingredients", Kareena Kapoor Khan said, "I can't wait to begin work on this exciting project. It's one that has all the right ingredients — a great story, a visionary director and a super talented cast and crew. I am really looking forward to working with Sujoy, Jaideep, and Vijay. It's the beginning of an electrifying journey and I can't wait for audiences worldwide to see this global bestseller come to life."

RAKUL PREET SINGH WAS CALLED A 'STICK' IN SOUTH INDUSTRY, WAS ASKED TO LOSE WEIGHT WHEN SHE CAME TO MUMBAI: 'THAT WAS THE STANDARD OF BOMBAY'

Actor Rakul Preet Singh worked in the South Indian film industry before making her Bollywood debut with Yaariyan in 2014. But the transition was not easy, as she had to work on her body weight. In the south, she was asked to put on some kilos, but when she came to Mumbai, she had to lose weight. Recently, Rakul appeared on Shilpa Shetty's chat show Shape of You. On the show, Shilpa shared her experience of working in the south, and recalled how she was told that she was too skinny. Shilpa asked Rakul what her experience was like. Rakul replied, "When I debuted, Samantha (Ruth Prabhu) and Kajal (Aggarwal) were already stars, and they were fit. I think people became conscious about how they look on the screen because the content was being consumed everywhere." The Runway 34 actor added, "But when I debuted, I was told I am too thin. People would call me 'stick' and I would say 'no'. But after two-three years I gave in also." But when Rakul came to Mumbai to try her luck in the Hindi film industry, she was asked to shed some kilos. "When I came to Mumbai and I started auditioning at the age of 20, I was told that I will have to lose weight because that was the standard of Bombay. But I didn't have access or understanding since I was a kid," Rakul shared. The actor had to lose 10 kgs in 50 days for Luv Ranjan's romantic comedy De De Pyar De, in which she starred with Ajay Devgn. "I lost 10 kgs in 50 days, and I didn't think I was 10 kgs overweight, but I was," Rakul said. The film also featured Tabu in a pivotal role. Rakul will be next seen in a comedy titled Chhatravali. She plays the quality control head of a condom factory in the film. She will also feature in films such as Ayushmann Khurrana-starrer Doctor G, Indra Kumar's Thank God with Sidharth Malhotra, and Akshay Kumar's Mission Cinderella.



VARUN DHAWAN WISHES WIFE NATASHA DALAL A HAPPY BIRTHDAY WITH ADORABLE PHOTOS: 'MY FAVOURITE HEARTBEAT'



Actor Varun had a sweet birthday wish for his wife, Natashal Dalal. The actor took to Instagram and shared photos with Natasha, where they seem to be in the midst of a meadow. In one photo, Natasha gives him a kiss.

Varun wrote, "Happy bday to my favourite heartbeat on this planet. Also joeys mum." Karisma commented on the photo, wishing her a happy birthday. Esha Gupta and Maniesh Paul left several hearts on the photo.

Varun Dhawan and Natasha Dalal tied the knot in an intimate wedding ceremony in Alibaug, a year ago. The duo were classmates in school and became close friends over the years. However, they started dating much later. Speaking about his relationship with Natasha, Varun told Kareena Kapoor Khan on her radio show, "The first time I met Natasha was in the sixth standard. We have not been dating since then. We were friends till the eleventh or twelfth grade. We were very close friends." He had said, "She was in the yellow house and I was in the red house. It was on the basketball court. So, during the lunch break, in the canteen, they give you food and an energy drink. I remember her walking, I remember seeing her and actually when I saw her that day, I felt like I fell in love with her. That was it." On several occasions, Varun had opened up about Natasha's role in his life. "She's my rock, she's my anchor. She's the stabilising factor in my life. It's pretty much like family," he told Filmfare in 2019.

On the work front, Varun Dhawan has several films in the pipeline, including Bhediya, Raj Mehta's Jug Jugg Jeeyo with Kiara Advani and Bawaal, which also stars Janhvi Kapoor.

KAJAL AGGARWAL SHARES FIRST PHOTO OF BABY SON NEIL ON MOTHERS DAY, PENS EMOTIONAL NOTE: 'YOU TAUGHT ME HOW TO BE SELFLESS...'



Actor Kajal Aggarwal, who welcomed her first son with Gautam Kitchlu in April, shared the first photos of her baby with both sets of grandparents as well as her sister on Instagram. She penned a lengthy note as well to mark the occasion of Mothers Day. In the post, Kajal wrote that she will try to teach her son 'everything', and also said that he had taught her how to be a mother. However, she didn't let his face be revealed in the photos. Kajal, who had documented her pregnancy journey on Instagram, wrote, "Dearest Neil, My first. I want you to know how precious you are and always will be to me. The moment I held you in my arms, held your tiny little hand in mine, felt your warm breath and saw your beautiful eyes, I knew I was in love forever. You are my first child. My first son. My first everything, really. In the years to come, I will try my best to teach you, but you have already taught me infinite amounts. You have taught me what it is to be a mother. You have taught me to be selfless. Pure love. You have taught me that it is possible to have a piece of my heart outside of my body."

LOCK UPP WINNER MUNAWAR FARUQUI ON WORKING WITH KANGANA RANAUT: 'MANY HAD RAISED QUESTIONS...'



