



CIF MEMBERS BID FOND FAREWELL TO HIGH COMMISSIONER AJAY BISARIA. | DETAILS ON PAGE 5

THE LIVING WITH WELLNESS FESTIVAL COMMENCES WITH A STRONG MESSAGE ON “WELLNESS FOR ALL”



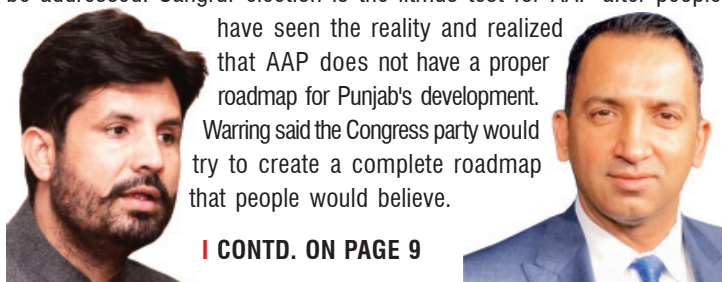
The Living with Wellness Festival effectively extended a platform with a strong message to Canadians on “Wellness For All” from Mississauga in times of Post Covid-19 pandemic. The two-day Living with Wellness Festival was celebrated with great enthusiasm and a huge participation from the local & international community. June 18-19 weekend from the Celebration Square and Living Arts Centre, Mississauga ON highlighted a strong memorandum of Wellness for All around the globe. Many thanks to local partners, stakeholders and sponsors for their support and active inputs. The community including local performing artists, visual artists, health & wellness practitioners, and volunteers made the festival even more vibrant and successful by their active participation from the Celebration Square. Multiple print/electronic/digital media partners and community social media platforms covered this lively event continuous across Canada to show their robust support to the cause.

| CONTD. ON PAGE 8

Y MEDIA EXCLUSIVE SIDHU MOOSE WALA'S DEATH IS 'TOTAL FAILURE OF BHAGWANT MANN'S GOVERNMENT': PUNJAB CONGRESS PRESIDENT AMRINDER RAJA WARRING

POOJA LUTHRA

In an exclusive interview with Y Media Group Editor Yudhvir Jaswal, Punjab Congress President Amrinder Singh Raja Warring said if AAP loses the Sangrur bypoll, it would mean people are not satisfied with their performance. He told Y Media he's confident that AAP would lose this election as the revolutionary people of Sangrur would not be misled anymore. When Yudhvir Jaswal asked Warring how he's planning to change Congress, Warring said Congress has always been fighting for the rights of the people. But he noted Punjab Congress must undergo a complete 'surgical' transformation regarding the system that would benefit the community. He considers his new role an 'opportunity' to create a new Congress in which the new and educated members would work tirelessly for the people. To achieve this, Warring said the party would be introducing around 70% new faces in some of the vacant constituencies to ensure people are served better. When asked about the Sangrur election, Warring said the economy, corruption, and unemployment are some of the main issues that need to be addressed. Sangrur election is the litmus test for AAP after people have seen the reality and realized that AAP does not have a proper roadmap for Punjab's development. Warring said the Congress party would try to create a complete roadmap that people would believe.



| CONTD. ON PAGE 9

'RAJ VOLUME DAMPER:' A PERFECT SOLUTION FOR HOT & COLD SPOTS IN YOUR HOME

POOJA LUTHRA

You might have noticed that some rooms have comfortable temperatures during winter, but some are cold in your home. Similarly, some rooms will have the proper temperatures during summer while some will be hot.



| CONTD. ON PAGE 8

MAY HOME SALES DOWN 22%; AVERAGE PRICE REACH \$711K, UP 3.4% SINCE LAST YEAR: CREA

Statistics released today by the Canadian Real Estate Association (CREA) show national home sales were down in May 2022. Highlights:

- * National home sales fell by 8.6% on a month-over-month basis in May.
- * Actual (not seasonally adjusted) monthly activity came in 21.7% below the May record set in 2021.

| CONTD. ON PAGE 8

GOLF TOURNAMENT RAISES MORE THAN \$236,000 FOR HEALTH CARE IN BRAMPTON



| DETAILS ON PAGE 8

KAMAL KHERA, ANNOUNCES LAUNCH OF AGE WELL AT HOME INITIATIVE

After a lifetime of hard work, seniors want to live healthy, safe and independent lives. Many seniors want to stay at home for as long as possible, in the communities that support them.

| DETAILS ON PAGE 7

SAVE MAX PAN CANADA GAMES 2022—AN EXCITING FIRST EDITION THAT ENDED WITH A BANG!!



| DETAILS ON PAGE 11

CAN YOU GET PAST THOSE ENDLESS AIRPORT LINES?

It's summer vacation time, and while that means international shores, mountain treks in the North of India or beach escapes in the south, it also means endless lines at the Airport.

| DETAILS ON PAGE 7

RUSSIA-UKRAINE WAR COULD LAST FOR YEARS

Western leaders have said the war in Ukraine could last for years and will require long-term military support as Russia brought forward reserve forces in an apparent attempt to capture the eastern city of Sievierodonetsk.

| DETAILS ON PAGE 9

PAKISTAN'S ROLE UNDER SCANNER IN MOOSEWALA MURDER

The investigation and interrogation of the accused in the Sidhu Moosewala murder case has indicated the role of some elements across the border in providing arms and ammunition to the shooters, official sources said here on Tuesday. The Special Cell of Delhi Police had arrested two main shooters — Priyavrat alias Fauji and Kashish alias Kuldeep — who were involved in the killing of the Punjabi singer.

| DETAILS ON PAGE 3

PAKISTAN FOREIGN MINISTER MAKES PITCH FOR RE-ENGAGEMENT WITH INDIA

Describing Pakistan as “internationally isolated and disengaged”, the country's Foreign Minister Bilawal Bhutto-Zardari on Thursday made a strong pitch for re-engagement with India, asking whether cutting off ties with India served the nation's interests, media reports said.



| DETAILS ON PAGE 9



Y MEDIA TEAM LIVE ON LOCATION ALONG WITH GROUP EDITOR & CEO, YUDHVIR JASWAL, AT RONA STORE IN BRAMPTON WAS AN ENORMOUS SUCCESS. | DETAILS ON PAGE 3

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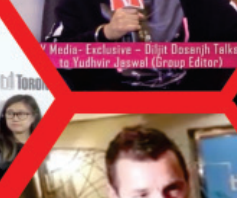
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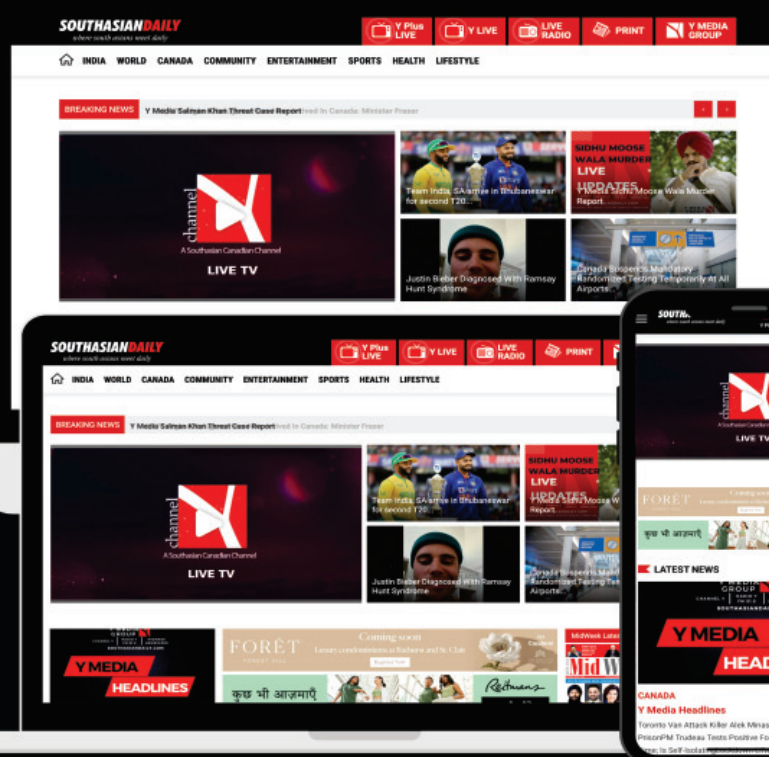
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Y MEDIA TEAM LIVE ON LOCATION AT RONA & LOWES IN BRAMPTON WAS AN ENORMOUS SUCCESS



1ST WINNER AMANDEEP KAUR.



2ND WINNER GURPAL SINGH SEHAMBI.



3RD WINNER AVTAR KUNDI.



4TH WINNER: GURMUKH DHALIWAL.



5TH RONA WINNER JAGROOP THIND.



1ST WINNER FOR 100\$ GIFT CARD- ASHWINI.



POOJA LUTHRA

Y Media team was live at Rona store in Brampton South on Saturday, June 18 and Lowes North Brampton on Sunday, June 19, where up to 30% discount was available for Father's Day on selected products like power tools, BBQs, and gardening kits. The event was a huge success and attracted a large gathering of people. Y Media team actively engaged with the community by organizing different contests. The people participated in some of the competitions to win various prizes. At the end of the day, Y Media Team gave out a mega prize of \$250 to one of the lucky winners. Congratulations to Harvinder Saluja, who won our mega award of \$250 at Rona. In addition to this, Y Media team created hype to engage the audience in the store by giving out Lowes's

\$100 gift cards every hour. Y Media congratulates our contest winners, namely Amandeep Kaur, Gurpal Singh Sehambi, Avtar Kundi, Gurmukh Dhaliwal, Jagroop Thind and Ashwini. Y Media covered this exclusive event LIVE on Radio Y 91.9 FM and Channel Y, wherein the participants came LIVE on air and described their experiences with the listeners and the viewers. You can watch this exclusive event coverage only on 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 about the same. Follow us on our Twitter and Facebook pages: Y Media, to stay updated with the latest events. Read our 'Midweek' newspaper published every Tuesday to know what's happening in Canada and worldwide.

DO YOU THINK PROTESTS AGAINST AGNIPATH WILL DIE DOWN SLOWLY OR BECOME MORE INTENSE?

The violent protests against the Agnipath scheme, announced by the Narendra Modi government appear to be subsiding with time. The Union government is trying to convince the aspirants about the benefits of the recruitment scheme that offers a four-year job in the Indian armed forces. Prime Minister Narendra Modi on Tuesday met Chiefs of the three services and took a briefing about their plan to implement the Agnipath scheme. The Central government announced the scheme on June 14 to recruit youngsters in the Indian Army, Navy and Air Force. However, violent protests broke out in different states against the scheme. The ruling BJP and opposition hurled accusations at each other as the country witnessed horrific scenes of violence and arson by the protesters from several states. While the opposition accused the BJP government of offering a job scheme to the youngsters without any financial and social security. The BJP attacked the opposition for instigating the youth against the scheme. Undeterred by the protests and accusations made by the opposition, the government has decided to go ahead to implement the Agnipath scheme and start recruitment. CVoter-IndiaTracker conducted a countrywide survey to know people's views about the protests that erupted in the wake of announcement of the Agnipath scheme. During the survey, while 60 per cent of the respondents opined that the protests against the military recruitment scheme will die down slowly, 40 per cent of the respondents said that agitations against the scheme will intensify in coming days. Interestingly, during the survey, while the majority of NDA voters -- 74 per cent -- said that the demonstrations will end in near future, opposition supporters were divided on the issue. Amongst the



opposition voters, while 51 per cent believe that protests will intensify, 49 per cent think that the agitations against the scheme will end slowly. The survey also revealed that the majority of urban and a large proportion of rural voters think that protests against the job scheme will end with time. According to the survey data, 64 per cent of urban voters and 58 per cent of rural voters opined that the agitations against the scheme will slowly end. During the survey, while the majority of respondents in older age groups believe that the protests will slowly die down, youngsters appeared to be divided in their opinion on the issue. As per the survey data, 71 per cent of the respondents above 55 years of age and 66 per cent of those in the 45-54 years age group said that protests will slowly die down. At the same time, while 55 per cent of the respondents between 18-24 years of age believe that agitations will end slowly, 45 per cent respondents in this age bracket did not share the sentiment.

HAS REBEL SENA MINISTER SHINDE BITTEN OFF MORE THAN HE CAN CHEW?

As Maharashtra's Maha Vikas Aghadi (MVA) came to grips with the "lightning bolt-type" political crisis that threatens its survival, trouble-shooters of constituent parties, the Shiv Sena, the Nationalist Congress Party, and the Congress were busy in the background to defuse and salvage the situation. First, the three parties conducted a headcount and "secured" their own legislators from the lurking Bharatiya Janata Party which has virtually launched "Operation Lotus" to bring down the MVA. The Sena moved swiftly to contact the estimated dozen-odd MLAs who are reportedly siding with the rebel leader, Minister Eknath Shinde and have gone or were lured to Gujarat's Surat since late on Monday and early on Tuesday. It also acted quickly to clip Shinde's wings by removing him as the Shiv Sena Legislative Party Leader, with another senior legislator Ajay Choudhari - and sent a clear message to the rebels group of what could be in store for them. Currently, of the Sena's 55 MLAs, 31 are confirmed in Mumbai, another dozen-plus are accounted for and still with the party, including some who have called up the party leaders here claiming they were hoodwinked to join the rebels against their wishes or knowledge. "With these figures, Shinde is left with barely nine-10 MLAs on whose strength he is bargaining with the party leadership, Chief Minister Uddhav Thackeray and attempting to topple the government with the BJP's help," claimed a Sena leader. Post MLC poll results on Monday night, Thackeray had made a statement that "traitors will not be forgiven" and now there's intense speculation if he had indeed got an inkling of what lay in store for his regime the very next morning. A MVA leader pointed out that the most shocking aspect was "how these MLAs' managed to quietly slip off" taking advantage of the fracas witnessed during the counting of the MLCs biennial poll results on Monday and the boisterous celebrations that continued till late.

PAKISTAN'S ROLE UNDER SCANNER IN MOOSEWALA MURDER

The accused Priyavrat was the head of the module of the gangsters and led the team of shooters and was in direct touch with Canada-based gangster Goldy Brar at the time of the incident. In the preliminary interrogation of the accused Priyavrat, it was revealed that he got the consignment of weapons from Pakistan. "Usage of drones in dropping the weapons have come to the fore," sources told IANS. Notably, Pakistan's ISI has been time and again found responsible in supplying drugs, arms and ammunition to Punjab-based criminals and gangsters. The SIT, which was set up by Punjab DGP V.K. Bhavra, was also asked to look into this aspect of the alliance of terrorists and gangsters. According to the central agencies, arms shipments have reached Punjab to such an extent that it is not easy for the police to deal with them. Terrorists and gangsters are currently using AN-94, Assault Rifle, C-30 Pistol, Beretta Pistol, GLOCK 17, and Rocket Propelled Grenade weapons. Even in the May 9 rocket-propelled grenade blast in Punjab's Mohali, the police arrested six terror suspects that were involved in it. It was officially learnt that Babbar Khalsa International was involved in the attack carried out at the behest of Pakistan intelligence agency ISI. A senior Delhi police official during the media briefing on Monday had informed that the police on the instance of arrested shooters recovered a huge cache of arms and ammunition. "We recovered eight High Explosive grenades along with the Under Barrel Grenade Launcher. HE Grenades are designed for use with Grenade launchers. The recovered Grenade launcher can be mounted on AK-47 assault rifles," he said. Apart from grenades, the police also found nine electric detonators, one assault rifle along with 20 rounds, three sophisticated star pistols of .30 bore, 36 rounds of 7.62 MM of star pistols and part of AK Series assault rifle. In further interrogation it was also revealed that the assailants would have used grenades to kill the singer if in any case the guns wouldn't have worked. "If in any case, had the guns or pistols failed to complete the dastardly crime, the shooters had kept these grenades as a back up plan," the senior official said. Moosewala, 28, one of the most famous Punjabi language singers of the current times, was shot dead on May 29 while he was travelling in a car and six assailants fired over 30 shots at him in Jawaharke village of the Mansa district in Punjab. Sidhu was found soaked in his own blood on the driving seat of a Mahindra Thar SUV while two more occupants in the car, Sidhu's friends, Gurwinder Singh and Gurpreet Singh also received bullet injuries, but they survived.



MOOSEWALA MURDER: SHOOTERS PLANNED TO USE GRENADES HAD GUNS NOT WORKED

In a startling revelation in the Sidhu Moosewala murder case, Delhi Police said on Monday that the assailants would have used grenades to kill the singer in case the guns didn't work.

"The shooters had kept grenades as a back-up plan in case the guns didn't work," Special Commissioner of Police (Special Cell), H.S. Dhaliwal, said in a media briefing.

The disclosure by the Special Cell came after it arrested two main shooters and their facilitator, who were involved in the May 29 killing of Punjabi singer Shubhdeep Singh, popularly known as Sidhu Moosewala.

The two accused shooters, identified as Priyavrat alias Fauji (26), a resident of Sonipat in Haryana, and Kashish alias Kuldeep (24), were arrested from Kutch district in Gujarat on Sunday.

Meanwhile, on the instance of module head Priyavrat, the police found a huge cache of arms and ammunition hidden in a village in Haryana.

"We recovered eight grenades along with an under barrel grenade launcher. The high explosive grenades are designed for use with grenade launchers. The grenade launcher can be mounted on AK-47 assault rifles," Dhaliwal said.