Minutes after he was announced as the winner of Lock Upp, Munawar Faruqui was pushed to do a job that most celebs detest — media interviews. And as he stepped inside the room, a commotion struck the set as people fought to get hold of him. "Main yehi hu. Aap sab line bana lo, sabko interview dunga (I am here, please line up, I will speak to all of you)," the winner of the first season of Kangana Ranaut-hosted show said. He kept his words as he spoke close to 50 journalists, even if it was a short conversation. As indianexpress.com greeted him, Munawar Faruqui said that he was feeling overwhelmed with many emotions. "However, the biggest emotion right now is that of joy. Every one of us worked hard on the show but to get the fruits of your labour is very special. And the most important thing is that this is not just my trophy, there have been millions of people who voted for me. I am just speechless right now," he said with a broad smile. While the standup comedian was a favourite to take home the trophy, minutes before the announcement, Kangana Ranaut played her ace card. She informed that while he has received the highest votes (18 lakh), the final decision will be hers to make. On asked if he was nervous then, Munawar said, "I think ever since I became a finalist, I have been nervous."

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GUJARAT BECOMES FIRST TEAM TO REACH PLAYOFFS AFTER 62-RUN WIN

Gujarat Titans became the first team to lock their spot in the playoffs of the 15th edition of IPL after registering a 62-run win against Lucknow Super Giants on Tuesday.

After losing two consecutive matches GT have finally returned back to winning ways.

Gujarat opted to bat first after winning the toss, LSG bowlers restricted Gujarat to 144/4 but their batsmen failed and they were bowled out at a score of 83 in just 13.5 overs.

Rashid Khan starred with the ball by taking four wickets. Yash Dayal and debutant R Sai Kishore took two wickets each.

Opening batsman Shubman Gill smashed 63 off 49 balls with seven boundaries.

However, he lacked support from the other teammates and the team was not able to put a big score.

Avesh Khan scalped two wickets for his team. Mohsin Khan and Jason Holder picked up one wicket each.

Gujarat won 9 matches out of 12 and with 18 points are back to their favourite position of being table-toppers.

The defeat broke Lucknow's five-match winning streak. They are at

second place with 16 points and need just a win to seal their top-four berth. LSG made a slow start to their chase and their problems were further compounded after they lost Quinton de Kock (11) and skipper KL Rahul (8) in consecutive overs to slump to 24 for 2 after four overs. With back-to-back wickets falling from the start, LSG were unsuccessful in getting any momentum to their chase, reaching 58/4 at the halfway stage. Deepak Hooda was the top scorer with a struggling 27 off 26 balls.

Gujarat too lost early wickets. With Wriddhiman Saha and Matthew Wade's dismissal inside five overs.

Gill took the onus on himself and upped the ante, first chopping Avesh to the square boundary and then reverse-swept Krunal Pandya to the third-man fence in the next over.

But thereafter, both Gill and Miller failed to open their arms as Mohsin and Krunal bowled tight line and length to stem the run flow.

Gill, on the other hand, went about his innings in a smooth fashion and brought up his fifty in 42 balls.

Rahul Tewatia too played his part by hammering three boundaries to take the score close to the 150.

DIDN'T GET THE RESPECT I DESERVED, WASN'T TREATED PROPERLY: CHRIS GAYLE ON OPTING OUT OF IPL 2022



One of T20 cricket's all-time greats, Chris Gayle has revealed that he opted out of IPL-15 because of lack of respect, saying he "wasn't treated properly" in the last couple of years despite doing so much. The swashbuckling West Indian has been one of the top performers with the bat since the inception of the lucrative league. After stints with Kolkata Knight Riders and Royal Challengers Bangalore, 'the Universe Boss' joined Punjab Kings. But after enjoying a good 2019 season, when he finished as the sixth highest run-getter in the tournament, Gayle struggled to find a spot in the Punjab playing XI in 2020 and 2021. Last year, Gayle featured in 10 games and scored 193 runs at a strike rate of 125.32, while in 2020, he played just seven matches and amassed 288 runs.

BRENDON MCCULLUM RUES KKR'S POWER PLAY STRUGGLES



Kolkata Knight Riders were found wanting on more than one front, but head coach Brendon McCullum singled out their struggles in the power play, as a disappointing IPL campaign neared its end. Former champions KKR suffered their seventh defeat on Saturday night, a 75-run drubbing by Lucknow Super Giants.

"We struggled in the power play which has been a frustration for us throughout the season," McCullum said, adding that the team needs to find a way to be more aggressive without losing wickets in the first six overs. "We've been good throughout the middle phase and not too bad at the death," McCullum said at the post match press conference. "But in the power play we've been a little stuck and we've to find a method to not lose many wickets and also throw a few punches and get a few boundaries," he reiterated. KKR have used several opening combinations this season but failed to find the one that clicks.

VIRENDER SEHWAG BACKS JITESH SHARMA AS RESERVE WICKETKEEPER-BATTER FOR T20 WORLD CUP



Virender Sehwag has backed uncapped Jitesh Sharma to be in India's squad for the T20 World Cup as a reserve wicketkeeper-batter. The 28-year-old from Punjab Kings showed his finishing ability against Rajasthan Royals when he smashed an unbeaten 38 off just 18 balls to prop up their total to 189/5 after a mid-innings collapse. Promoted ahead of the experienced Liam Livingstone, Jitesh clobbered four boundaries and two sixes to underline his ability as a dependable middle-order batter. "He has impressed quite a bit... So should we also include him in the Australia-bound T20 World Cup squad?" Sehwag said in 'Cricbuzz Live - Talking Points'. "I am just asking because whoever scores runs, we keep them in the category of potential players for the World Cup. But no doubt, he has impressed me a lot. "If I had to select the team, I would take him to Australia as a second wicketkeeper-batter for the T20 World Cup (in September-October)," Sehwag said.

Delhi Capitals lost to Chennai Super Kings by 91 runs, playoff chances take a hit



David Warner glared at Nitin Menon as he walked past him, livid that the umpire's call didn't go his way. Maheesh Theekshana's leg-before appeal was very confident and the DRS showed that Menon was right. Delhi Capitals desperately needed two points from this game to keep their playoffs hopes alive and against Chennai Super Kings' 208/6, Warner was the team's best bet. The batsman's anger captured the frustration of a failed reverse sweep attempt. In the end, DC folded up for 117 to lose by 91 runs, a serious blow for them with just three group matches remaining. For CSK, they will take this win and hope against hope.

Connoisseur's cricket

Ruturaj Gaikwad and Devon Conway batting in a partnership is connoisseur's cricket. CSK missed a trick by not allowing the partnership to bed in during the early phase of the tournament. Conway was given a game upfront before being dropped. Belatedly, when he was brought back to the fold, he instantly got into the groove and added meat to the CSK top-order in conjunction with Gaikwad.

This has been an underwhelming season for the four-time champions. But a successful franchise like CSK will deal with one bad year. The Conway-Gaikwad opening combination offers hope for the future.



They score runs playing orthodox cricket. Conway, an established Test batsman for New Zealand, has every shot in the book. Also, he is excellent against spin. Gaikwad, who has a future India Test batsman written all over him, revels in the bucketload of time against pace, which speaks volumes for his quality. And when they press the accelerator in the shortest format without compromising on their batting principles, cricket becomes very enjoyable. CSK by and large have failed to make the Powerplays count this term, which also muddled their middle-overs batting. Today, they raced to 57 for no loss after six overs. The release shot came from Gaikwad in the third over against Anrich Nortje, when the batsman danced down the track and treated the tearaway quick like a spinner. Gaikwad's balance, head position, the straightness of the bat - everything was copybook. The ball sailed over the long-on boundary for a six. Another shot against Shardul Thakur deserves special mention - a hard length delivery was played on the up and through cover-point for a four. Gaikwad had a slow start to the season. But now he has regained his touch and from that perspective, he would rue his dismissals in the 30s and 40s. A Nortje bouncer got the better of him. It was a 152.6kph delivery all right, but a well-set Gaikwad, batting on 41 off 33 balls, was expected to neuter it.

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ROYAL REVENGE: DISMISSED FOR 68 IN FIRST MATCH, RCB BEAT SRH BY 67 RUNS IN REVERSE FIXTURE

After dismissing Royal Challengers Bangalore for 68 at Brabourne Stadium for a nine-wicket win a fortnight ago, Sunrisers Hyderabad have been on a losing streak. And RCB extended Sunrisers' winless phase to four games as they handed them a 67-run hammering at Wankhede Stadium. The win took RCB to 14 points with two games left, and Sunrisers are stuck on 10 with three matches to play.

Another stirring DK finish

In the 19th over of the RCB innings, the DJ exhorted the Wankhede crowd to shout 'Tyagi, Tyagi.' The Sunrisers pacer had just bowled successive dot balls to new batsman Dinesh Karthik. He was keeping the ball outside off and taking the pace off, and Karthik had just tried a reverse-hit and failed to connect. But after a moment or two of silence, as if they were considering what to do, the fans began chanting 'DK, DK' instead. And Karthik, who'd walked out to those shouts moments ago, proceeded to spoil what had been an excellent over; he moved across, stood outside off behind the line where Tyagi had been

operating and slog-swept him over deep midwicket. Fazalhaq Farooqi, the left-arm seamer from Afghanistan, had bowled three steady overs for only 22 runs on his IPL debut. He'd taken treatment for a leg issue at the start of his third over, and been hit on his leg the very next ball by a strike from Faf du Plessis. Through the pain, Farooqi had even managed to smile at his misfortune. He'd have had reason to feel genuine happiness if Rahul Tripathi had caught Karthik on the deep square-leg boundary. Karthik had just come back on strike with four balls left in the last over, and had swung Farooqi straight to Tripathi. The white ball came flat at an awkward time; the setting sun was straight in Tripathi's eyes. It burst through his hands and fell on the rope. Karthik took the remaining three balls of the innings for six, six and four, making it 25 runs off the over and ruining Farooqi's figures too. Farooqi alternated between full and short lengths; Karthik just cleared a jumping long-on, walloped the next over midwicket and ended the RCB innings with a straight hit.

POINTS TABLE					
TEAMS	M	W	L	NR	PTS
GUJARAT	12	9	3	0.376	18
LUCKNOW	12	8	4	0.385	16
RAJASTHAN	12	7	5	0.228	14
BANGALORE	12	7	5	-0.115	14
DELHI	12	6	6	0.210	12
HYDERABAD	11	5	6	-0.031	10
KOLKATA	12	5	7	-0.057	10
PUNJAB	11	5	6	-0.231	10
CHENNAI	11	4	7	0.028	8
MUMBAI	11	2	9	-0.894	4

I FULLY BACK EVERY DECISION RISHABH PANT TAKES ON THE FIELD, SAYS RICKY PONTING

Rishabh Pant's on-field decisions as Delhi Capitals captain in the ongoing IPL might have come under the scanner of former players but the wicketkeeper has got the "full backing" of head coach Ricky Ponting, who says "it's easy to make a judgment from outside". Under Pant, DC have won just five of the 11 matches they have played so far. They suffered a 91-run thrashing at the hands of Chennai Super Kings on Sunday. Pant's bowling changes and selection of bowlers to bowl at crucial periods of matches have been criticised by former players like Virender Sehwag.