Apart from grenades, the police also found nine electric detonators, one assault rifle along with 20 rounds, three sophisticated star pistols of .30 bore, 36 rounds of 7.62 mm star pistols and parts of AK series assault rifle.

Popular singer Moosewala, 28, was shot dead on May 29 while he was travelling in a car near his village in Punjab's Mansa district. Eight assailants fired over 30 shots at him in Jawaharke village in Mansa district.

Sidhu was found soaked in blood on the driving seat of a Mahindra Thar SUV while two other occupants of the car — Gurwinder Singh and Gurpreet Singh — also received bullet injuries.

'IMRAN HAD FASCIST PLANS TO EXTEND HIS RULE FOR 15 YRS:' PAKISTAN MINISTER

Pakistan's Minister for Power Khurram Dastagir claimed that ousted Prime Minister Imran Khan had "fascist plans" to extend his rule for 15 years by getting the entire leadership of opposition parties disqualified.

Dastagir said he had the information that Khan had decided to get all the opposition leaders, right from Pakistan Muslim League-Nawaz (PML-N) president and incumbent premier Shehbaz Sharif to Ahsan Iqbal, Shahid Khaqan Abbasi and all others, disqualified by the end of this year, Dawn news reported.

In this scenario, it was visible that the former premier with the connivance of powers that be wanted to clean sweep the entire opposition leadership, he alleged.

Lending strength to his claim, the Minister recalled that Khan had also announced that the services of 100 judges would be hired to expedite cases against his political opponents, Dawn reported.

Dastagir expressed these views during a private TV show while responding to the question about what had prompted his party to accept the country's rule for just one and a half years.

He said: "The coalition was formed only because Khan had fascist plan to attack this country."

"Today, the times are difficult, but one must also remember that when



the country's economy was being discussed, there were issues of democracy, federation and rule and all those aspects had to be considered in larger context."

While posting the clip of the show on his Twitter account, PTI leader and former minister Ali Haider Zaidi, said: "Khurram Dastagir admitted openly that the constitutionally elected government of Imran Khan was removed through a conspiracy to save the opposition from corruption cases. It is unfortunate that these thugs are now killing (destroying) the economy."

PANDEMIC MORE THAN DOUBLED CONSUMER AWARENESS ON FOOD WASTE: REPORT



Consumer consciousness around food waste has more than doubled in the past two years as rising food prices, supply chain challenges, the pandemic, and sustainability concerns are impacting consumer behaviour, according to a report on Monday.

The report by Capgemini Research Institute found that about 72 per cent of consumers are aware of their food wastage as compared to only 33 per cent of consumers before 2020.

The report is based on a survey of 10,000 consumers and executives from 1,000 large organisations in food manufacturing and retail.

According to the new report, consumers are already looking into ways to reduce their food waste. There has been an 80 per cent year-on-year growth in social media searches for methods to increase the life of food items.

Cost savings (56 per cent), concerns around world hunger (52 per cent) and climate change (51 per cent) are the primary reasons contributing to this.

Although consumers admit their own culpability, with 60 per cent feeling guilty about wasting food, they also perceive that retailers and food manufacturers aren't doing enough to help them curb this issue. About 91 per cent of consumers said they are willing to buy from brands and retailers that disclose information on their food waste, while 58 per cent will increase their spend with companies taking active steps to manage food waste.

While organisations are taking positive action to tackle food waste in-store, in consumers' homes, as well as providing tips to ensure leftovers are not wasted, consumers report that they don't believe these actions go far enough.

For instance, 60 per cent of organisations said that they help consumers understand terms like "best before", "consume by" and "expiry date", but only 39 per cent of consumers are satisfied that this information is clear enough.

Consumers want organisations to do more in areas such as product innovation, packaging, clarity of date labels, and consumer education. For instance, consumers would like to see digital labels (QR codes, etc.) that will provide them with more information on the product's journey and quality.

"The increased awareness amongst consumers and the initiatives being taken by businesses to tackle food waste is a positive step forward", said Tim Bridges, Global Sector Lead, Consumer Products, Retail and Distribution at Capgemini, in a statement. "With the help of technology, organisations can track and assess food waste at every stage of the food value chain to enable action at the right time, while also engaging with their consumers by inculcating waste avoiding behaviours and making them an active participant in waste reduction," he added.

JOB VACANCIES IN CANADA CLIMBS TO 957,500 IN FIRST QUARTER



Job vacancies climbed to 957,500 in the first quarter, the highest quarterly number on record. As employers continued to face an increasingly tight labour market, vacancies were up 2.7% (+24,900) from the previous peak observed in the fourth quarter of 2021, and up 72.3% (+401,900) from the first quarter of 2020. (Key indicators from the quarterly Job Vacancy and Wage Survey [JAWS] are now available on a seasonally adjusted basis).

The job vacancy rate—which measures the number of vacant positions as a proportion of total labour demand (filled and vacant positions)—was 5.6% in the first quarter. The job vacancy rate has been trending upward since the first quarter of 2016. It increased sharply from 3.8% in the first quarter of 2021 to 5.3% in the third quarter of the same year. This was mainly the result of an increase in the number of vacancies (+45.3%), while payroll employment declined by 3.0% from the first to the third quarter of 2021. Since then, the job vacancy rate continued to increase, but at a slower pace as payroll employment was recovering, reaching 5.5% in the fourth quarter of 2021 and 5.6% in the first quarter of 2022.

High labour demand in the health care and social assistance sector, intensified by the COVID-19 pandemic, continued to push the number of job vacancies up in this sector in the first quarter. The number of job vacancies reached a new record high of 136,800, up 5.0% (+6,600) from the peak of the fourth quarter of 2021. Compared with the first quarter of 2020, the number of vacant positions rose 90.9% (+65,100) in the first quarter of 2022 (seasonally adjusted). Among health occupations, the increases in vacant positions in nurse aides, orderlies, and patient service associates (+84.2% to 21,900); registered nurses and registered psychiatric nurses (+77.8% to 22,900); and licensed practical nurses (+166.0% to 11,300) accounted for 67.7% of the overall vacancies in health occupations (not seasonally adjusted). On a seasonally adjusted basis, employers in the construction sector were actively seeking to fill 81,500 vacant positions in the first quarter, up 7.1% (+5,400) from the fourth quarter of 2021 and more than double the number (38,800) observed in the first quarter of 2020. Compared with the first quarter of 2020, the large increases in vacancies in the construction sector in the first quarter of 2022 were spread across many occupations, including construction trades helpers and labourers (+97%; +8,800) and carpenters (+149.1%; +6,600) (not seasonally adjusted).

DR. PEREZ'S FIVE TIPS FOR BRAIN HEALTH

As we age, good brain health is important to ensure your brain is functioning at its best. According to Heart and Stroke Canada, a healthy lifestyle can reduce the risk of stroke and dementia later in life.

Cut down on salt and be aware of your blood pressure.

Eating too much salt has been linked to high blood pressure, a major risk factor for stroke and dementia. When exposed to high blood pressure, arteries delivering blood to your brain become hardened, causing damage and loss of brain cells. Reduce your salt intake by using sodium and salt-free alternatives, choosing fresh foods and limiting fast food. Check your blood pressure regularly and inform your physician of fluctuations.

Increase your activity.

An active lifestyle is good for your brain – it increases blood flow and oxygen to the brain, as well as improves memory and cognitive abilities. Research shows that increasing your daily step count will lower blood sugar and pressure, and increase mental stamina. Add a brisk walk to your daily routine then gradually increase daily physical activity.

Get enough sleep.

Sleep is essential for brain health and allows the brain time to recover, clear toxins and repair. Inadequate sleep can lead to memory difficulties, fatigue and irritability. Aim for seven to eight hours of uninterrupted sleep each night. Promote healthy sleep habits and brain health by having a regular sleep routine, limiting the use of electronics in the bedroom, sleeping in a dark, quiet room, and having a wind down period. If you do not wake up refreshed, speak with your doctor.

Protect your head.

Head trauma can cause bruising and even bleeding to the brain, affecting brain function. Repeated injuries have been linked to an increased risk of dementia. Always wear an approved helmet when taking part in sports like skating, skiing, cycling, skateboarding or tobogganing. Falls are also a major risk for head injuries in older adults. Take precautions to avoid falls like keeping your home well lit at night, removing obstacles off the floor and using a walker if prescribed.

Exercise your brain.

New experiences and activities help keep your mind healthy. Regularly challenging your brain promotes memory, attention, thinking and reasoning, and keeps you sharp. Consider volunteering, reading books, doing word or number puzzles. Starting a new hobby and maintaining social contact with friends and family will also go a long way to improving and sustaining a healthy brain.

Dr. Yael Perez, MD PhD, FRCPC, is Osler's Medical Director, Stroke Services and has been a stroke neurologist since 2010. After her subspecialty training in stroke and cerebrovascular diseases at the Toronto Western Hospital with the University of Toronto, Dr. Perez served as Medical Director of Stroke Services for the West GTA Stroke Network and Trillium Health Partners.





CIF CHAIR, SATISH THAKKAR



CONSUL GENERAL OF INDIA IN TORONTO:
APOORVA SRIVASTAVA



INDIA'S HIGH COMMISSIONER
TO CANADA: AJAY BISARIA



CIF Members Bid Fond Farewell to High Commissioner H.E. Ajay Bisaria

India's High Commissioner to Canada, H.E. Ajay Bisaria was accorded a warm send off by members and friends of Canada India Foundation as he ends his assignment in Canada at the end of June 2022. Bisaria, age 60, is set to retire with no announcement about his future plans.

An enthusiastic group of admirers gathered at the Albany Club, downtown Toronto, to meet with the popular diplomat and bid him a fond farewell.

CIF Chair, Satish Thakkar, spoke of the tremendous progress Canada and India have made under Bisaria's watch. He also thanked him for being a mentor to CIF over the past two years. He noted, "During his time, Canada India relationship grew from lukewarm to warm. What we all remember is the way his office facilitated the transfer from India of vaccines, critically needed by Canada, and the equally urgent need for PPE and other equipment that Canada supplied to India. During this short stint, HC has been an effective and firm voice on behalf of India and held the course even when faced with provocation. He has been a tireless advocate on behalf of India's growth story. He does not miss a single opportunity to spread the message of what India holds out for the world today. Even during the worst part of the pandemic, confidence in India by Canadian investors held firm, and a major role was played by his unique ability to communicate with conviction and instill confidence."

Thakkar added, "A special note of appreciation goes to his life partner, Bharati Chaturvedi, a woman of substance and courage, on a humanitarian mission herself, to transform India's urban poor into urban middleclass. While we will miss them both, we also look forward to working with the incoming representative of India, to advance the Canada India engagement even further."

Describing Bisaria as a 'superstar' among diplomats for his achievements, David Agnew, President, Seneca College said his departure was a "bittersweet moment for all of in this room who are keenly interested in a strong and healthy Indo Canadian relationship which has benefited from his presence."

"On behalf of all my colleagues in Canada's universities, colleges, polytechnics, I want to pay tribute to the HC for his particular interest and attention to the issue of higher education. And for the extraordinary service the HC and the Consuls have given to us. In his tenure, our student enrolment from India exceeded the pre-pandemic levels. At Seneca, we have tripled our numbers in the last two years. Despite the pandemic, the HC travelled to every corner of the country to address issues of concern to the students.

We are grateful, and as you go, be proud of your lasting contribution toward building Canada India relationship."

Attending the farewell were members of the Ontario Provincial Parliament, and heads of various Indo Canadian organizations and others.

Hon. Nina Tangri, Associate Minister of Small Business and Red Tape Reduction,

stated, "On behalf of Ontario premier, Doug Ford, and the entire caucus I want to thank you for diligently working to bring investment and trade to Ontario from India. As a proud descendant of India, I look forward to doing even more in our collaboration and make sure that Ontario and India relationship becomes an example to the world in how to learn from each other to increase trade and investment."

Laurie Scott, former Minister of Infrastructure and MPP, Deepak Anand, MPP and newly elected MPP from Brampton East, Hardeep Grewal also spoke briefly on HC Ajay Bisaria's contributions.

The Consul General of India in Toronto, Ms. Apoorva Srivastava, revealed that HC Bisaria was always someone that the younger officers looked up to. "It has been a great learning experience working with you. The coordination between HC in Toronto and CGI in Toronto has never been better."

Ajay Bisaria responded to the tributes by thanking his colleagues across Canada and all the stakeholders like CIF, working toward strengthening the India Canada relationship. Speaking on a lighter note, Bisaria said, "I am also happy with the send off I am getting here because in the last send off I got, I was given 72 hours to leave Islamabad! So, thank you for making this a pleasant one."

Bisaria recapped India's journey through history to the point where today it occupies a key position in world affairs. "I want to take a moment to reflect on India's journey, 75 years of Independence and its 5000-year-old civilization. It's been an incredible journey and for me, the highlight has been our commitment to democracy and diversity despite all the huge challenges. It's due to the commitment of successive generations to bring prosperity to 1.4 billion Indian citizens while celebrating their diversity of thought and custom. Today's India is the world's fastest growing major economy, driven by the energy and innovation of its very youthful business sector."

While thanking CIF for the work they do to strengthen the bilateral, Bisaria said, "I think the most important factor that turbocharges this partnership is the Indo-Canadian community represented in this room. You are the natural ambassadors of India's heritage. We will come and go, but this is the kind of partnership we want to create and turn each of you into ambassadors."

Ritesh Malik, National Convener, CIF, proposed the vote of thanks and recalled for the gathering the "iconic picture of HC Bisaria and Canada's then Minister of Public Procurement, Anita Anand, together at the airport receiving the first batch of Covid 19 vaccines from India." "That was such a reassuring image we were sure that your work would help reset the relationship. And it did."

Malik thanked the members of the media, Rajinder Saini of Pravasi Group and Yudhvir Jaiswal of Ymedia and others for taking the message of CIF to their audiences.

CIF National Co-convenor, Ms. Sunita Vyas guided the evening program expertly in her role as the emcee.

DERA SACHA SAUDA CHIEF GETS ONE MONTH PAROLE

In less than five months of granting a 21-day furlough, self-styled jailed godman and Dera Sacha Sauda chief Gurmeet Ram Rahim Singh was on Friday granted parole for a month by the BJP-led Haryana government. He is currently serving a life term for the murder of his manager in 2002 and was also convicted for the rape of two women in 2017. He's lodged in Haryana's Sunaria jail since 2017 after being convicted in the rape and murder cases. He has a large number of followers in Punjab, Haryana, Himachal Pradesh and Uttar Pradesh. Earlier, he was released from the jail four times for various reasons, including his plea to meet the ailing mother. The parole has been granted for the first time since his conviction. Justifying the decision, an official said Ram Rahim has been granted parole as per the jail manual. He will stay in Barnawa in Bagpath, the first ashram established in Uttar Pradesh in 1980, during parole. According to an official, the dera chief was provided Z-plus security cover during his parole owing to the "high threat perception" to his life from "pro-Khalistan" groups.



Earlier just ahead of the Punjab polls, Ram Rahim, who is lodged at the high-security Sunaria jail in Rohtak, 250 kms from state capital Chandigarh, was granted furlough on February 7 to meet his family in Gurugram. In June 2019, Ram Rahim Singh had withdrawn his parole plea after the state BJP government was cornered by opposition parties for favouring the self-styled godman, who sought parole for 42 days to tend to his agricultural fields at his sect's headquarters in Sirsa town. Also, the high court had rejected his parole plea for attending the wedding ceremony of his foster daughter. Ram Rahim was sentenced to 20 years in jail in August 2017 for raping two women. A special CBI court in Panchkula this January 2019 also sentenced Ram Rahim and three others to life imprisonment for the murder of journalist Ram Chander Chhatrapati over 16 years ago. His conviction on August 25, 2017, had led to violence in Panchkula and Sirsa, leaving 41 people dead and over 260 injured. Ram Rahim was patronised by political leaders and parties in Punjab and Haryana for nearly two decades due to his ability to influence the votes of his followers.

GOVERNMENT REDISTRIBUTING ECONOMIC BURDEN ON POOR BY TAXING THE RICH: PAKISTAN PM

Pakistan Prime Minister Shehbaz Sharif said on Tuesday that in the budget for the 2022-23 fiscal, the government decided to redistribute the economic burden on the poor by taxing the rich, media reports said. Talking to the media in Islamabad after a meeting of the federal cabinet, Sharif said: "The policy we have formulated in the budget is that we have decided to redistribute the burden on the poor. We will tax affluent citizens so the poor are assured the government is giving them relief by taking different measures and is also taxing the rich," Dawn reported. The Prime Minister hoped that those who are privileged would "gladly" lend their support to the country at this critical juncture and demonstrate a spirit of "sacrifice". "The government will collect hundreds of billions of rupees in taxes through this," he added.



The Prime Minister reiterated that the government came into power at a challenging time and took some difficult decisions. However, he asserted that the government would take more difficult decisions in the future if need be, Dawn reported. "We will not hesitate to take any step which could help strengthen the economy," he said. Sharif said that the government had no other option than to take tough decisions, as he lashed out at the PTI for "violating" the agreement it had signed with the International Monetary Fund (IMF). The premier also said the country is suffering and witnessing a crisis due to the imprudent economic policies of the former PTI government. The Prime Minister's statement came at a time when inflation has soared in the country with the government hiking fuel and energy prices, Dawn reported.

IS THERE A LINK BETWEEN DIABETES AND FROZEN SHOULDER?