CSK'S DEVON CONWAY CREDITS SKIPPER MS DHONI FOR SUCCESS AGAINST SPIN



Chennai Super Kings batsman Devon Conway said skipper Mahendra Singh Dhoni's advice on handling spinners helped him score his third straight half-century in the Indian Premier League (IPL) as they thumped Delhi Capitals by 91 runs on Sunday. Conway usually plays the sweep shot against spin bowling but was dismissed when he attempted one against Royal Challengers Bangalore leg-spinner Wanindu Hasaranga in their last game. A chat with Dhoni prompted Conway to play more straight and the New Zealander reaped the rewards against Delhi, stepping out to hit spinners Axar Patel and Kuldeep Yadav for huge sixes in their opening overs.

JAISSWAL GRABS HIS SECOND CHANCE WITH 68 OFF 41 AGAINST PUNJAB KINGS

Playing his first match after a month, Yashasvi Jaiswal set up Rajasthan Royals' chase of 190 with 68 off 41 at the top of the order. Devdutt Padikkal's struggle kept Punjab Kings in the hunt, but Shmron Hetmyer's late blows brought in a six-wicket win and took RR to 14 points.

Jaiswal nails comeback

Jaiswal had been dropped after scores of 20, 1 and 4, and had spent more than a month on the bench before his comeback last afternoon. How much this innings meant was clear from his celebration for his fifty – even as the RR dugout stood up to applaud, Jaiswal held his bat in his left hand and slowly pumped it with determination, and then proceeded to do an elaborate, slow-motion fist-pump with his right hand. All along, the celebration seemed to be self-congratulatory; he was barely looking at his dugout.

For someone who is still only 20 and hasn't quite cracked the T20 game yet – as a strike-rate of 127 suggests – Jaiswal played a pretty intelligent knock and maintained a steep scoring pace. Six of his 11 boundaries came against the medium pace and wayward lines of Sandeep Sharma, and three of the remaining five were taken off the equally friendly pace of Rishi Dhawan.



AARUSHI NATIONAL PLAYER HAS JOINED BATTS AND WILL BE REPRESENTING CLUB IN THE FUTURE TOURNAMENTS. BIGNENERS AND INTERMEDIATE PLAYERS, PRACTICING AND WORKING VERY HARD ON COURT AND WILL BE REPRESENTING BATTS IN FUTURE TOURNAMENTS.



HUGE CONGRATULATIONS TO ANLIN ARUN WHO JUST PLAYED HIS FIRST U-11 PROVINCIAL TOURNAMENT IN THE PAN AMERICAN CENTER IN MARKHAM LAST MONTH. "ANLIN EMBARKED UPON HIS BADMINTON JOURNEY JUST 6 MONTHS AGO WHEN HE MET SIDDHARTH JAIN OF BATTSATHELETIC." WITH HIS SHEER HARDWORK AND DEDICATION, SIDDHARTH WAS ABLE TO HELP ANLIN INCREASE HIS TECHNIQUE, SPEED AND AGILITY. WITHIN THE FIRST 5 MONTHS, HE WAS ABLE TO TRANSFORM 7 YEAR OLD ANLIN INTO AN ATHELETE GOOD ENOUGH TO PARTICIPATE IN AN U-11 PROVINCIAL TOURNAMENT AND TAKE ON 9-10 Y/O OPPONENTS.



SUMIRAN SINHA, CURRENTLY RANKED 8TH IN UNDER 15 CATEGORY IN ONTARIO.



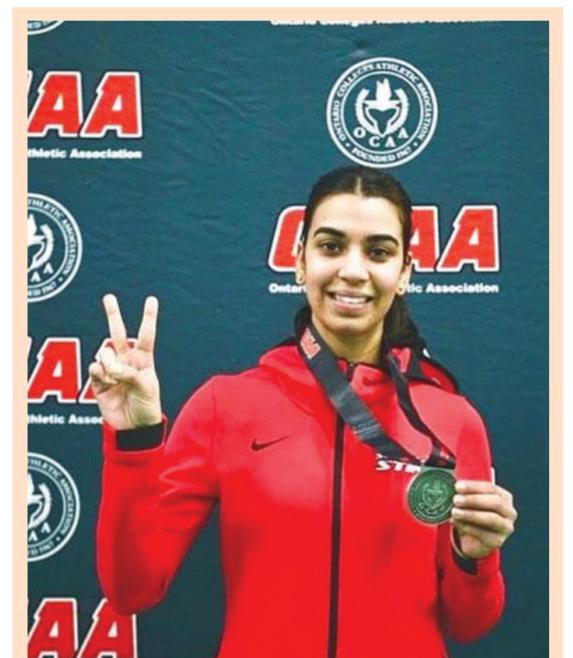
BRINDHA FROM BATTS ATHLETICS WITH HER COACH SIDDHARTH JAIN. BRINDHA HAS PLAYED IN FIVE PROVINCIAL LEVEL A TOURNAMENTS CONDUCTED BY BADMINTON ONTARIO AND WON 1 GOLD AND 3 SILVER MEDALS IN GIRLS SINGLES U15 CATEGORY. SHE IS RANKED NUMBER 4 IN U15 GIRLS SINGLES AT ONTARIO LEVEL AS PER RANKING WEEK 15-2022 RELEASED BY BADMINTON ONTARIO.



AARPITRAJ SINHA, PARTICIPATED IN CCAA DOUBLES EVENT AND GOT SILVER MEDAL.



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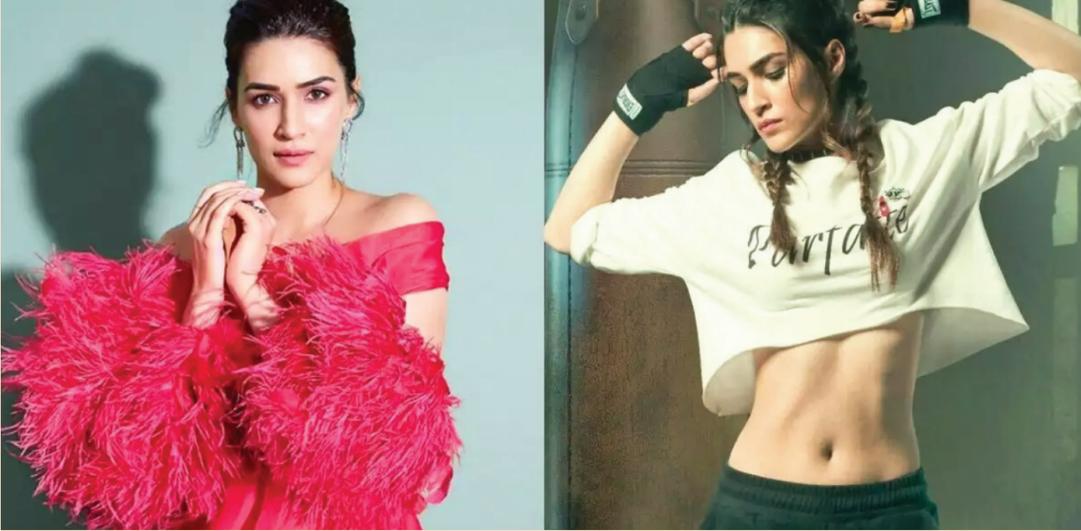


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WANT TO LOSE WEIGHT WITHOUT GYMMING? TAKE LESSON FROM KRITI SANON WHO LOST EXTRA KILOS AT HOME



WANT TO LOSE WEIGHT BUT DON'T WANT TO GO GYMMING? WELL, IT IS POSSIBLE. ACCORDING TO THE POPULAR NOTION, YOU NEED TO DO EXTENSIVE EXERCISES AND WORKOUT TO SHED EXTRA KILOS. BUT THAT IS NOT ENTIRELY TRUE AND BOLLYWOOD ACTRESS KRITI SANON PROVES IT. WHILE FILMING FOR 'MIMI', IN WHICH SHE ESSAYED THE ROLE OF A SURROGATE CARRYING AN AMERICAN COUPLE'S CHILD, KRITI HAD GAINED 15 KG OF WEIGHT FOR APPEARING AUTHENTIC ON SCREEN. AFTER THE FILM WAS WRAPPED UP IN 2020, SHE HAD THE ARDUOUS TASK OF DROPPING KILOS WITHOUT THE AID OF A GYM, DURING THE FIRST LOCKDOWN. SPEAKING ABOUT IT, KRITI SHARES, "I BEGAN WORKING OUT AT HOME WITH THE HELP OF VIRTUAL TRAINERS. I LOST ALL THE EXCESS WEIGHT DURING THE LOCKDOWN. WHEN I WAS 15 KILOS MORE THAN MY USUAL BODY WEIGHT TOWARDS THE END OF MIMI'S SCHEDULE, I REMEMBER FEELING UNFIT. WHEN YOU FEEL SO UNFIT, YOU UNDERSTAND THE IMPORTANCE OF FITNESS."

FORD MAY LET CAR OWNERS REV ENGINES FROM A PHONE OR KEY FOB



US automaker Ford is working on a new technology that will allow owners to rev the engines of their vehicles remotely. "According to Ford Authority, the technology would allow vehicle owners to rev their engines using an "input device operated by the user" and without having to push down on the accelerator. "The vehicle's engine could be engaged "at various distances from the vehicle", according to a Ford patent. "Ford may let vehicle owners use a key fob or a phone to rev the engines. "The patent explains to have the engine rev for a select period of time, or even rev in custom patterns and at different RPMs to create music notes. "The patent also mentions pre-recorded engine noises for EVs or even remote-controlled "flux capacitor" sounds. "EV maker Tesla currently offers a "boombox mode" that let owners play music outside of the car. "Boombox" allows car owners to use farting or goat sound, among others, instead of the usual honking sound. "Tesla CEO Elon Musk said that car owners can also "upload custom music/sounds". "The Boombox mode works with Tesla cars that have built-in speaker that blasts audio to poor unsuspecting people outside of the car.

APRIL HOME SALES IN GTA DOWN 41%, SELLING PRICE UP BY 15% FROM LAST YEAR

The Greater Toronto Area (GTA) housing market continued its adjustment to higher borrowing costs, with the number of transactions down on a monthly and annual basis. As has been the case with previous rate tightening cycles, some home buyers have moved to the sidelines to determine how they will reposition themselves in the marketplace given the higher rate environment and related impact on affordability.

"Based on the trends observed in the April housing market, it certainly appears that the Bank of Canada is achieving its goal of slowing consumer spending as it fights high inflation. Negotiated mortgage rates rose sharply over the past four weeks, prompting some buyers to delay their purchase. Moving forward, it will be interesting to see the balance the Bank of Canada strikes between combatting inflation versus stunting economic growth and related government revenues as we continue to recover from and pay for pandemic-related programs," said TRREB President Kevin Crigger.

GTA REALTORS® reported 8,008 homes sold through TRREB's MLS® System in April 2022 - a 41.2 per cent decrease compared to April 2021 and a 27 per cent decrease compared to March 2022. On a year-over-year basis, the decline in sales was greater in the '905' area code regions surrounding Toronto, particularly for detached houses. The MLS® Home Price Index Composite Benchmark was up by 30.6

per cent year-over-year in April 2022. The benchmark level in April was down in comparison to the March level. The average selling price, at \$1,254,436, was up by 15 per cent compared to April 2021, but down compared to the average selling price of \$1,300,082 in March 2022. "Despite slower sales, market conditions remained tight enough to support higher selling prices compared to last year. However, in line with TRREB's forecast, there is evidence of buyers responding to increased choice in the marketplace, with the average and benchmark prices dipping month-over-month. It is anticipated that there will be enough competition between buyers to support continued price growth relative to 2021, but the annual pace of growth will moderate in the coming months," said TRREB Chief Market Analyst Jason Mercer.