A Frozen shoulder is a disorder that causes stiffness and discomfort in the shoulder joint. Frozen shoulder, also known as adhesive capsulitis, occurs when the connective tissue around the shoulder joint becomes swollen and rigid. It's a painful disorder that causes a reduction in shoulder range of motion without any indications of arthritis. This inflammation can make it difficult to do everyday tasks, and as the illness progresses, your discomfort and stiffness grow progressively more debilitating.

What exactly is frozen shoulder?

Shoulders are made up of bones, ligaments, and tendons that are wrapped in a connective tissue capsule. When the capsule around the shoulder joint thickens and tightens, it gradually restricts movement. The condition usually occurs in three distinct stages:

Freezing Stage

This happens between six and nine months. Your shoulder hurts to move, and you've lost a lot of range of motion.

Frozen Stage

This period lasts four to twelve months, during which time your pain may become more bearable, but your mobility may deteriorate as your stiffness develops.

Thawing Stage

You may notice that your mobility improves and that you may resume numerous tasks six months to many years following the beginning of symptoms.

Every patient has a unique experience with frozen shoulder. Early appropriate intervention can reduce the severity of your personal case.

Link between Diabetes and Frozen Shoulder

The higher your risk, the older you are or the longer you have had diabetes. Because uncontrolled blood sugar levels can alter collagen, a crucial protein that makes up your connective tissue, people with diabetes are more likely to develop frozen shoulder.

BRAMPTON LIBRARY AND BRAMPTON CIVIC HOSPITAL INSPIRE LOVE OF READING IN BABIES AND THEIRFAMILIES

Brampton Library and William Osler Health System (Osler) have once again teamed up to spread the joy of reading to babies born at Brampton Civic Hospital and their families.

As part of the innovative A Reader is Born campaign, this year's chosen book is Welcome Song by Richard Van Camp and is gifted to every new baby born in Brampton.

"A love of reading and a lifelong relationship with the public library begins at birth," said Todd Kyle, Brampton Library's Chief Executive Officer. "We are delighted to share this book of 'stunning photographs and evocative text' by renowned First Nations storyteller Richard Van Camp, which has been widely recognized as a perfect first book for every baby. Van Camp is a proud member of the Tlicho Dene Nation from Fort Smith, Northwest Territories, and the author of over 20 books in many genres. Brampton Library is thrilled to work in partnership with Osler to deliver Welcome Song to families who have their babies at our local hospital. With each book received, parents will also find out how they can get a free library card for every member of the family."

Reading teaches babies essential communication, builds listening skills, and introduces new concepts such as sounds and colours. Brampton Library offers free weekly Family Storytime programs in all of its branches, as well as thousands of titles to borrow and enjoy at home.

"Osler is one of the first hospital systems in Ontario to team up with their public library to introduce books into the lives of newborns and their families through our A Reader is Born program," said Janice Thompson, Team Lead, Health Services Library, William Osler Health System. "As a former public librarian, I know how important it is to have a joy of reading from an early age. This is a great example of community collaboration and innovation."

Osler's Brampton Civic Hospital has one of the largest labour and delivery programs in Ontario and last year alone, 4,832 babies were delivered at the hospital.

"The A Reader is Born program is great for our newborns and their families – it helps parents of newborns access the library so they can start reading to their baby right after birth," said Lisa Henry, Clinical Services Manager, Post Partum, Brampton Civic Hospital, William Osler Health System. "The team on Osler's Post Partum unit is here for the baby's first few days, and is happy to participate in a program that promotes greater access to reading and literacy in our community."

ABOUT BRAMPTON LIBRARY: To borrow materials, reserve them online



with your Brampton Library card number and PIN. Learn about free access to our online collections, including ebooks and e-learning. See hours of operation and full details for our eight branches. Register for in-person and virtual programs for all ages and interests through calendar of events and subscribe to our email updates. Follow us on Facebook, Twitter, Instagram, YouTube, and LinkedIn, and be sure to download the Brampton Library mobile app on iOS and Google Play. Learn more about our app. Visit our website to live chat with our staff or Ask A Question. Register to attend our Computer Basics skill building program by calling 905-793-4636 or speak with staff at a customer service desk at any branch. See our Family Storytime schedule to help your little one get ready to read!

ABOUT WILLIAM OSLER HEALTH SYSTEM and FOUNDATION: William Osler Health System (Osler) is a hospital system, which includes Brampton Civic Hospital, Peel Memorial Centre for Integrated Health and Wellness and Etobicoke General Hospital, and serves 1.3 million residents of Brampton, Etobicoke and surrounding communities within the Central West region. Nationally recognized for its commitment to patient safety, Osler is also Accredited with Exemplary Standing, the highest rating a Canadian hospital can receive. Osler's emergency departments are among the busiest in Canada and its Mental Health Program is one of the largest in the province. William Osler Health System Foundation seeks to create a healthier community through giving by inspiring its communities to invest in exceptional health care close to home.

Russia-China ties under stress?

ASAD MIRZA

Recent events in Ukraine and Taiwan are once again testing the Russia-China ties, as neither has commented upon or shown support to each others actions in different theatres of action. Two time-tested allies, though differing ideologically at present but firmly rooted in the same political ideology roots and having faced several crises together, supporting each other at regional and international level through political brinkmanship are facing a new stress. Though each of them deny publicly of supporting each other, yet no one can discount the secret deals which help further cement their ties.

To boost the bilateral ties and trade, a new cross-border bridge between Russia and China was inaugurated on June 10 in the Far East in a bid to further boost bilateral trade between traditional Communist friends, besides countering rising US-led sanctions over Taiwan and Ukraine.

Kremlin's representative in the Russian Far East, Yuri Trutnev, described the bridge as carrying a special symbolic meaning in today's divided world. While Russia's Transport Minister Vitaly Savelyev said that the bridge would help increase bilateral annual trade between the two countries to more than 1 million tons of goods. Russian authorities claim that the bridge would bring Moscow and Beijing closer together by expanding trade. China's Vice Premier Hu Chunhua also welcomed the development, saying that Beijing seeks to deepen practical cooperation with Russia in all areas.

Russia announced in April it expected commodity flows with China to surge, and trade with Beijing to reach \$200 billion by 2024. China is a major purchaser of Russian natural resources and agricultural products.

The development comes amid Western criticism of Beijing's refusal to condemn Moscow's military operations in Ukraine while also censuring US-led sanctions against Russia and acting arrogantly against Taiwan.

China-US Ties

It seems as if Chinese tensions with the US are taking a turn for the worse. On June 10, Chinese and US defence ministers held a tense meeting, clashing over Taiwan.

Addressing the Shangri-La Dialogue in Singapore, US Defence Secretary Lloyd Austin asserted that Washington would do its part to manage tensions with China and prevent conflict.

US President Joe Biden declared last month that his country would get involved militarily should China attack Taiwan, although his administration has since claimed that American policy on the issue has not changed.

On his part Chinese Defence Minister Wei Fenghe warned Austin that Beijing will "not hesitate to start a war" if Taiwan declares independence. The Chinese minister vowed that Beijing would "smash to smithereens any 'Taiwan independence' plot and resolutely uphold



“CHINESE COMPANIES, PARTICULARLY THOSE ESTABLISHED IN THE US, APPEAR TO BE EQUALLY CIRCUMSPECT ABOUT BREAKING US SANCTIONS. PUTIN'S WAR IN UKRAINE HAS HIGHLIGHTED THE RESILIENCE AND ALSO THE LIMITATIONS OF SINO-RUSSIAN PARTNERSHIP. FAR FROM BEING AN "ARC OF AUTOCRACY", THIS COULD BE DESCRIBED AS AN INTERESTS-BASED RELATIONSHIP BETWEEN STRATEGICALLY AUTONOMOUS POWERS. ALSO MORE RHETORICAL THAN TIME AND ACTION TESTED.

the unification of the motherland", and also "stressed that Taiwan is China's Taiwan... Using Taiwan to contain China will never prevail".

Russia-China Ties

The new bridge further underlies the growing strengthening of relations between China and Russia, albeit with some reservations from both sides. So far, China has not given any public expression of support for Putin's 'special military operation'. Xi himself has subsequently stated that China is 'committed to respecting the sovereignty and territorial integrity of all countries'. Though Russia has asked for military aid from China but no response has been forthcoming at least publicly, so far.

Neither does it seem that China wants to risk being involved in trade wars with the West. Chinese companies, particularly those established in the US, appear to be equally circumspect about breaking US sanctions.

Putin's war in Ukraine has highlighted the resilience and also the limitations of Sino-Russian partnership. Far from being an "arc of autocracy", this could be described as an interests-based relationship between strategically autonomous powers. Also more rhetorical than time and action tested.

Foreign policy coordination between China and Russia is limited by their different views of global order. Beijing wants a stable international system, skewed in its favour, whereas Moscow thrives on disorder and uncertainty.

Xi Jinping aims to preserve the Sino-Russian partnership while maintaining ties with the West. But Beijing's balancing act will become harder to sustain as the war continues.

The balance of power within the bilateral relationship has tilted sharply towards Beijing. Russia is more reliant on China than ever. The long-term outlook for the relationship is unpromising.

At their Beijing summit in February 2022, Chinese President Xi Jinping and Russian President Vladimir Putin proclaimed a "friendship without limits". Yet Putin's invasion of Ukraine, and the Chinese response to it, has exposed the limitations of the Sino-Russian partnership. Far from being an "axis of authoritarians", as described by western observers, this is a traditional great power relationship centred in strategic calculus. Chinese and Russian interests diverge in key respects, and the war has highlighted contrasting visions of global order and disorder.

Xi Jinping has attempted to chart a "neutral" course that maintains the

partnership with Russia but protects China's global interests. This balancing act might become harder to sustain if the Ukraine war drags on. Both sides value the partnership as too important to fail. But over time, its strength may erode. As both pursue different global ambitions, the cohesions may become fewer. The relationship will become increasingly unequal and dysfunctional, and would be defined principally by its constraints.

China's regional ambitions

Meanwhile, Central Asia has become of increasing strategic importance to China as a result of the Russia-Ukraine conflict, which has pinched direct supply chain routes between China and the EU. It is just like how Russia views Ukraine and other former Soviet republics in its immediate neighbourhood.

China has invested much in C+C5 alliance, supported by the Shanghai Cooperation Organisation in terms of security and trade. The trade aspect also includes the Eurasian Economic Union (EAEU), which includes Russia as well as C+C5 members Kazakhstan and Kyrgyzstan, while Uzbekistan is an observer nation and expected to join the block soon. Interestingly, China has a Free Trade Agreement with the EAEU but has not yet agreed tariff reductions. When it does, regional China-Central Asian trade will increase significantly.

While at its core is the issue of Afghanistan, the C+C5 is intent on becoming an institutionalised regional voice. While the C5 already have their own dialogue arrangements with Russia, which also includes infrastructure developments and trade, the China format allows them some ability to compare as well as cooperate. Given the issues between Russia and the European Union right now, winners will be China and the C5 states.

Thus, though for the time being China will continue to support Russia, and may not give-up the ideological common ground militarily but economic factors may impel it to overlook Russian interests in certain matters, as it continues to consolidate its global power and also in the central Asian region guided by its economic goals.

Disclaimer: Asad Mirza is a political commentator based in New Delhi. He writes on Muslims, educational, international affairs, interfaith and current affairs. 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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Golf tournament raises more than \$236,000 for health care in Brampton

Under sunny skies, the 2022 Annual Osler Open: Brampton Invitational was a hole in one, with 144 golfers hitting the links in support of William Osler Health System Foundation (Osler Foundation). The sold-out event raised over \$236,000 to help purchase critical surgical equipment for Brampton Civic Hospital and Peel Memorial Centre for Integrated Health and Wellness (Peel Memorial). This was the 15th annual event, coinciding with the 15th anniversary of Brampton Civic Hospital, which opened its doors in 2007.

The tournament was hosted at The Pulpit Golf Club (The Pulpit), described as ‘one of Canada’s most intriguing private clubs’ located in Caledon Village. After a shotgun start, golfers enjoyed a day of scramble play on the beautiful and exciting course, followed by a cocktail reception.

“We’re so happy to be at The Pulpit for this milestone tournament,” said Ken Mayhew, President & CEO, William Osler Health System Foundation. “Fifteen years ago, the community stepped up to support the first annual Osler Open: Brampton Invitational to help build and equip Brampton Civic Hospital, transforming health care in our community, and today we again feel that familiar sense of excitement as we prepare to transform Peel Memorial into Brampton’s second hospital. As we look forward to a new hospital for our growing community, we are grateful for the continued support of our sponsors, golfers, donors and volunteers to help meet the ongoing need for critical equipment at both Brampton Civic Hospital and Peel Memorial.”

The communities that Osler hospitals serve have been among the

hardest hit by COVID-19. As Osler works to gradually and safely resume normal operations, the funds raised at the Osler Open: Brampton Invitational will support the Build Back, Together campaign to purchase essential surgical equipment such as surgical tables, anesthesia gas machines, laparoscopes and camera heads, and an AV surgical integration system.

“As we continue to innovate to address the health care needs of the rapidly-growing Brampton area, the support of our community is more critical than ever,” said Dr. Frank Martino, Interim President & CEO, William Osler Health System. “On behalf of the patients we serve, I extend heartfelt thanks to the sponsors, golfers, volunteers and donors for your generous support of the Osler Open: Brampton Invitational.”

The Osler Open: Brampton Invitational Golf Tournament was made possible with generous support from presenting sponsors: ARGO Development Corporation, Fieldgate Developments, Greenpark, Mosaik Homes, Paradise Developments, and TACC Developments.

“We’re thrilled to support the Osler Open: Brampton Invitational for the second year,” says Aaron Wisson, Director of Development, ARGO Development Corporation. “Strong, healthy communities need great health care, and we are proud to lend our support to ensure Osler can continue to provide the care we need, right here at home.”

Additional sponsorships were generously provided by Orlando Corporation, BVD Group, Ultimate Kronos Group, S. Robinson and Associates of RBC Dominion Securities and LIUNA! Local 183.

To support Osler Foundation or to see photos from the Osler Open: Brampton Invitational, visit www.oslerfoundation.org.

KAMAL KHERA, ANNOUNCES LAUNCH OF AGE WELL AT HOME INITIATIVE



CONTD. FROM PAGE 1

The Government of Canada is committed to ensuring that Canadian seniors have all the supportive care they need to help them age at home, thereby increasing their sense of belonging and connection to the communities they live in. Today, the Minister of Seniors, Kamal Khera, announced the launch of a new initiative called Age Well at Home, which will help seniors stay in their homes for as long as possible as they age by providing them with practical assistance for everyday tasks.

Budget 2021 provided \$90 million in funding that will be invested over four fiscal years, starting in 2022–23, for Age Well at Home. As part of the calls for proposals, organizations will be able to apply for funding for projects under two streams: In-Home Support Pilot Projects and Scaling Up for Seniors.

The In-Home Support Pilot Projects stream funds eligible organizations across Canada that have experience delivering one or more specific volunteer-based services to seniors. Organizations need to provide at least one of the eligible practical support services to low-income and otherwise vulnerable seniors in a local area, as well as help seniors navigate and access eligible services provided by other local organizations. Eligible services are:

- * light housekeeping (such as laundry, cleaning);
- * meal delivery and/or preparation;
- * home maintenance (such as repairs, yard work, lawn mowing);
- * transportation (such as to appointments, errands);
- * snow removal;
- * volunteer drop-offs (such as groceries, medication, pet supplies); and
- * friendly visiting in the home.

* The Scaling Up for Seniors stream provides funds to eligible organizations to expand services that have already demonstrated results in helping seniors age in place. Applications must propose to deliver services in more than one province or territory. However, Indigenous governments and organizations located in Quebec can choose whether to propose to scale up within a single province or territory, or scale up within more than one. Organizations are invited to apply for the In-Home Support Pilot Projects stream and the Scaling Up for Seniors stream of the Age Well at Home initiative until July 22, 2022.

“Healthy aging includes the ability to stay at home for as long as possible. Through the Age Well at Home initiative, the Government of Canada is helping seniors access the services they need to be able to age at home, where they are comfortable, within the communities that support them,” Minister Khera said.