"Policymakers should not assume that because home sales are off their record peak, we can ignore the lack of inventory in the market. Buyers who have moved to the sidelines will not remain there forever, and the population of our region will continue to grow on the back of immigration. In the absence of new supply, we will build a significant amount of pent-up demand that will need to be satisfied in the not-too-distant future. The ability to increase and diversify our housing supply needs to be a key area of debate in our upcoming provincial and municipal elections," said TRREB CEO John DiMichele.

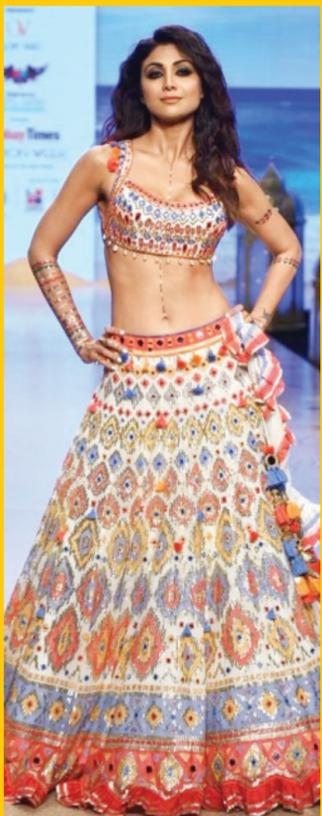
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YOUR MET GALA INSPIRED BEAUTY LOOKS

The iconic Met Gala returned with a glowing bevy of beauties wearing designer ensembles. But no look is complete with the right makeup. Some of the biggest celebrities like Kate Moss and Phoebe Dynevor; singer Lizzo; actresses Lily James, Eiza Gonzalez and MJ Rodriguez; supermodels Amber Valletta and Lila Moss; and Met Gala co-chair Blake Lively chose Charlotte Tilbury Beauty. Here's a look at their trendsetting beauty choices: Blake Lively

"Blake's look was inspired by warm-toned metals and coppers starting with a bronzed contour on the skin. Her eyes were washed with a combination of matte browns for structure and metallic rose golds and coppers to play off her Versace gown. Her lips were in a gentle terracotta tone to bring some brightness to the makeup palette", said makeup & skincare artist Kristofer Buckle (@KristoferBuckle)

Product highlights

- . Charlotte's Magic Cream
- . Magic Serum Crystal Elixir
- . NEW! Collagen Superfusion Facial Oil
- . Airbrush Flawless Foundation
- . NEW! Beautiful Skin Bronzer (Launching May 19th!)
- . Beauty Light Wand in Pillow Talk
- . Eyes to Mesmerise in Chocolate Bronze
- . Luxury Palette of Pops in Pillow Talk
- . Lip Cheat in Pillow Talk Medium
- . Matte Revolution Lipstick in Sexy Sienna
- . Collagen Lip Bath in Gold
- . Pillow Talk Push Up Lashes! Mascara
- . Supermodel Body

Kate Moss

"Kate's look was all about glowing, gilded Hollywood skin with a bronzed, sun-kissed contour using Charlotte's Beautiful Skin Foundation, Hollywood Contour Wand and Beauty Light Wands. I softly defined her eyes with a brown feline flick, and we decided to go bold on the lips to match the femme fatale aesthetic of her Burberry trench gown by painting on a cool-toned red with the Hot Lips Lipstick in Carina's Love. I am obsessed with how the classic glamour of this look came together with a pop of fresh, modern red for confident colour!", said makeup artist Sofia Tilbury (@SofiaTilbury)

Product highlights

- . NEW! Beautiful Skin Foundation
- . Magic Away Concealer
- . Airbrush Flawless Finish Powder
- . Hollywood Contour Wand in Medium/Deep
- . Beauty Light Wand in Spotlight and Goldgasm
- . The Classic Liner in Classic Brown

. Pillow Talk Push-Up Lashes! Mascara

- . Lip Cheat in Kiss N Tell
- . Matte Revolution Lipstick in Carina's Love

Phoebe Dynevor

"The inspiration for Phoebe's makeup look was a modern interpretation of Victorian Glamour. She wore a beautiful, black lace dress by Louis Vuitton, so we created a fresh, flawless looking skin using Charlotte's Beautiful Skin Foundation, with a reverse feline flick to accentuate the shape of her eyes against her dark, crimped hair. We finished with a pretty pink lip using the K.I.S.S.I.N.G. Lipstick in Runway Royalty and pressed Charlotte's Hollywood Contour Wand over the cheeks to create a pared back monochromatic contour", said makeup artist Sofia Tilbury (@SofiaTilbury)

Product highlights: . Hollywood Flawless Filter

- . NEW! Beautiful Skin Foundation
- . Magic Away Concealer
- . Beauty Light Wand in Spotlight
- . Hollywood Contour Wand in Light/Medium
- . Airbrush Flawless Finish Powder
- . Brow Lift in Natural Brown
- . Hollywood Exagger-Eyes Liner Duo
- . Pillow Talk Push Up Lashes! Mascara
- . Lip Cheat in Iconic Nude
- . K.I.S.S.I.N.G. Lipstick in Runway Royalty
- . Collagen Lip Bath in Pillow Talk

Lily James

Makeup & Skincare by Valeria Ferreira (@ValeriaFerreiraMakeup)