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CONTD. FROM PAGE 1
Living With Wellness Festival 2022
The Living with Wellness Festival was not only unique experience by itself but also a need for the community which brought in a huge and enthusiastic audience of 5000-5500 locals together during the weekend. GTA participants collectively facilitated each other to spread the message of a healthy lifestyles with recovery and practical options available to them after Covid-19 pandemic. Their active participation exhibited their vigorous support towards mobilizing the economy, endorsing small businesses, celebrating live arts, and inspiring the community towards a hands-on wellness lifestyle to make a better society. On June 18th the outdoor in-person festival assembled approximately 53 yoga,14 wellness and 16 community and cultural organizations who actively joined in live activities such as publicly guided yoga, live art sessions and cultural dance and music performances from 300 local artists ending with a vibrant Fashion Show with Pooja Batra as showstopper and live jazz music band and rock concert. The festival followed and respected health guidelines and promoted wellness also through digital participation for Yoga Exercises, Information and Live Arts along with free wellness give always to extend their strong support to the rich and break taking yoga, healing, meditation messages especially from Brahmakumaris Sister Shivani and Sadguru Jaggi Vasudeva live from India. Mississauga City participated above and beyond towards locals and tourists, with safe, fun, free and inclusive wellness activities for families and friends, or to meet other passionate practitioners of yoga and fitness. June 19 extended a free in-person and live streamed sessions from the Living Arts Centre by Wellness professionals and veterans focusing on several key areas of our lifestyle that are considered dimensions of overall wellness including social connectedness, Yoga exercises, Ayurveda life styles, Meditation, Nutrition, Sleep and mindfulness. By making simple and healthy choices daily, how one can actively reduce stress, have positive social interactions, and achieve optimal wellness. The success of the Festival verifies that wellness is not a luxury, but a necessity to boost Vitality, Serenity, Immunity, Resiliency and Solidarity. Thousands who participated felt engaged by the expertise and passion of professionals Those less fortunate staying at home and were not able to travel,



curated through live digital telecast of yoga-fitness sessions, guided relaxations, live arts. and immersive live telecasts and videos were posted live from the venue on their Facebook, Instagram, LinkedIn, and YouTube links as well. The Festival was organized by V Serve Canada with the support of the Consulate General of India, Toronto, and the City of Mississauga. The event was envisioned by Executive Director Anu Srivastava and accompanied by honored guest Consul General of India, Apoorva Srivastava and Celebrity Pooja Batra. V Serve Canada is a platform that promotes health and wellness to create an improved lifestyle; social well-being through culture and heritage and initiates need-based local and international programs for seniors, youth, and women in communities. V Serve Canada aims to be a high-level Wellness Center of Excellence and spread healthy lifestyles and social well-being and advancement in Canada. Anu Srivastava, Executive Director of V Serve Canada, is a well-known community leader and the Founder/CEO ARRA Arts and Past Chair Panorama India. She was instrumental in fundraising \$14m of critical funds for local hospitals in Canada. She is a recipient of Queen Diamond Jubilee Award; CIBC’s Midweek top ten South Asians in North America in the field of Community Leadership; Top 20 South Asian Power List; Top Forty over Forty; Leading Women Building Communities by Premier of Ontario; 2017 The A-List, Mississauga Credits Heritage Chairman’s Award.

'Raj Volume Damper:' A perfect solution for hot & cold spots in your home

If your HVAC system is designed, installed, and maintained professionally, then the most probable reason for this could be your imbalanced air distribution system, which is due to the lack of Air Balancing. Many assume the reason for this discomfort is their undersized furnace or A/C. Therefore, you install supplementary heating (i.e., room heaters) or Cooling (i.e., split/window A/C) devices, which costs too much and increases your utility bills. But now, you need not live in an uncomfortable home or spend extra on such equipment as the solution has arrived - "Raj Volume Damper." "Raj Volume Damper" is a device that will eliminate the hot and cold spots in your home caused due to imbalanced air distribution. It will also reduce your utility bill and reduce your carbon footprint. It is a manual device that will make your home comfortable and save energy. In an exclusive interview with Y Media, Balraj Banger, the inventor of "Raj Volume Damper (RVD)," says, "after spending millions on a dream home, the homeowner deserves to have a comfortable home environment to relax and enjoy with the family. "Raj Volume Damper" enhances this experience." He added, "to be comfortable in a room, the conditioned airflow rate must be as per the HVAC design for your home, and this air flow rate is different for summer and winter. A device called Volume Damper is installed near the floor register (from where the air is discharged into the room) using a wing nut to achieve this airflow rate. The position of the volume damper needs to be adjusted and locked as per the designed air flow rate, throughout the home, based on the season. Access to the wing nut is required to lock the Volume Damper to the necessary position effectively. Unfortunately, the wing nut is inaccessible as it gets covered under the drywall after the construction. Air Balancing sets the Volume Damper position to the designed airflow rate. Being close to the furnace, the basement and main floor supply runs provide maximum airflow. The supply runs on the second floor; being farther provides less airflow. So, it is necessary to regulate the airflow among these supply runs. Due to the inaccessibility of the wing nut, effective air balancing cannot be carried out with the conventional Volume Damper. Another alternative is regulating the room's air supply through the Register. However, its design is poor and ineffective, as the Register is not sealed to the air supply boot and floor, hence the air leaks. Unfortunately for your home, no air balancing report is provided by the home builder, nor is it required by the city. However, some cities have now asked for this report from the homebuilder before giving the possession/occupation. In conclusion, despite installing efficient and expensive equipment, you will have hot and cold spots in your home unless air balancing is not carried out for your HVAC system. Banger told Y Media that "this is where the Raj Volume Damper, developed by Pioneer HVAC Systems, comes in. This new volume damper is designed to be adjusted to any position during air balancing. It will get locked by itself." "It can be easily adjusted to a new setting. With this new Volume Damper, almost 100% of the designed air flow rate can be achieved, provided your Air System is designed, installed and maintained professionally." Banger says, "living in Canada, one of the most developed countries in the world, our HVAC systems must perform as per their design." For him, if an HVAC system is not performing as per its design, he considers its energy generated as waste. "Raj Volume Damper" offers long-lasting value as RVD is engineered to last. The superior materials are used during the manufacturing process to ensure years of perfect service for homeowners, who can perform the seasonal air balancing without bearing any financials after the commissioning of the system by the experts. "Raj Volume Damper" can be installed during your home construction. You can request your builder to install them, saving you on financials.



Due to its unique design, "Raj Volume Damper" can also be installed in a finished home. Until now, it was unimaginable. In most cases, it can replace the conventional volume damper. If site conditions permit, all conventional volume dampers can be replaced with "Raj Volume Damper" in your home. Sarabjit Banger, son of Balraj Banger, who has supported the development of "Raj Volume Damper" from the beginning, said the most challenging part of replacing a conventional Volume Damper with RVD is taking out the screws at the supply boot end. The building code should forbid their installation as they cause injuries while accessing the conventional Volume Damper. Banger highly recommends installing the "Raj Volume Dampers" for the main floor and basement before finishing your basement. It will give homeowners control over 60 to 70% of the airflow. As per the feedback received from experts, "Raj Volume Damper" is the only one of its kind in the current HVAC industry of North America. As per Mr. Tom Cates, who has been an HVAC Designer and Trainer for the past 36 years, the solution to this problem has been missing for decades. Mr. Mudit Mehta, a real estate broker (also an engineer), said he installed "Raj Volume Dampers," which helped him ensure that energy is uniformly distributed in his home. During this endeavour, HRAI (Heating Refrigeration and Air Conditioning Institute of Canada) provided invaluable support to Banger. "Raj Volume Damper" has "Patent Pending" status for its design in various countries. The product itself will be available soon with leading HVAC distributors. Banger also mentioned that the product costs around \$10 each, barring the installation process. About the man behind the innovation: Balraj Banger. "Raj Volume Damper" or RVD has been engineered and developed by Balraj Banger. His achievements include India's first dual suspension bicycle when he was in grade 10. It was featured in the 1997 Edition of Limca Book of Records. He has also developed India's first Automatic side-turn indicator for two-wheelers, making it again into the Limca Book of Records in 2007. He also built a prototype in 2010 for the Programmable digital inverter, whose highlight is to save domestic energy costs akin to Tesla's Power Wall launched in May 2015. By launching this product, Banger expects the federal, provincial and municipal governments to consider it a part of "govt. sponsored energy rebate programs," as it saves energy and will also help reduce carbon emissions. The authorities having jurisdiction must ask for the air balancing report for a new home. He wants air-balancing to be included in energy-saving tips on the official government websites. He is also urging authorities for financial assistance to further research on energy imbalance in a home due to an imbalanced air system as no data is available for further development of the product. One can contact 416 312 8466 for the installation of the "Raj Volume Damper." For more information, visit www.pioneerhvac.ca

MAY HOME SALES DOWN 22%; AVERAGE PRICE REACH \$711K, UP 3.4% SINCE LAST YEAR: CREA

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* The number of newly listed properties was up 4.5% month-over-month.
* The MLS® Home Price Index (HPI) edged down 0.8% month-over-month but was still up 19.8% year-over-year.
* The actual (not seasonally adjusted) national average sale price posted a 3.4% year-over-year gain in May. Home sales recorded over Canadian MLS® Systems declined by 8.6% between April and May 2022. This built on a larger drop recorded in April, leaving monthly activity at pre-COVID levels recorded in the second half of 2019 and only slightly above the 10-year average. Sales were down in three-quarters of all local markets, led by a number of larger census metropolitan areas (CMAs) including those in the Lower Mainland, Calgary, Edmonton, the Greater Toronto Area (GTA) and Ottawa. The actual (not seasonally adjusted) number of transactions in May 2022 came in 21.7% below the record for that month set last year. At a little over 50,000 units sold, the May 2022 sales figure was very close to the 10-year average for that month. "May picked up where April left off, with sales activity continuing to slow and softening prices in many parts of the country," said Jill Oudil, Chair of CREA. "Inventories are finally beginning to rebuild from record lows just a few months ago, although we still have major supply shortages almost everywhere. With all that being said, we are in a period of rapid change, but one that should settle to a more balanced housing market in time. As conditions continue to evolve, contact your local REALTOR® for information and the guidance you will need buying or selling in this current environment," continued Oudil. The Aggregate Composite MLS® Home Price Index (HPI) edged down 0.8% on a month-over-month basis in May 2022 following a 1.1% decline in April. The national MLS® HPI Benchmark price was \$822,900. Regionally, most of the monthly declines were seen in markets in Ontario. While a majority of Ontario markets saw prices dip from April to May, a number were up, including in the northern and southern parts of the province and the eastern areas of cottage country.

CANADA DECOMMISSIONS COVID ALERT APPLICATION; EXPOSURE NOTIFICATION SERVICE IS DISABLED & USERS CAN DELETE APP FROM DEVICES

Following a thorough review of COVID Alert, the Government of Canada has decommissioned the application effective today, June 17, 2022. The exposure notification service is disabled and users can delete the app from their devices. The Government of Canada launched the national exposure notification application on July 31, 2020 – a critical point in the COVID-19 pandemic when cases were on the rise in Canada and around the world. Along with the public health measures in place at the time, COVID Alert provided an additional tool to help limit the spread of the virus. More than 6.9 million people living in Canada successfully downloaded the app and did their part to help prevent the spread of COVID-19. And over 57,000 users who tested positive for COVID-19 notified others of a possible exposure. While the pandemic is not over, the decision to decommission COVID Alert comes after careful consideration following discussions with provinces and territories on the ongoing evolution of public health programming that varies in each jurisdiction. Furthermore, over the last few months, with less PCR testing across Canada, fewer one-time keys (OTK) were being issued and therefore fewer notifications of potential exposures were sent to users resulting in lower app usage. The public health situation in Canada has improved. Case counts have fallen, and hospitalization and deaths are decreasing across the country. Following a successful vaccination campaign, 32 million (or nearly 90 per cent) of people living in Canada over the age of 12 have been vaccinated against COVID-19 with two doses. Canada also has one of the highest rates of vaccination in the world. We are now better equipped to manage the COVID-19 pandemic and reduce pressure on the health care system. Vaccination continues to be one of the most effective tools to protect ourselves, those around us, our health care system and our economy. Everyone in Canada is encouraged to keep up to date with recommended COVID-19 vaccines, including booster doses. The Government of Canada will continue to work with provinces and territories to help even more people living in Canada get the shots for which they are eligible.

PAMA SEEKING HELP SELECT THE WINNERS OF THE EXPRESSIONS ART COMPETITION

Peel Art Gallery, Museum and Archives (PAMA) and Region of Peel Public Health have partnered to create the Expressions Art Competition inviting artists of all skill levels in Peel Region to share their COVID-19 experiences through art. There is an adult and youth category with exciting prizes to be won! Prizes include:
* Adult (18+): Grand prizes of \$700, \$500, and \$300
* Youth (ages 8 – 17): Bramalea City Centre or Erin Mills Town Centre gift card prizes of \$100, \$75, and \$50
Now we ask the public to help select the winners in each category.
* Vote now for the top 3 youth submissions and the top 3 adult submissions Voting will conclude on July 4 at 11:59 p.m. and the top three winners will be announced on July 5 via social media. Between May 16 – June 5, we received an outstanding 300 entries from artists across Peel Region. The breadth and talent of artists across Peel Region was just tremendous and we thank everyone who took the time to submit their work! From June 8 – 16, a panel of judges including members from the Friend of PAMA Advisory Board, PAMA's Curatorial Team, ACCIDA, Beaux Arts Brampton, Visual Arts Mississauga, representatives from the Caledon artist community and InSauga.com looked at all the entries in each category and voted and came to a consensus on the top 10 submissions. The top three winning artworks will be displayed virtually on the PAMA website, at Region of Peel offices at 10 Peel Centre Drive and 7120 Hurontario St., as well as at Bramalea City Centre mall in Brampton and Erin Mills Town Centre mall in Mississauga. PAMA is a place to explore and learn about Peel Region's culture and heritage, as well as use conversation, questions and stories to help make new and fascinating connections to the surrounding community. Throughout the year, PAMA offers a variety of workshops and programs for all ages, families and adults. With so many different programs to choose from, PAMA has something for everyone. Operated by the Region of Peel, PAMA is located at 9 Wellington Street East in Brampton. Visit pama.peelregion.ca to learn more.





PUNJAB CM BHAGWANT MANN OPPOSES MAKING PANJAB UNIVERSITY CENTRAL

Punjab Chief Minister Bhagwant Mann on Sunday sought the intervention of Union Home Minister Amit Shah and Union Education Minister Dharmendra Pradhan to prevent any change in the nature and character of the Panjab University in Chandigarh. “The state government vehemently opposes any such move of the Government of India to examine the feasibility of converting Panjab University into a Central University,” wrote the Chief Minister in a letter to Shah and Pradhan. The Chief Minister apprised both the leaders that the state government will not like any change in the nature and character of the university as it has an emotional place in the hearts of the people of Punjab on account of historical, cultural and provincial reasons. He bemoaned that for some time, there have been certain vested interests who are trying to push the matter for change of status of Panjab University into a Central University.

Mann reminded both the leaders that at the time of the reorganisation of Punjab in 1966, Panjab University was declared as an ‘Inter State Body Corporate’ under section 72(1) of Punjab Reorganisation Act 1966, enacted by Parliament. The Chief Minister said that this status was duly confirmed in several judgments passed by courts. He added that ever since its inception, Panjab University has been continuously and uninterruptedly functioning in Punjab. Mann reminded that it was shifted from Lahore, the then capital of Punjab, to Hoshiarpur and then to Chandigarh the present capital of Punjab, adding that at present, 175 colleges of Punjab situated in the districts of Fazilka, Ferozepur, Hoshiarpur, Ludhiana, Moga, Sri Muktsar Sahib and S.B.S Nagar are affiliated with Panjab University. The Chief Minister said that Panjab University is a symbol of Punjab’s legacy and is synonymous with the name of the state.

4 CR INDIANS EXPERIENCED LONG COVID SYMPTOMS IN LAST TWO YEARS: STUDY

About four crore Indians suffered long Covid symptoms during the last two years of pandemic, according to a study, not peer-reviewed yet. Long Covid is defined as having new or ongoing symptoms four weeks or more after the start of disease. Symptoms include fatigue, shortness of breath, loss of concentration and joint pain. The symptoms can adversely affect day-to-day activities, and in some cases can be severely limiting. In the study, a team of international researchers jointly analysed countries for the occurrence of three major symptom clusters of long Covid — fatigue, cognitive problems, and shortness of breath. They pooled data from more than 44 global studies and medical record databases and also from the Global Burden of Diseases (GBD) study, from 204 countries. The findings, posted on a preprint site, showed that globally, in 2020 and 2021, 144.7 million people suffered from at least one of the three symptoms. Respiratory symptoms like cough, wheezing and shortness of breath were the highest and experienced by 60.4 per cent people. More than 50 per cent suffered from fatigue — having body pain, being tired always and getting easily upset. Cognitive problems like loss in memory, confusion, feeling disoriented were experienced by 35.4 per

cent people. Those with milder acute Covid-19 cases had a quicker estimated recovery 3.99 months than those admitted for the acute infection 8.84 months. At 12 months, 15.1 per cent continued to experience long Covid symptoms. The risk of long Covid was found to be greater among females between 20 and 29 years and in those with more severe initial infection. “This pattern by age and sex is distinct from that of severe acute infection, which affected more males and increased with age,” the researchers said. Further, the researchers also found that long Covid also affected “a lower but substantial number of children”, while severe acute infection has been very uncommon at younger ages. These differences suggest that the underlying mechanism of long Covid may be different from that of the severity of acute infection, the researchers said. “The occurrence of debilitating ongoing symptoms of Covid-19 is common. Knowing how many people are affected, and for how long, is important to plan for rehabilitative services and support to return to social activities, places of learning, and the workplace when symptoms start to wane,” they added.

Y MEDIA EXCLUSIVE

SIDHU MOOSE WALA'S DEATH IS 'TOTAL FAILURE OF BHAGWANT MANN'S GOVERNMENT': PUNJAB CONGRESS PRESIDENT AMRINDER RAJA WARRING

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About Sidhu Moose Wala's murder, Warring said his death 'is a total failure of Bhagwant Mann's government.' He claimed it to be a political murder. He said as CM and Home Minister, Mann should take responsibility for this failure and incompetence. Mann should ensure the safety of people, including MLAs who receive threats, Warring told Y Media. In the end, Warring thanked Jagdeep Sacha (Indian Overseas Congress) and other NRIs for their constant support. He also asked people to provide relevant feedback and criticism to the Congress party and the AAP government so that Punjab could develop properly. You can watch this exclusive event coverage only on 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 about the same. Follow us on our Twitter and Facebook pages: Y Media, to stay updated with the latest events. Read our 'Midweek' newspaper published every Tuesday to know what's happening in Canada and worldwide.

YASHWANT SINHA TO BE OPPOSITION CANDIDATE FOR PRESIDENT

The opposition parties on Tuesday announced former Union Minister Yashwant Sinha as their consensus candidate for the post of President, election for which is to be held on July 18. “We (opposition parties) have unanimously decided that Yashwant Sinha will be our common candidate for the Presidential election,” Congress leader Jairam Ramesh told media persons soon after the meeting of the combined opposition parties held at the Parliament Annexe. The meeting was called by NCP top leader Sharad Pawar and attended by leaders from the Congress, TMC, Samajwadi Party, CPI, CPI-M, National Conference, and RJD among others. “In his long and distinguished career in public life, Sinha has served the nation in various capacities. An able administrator, accomplished Parliamentarian, and an acclaimed Union Minister of Finance and External Affairs, he is eminently qualified to uphold the secular and democratic character of the Indian republic and its constitutional values,” he said. “Ideally, a consensus candidate of the government and the opposition should be elected to the highest office of the republic. However, the initiative for this should have been taken by the government. The Modi government made no serious effort in this direction,” he added. Earlier in the day, Sinha had resigned from Trinamool Congress (TMC) leading to speculations about his name being finalized for the President's post as opposition's candidate. Last week, the opposition parties had convened a similar meeting wherein several leaders had wanted NCP leader Sharad Pawar to be the opposition candidate. Pawar had, however, declined the offer. The voting for the Presidential poll is scheduled to be held on July 18 and counting to be held on July 21.



BJP NAMES EX-JHARKHAND GOVERNOR DRAUPADI MURMU AS ITS PRESIDENTIAL CANDIDATE

PM MODI TO VISIT GERMANY, UAE FROM JUNE 26-28

Prime Minister Narendra Modi will be attending the G7 summit following an invitation by German Chancellor Olaf Scholz. PM Modi will visit the Alpine castle of Schloss Elmau in southern Germany on June 26 and 27 to attend the annual summit of G7 that is expected to delve into pressing global challenges including the Ukraine crisis and the situation in the Indo-Pacific. From Germany, Modi will travel to the United Arab Emirates on June 28 to pay his condolences on the passing away of Sheikh Khalifa bin Zayed Al Nahyan, the former president of the Gulf nation. Germany is the current chair of G7, a grouping of the world's seven richest nations. It comprises the UK, Canada, France, Germany, Italy, Japan and the US. “Prime Minister Narendra Modi will be visiting Schloss Elmau, Germany at the invitation of Chancellor of Germany, Olaf Scholz, for the G7 Summit under the German Presidency on June 26 to 27,” the Ministry of External Affairs (MEA) said in a statement.



WORLD

PAKISTAN FOREIGN MINISTER MAKES PITCH FOR RE-ENGAGEMENT WITH INDIA

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“Does it serve our interests, do we achieve our objectives whatever they may be, be it Kashmir, be it rising Islamophobia, the Hindutva supremacist nature of the new regimes and the governments in India? Does it serve our objective that we have practically cut off all engagements,” asked Bilawal while speaking at the Institute of Strategic Studies in Islamabad, Express Tribune reported. “That I as foreign minister, as a representative of my country, not only speak to the Indian government but I don’t speak to the Indian people and is this the best way to communicate or achieve Pakistan’s objectives,” he added. There was some hope of rapprochement in February 2021 when the two countries renewed the ceasefire along the Line of Control (LoC). The truce is still holding, but the two sides could not agree on the next steps to resume talks. But with the change of government, there has been a renewed hope for some level of engagement. It is believed that some kind of “back channels” are active to find a way out of the current impasse. Against this backdrop, the statement of Foreign Minister Zardari indicates that there is an eagerness on the part of the current government to bring some shift, Express Tribune reported.

RUSSIA-UKRAINE WAR COULD LAST FOR YEARS

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“We must prepare for the fact that it could take years,” Nato’s secretary general, Jens Stoltenberg, said in an interview with the German newspaper Bild on Sunday. “We must not let up in supporting Ukraine.”The British Prime Minister, Boris Johnson, echoed Stoltenberg’s comments. “I am afraid that we need to steel ourselves for a long war,” he said, adding that it was necessary “to enlist time on Ukraine’s side,” The Guardian reported. It came as the new head of the British army said British troops must prepare “to fight in Europe once again”. “There is now a burning imperative to forge an army capable of fighting alongside our allies and defeating Russia in battle,” Gen Sir Patrick Sanders said, writing to his charges about the challenges they face, The Guardian reported. The statements suggest the west believes Ukraine cannot achieve a rapid military breakthrough despite the anticipated arrival of fresh Nato-standard arms, while officials in the country have continued to call for rapid help. Ukraine’s forces remain on the defensive in the eastern Donbas region, where fighting continues in Sievierodonetsk. Serhiy Haidai, the governor of the Luhansk region, said Russia was massing forces in an attempt to take full control of the city after weeks of fighting. “Today, tomorrow, or the day after tomorrow, they will throw in all the reserves they have... Because there are so many of them there already, they’re at critical mass,” Haidai told Ukrainian television, The Guardian reported. Russia already controls most of Sievierodonetsk, Haidai said on Sunday morning, and if Ukrainian forces lose the city, fighting is expected to focus on neighbouring Lysychansk.

ACADEMICS WRITE TO SHEHBAZ SHARIF OVER ‘DETERIORATING’ HUMAN RIGHTS IN PAKISTAN

A group of academics, including Noam Chomsky, has written an open letter to Pakistan Prime Minister Shehbaz Sharif, urging him to take action against the “deteriorating human rights situation in Pakistan”, especially after the ouster of the Pakistan Tehreek-e-Insaf (PTI) government, media reports said. “In the last two months, there has been an alarming rise in human rights violations in Pakistan, including suppression of freedom of speech; harassment and intimidation of journalists, social media users and political activists; [and] making of fake blasphemy cases against political rivals,” said the letter dated May 26, Express Tribune reported. It also expressed concern over the arrest of political opponents, including former human rights minister Shireen Mazari, and other political activists over their social media posts. The letter said there were raids and cases against journalists and politicians with “electronic devices hacked, stolen and snatched”, Express Tribune reported. The academics also took up the issue of blasphemy cases filed against PTI’s leadership in the aftermath of an incident on the premises of Masjid Nabwi (SAW) earlier this year. It alleged that the government was abusing blasphemy laws for “political vendetta against political rivals”. “These troubled developments violate the minimal requirements of democratic government, fundamental freedoms under the Constitution of Pakistan, and the International Covenant on Civil and Political Rights. “We strongly urge the relevant authorities in Pakistan to adhere to and ensure basic human rights including the right to freedom of opinion, and expression, freedom of peaceful assembly, and freedom of religion or belief,” it said.

RUSSIA’S NEWEST NUCLEAR MISSILE WILL BE DEPLOYED BY END OF 2022

Russia’s newest Sarmat nuclear-capable intercontinental ballistic missile (ICBM) will be deployed by the end of 2022, President Vladimir Putin has said. “We have successfully tested the Sarmat heavy intercontinental ballistic missile. According to the plan, the first such system will enter combat duty at the end of the year,” Putin said in an address to graduating cadets on Tuesday, RT reported. The Sarmat was test-fired in April. The missile will replace the older Voevoda systems, also known by the NATO reporting name, SS-18 Satan. Dmitry Rogozin, the head of the Russian space agency, Roscosmos, said in April that the Sarmat, dubbed ‘Satan 2’, is the most powerful missile of its class in terms of range and warheads. It was designed to be “invincible” to all existing air defenses, he said, RT reported. Rogozin added that Sarmats are much faster than Voevodas and “can strike targets at virtually unlimited range”. Colonel General Sergey Karakayev, the commander of Russia’s Strategic Rocket Forces, announced this month that modernization with top-notch combat-ready missiles, including the Sarmat and the Avangard hypersonic glide weapon, will reach 86% by the end of 2022. Moscow’s retaliation to Lithuania’s transport “blockade” of Russia’s Kaliningrad Region will seriously affect Lithuanian citizens, Nikolay Patrushev, the head of Russia’s Security Council, has said. “Of course, Russia will respond to hostile actions. Appropriate measures are in the works, and will be adopted in the near future,” Patrushev told reporters during a trip to Kaliningrad on Tuesday, RT reported. He added that the consequences of Moscow’s response will “have a serious negative impact on the people of Lithuania”.



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Federal Government outlines Affordability Plan for Canadians

Inflation is a global phenomenon driven by the lasting impacts of a once-in-a-generation pandemic, and amplified by China's ongoing COVID-zero policies and Russia's illegal invasion of Ukraine.

Our government released the **Affordability Plan**—a suite of measures totaling \$8.9 billion in new support this year to help make life more affordable for Canadians. Our Affordability Plan include:

1. Enhancing the Canada Workers Benefit

By enhancing the Canada Workers Benefit, an estimated three million Canadians will receive more support, with a couple receiving up to \$2,400 more this year.

2. Affordable Early Learning and Child Care

Child care fees will be cut by an average of 50% by the end of this year, saving families more.

3. 10 % Increase to Old Age Security (OAS)

Starting in July 2022, the OAS pension for seniors 75 years and older will increase 10%, which will provide more than \$766 in new support to full pensioners in the first year.

4. A Housing Affordability Payment

As work to make housing more affordable continues, our government will provide renters in 2022 a one-time \$500 payment to low-income Canadians struggling with the cost of housing.

5. Dental Care for Canadians

Our government will provide dental coverage for Canadians earning less than \$90,000, starting with children under 12 in 2022.

6. Benefits That Are Indexed to Inflation

Key government benefits continue to be adjusted for inflation over time, including OAS, Guaranteed Income Supplement, Canada Pension Plan, the Canada Child Benefit, and the GST Credit.



Hon. Kamal Khera
Member of Parliament | Brampton West

✉ Kamal.Khera@parl.gc.ca

☎ 905-454-4758

📍 35 Van Kirk Dr. Unit 10

As more than 500 athletes from across Canada played their hearts out at the inaugural games, it was a thrilling display of sportsmanship and competition at the Save Max Sports Center in Brampton this past weekend June 18 – 19 2022.

It was a successful debut edition and saw a coming together of Save Max's passion for serving the community and the critical role that sports play in bringing people together.

Coinciding with Save Max's 12th Anniversary, the extravaganza was a healthy mix of sports tournaments, contests, fun, food, music, and entertainment. A well-attended family event, the Games saw a slew of dignitaries and celebrities gracing the occasion. Save Max was honoured to welcome the Mayor of the City of Brampton, Patrick Brown. Mayor Brown addressed the crowd gathered at the opening ceremony and said, "I would like to commend Raman Dua as a great example of a world-class leader as he develops not only his business, and people around him but also helps build community with initiatives such as this. The GTA is honoured to have Mr. Dua as its citizen."

Toronto Raptors Vice President John Wiggins applauded Mr. Dua on establishing the Games as an important annual event and said "It is important to get kids away from couches and TV screens and back to activities and get the kids involved in sports as much as we can"

Dignitaries, Chief Guests and Save Max corporate team gathered around CEO Raman Dua for the proud moment he unveiled the new sign at the Save Max Sports Centre. Mayor Patrick Brown, MP Iqra Khalid, Inspector Andrew Cooper, Det. Sergeant Dennis Andrews from Peel Regional Police, VP John Wiggins and Delano Banton of the Toronto Raptors were all present and congratulated Raman Dua. NDP leader, Jagmeet Singh, MP Ruby Sahota and MP Sonia Sidhu, also graced the occasion later on for the opening day to congratulate Save Max on this great community event which will be a recurring annual event.

The Soccer Exhibition Game between the Peel Regional Police and the Save Max team ended with a closely fought final score of 7-5 in favour of the Regional Police team. Deputy Chief Mark Andrews accepted the Community Cup on behalf of the whole team. Councillor of Brampton Gurpreet Dhillon was there in time to address the attendees after the soccer game. Dwayne De Rosario, the iconic soccer player from Toronto FC did his meet and greet on stage and encouraged the youth to participate more in sports, develop more focus in their lives, and live better.

The meet and greet with both icons, Dalano Banton of the Toronto Raptors and Dwayne de Rosario created a buzz for younger and older people. It was certainly one of the best moments where everyone gathered around and waited patiently for their autograph or photo with the two icons.

The Brampton Batman made a grand entrance to entertain kids (and adults alike) with his resplendent costume and his Batmobile car which enthralled the kids who all clamoured for photos.

Kerry Lee Crawford, Chief in charge of the Basketball games was overwhelmed with registrations and frankly not surprised "There is a great demand for players and tournaments including the women's teams and they are really getting stronger and more well-known all over Canada." The Gold Champions were In Under 15 Grassroots Elite, Under 16 24 MM, and Under 17 Elite Canada (Halton). A big shout out to the Girls U17 BMBA Community Leaders for their wins. Many charitable donations were made to the participating organizations to support and keep the games going. The Badminton tournaments run by internationally famous Coach Fernando saw participating Olympians and international level players like Joshua Hurlburt-Yu, Nyl Yakura, and Jason Ho Shu were a great success. Wendy Wen Yu Zhang MVP –Women, won gold in the Singles and in Men's Singles Joshua Nhuyen took home the gold. Over 20,000 CAD was given away as prizes in the Badminton Tournament alone.

Hon. Consul General of India Apoorva Srivastava was present at the Awards and Closing ceremony and applauded the efforts of Raman Dua in bringing the community together over sports and encouraging more leaders to follow in his footsteps.

Hosts Jake Dheer from Rogers Sports and Media Inc. and Patricia Jaggernauth (CP24 and Emmy award-winning host) along with Peter Kash (Flow 93, 5 hosts) made the event lively and interactive.

Speaking to the media at the event, the CEO and Founder, Mr. Raman Dua, shared his vision of how sports can positively contribute to the next generation, keeping them away from drugs and the addiction to gadgets and a sedentary life on the couch watching TV. And strongly believes that sports can teach children the value of hard work; a competitive environment helps them appreciate teamwork and accept wins or losses equally. The Games are an extension of his dream of furthering sports in the community.

About Save Max

Save Max is an iconic Canadian real estate company passionate about people. The corporate has established a name in community initiatives by contributing to several projects. Mr. Raman Dua recently donated \$2.5 million to the Trillium Health Foundation. In addition, the company also organized several fundraising drives during the Pandemic and provides continual support to children's sports and academic dreams.

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PRODUCE

Fresh Hothouse Tomato 新鮮溫室番茄 Reg. \$1.99 **Save: \$0.72** **\$1.27 lb**

Fresh Green Bean 新鮮青豆 Reg. \$1.99 **Save: \$0.62** **\$1.37 lb**

Fresh Red Onions in Bag 10lb (L) 新鮮紅蔥袋裝 10磅 (L) Reg. \$12.99 **Save: \$3.02** **\$9.97 bag**

Fresh Fannie Pear (Sugar Pear) 新鮮糖心梨 Reg. \$2.99 **Save: \$1.42** **\$1.57 lb**

Fresh Apricot 新鮮杏果 Reg. \$3.99 **Save: \$1.02** **\$2.97 lb**

Fresh St. Carlos Aduito Mango in Case 4kg 新鮮 St. Carlos 阿杜伊芒果 4公斤裝 Reg. \$15.99 **Save: \$4.02** **\$11.97 cs**

MEAT

Fresh Chicken Wings 新鮮雞翅 Reg. \$4.49 **Save: \$1.00** **\$3.49 lb**

Fresh Beef Outside Round 新鮮牛外腰肉 Reg. \$5.99 **Save: \$1.50** **\$4.49 lb**

Frozen Mutton Shoulder (Small Cut) 急凍羊肩肉 (小切) Reg. \$5.99 **Save: \$1.00** **\$4.99 lb**

SEAFOOD

Cutlass Fish 牙擦魚 Reg. \$5.99 **Save: \$3.02** **\$2.97 lb**

Boston Butter Fish 波士頓鰻魚 Reg. \$3.99 **Save: \$1.02** **\$2.97 lb**

Parrot Fish 鸚鵡魚 Reg. \$7.99 **Save: \$1.02** **\$6.97 lb**

Live Green Bass 青衣魚 Reg. \$14.99 **Save: \$2.02** **\$12.97 lb**

Live Canada Lobster Cull 1.5-2 生猛加拿大龍蝦 (小) Reg. \$15.99 **Save: \$3.02** **\$12.97 lb**

SUPER DEAL

Fresh Atlantic Salmon Fillet (Whole) 新鮮大西洋三文魚柳 Reg. \$12.99 **Save: \$2.02** **\$10.97 lb**

Xiamei Brown Sugar Boba Ice Cream Bar 小美黑糖珍珠冰棒 Reg. \$9.99 **Save: \$3.00** **\$6.99 ea**

Fu Yang Frozen White Shrimp 16/20 400g 小美黑糖珍珠冰棒 Reg. \$12.99 **Save: \$6.02** **\$6.97 ea**

Ocean Royal Head White Shrimp 20/30 400g 皇頭白蝦 Reg. \$15.99 **Save: \$7.00** **\$8.99 ea**

Philadelphia Whipped Cream Cheese 飛利浦淡奶油芝士 Reg. \$5.99 **Save: \$4.02** **\$1.97 ea**

Mother Dairy Pure Desi Ghee 1.59kg 飛利浦淡奶油芝士 Reg. \$39.99 **Save: \$14.02** **\$25.97 ea**

Maggi Coconut Milk Powder Mix 300g 美吉椰奶粉 Reg. \$5.99 **Save: \$2.02** **\$3.97 ea**

Foco Coconut Water 1L 佛高椰子水 Reg. \$4.99 **Save: \$1.02** **\$3.97 ea**

Loacker Bite Size Wafer Cookies 220x250g 洛可樂 bite size 威化餅乾 Reg. \$5.99 **Save: \$1.02** **\$4.97 ea**