Product highlights

- . Magic Serum Crystal Elixir
- . NEW! Collagen Superfusion Facial Oil
- . Magic Lip Oil
- . Charlotte's Magic Cream
- . Hollywood Flawless Filter
- . Airbrush Flawless Finish Powder
- . NEW! Beautiful Skin Foundation
- . Hollywood Contour Wand in Light/Medium
- . Nudegasm Face Palette
- . Beauty Light Wand in Pillow Talk Medium
- . Eye Colour Magic Liner Duo in Super Blue
- . NEW! Pillow Talk Multi-Glow in Romance Light
- . Feline Flick in Panther
- . Pillow Talk Push Up Lashes! Mascara
- . Lip Cheat in Pillow Talk
- . Matte Revolution Lipstick in Pillow Talk

STEPS TO SUCCESSFUL TEENAGER SKINCARE

Ever wondered why we have a special name for a certain number of years in our life? That's because this period is truly unique. It is what we call teenage years. While these are some of the best years of life before you hit adulthood, this time is also characterised by loads of stress. The stress could be related to examinations, friends circle, personal image or the changing physical self. All this takes a heavy toll on teenage skin which calls for a dedicated regime to protect and nourish it.

Dr. Gagan Bhatia, founder of Uniqaya said, "Typically, teenage skin can encounter issues such as acne breakouts, excessive oil production, blemishes, whiteheads and blackheads, sunburns or even eczema. Teenage skin becomes sensitive due to changing hormonal structure of the body and thus requires extra attention".

Follow these few steps which to maintain excellent skincare and thus be confident and comfortable in your skin shared by Dr. Gagan:

Gentle Cleansing: It is important to first understand your skin type and use a good cleanser that complements it. You should always use a gentle circular motion while cleansing your skin as rubbing it too harshly would rob your skin of its moisture, leaving it dry and itchy. You should always avoid using soap and go for a mild cleanser instead.

Moisturising Your Skin: You should always apply a moisturiser at least twice

a day to maintain the hydration levels of your skin. This is an important step to keep your skin soft and supple. You should invest in a good moisturiser that not only protects your skin but also repairs it from within.

Sunscreen: Sunscreen protects your skin even inside the house and not just when you are out in the sun. Using a broad-spectrum sunscreen with at least SPF 30 should be a mandatory part of your skincare routine.

Exfoliation once a week: Hormonal changes usually cause your pores to clog due to excessive oil production. Exfoliation is a game-changer when it comes to unclogging them but one should be mindful not to overuse it. While there are plenty of exfoliators available in the market, there are some excellent homemade scrubs too. **Acne Treatment:** Acne is the common teenage enemy. It is always a good idea to check with a skin specialist who can prescribe a chemical composition suitable to your skin type. There are some very famous anti-acne compositions available like salicylic acid, benzoyl peroxide etc. Do not sleep with the makeup on: One cannot stress enough how important it is to wash your face before bed. It is a well-known fact how your skin repairs itself at night. Leaving makeup on or sleeping with all the accumulated dirt on your skin may prevent the skin to heal, thus causing more acne breakouts. Avoid touching your face too often: Be mindful of the fact that every time you touch your face, you are introducing more dirt and bacteria and spreading the oil. This simply means more chances of a breakout. It is also important to never pop your pimples. This increases inflammation and spreads infection on the skin.

Nighttime skincare routine: The skin repairs itself at night. Using the right products on the skin before bed can enhance the healing process. It is important to wash your face, apply a moisturiser, a lip balm and then hit your bed.

Eat a balanced diet: You should add loads of green vegetables to your diet. Consuming fried and oily food will only create more room for problematic skin and aggravate all existing skin troubles. A well-balanced diet is a key to good skin. Follow a healthy lifestyle: Being responsible for your body as a teenager will not only bless your teens but also pave the way to good adulthood ahead.

'AIM FOR HAPPY, NOT PERFECT', REVEAL MOMS AS THEIR MANTRA TO DOING IT ALL



Mothers are the world's best jugglers: family, work, money—they appear to be able to juggle it all. However, with all of that responsibility and the sense of being overburdened comes stress. Mylo, a leading full-stack solution for expecting and new mothers, announced the findings of a survey conducted with expecting and new mothers. This survey aims to learn about mothers' mantras for 'doing it all', as well as what they do to de-stress. As many as 76 per cent of moms polled agree that the daily juggling act is the root cause of their stress. Household responsibilities (24 per cent), followed by a lack of time for themselves (20 per cent), and simply exhaustion due to a lack of sleep (19 per cent) are the top stressors, according to moms. Contrary to popular belief, only 5 per cent of moms said their stress was caused by a lack of spousal support, indicating an increased awareness among young fathers to contribute to household chores and child care. Moms have their own mantra to manage this as the CEO — Chief Everything Officer of her family. As many as 50 per cent of moms say they've learned to manage it all by aiming for happiness rather than perfection. The solution to doing it all is to focus on getting the job done rather than trying for perfection. Despite the guilt that may accompany it, 28 per cent say that prioritising self-care helps them centre themselves. Preparing and planning ahead of time, according to 22 per cent, helps them face the next day with calm. Moms enjoy sharing, and the majority, 52 per cent, say that talking to someone they trust puts them in a good mood. As many as 21 per cent say taking a break from the daily juggle and getting away helps them de-stress, while 15 per cent say engaging in recreational activities with their children does. Moms who responded to the survey clearly lean on their own mothers as venting partners. While 42 per cent of moms say they rely on their own mother to vent and as a support system, 35 per cent say they find solace in their friends.