ESKA Water 24x500ml 依斯卡水 Reg. \$7.99 **Save: \$2.02** **\$5.97 ea**

Bulk Cashew Nuts 大量腰果 Reg. \$9.99 **Save: \$3.02** **\$6.97 lb**

Capri Canola Oil 3L 卡普里菜油 Reg. \$14.99 **Save: \$5.02** **\$9.97 ea**

Nupak Long Grain Brown Rice 8kg 努帕長粒糙米 Reg. \$15.99 **Save: \$2.02** **\$13.97 ea**

North Star Butane Gas 4x227g 北星丁烷氣 Reg. \$11.99 **Save: \$2.02** **\$9.97 ea**

Master Chef Barbecue Portable Propane Grill 大師廚 BBQ 燒烤爐 Reg. \$169.00 **Save: \$99.03** **\$69.97 ea**

Wonder White / 100% Whole Wheat Tacos 1kg 威德白 / 100% 全麥塔可粉 Reg. \$3.49 **Save: \$0.32** **\$3.17 pk**

Fresh Seedless Watermelon (Around 11-12 Lb) 新鮮無籽西瓜 Reg. \$15.99 **Save: \$3.02** **\$5.97 ea**

Fresh Mixed Pepper 新鮮綜合椒 Reg. \$2.99 **Save: \$1.02** **\$1.97 bag**

GROCERY

Parle-G Original Gluco Biscuits 300g 帕爾-G 原味葡萄糖餅乾 Reg. \$1.99 **Save: \$0.72** **87¢ ea**

NutroGusto Basil Seed Drink 18x200ml 帕爾-G 原味葡萄糖餅乾 Reg. \$1.99 **Save: \$0.52** **\$1.47 ea**

Old Jamaica Ginger Beer 355ml 老牙買加薑汁啤酒 Reg. \$1.99 **Save: \$0.52** **\$1.47 ea**

Handi Round Chilli Whole 100g 手迪圓辣椒 100克 Reg. \$2.99 **Save: \$1.02** **\$1.97 ea**

Garvi Gujarat Assorted Indian Snack 285g 加爾維古吉拉特 assorted 印度零食 Reg. \$2.99 **Save: \$0.62** **\$1.97 ea**

Quality Brand Flax Seed 400g 品質牌亞麻籽 400克 Reg. \$3.99 **Save: \$1.02** **\$2.97 ea**

PTI Basmati Manna 400g PTI 巴斯馬蒂米 400克 Reg. \$3.99 **Save: \$1.02** **\$2.97 ea**

Reika Pizzelle 200g 瑞卡匹澤列餅 200克 Reg. \$3.99 **Save: \$1.02** **\$2.97 ea**

Mr. Goodies Sweetened Condensed Milk 300ml 麥斯古迪甜味煉乳 300ml Reg. \$3.99 **Save: \$1.02** **\$2.97 ea**

3 Ballerina Naturally Caffeine Free Natural Green Tea Brand Herbal Tea Extra Strength 18 Tea Bags 3 芭蕾舞女天然無咖啡因天然綠茶品牌草本茶 18 茶包 Reg. \$3.99 **Save: \$2.02** **\$3.97 ea**

MI Sedaap Noodles 5x90g 米沙達泡麵 5x90g Reg. \$5.99 **Save: \$2.02** **\$3.97 ea**

Laloh's Madras Curry Powder 1kg 拉洛的馬德拉斯咖喱粉 1kg Reg. \$5.99 **Save: \$1.02** **\$4.97 ea**

Quality Brand Dates & Tamarind Chutney / Tamarind Chutney (Pani Puri) 800ml 品質牌日期及金桔糖漿 / 金桔糖漿 (Pani Puri) 800ml Reg. \$5.99 **Save: \$1.02** **\$4.97 ea**

National Sauce Series 850ml 國家醬料系列 850ml Reg. \$6.99 **Save: \$1.02** **\$5.97 ea**

ITN Mango Juice 3L ITN 芒果汁 3L Reg. \$6.99 **Save: \$2.02** **\$6.97 ea**

FROZEN

Halal Veal With Bone 清真牛柳帶骨 Reg. \$4.99 **Save: \$1.02** **\$3.97 lb**

Halal Frozen Lamb Kidney 清真凍羊腰子 Reg. \$4.99 **Save: \$1.02** **\$3.97 lb**

Halal Boneless Beef 清真無骨牛肉 Reg. \$6.99 **Save: \$1.02** **\$5.97 lb**

Halal Frozen Skin On Lamb Head 清真凍羊頭 (帶皮) Reg. \$17.99 **Save: \$3.02** **\$14.97 ea**

FROZEN

Deer's Choice Kuli Ice Cream Bars 6 Bars 鹿牌精選 Kuli 冰淇淋棒 6 支裝 Reg. \$6.99 **Save: \$2.02** **\$4.97 ea**

Golden Harvest Mini Singara / Single Bite Vegetable Samosa 600x400g 金豐 mini 辛加 / 單 bite 蔬菜 samosa 600x400g Reg. \$3.99 **Save: \$2.02** **\$1.97 ea**

Coverdun Potato Patties (Hashbrown) 400g 考弗頓馬鈴薯餅 (碎馬鈴薯) 400g Reg. \$3.99 **Save: \$1.02** **\$2.97 ea**

Frozen Chicken Tender 600g 凍雞柳 600g Reg. \$7.99 **Save: \$4.02** **\$3.97 ea**

Shana Oats Sliced Rings 900g 沙娜燕麥切片環 900g Reg. \$6.99 **Save: \$2.02** **\$4.97 ea**

Tandoori Oven Beef Kebabs 400g 坦都里烤牛肉串 400g Reg. \$8.99 **Save: \$3.02** **\$5.97 ea**

Shana Plain Naan Family Pack 15PCS 沙娜原味naan 家庭裝 15 片裝 Reg. \$9.99 **Save: \$3.02** **\$6.97 ea**

Y & B Vegetable Spring Roll 100g Y & B 蔬菜春卷 100g Reg. \$7.99 **Save: \$1.02** **\$6.97 ea**

Mina Halal Chicken Burgers 700g 米娜清真雞肉漢堡 700g Reg. \$13.99 **Save: \$6.02** **\$7.97 ea**

Cool Ocean Impex Cutlass Fish 440x400g 酷海洋 Impex 牙擦魚 440x400g Reg. \$6.99 **Save: \$2.02** **\$4.97 ea**

Supreme Fish Swimming Cut Crab Net 36x36g 頂級魚游泳切蟹網 36x36g Reg. \$3.99 **Save: \$2.02** **\$5.97 ea**

Fu Yang Raw Peeled Shrimp 400g 富陽生凍去殼蝦 400g Reg. \$9.99 **Save: \$3.02** **\$6.97 ea**

Seven Baskets Premium Frozen Raw Jumbo Shrimp (Head On) 30/40 Net 400g 七籃牌頂級凍生大蝦 (帶頭) 30/40 網 400g Reg. \$12.99 **Save: \$4.02** **\$8.97 ea**

SH Black Tiger Shrimp 400g 黑虎蝦 400g Reg. \$11.99 **Save: \$4.02** **\$7.97 ea**

SH Fresh Peeled Shrimp Net 400g 新鮮去殼蝦 400g Reg. \$11.99 **Save: \$4.02** **\$7.97 ea**

Seven Baskets Frozen Squid Tentacles Skewer 300g 七籃牌凍魷魚 Tentacles 串 300g Reg. \$15.99 **Save: \$6.02** **\$9.97 ea**

Suntha Seafood Red Fish Net 3LB 300g 桑塔海鮮紅魚 網 3LB 300g Reg. \$19.99 **Save: \$8.02** **\$11.97 ea**

Suntha Seafood Frozen Swimming Crab 3LB 300g 桑塔海鮮凍游泳蟹 3LB 300g Reg. \$39.99 **Save: \$10.02** **\$29.97 ea**

DAIRY

Dahi Yogurt 750g 達希優格 750g Reg. \$3.99 **Save: \$1.02** **\$2.97 ea**

Beatrice Sour Cream 454g 碧翠絲酸奶油 454g Reg. \$3.99 **Save: \$1.02** **\$2.97 ea**

Iogo Nano Fruit Yogurt Drink 4x200ml 伊歐果 Nano 水果優格飲品 4x200ml Reg. \$5.99 **Save: \$2.02** **\$3.97 ea**

Harvest Creek Halal Chicken Wings 600g 收穫溪清真雞翅 600g Reg. \$6.99 **Save: \$3.02** **\$3.97 ea**

Cracking Barrel Shredded Mozzarella Cheese 300g 碎桶裝馬蘇里拉芝士 300g Reg. \$3.99 **Save: \$1.02** **\$2.97 ea**

Danone Activia Yogurt 12x100g 達能 Activia 優格 12x100g Reg. \$7.99 **Save: \$2.02** **\$5.97 ea**

Saputo Unsalted Butter 454g 沙普托無鹽牛油 454g Reg. \$7.99 **Save: \$2.02** **\$5.97 ea**

Brar's Dairy Malai Paneer 340g 布拉爾的 Dairy Malai Paneer 340g Reg. \$6.99 **Save: \$1.02** **\$5.97 ea**

Lactantia 1% Chocolate Milk 6x237ml 拉克坦蒂亞 1% 巧克力牛奶 6x237ml Reg. \$7.99 **Save: \$2.02** **\$5.97 ea**

Al Madinah International Halal Cheese 500g 阿拉伯國際清真芝士 500g Reg. \$11.99 **Save: \$3.02** **\$8.97 ea**

XL White Egg 30pcs 特大白蛋 30 個裝 Reg. \$9.99 **Save: \$1.02** **\$8.97 ea**

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Fresh Atlantic Salmon Fillet (Whole) 新鮮大西洋三文魚柳 Reg. \$12.99 **Save: \$2.02** **\$10.97 lb**

Lipo Frozen Fresh Coconut Juice 500ml 利波凍鮮椰子汁 500ml Reg. \$3.99 **Save: \$1.02** **\$2.97 ea**

Philly Sweet Sweet Cuz / Frozen Dessert / Sticks / Frozen Bars 2/Megabars 400g 費利西甜甜蜜蜜 / 凍甜點 / 棒 / 凍棒 2/Megabars 400g Reg. \$5.99 **Save: \$2.02** **\$3.97 ea**

Gray Ridge Large White Eggs 1dozen 灰脊大白色雞蛋 1 打 Reg. \$4.49 **Save: \$1.22** **\$3.27 ea**

Tring Stepping Green Fruit Drink 1.5L 庭庭綠果飲 1.5L Reg. \$11.99 **Save: \$1.00** **\$1.00 ea**

Rubicon Mango Juice 1L 魯比康芒果汁 1L Reg. \$2.99 **Save: \$1.02** **\$1.97 ea**

Cedar Phyllo 454g 雪松菲力 454g Reg. \$2.99 **Save: \$1.02** **\$1.97 ea**

Ashoka Tandoori / Garlic Naan 454g 阿什卡坦都里 / 蒜香naan 454g Reg. \$3.99 **Save: \$2.02** **\$1.97 ea**

Cedar Katarfi Shredded Dough 454g 雪松 Katarfi 碎麵 454g Reg. \$3.99 **Save: \$2.02** **\$1.97 ea**

Ferna Broad Beans 750g 費爾納綠豆 750g Reg. \$4.99 **Save: \$3.47** **\$3.47 ea**

Shawarma 300g 沙瓦瑪 300g Reg. \$3.99 **Save: \$3.02** **\$0.97 ea**

Lion Vegetarian Roll 100g 獅牌素食卷 100g Reg. \$1.99 **Save: \$0.97** **\$0.97 ea**

Kebab Factory Chicken Kebab 18PCS 庫巴工廠雞肉串 18 支裝 Reg. \$12.99 **Save: \$9.97** **\$9.97 ea**

Halal Frozen 6 Giant Shrimp 200g 清真凍 6 隻大蝦 200g Reg. \$15.99 **Save: \$2.02** **\$13.97 ea**

VS Black Herring (Clupea harengus) 200g VS 黑鱈魚 (Clupea harengus) 200g Reg. \$3.99 **Save: \$1.97** **\$2.97 ea**

YF Frozen Pompano 400g 魚粉凍鰹魚 400g Reg. \$4.99 **Save: \$2.97** **\$2.97 ea**

QAL Frozen Tilapia Fish Net 5lb 500g 全利凍羅漢魚 網 5lb 500g Reg. \$14.99 **Save: \$12.97** **\$12.97 ea**

PRODUCE

Fresh Hothouse Tomato 新鮮溫室番茄 Reg. \$1.99 **Save: \$0.72** **\$1.27 lb**

Fresh Green Bean 新鮮青豆 Reg. \$1.99 **Save: \$0.62** **\$1.37 lb**

Fresh Red Onions in Bag 10lb (L) 新鮮紅蔥袋裝 10磅 (L) Reg. \$12.99 **Save: \$3.02** **\$9.97 bag**

Fresh Fannie Pear (Sugar Pear) 新鮮糖心梨 Reg. \$2.99 **Save: \$1.42** **\$1.57 lb**

Fresh Apricot 新鮮杏果 Reg. \$3.99 **Save: \$1.02** **\$2.97 lb**

Fresh St. Carlos Aduito Mango in Case 4kg 新鮮 St. Carlos 阿杜伊芒果 4公斤裝 Reg. \$15.99 **Save: \$4.02** **\$11.97 cs**

GROCERY

Manner Wafers 100g 曼納威化餅 100g Reg. \$1.99 **Save: \$0.99** **\$1.00 ea**

Cedar Chick Peas 540ml 雪松雞豆 540ml Reg. \$1.79 **Save: \$1.27** **\$1.27 ea**

Kolson Slanty 60g 柯爾森斜片 60g Reg. \$2.99 **Save: \$1.97** **\$1.97 ea**

Aapki Pasand Premium Milk 400g 阿普基潘桑特級牛奶 400g Reg. \$2.99 **Save: \$1.97** **\$1.97 ea**

Aapki Pasand Manna Puffed Rice 400g 阿普基潘桑特級米 400g Reg. \$2.99 **Save: \$1.97** **\$1.97 ea**

Dan D Organic Chestnuts 100g 丹 D 有機栗子 100g Reg. \$2.99 **Save: \$1.97** **\$1.97 ea**

Nutrament Energy Nutrition Drink (Coconut Flavour) 350ml 納特曼能量營養飲品 (椰子風味) 350ml Reg. \$5.99 **Save: \$2.27** **\$2.27 ea**

Deep Kesar mango pulp 550g 迪普凱薩芒果 pulp 550g Reg. \$3.99 **Save: \$2.97** **\$2.97 ea**

Global Choice Green Raisin 400g 全球選擇綠葡萄乾 400g Reg. \$4.99 **Save: \$3.97** **\$3.97 ea**

Maggi Hot & Sweet Tomato Chili Sauce 500g 美吉熱 & 甜番茄辣椒醬 500g Reg. \$5.99 **Save: \$3.97** **\$3.97 ea**

Fleischmann's Canada's Best Starch 454g 弗萊希曼加拿大最佳澱粉 454g Reg. \$5.99 **Save: \$3.97** **\$3.97 ea**

Nature's Pride Pickle Series 400g 自然之驕傲泡菜系列 400g Reg. \$4.99 **Save: \$3.97** **\$3.97 ea**

Realemon Lemon Juice 945ml 瑞利蒙檸檬汁 945ml Reg. \$4.99 **Save: \$3.97** **\$3.97 ea**

Merlin China Green Tea 200g 墨林中國綠茶 200g Reg. \$5.99 **Save: \$3.97** **\$3.97 ea**

Eagle Brand Yellow Split Peas 1lb 鷹牌黃split peas 1 磅 Reg. \$5.99 **Save: \$3.97** **\$3.97 ea**

Pearl River Pear Drink 1L 珍珠河梨汁 1L Reg. \$5.99 **Save: \$4.97** **\$4.97 ea**

Foco Coconut Water 1L 佛高椰子水 1L Reg. \$4.99 **Save: \$4.97** **\$4.97 ea**

Deel Suji Coarse 4Lbs 迪爾蘇吉粗粉 4 磅 Reg. \$5.99 **Save: \$4.97** **\$4.97 ea**

Planter's Dry Roasted Peanuts 400g 普蘭特乾烤花生 400g Reg. \$5.99 **Save: \$5.97** **\$5.97 ea**

Eagle Brand Black Eye Peas 1lb 鷹牌黑眼豆 1 磅 Reg. \$5.99 **Save: \$6.97** **\$6.97 ea**

Dabur Indian Kachchi Charli Mustard Oil 1L 達布爾印度 Kachchi Charli 芥末油 1L Reg. \$10.99 **Save: \$7.97** **\$7.97 ea**

Old Dutch Liquid Bleach 2.4L 老荷蘭液體漂白粉 2.4L Reg. \$5.99 **Save: \$3.97** **\$3.97 ea**

Royal Oak Star Tissue 12-56 Rolls 12-56 捲裝 皇家橡樹星紙巾 12-56 捲裝 Reg. \$12.99 **Save: \$9.97** **\$9.97 ea**

Old Dutch Laundry Detergent 6L 老荷蘭洗衣粉 6L Reg. \$14.99 **Save: \$9.97** **\$9.97 ea**

Royal Oak Star Grill Sauce 400g 皇家橡樹星燒烤醬 400g Reg. \$10.99 **Save: \$13.97** **\$13.97 ea**

MEAT

Fresh Chicken Wings 新鮮雞翅 Reg. \$4.49 **Save: \$1.00** **\$3.49 lb**

Fresh Beef Outside Round 新鮮牛外腰肉 Reg. \$5.99 **Save: \$1.50** **\$4.49 lb**

Frozen Mutton Shoulder (Small Cut) 急凍羊肩肉 (小切) Reg. \$5.99 **Save: \$1.00** **\$4.99 lb**

DAIRY

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SHEHNAAZ DANCES TO MOOSEWALA'S SONGS ON HER RAMP DEBUT



ACTRESS AND SOCIAL MEDIA SENSATION SHEHNAAZ GILL, WHO HAS FINALLY MADE HER RAMP DEBUT, WAS SEEN DANCING TO LATE PUNJABI SINGER SIDHU MOOSE WALA'S TRACK 'AKHIYAN DE SAMNE' AS SHE TURNED SHOWSTOPPER AT A FASHION SHOW IN GUJARAT. SHEHNAAZ TURNED INTO A COY BRIDE AS SHE WAS DRESSED IN ALL RED AND HAD HELD ON TO HER DUPATTA AS SHE SAUNTERED THE RAMP. SHE LATER BROKE INTO AN IMPROMPTU DANCE AS SHE FINISHED HER WALK. WHEN SHE WAS EVENTUALLY JOINED BY THE DESIGNER SAMANT CHAUHAN, SHE WENT ON TO BREAK INTO AN IMPROMPTU DANCE AND HAD SOME FUN ON THE RAMP BEFORE TURNING BACK. SHE CAPTIONED THE VIDEO: "DEBUT WALK DONE RIGHT! WALKED FOR THE SUPER TALENTED DESIGNER @SAMANTCHAUHAN. THANK YOU PEOPLE OF AHMEDABAD FOR MAKING US EXTRA SPECIAL FOR ME! YOUR HOSPITALITY AND LOVE IS IMMEASURABLE."

AKSHAY KUMAR ON RAKSHA
BANDHAN-LAAL SINGH CHADDHA
RELEASING THE SAME DAY: 'IT'S NOT A
CLASH, HOPE BOTH FILMS...'



AKSHAY KUMAR'S RAKSHA BANDHAN, AND AAMIR KHAN-STARRER LAAL SINGH CHADDHA ARE RELEASING ON AUGUST 11 IN CINEMAS.

KUBBRA SAIT RECALLS BEING
BULLIED IN SCHOOL: 'I WAS
CALLED COBRA AND MEDUSA'



KUBBRA SAIT IS ALL SET TO RELEASE HER BOOK TITLED OPEN BOOK. IN AN INTERVIEW, KUBBRA RECALLED THE TIME WHEN SHE WAS BULLIED IN SCHOOL.

WHAT! KHLOE KARDASHIAN IS
SECRETLY DATING A PRIVATE
EQUITY INVESTOR AFTER
CLAIMING SHE'S SINGLE



KHLOE KARDASHIAN AND HER EX-BOYFRIEND, TRISTAN THOMPSON ARE NOT ON TALKING TERMS, EXCEPT WHEN IT CONCERNS THEIR DAUGHTER, 4-YEAR-OLD TRUE THOMPSON.

WITH 'DHAAKAD' EARNING JUST RS 2.58 CR, HAS KANGANA CEASED TO BE A BANKABLE STAR?



Bollywood films may not be witnessing the best of times at the box-office but the real shocker comes from the Kangana Ranaut-starrer 'Dhaakad' which managed to earn an embarrassing figure of just Rs 2.58 crore as per 'Bollywood Hungama' against its monumental reported budget of Rs 85 crore. The film, which released in cinemas on May 20, clashed head on with the Kartik Aaryan-starrer 'Bhool Bhulaiyaa 2'. While the horror-comedy sequel had a flying start at the box-office heading for lifetime collections of close to Rs 180 crore, 'Dhaakad' failed to pull in the crowd despite decent marketing and buzz. Independent film trade analyst Sumit Kadel explains the reasons behind the debacle that 'Dhaakad' has turned out to be. In his opinion, 'Dhaakad' alone is not a standalone story to have been subjected to such poor turnout. There's a pattern, big budget films are getting severely bombed by the audience in cinemas. Sumit told IANS, "Post-pandemic, many big films led by big stars like 'Anek' and 'Jayeshbhai Jordaar' tanked at the box office badly. They failed to collect even Rs 15 crore in their lifetime. Same happened with 'Dhaakad', audience were not at all interested in watching a woman-centric Hollywood style kind of action film."

'SHAMSHERA' FIRST POSTER GETS LEAKED, RANBIR'S LOOK CREATES A BUZZ

The first poster of epic period film 'Shamshera', which will see Ranbir Kapoor returning to the big screen four years after 'Sanju', recently got leaked after a fan activation event. The makers were set to kick-start the film campaign next week as activities were meticulously planned by Yash Raj Films leading up to the trailer launch. However, all those plans seem to be dashed with the first poster getting leaked on Twitter. Fans went into a frenzy as Ranbir's heavily guarded look drove the internet wild. Fans and audiences have given two thumbs up to Ranbir's look as Shamshera, calling this to be one of the hottest looks sported by an actor on screen. YRF admitted to the leak and all fingers point towards a fan activation event that was recently held with Ranbir. The production house will now have to rejig all plans due to this development. When contacted, a YRF spokesperson confirmed to IANS saying, "Yes, we have been monitoring this situation since morning. There has been a leak and it's quite unfortunate. Ranbir is coming back to the big screen after 4 years and we wanted to guard Ranbir's look till people see the trailer because we were aware that it would be the biggest talking point."



DRAKE PAYS TRIBUTE TO SIDHU MOOSEWALA, PLAYS LATTER'S HIT SONGS ON HIS RADIO SHOW



Canadian singer-rapper Drake, who recently released his album 'Honestly, Nevermind', paid a tribute to the slain Punjabi rapper Sidhu Moosewala during the first episode of his radio show 'Table for One' as he played the latter's hit numbers on the show, reports 'HipHopNMore'. According to 'HipHopNMore', Drake played Moosewala's hit singles '295' and 'G-Sh*t' on the show. '295' recently entered the Billboard Global 200 chart, and claimed the number three spot on YouTube's Global Music Video chart. Previously, Drake, who followed Sidhu Moose Wala on Instagram, had shared the rapper's picture on the social media handle and captioned it "RIP Moose". Moosewala Sidhu Moose Wala fans praised Drake for his gesture. The Singer-turned-actor-politician was killed by gangsters on May 29 in Jawahar Ke village of Punjab's Mansa district. The incident occurred a day after the Punjab Police Department removed the protection of 424 persons, including Sidhu Moose Wala.

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IND V SA, 5TH T20I: PERSISTENT RAIN WASHES OUT BENGALURU DECIDER, SERIES SHARED 2-2



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Akshay Kumar on Raksha Bandhan-Laal Singh Chaddha releasing the same day: ‘It’s not a clash, hope both films...’

Akshay Kumar, along with filmmaker Aanand L Rai and co-star Bhumi Pednekar, launched the trailer of his upcoming film Raksha Bandhan in New Delhi on Tuesday. Here, while addressing the press, Akshay spoke about his film clashing at the box office with Aamir Khan and Kareena Kapoor’s highly-anticipated Forrest Gump remake Laal Singh

Chaddha. The actor said, “It’s not a clash. It’s about good movies coming together. And, it’s a big day. Due to Covid-19, many films did not release and some are still waiting to get a release date. So, it’s natural more films will release together. I hope both films have a good run.” Akshay’s Raksha Bandhan and Aamir’s Laal Singh Chaddha are

scheduled to release in theatres on August 11. Laal Singh Chaddha, helmed by Advait Chandan, also stars Mona Singh and Nag Chaitanya in pivotal roles. Akshay also shared the trailer on social media platforms and wrote, “Jahan parivaar ka pyaar hota hai, wahan har rukaavat ka samadhaan bhi hota hai! ?

#RakshaBandhanTrailer is out, watch now.” Since the trailer gave glimpses of the premise of the film which revolves around how a brother gives his all to get his four sisters married, the actor also spoke about his relationship with his sister Alka Bhatia, who is presenting the film backed by Rai’s production house Colour Yellow Films.

DEEPIKA PADUKONE SLAYS IN RUFFLED WHITE GOWN; POSES WITH RAMI MALEK, YASMINE SABRI

Deepika Padukone never fails to stun all her fans with her strong fashion game. She makes sure to turn heads with every single outfit she dons. Yet again, the actress, who is currently in Spain to attend the French luxury brand Cartier’s event, impressed fans with her dynamic style statement. A video shared by her fan page shows Deepika dressed in an off-white dress with a plunging neckline. She was seen posing with Yasmine Sabri and the actor Rami Malek among others. Deepika Padukone’s look: Currently,

Deepika is in Madrid for the Cartier event, and videos and photos of the same have been doing rounds on social media. Looking all divine, she opted for a ruffled white gown with a plunging neckline. She completed her looks with Cartier’s diamond neckpiece and earrings. It was her smokey eye make-up and high-bun that added more drama to her entire look. The Bollywood diva stood next to Rami Malek who looked handsome in a black formal suit and paired it with black shoes. Next to him stood Yasmine Sabri in a gorgeous red gown. Take a look:



Chandraprakash Dwivedi reveals conversation he had with Aditya Chopra after Samrat Prithviraj’s box office debacle

Samrat Prithviraj director Chandraprakash Dwivedi spoke about the film’s failure at the box office, and attempted to identify the areas that could have alienated audiences. Produced on a massive budget that some have reported to be as high as Rs 300 crore, Samrat Prithviraj could manage only around Rs 80 crore in India. Discussing the film’s failure—it wasn’t a hit with critics, either—the filmmaker said that there is a lot of misinformation about the film swirling on social media. In the future, he said, he



would like to have an honest dialogue with viewers about what his films represent. He told Film Companion, “After the release of

the film, I spoke to Aditya Chopra asking him what was happening. He laughed, said take some time off, go for a holiday and when you

come back let us work on something else again.” He added, “But one thing is that there is a lot of misinformation on social media. What I’ve realised is that you should put the resources that you’ve used during research in the film itself. You need to have a meaningful dialogue with the audience. I think if I had informed my audiences earlier that use of Urdu and Farsi is not new in Indian tradition, they would have received it better. After all, language is only a matter of communication rather than a matter of history.”

SIDHU MOOSE WALA'S TEAM SHARES AN UPDATE FOR HIS FANS WANTING TO MEET LATE SINGER'S PARENTS



Sidhu Moose Wala’s sudden death shocked the entire nation including his family and millions of his followers. His team has kept his Instagram handle active even after his demise and keeps sharing messages for his fans and followers on social media. In a recent update, the late singer’s team requested his fans, who want to meet Sidhu’s parents, on Sundays. It shared a note on Instagram stories that read, “To everyone wanting to meet Sidhu’s parents, please visit them on Sundays only. They need to rest and take some time alone to process this loss.” Earlier, Moose Wala’s team had requested his fans to pay homage to the late singer by keeping his privacy intact. It had first asked the people to avoid sharing call recordings of conversations between them and Sidhu. It had also requested music labels, and producers not

to release or leak any unreleased song and hand it over to Sidhu’s father. Meanwhile, Diljit Dosanjh recently paid tribute to the legendary singer at his Vancouver concert held on June 19. Along with the late singer, the Udda Punjab actor dedicated his concert to the Kabaddi player Sandeep Singh Sandhu, who was shot dead in March, and Punjabi actor Deep Sidhu, who died in a car accident in February. ‘This Show Is Dedicated To Our Brothers’ was written on the background screen of his show in Vancouver. For the unversed, Shubhdeep Singh Sidhu, popularly known as Sidhu Moose Wala was shot dead by unidentified assailants who opened fire at the acclaimed singer on May 29, near his native village in the Mansa district of Punjab, a day after his security detail was withdrawn by the Punjab government.

KANGANA'S OLD REMARK AGAINST MAHA CM UDDHAV THACKERAY GOES VIRAL: 'AAJ MERA GHAR TOOTA HAI KAL..'



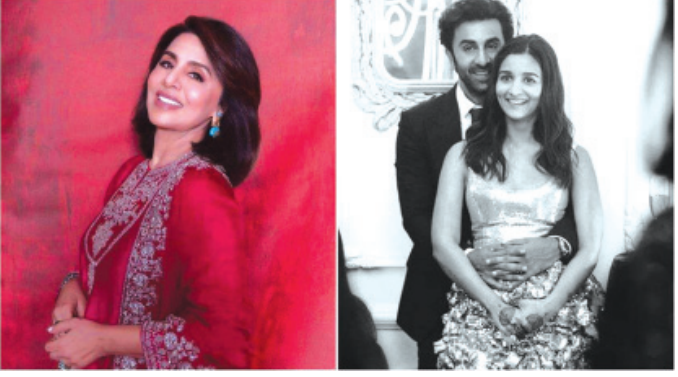
Kangana Ranaut, who is known to speak her heart out without mincing any words, had slammed Maharashtra CM Uddhav Thackeray when BMC had demolished her Mumbai office alleging illegal construction in September 2020. The demolition took place days after the actress had a verbal spat with Sanjay Raut on Twitter. As Uddhav Thackeray-led government is currently facing a grave political crisis in Maharashtra, the old video of Kangana where she lashed out at Thackeray is once again going viral on social media platforms. In the video, Kangana said, “Uddhav Thackeray tujhe kya lagta hai ki tune film mafia ke saath milke mera ghar todke mujhse bahut bada badla liya hai? Aaj mera ghar toota hai kal tera ghamand tootega. Yeh waqt ka pahiya hai yaad rakhna hamesha ek jaisa nahin rehta.” (Uddhav Thackeray you think by demolishing my home and siding with film mafias, you have taken revenge on me? Today my house has been demolished, tomorrow your arrogance will be broken.) Several social media users have been sharing the video and claiming that Thackeray is paying the price for his bad karma. A user wrote, “What goes around comes around, karma. #MahaVikasAghadi #UddhavThackeray.”

WHAT! KHLÖE KARDASHIAN IS SECRETLY DATING A PRIVATE EQUITY INVESTOR AFTER CLAIMING SHE’S SINGLE



US reality TV star Khloe Kardashian is reportedly dating an equity investor. According to sources, privy to Page Six, the ‘Keeping Up with the Kardashians’ star met her new man, the private equity investor through Kim Kardashian, her elder sister. Khloe met the anonymous man at a dinner party and reportedly they started seeing each other post that. Although Khloe and the man she is dating are still in their ‘early stages’, the reality star is ‘feeling really good’ with her beau, as per sources of the People magazine. The Kardashian and her ex-boyfriend, Tristan Thompson are not on talking terms, except when it concerns their daughter, 4-year-old True Thompson, reported Page Six. Meanwhile, Khloe has dismissed rumours of her ‘seeing another NBA player’ after a gossip account on Instagram shared a post, having a screenshot of someone claiming that they ‘heard’ Khloe was dating a new basketball player. Replying to the post, Khloe had commented that it was ‘definitely not true’ and that she was ‘not seeing a soul’, reported Page Six. Khloe had previously dated several basketball stars including Lamar Odom, Rashad McCants, and James Harden. She was also in an on-and-off relationship with Tristan Thompson, a basketball player for the Chicago Bulls.

NEETU KAPOOR SAYS SON RANBIR KAPOOR ‘BALANCES LOVE’ BETWEEN HER, ALIA BHATT: ‘PROBLEM ARISES WHEN YOU BECOME JORU KA GULAAM...’



Neetu Kapoor is back to doing what she loves best — acting. The actor has returned to the arc lights after a long sabbatical and says the experience helped her regain her balance after husband Rishi Kapoor’s death in 2020. The actor will be seen in JugJugg Jeeyo, which releases this Friday. As Neetu promotes her upcoming film, which revolves around love, marriage, divorce, and everything in between, she is revisiting her memories of her marriage and family ties. In this interview, Neetu candidly opens up about Rishi, her mother-in-law Krishna Raj Kapoor, and how her son Ranbir Kapoor is balancing his relationships after wedding with Alia Bhatt. About why she decided to get back to acting after nine years, Neetu says, “Once an actor, always an actor. But, you need a lot of confidence, which I had lost in the interim because I had not worked for so long. Then I lost my husband... When I started shooting the film, I didn’t have it. But now I think I am confident, I can do it and I’ll now keep doing more work.” About facing her insecurities, Neetu said, “When we were half way through the movie, I’d tell a friend that it is not my cup of tea, I don’t want to do it, I don’t want to go on set, I was so stressed. Now, however, I feel much better and I want to do more work. It is all about confidence, and I am gaining it back.”

Samantha Ruth Prabhu responds as report claims she’s spreading rumours of ex Naga Chaitanya dating Shobhita Dhulipala: ‘Grow up’



Rumours of Tollywood actor Naga Chaitanya and Made In Heaven fame Sobhita Dhulipala dating each other have been flooding social media since Monday. Now, a new report claimed that it is Naga’s ex-wife Samantha Ruth Prabhu who is spreading the rumours as she wants to portray him in a bad light. The same report states that her actions have left Naga Chaitanya’s fans and his team upset with her. Reacting to the report, Samantha has urged people to “move on” as both she and Chaitanya have moved on from their relationship. She wrote on Twitter, “Rumours on girl – Must be true !! Rumours on boy – Planted by girl !! Grow up guys ..Parties involved have clearly moved on .. you should move on too !! Concentrate on your work ... on your families .. move on!!” Samantha Ruth Prabhu and Naga Chaitanya announced their separation in October 2021. The duo took to their respective social media accounts and issued statements. A part of it read, “After much deliberation and thought, (we) have decided to part ways as husband and wife to pursue our own paths.”