5 RULES FOR HEALTHY BODY AND MIND



"The first thing we must recognise is that every system in our body is interconnected. So, our physical health affects our mental health, and our mental health affects our physical health, and both should work together. As a result, I wouldn't call these rules rules because they are a way of life," says Yash Vardhan Swami, Nutritionist, Health and Fitness expert.

Ensuring that nutrition is on point

That doesn't mean that we keep on eating salads all the time, but it ensures we nourish our body with all the nutrients it needs from protein, carbohydrates, fats to all the vitamins and minerals. While ensuring that our total caloric intake is in line with our body composition goals. While also ensuring that we have our favourite and staple foods in our diet. We should also remember that 50-60 per cent of our body is made up of water and we need adequate water intake for optimal health, brain function etc.

Next comes exercising and activity: Exercising at least 3-5 times/week is great for our physical and mental health. Any form of exercise which is safe for us, and we enjoy, is a great start for most of us. Coupling that up with staying active on a daily basis and walking more steps (8-10k steps) makes a perfect combination.

Next comes sleep: Sleeping for 7.5+ hours every night is amazing for: Optimal fat loss, brain function, recovery from workouts etc. Sleeping enough also improves our productivity and reduces cravings, hunger, reduces inflammation and emotional reactivity. Stress management and mindfulness: On the other spectrum, stress management is equally important, if stress is managed properly, it can actually help us perform better and achieve our goals. Remember, quality of our thoughts dictate quality of our life. So, we should be actively working on our mind, improving ourselves and reducing our 'mental' vices. Meditating regularly and having a gratitude journaling routine is a game changer for these.

SAY 'NO' TO HEALTH STAR RATINGS ON JUNK FOOD: EXPERTS



Instead of the 'Health Star Ratings' on junk food, as proposed by the Food Safety and Standards Authority of India (FSSAI), which will "mislead the consumers", the Centre for Science & Environment (CSE) on Wednesday demanded that warnings about unhealthy levels of salt, sugar, and fat be featured instead. "Health Star Ratings are designed by the powerful food industry to mislead the consumer. By pushing these, the FSSAI will give license to glorify junk foods, which is the opposite of what should be done. India can't afford the epidemic of obesity and non-communicable diseases. It is time the Indian consumer is warned about how bad and unhealthy junk food is," CSE Director General Sunita Narain said. She was leading the expert deliberation on the aNeed for front-of-pack warning labels on ultra-processed junk foods at Nimli as part of a workshop on food safety and junk food labelling, a statement said here.

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MADAME TUSSAUDS WILL REOPEN IN NOIDA

Madame Tussauds, the world's greatest wax attraction, is returning to serve its fans in an all-new avatar at the DLF Mall of India in Noida. The attraction will be known as Madame Tussauds India, and it will allow fans to get up close and personal with their favourite celebrities, as well as experience their most iconic moments of fame, thanks to 360-degree sets and cutting-edge technology. The new location at DLF Mall of India, Noida, will feature nearly 50 figures of prominent Indian and international figures from sports, entertainment, history, and music. Madame Tussauds first opened its doors in London in 1835, and the company has over 200 years of history and legacy. Each figure at Madame Tussauds is created by sculptors who use the same techniques as the famous Marie Tussaud. To create a single life-like figure it takes an artist minimum of 12 weeks, and during that time they document 500 precise body measurements, insert real hair strand-by-strand, apply countless layers of paints to build up the skin tones, and more. This entire process contributes to the incredible likeness that has made Madame Tussauds famous around the world for over two centuries. The world-famous wax attraction first opened in Delhi at Connaught Place in 2017. The previous Madame Tussauds in Delhi successfully celebrated several years of curating a spectacular fame experience through its star-studded gallery. Madame Tussauds India's new location at DLF Mall of India, Noida, will provide guests with a safe, star-studded experience, with extensive Covid protocols in place. Rob Smith, Divisional Director, Midway Asia Pacific, Merlin



Entertainments Group, shared his optimism around the re-opening of Madame Tussauds in India, saying, "We are thrilled about the comeback and really excited to bring back the legend of Madame Tussauds to the culturally-rich land of India. Our Wax Attraction will open a new chapter of entertainment to the population of India at large and serve them with the ultimate fame experience and transport them onto the red carpet. India is a significant market for us, and the re-opening will help pave the way to entertain guests in our fantastic new location and shall expose our guests to the most ultimate celebrity experience of visiting a world-famous wax attraction. As Indian travellers are returning to overseas destinations, we are hopeful that Madame Tussauds India will serve as their gateway to Madame Tussauds counterparts in other cities around the world." Speaking on the comeback of Madame Tussauds in India, Anshul Jain, General Manager — Merlin Entertainments India Pvt. Ltd., said, "Our attraction in Delhi was well-received by visitors and helped Madame Tussauds gain significant awareness in India. The pandemic in 2020, dealt the entire

entertainment industry with a significant blow. Madame Tussauds in India has successfully braved the adversities brought on by Covid-19 and is ready with an exciting and even more entertaining customer experience. We are hopeful that the launch of Madame Tussauds at DLF Mall of India will usher in a resurgence for the entire entertainment industry. Moreover, we are delighted to be part of the DLF team and are looking forward to creating more fun-filled experiences with our customers at the DLF Mall of India." Speaking on the opening of Madame Tussauds in Noida's DLF Mall of India, Pushpa Bector, Executive Director, DLF Retail, said, "We are thrilled to bring the global entertainment experiential, Madame Tussauds wax attraction to DLF Mall of India, Noida. We aim to bring tailored-made experiences that suit our target audience and bring about a lifestyle change for the people of NCR. Madame Tussauds is an iconic brand which has caught the imagination of audiences worldwide. The idea is to continue to innovate in the interest of our customers of all age groups by expanding their horizons on what all a new retail can be."

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