Kubbra Sait recalls being bullied in school: ‘I was called Cobra and Medusa’

Actor Kubbra Sait’s debut work as an author titled Open Book is all set to release on June 27, HarperCollins India announced last month. In a new interview, Kubbra talked about the ‘bullying’ she faced while she was in school and that how she encapsulated her experience in her book. Kubbra made her Bollywood debut in 2011 with Salman Kahn’s Ready. Also Read: Kubbra Sait says she was sexually abused as a teen by family friend and no one knew: ‘He told me not to call him uncle’ Born in Bangalore, Kubbra made her acting debut with Salman Khan and Asin Thottumkal’s Ready, in which she had a very small role. She later appeared in films such, Sultan, Ready, Jawaani Jaaneman, Dolly Kitty Aur Woh Chamakte Sitare and City Of Life. Her breakthrough role was in the Netflix series Sacred Games. She was last seen in Apple TV+ series Foundation. In an interview with ETimes, while talking about her book, Kubbra recalled the time when she was bullied and people used to call her Cobra and Medusa. She said, “My



name’s Kubbra, I was called Cobra. My hair was curly, I was called Medusa. I have never allowed anyone to body shame me but I was bullied in school because of the colour of my eyes. Today I will not meet someone on a date 2 if they haven’t already complimented my eyes on date 1 (Laughs). But the same eyes changed me. I didn’t embrace my name for the longest time.

Pankaj Tripathi says wife Mridula is making her Bollywood debut with Sherdil

Pankaj Tripathi has revealed that his wife Mridula Tripathi is all set to make her Bollywood debut very soon. The actor, who is preparing for the release of his upcoming film Sherdil: The Pilibhit Saga, shared that Mridula is also a part of the film. Also Read| Pankaj Tripathi feels Bollywood decides artist’s value too quickly: ‘Talents like me need time to arrive’ Pankaj also shared the story of how Mridula landed the cameo appearance, and revealed that she didn’t even ask to be paid for it. Mridula’s guest role will see her playing a character, who is Bengali.



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**SHAHID AFRIDI SAYS
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ISHAN KISHAN BREAKS INTO
TOP 10 |P18**




MidWeek Sports



IND V SA, 5TH T20I: PERSISTENT RAIN WASHES OUT BENGALURU DECIDER, SERIES SHARED 2-2

It was supposed to be a cracking decider for a terrific five-match series between India and South Africa despite the threat of rain playing a spoilsport looming around. Eventually, on Sunday, the rain had the final say in causing the winner-takes-it-all-affair to end in a washout, with the series shared between India and South Africa at 2-2, with just 16 minutes of play possible.

Stand-in skipper Keshav Maharaj, coming in for an injured Temba Bavuma, won the toss, maintaining South Africa's clean slate in winning the tosses in the series. The visitors brought Reeza Hendricks, Tristan Stubbs and Kagiso Rabada into the playing eleven in place of Bavuma, Marco Jansen and Tabraiz Shamsi. India, meanwhile, were unchanged, sticking to the same eleven right from the series opener in New Delhi, ten days ago.

Even before a ball had been bowled after South Africa pushed India into batting first for the fifth straight time, the rain came down pouring. Covers were brought on immediately and players from both teams rushed into the dugout. After a delay of 50 minutes, the match began, now reduced to a 19-over-a-side affair. Ishan Kishan teed off with back-to-back sixes, slog-sweeping Keshav Maharaj with elegance

and power at the same time over mid-wicket and long-on. But, in the next over, Kishan was deceived by a slower ball which dipped on him off Lungi Ngidi and lost his off-stump. The off-cutter again did the trick for Ngidi in the fourth over as Ruturaj Gaikwad mistimed the loft to mid-on in the fourth over.

Rishabh Pant was off the mark straightaway with a glance through the short fine leg before the rain came again, this time heavier. In between, umpires Anil Choudhary and K.N. Anantha Padmanabhan told the broadcasters that the cut-off time for a 5-over game is 10:02 pm with 25-30 minutes needed for mop-up operations.

But the rain didn't relent as the confirmation for the match's abandonment arrived. It meant that a closely-fought series, where South Africa won the first two matches before India made a comeback with back-to-back victories, ended without the decider it deserved due to rain playing a spoilsport.

It also signified that South Africa keep the record intact of not having lost a white-ball series in India since 2011.

Brief scores: India 28/2 in 3.3 overs (Ishan Kishan 15; Ruturaj Gaikwad 10; Lungi Ngidi 2/6) against South Africa match abandoned due to rain

FINA RESTRICTS TRANSGENDER PARTICIPATION IN ELITE WOMEN'S COMPETITIONS, CREATES 'OPEN' CATEGORY FOR THEM

Swimmings world governing body (FINA) has decided to restrict the participation of transgender athletes in elite women's competitions and created an "open" category for them in some events as part of its new policy.

The new policy will require transgender competitors to have completed their transition by the age of 12 to be able to compete in women's competitions, FINA said in a statement on Sunday.

The decision was made during FINA's general congress in Budapest. The vote, which was 71.5 percent in favour of the new policy, took place after Congress heard speeches from representatives of a working group that was set up in November 2021.

Now, FINA will establish a new working group that will spend the next six months looking at the most effective ways to set up this new category. Commenting on the policy, FINA president Husain Al-Musallam said, "We have to protect the rights of our athletes to compete, but we also have to protect competitive fairness at our events, especially the women's category at FINA competitions."

"FINA will always welcome every athlete. The creation of an open category will mean that everybody has the opportunity to compete at an elite level. This has not been done before, so FINA will need to lead the way. I want all athletes to feel included in being able to develop ideas during this process," the FINA president added. The new FINA gender inclusion policy comes into effect on June 20, 2022.

KUORTANE GAMES: NEERAJ CHOPRA CLINCHES GOLD WITH A THROW OF 86.69 METRES

Days after winning a silver medal and setting a new national record at the Paavo Nurmi athletics meet, Tokyo Olympics champion Neeraj Chopra on Saturday clinched the men's javelin throw gold at the 2022 Kuortane Games in Finland with an impressive throw of 86.69 metres. Chopra's first throw, measuring 86.69m, was enough for him to clinch the top spot on the podium. However, his winning throw was well short of the 89.30m — the personal best he had logged during the Paavo Nurmi Games earlier in the week.

London 2012 gold medalist Keshorn Walcott of Trinidad and Tobago won the silver with 86.64m while world champion Anderson Peters of Grenada settled for bronze with an 84.75 attempt.

The 24-year-old Chopra set the pace of the competition early, taking the lead after the first round of throws with an 86.69m attempt — 0.05m more than Walcott. He failed to log legitimate attempts with his next two throws and suffered a nasty fall during his third attempt. The Indian was seen wincing in pain right after the fall and didn't take any more attempts after that. Meanwhile, Neeraj's compatriot Sandeep Chaudhary, a Paralympian finished eighth with 60.35m. On the other hand, Oliver Helander, who beat Chopra to win gold at the Paavo Nurmi Games, didn't start the event.

Chopra is scheduled to travel to Sweden next for the Stockholm leg of the Diamond League before next month's engagements at the World Athletics Championships in the US and the Commonwealth Games 2022 in Birmingham.



ASIAN TRACK CYCLING: RONALDO SINGH SHINES AS INDIA BAG TWO MORE BRONZE MEDALS



World Junior Champion Ronaldo Singh Laitonjam claimed the country's first-ever international medal in the 1km Time Trial event as India had another successful day at the Asian Track Cycling Championship, bagging two bronze medals on Day 3.

Birjit Yumnam won the second bronze medal for the hosts as they took their overall tally to 20 medals here at the IGI Stadium.

The day, which had five finals scheduled, also witnessed a major crash that left the Indian rider involved with a minor injury.

The riders were gearing up for the Men's Elite 10km Tempo Race — the second event of the Omnium event when Malaysia's Zulhelmi Zainal and India's Viswajit Singh collided with each other. Due to an injury, Viswajit left the event while Zulhelmi Zainal got up and finished the race. Zulhelmi completed all four events of Omnium and was placed 8th in the final standings.

Asian Record holder Ronaldo Singh pedalled his cycle with a speed of 58.254 km/h and clocked 1:01.798s to win a bronze medal in the 1km Time Trial event of the Men's Senior category. This was his and India's first-ever medal in this event. Yuta Obara of Japan won gold in 1:01.118s (speed 59.902 km/h) while Malaysia's Mohammad Fadhil clocked 1:01.639s to claim silver. "I came here for the gold but had to be satisfied with bronze, I just repeated my last year's performance which was not enough for gold. To change the colour of the medal, I have to focus more on my technique," said Ronaldo.

MANPREET SINGH RETURNS TO LEAD FULL-STRENGTH INDIA HOCKEY TEAM IN COMMONWEALTH GAMES



Manpreet Singh will lead the India men's hockey team, while Harmanpreet Singh will be his deputy for the Commonwealth Games in Birmingham, beginning on July 29.

India have been grouped in Pool B along with England, Canada, Wales and Ghana, and will begin their campaign on July 31 against Ghana.

Manpreet's return as captain of the 18-member side for the quadrennial games could see India recreate the 2020 Tokyo Olympic Games magic, where they won bronze after a gap of more than four decades. Add to it the fact that drag-flick specialist and vice-captain Harmanpreet Singh is the highest goal scorer of the FIH Pro League, India can look forward to a sterling performance in Birmingham. The squad includes the experienced goalkeeper PR Sreejesh and Krishan B Pathak, who returns to the team after a brief injury break. Defenders Varun Kumar, Surender Kumar, Harmanpreet Singh, Amit Rohidas, Jugraj Singh and Jarmanpreet Singh have been named in the team.

HOCKEY PRO LEAGUE: INDIA GO DOWN 1-2 AS NETHERLANDS BAG TITLE

India came up with a brave performance but missed many chances, including a penalty stroke, to do down 1-2 to the Netherlands in the FIH Hockey Pro League here on Sunday. With the championship title at stake, the Dutch pulled off a narrow 2-1 win to claim their maiden Pro League, finishing ahead of World and Olympic champions Belgium, who had to be satisfied with the second place despite a 5-0 win against England in London. The Netherlands finished with 36 points, one ahead of Belgium as India ended their campaign with a third-place finish.

For some time on Sunday, the Indians gave Holland a scare as they went ahead 1-0 and had a chance to take the lead back but Harmanpreet Singh's penalty stroke was saved by Dutch custodian Pim Rijkman. Abhishek (1st min) was the lone goal scorer for India while Jip Janssen (7th min) and Jorrit Croon (45th min) scored for the hosts. India had gotten off to a rollicking start with a goal through Abhishek in the 29th second as he made a brave foray into the striking circle and took a valiant shot on goal. Although the early 1-0 lead by India put the Dutch side on the back foot, they did not do anything out of the order under pressure but instead built on their attack which helped them win PCs.



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Gavaskar picks 'defining moment' of Rohit Sharma's career: 'It's what decides your place in pantheons of greats'

That Rohit Sharma is one of the greatest all-format batters in the world is nothing new. The India opener, who made his international debut way back in 2007, took some time to find his feet in top-flight cricket. But once he did, Rohit did not look back. Since being promoted as an opener by MS Dhoni in 2013, Rohit's career took a turn for the good as he rose to become one of the world's best limited-overs batters. He is the only batter to score three ODI double-hundreds and notch up five centuries in the single edition of the world cup. While 2013 proved to be a turning point in Rohit's career, former India captain Sunil Gavaskar has highlighted another pivotal moment from his 15-year-long



career that helped establish Sharma as a modern-day great. For years, Rohit, an indispensable

part of the limited-overs set-up, struggled to cement his place in the Test arena, but all that

changed in September in 2019, when Rohit started opening in Tests and his career took off.

SRI LANKA ENDS 30-YEAR DROUGHT, AUSTRALIA LOSES ODI SERIES BY 3-1

In a sudden turn of events, an underperforming team has turned the tables around. Sri Lanka has inflicted a 3-1 series loss upon Australia. In times like these, where the island nation is battling extreme issues such as economic crisis, they had some breath of fresh air as the Lankan tigers sealed the ODI series in their favor against the mighty Aussies. A game that went till the last ball courtesy of Matthew Kuhnemann's heroics gave the Sri Lankan people loads of reasons to celebrate. Sri Lanka had set a score of 258 for the Aussies which did not feel enough considering the batting lineup they had at their disposal. It was a tough task for skipper Shanaka and his troops to defend the target, but they were fantastic with their game plans as they never allowed the Aussies to get back into the game. Despite wickets crumbling from the other end, David Warner continued his heroics and tried to pull the Aussies out of trouble, but to his misfortune, he was dismissed on 99 by Dhananjaya de Silva. With the series win out of their hands, Australia will now look to minimize the margin of the loss. Charith Asalanka batted Sri Lanka out of trouble as he hit a 106-ball 110 along with his partner Dhananjaya de Silva who scored 60 from 61 deliveries for Sri Lanka. Asalanka acknowledged his knock and said "against such a quality attack it was a tough ask and we are glad we came through. I walked in with us three down for not many inside 10 overs. Special credit to Dhananjaya de



Silva, who took the pressure off me with the way he batted. This is Sri Lanka's first bilateral series win against Australia since 2010 and their first bilateral series win on home soil against Australia since 1992.

SUNIL CHHETRI SCRIPTS RECORD, BECOMES JOINT 5TH HIGHEST GOAL-SCORER IN INTERNATIONAL FOOTBALL HISTORY



JOINT 5TH HIGHEST GOAL-SCORER IN INTERNATIONAL FOOTBALL HISTORY	
Matches:	129
Goals:	84
Debut:	June 12, 2005

Sunil Chhetri, India's talismanic captain scripted a new record as he became the joint fifth-highest goal-scorer in international football. During India's clash against Hong Kong in the AFC Asian Cup Qualifier, Chhetri scored his 84th goal and equalled Ferenc Puskas, the Real Madrid player's record. Earlier in October 2021, Chhetri also surpassed legendary football player Pele's record of 77 goals. He is now third on the list of active international goalscorers, just behind Portugal's Cristiano Ronaldo and Argentina's Lionel Messi. Currently, Ronaldo is the highest goalscorer in international football with 117 goals, while Messi is in the fourth spot with a total of 86 goals.

ICC T20I RANKINGS: DINESH KARTHIK JUMPS 108 PLACES, ISHAN KISHAN BREAKS INTO TOP 10



Thanks to his finishing finesse against South Africa in the recently concluded T20I series, Dinesh Karthik made a massive leap of 108 spots to the 87th spot on the latest ICC T20 batting rankings. Karthik walked into the Indian team on the back of a brilliant IPL season with the Royal Challengers Bangalore where he scored 330 runs in 16 games at a strike rate of 183.33. The 37-year old was a prime reason for India's comeback into the five-match T20I series having lost the first two matches. The keeper batter scored 55 off 27 balls and was the player of the match as India beat South Africa by 82 runs. Ishan Kishan, who was the highest scorer in the series with 206 runs touching a strike rate touching 150, also made a jump in the rankings, occupying the sixth spot in the rankings. This is the first time the 23-year-old has got into the top 10 of the ICC rankings, and is the only Indian player featuring among the top 10.

'EXTREME SPIN' OF SRI LANKA ODI PITCHES GREAT PREPARATION FOR TESTS: DAVID WARNER



Australia opener David Warner said the "extreme" spinning pitches in Sri Lanka during their one-day international series defeat provided them with the ideal preparation for their upcoming test matches. The hosts beat Australia by four runs in the fourth ODI in Colombo on Tuesday to take an unassailable 3-1 lead in the five-match series. Sri Lanka went into the match with four frontline spinners and no specialist seam bowler on a wicket that had been used during Sunday's third match. Warner, who fell on 99 during Australia's chase, said the spin was "bit more extreme" but nothing that the touring side had not expected or not prepared for. "These wickets are challenging," he told reporters. "We were always expecting turning wickets and it's fantastic preparation for us. We absolutely love the fact that they're playing on the wickets back-to-back, that's what we want, we can't get that practice in the nets – the nets are green. "For us it's great practice out in the middle there with these dustbowls. It's going to be exciting come the test matches in Galle because we know what we're going to get there." The final 50-overs match will be played on Friday before the two sides kick off a two-test series from next week. Spin-friendly pitches in the subcontinent pose a big test for batters of touring sides who have grown up playing on hard, bouncier surfaces.

SHAHID AFRIDI SAYS 'WHATEVER THEY SAY WILL HAPPEN' ON BCCI'S PLAN TO HAVE LONGER IPL



Former Pakistan cricketer Shahid Afridi said that India has the biggest cricket market and "whatever they say will happen." Speaking on SAMAA TV's show Game Set Match, the swashbuckling opener said, "It all comes down to the market and the economy. The biggest [cricket] market is India. Whatever they will say will happen." Afridi was talking about BCCI's decision to host a longer IPL which could potentially affect Pakistan's international fixtures. Recently, the IPL media rights were sold for a staggering amount of Rs 48,390 crore. Jay Shah, the BCCI secretary, announced soon after that IPL is going to have a bigger window from 2024. "India has seen a digital revolution & the sector has endless potential. The digital landscape has changed the way cricket is watched. It has been a big factor in the growth of the game & the Digital India vision," BCCI secretary Jay Shah had tweeted after the e-auction. Disney-Star bagged the TV rights for the Indian subcontinent and Viacom18/ Reliance swept the digital segment.

WASHINGTON SUNDAR LIKELY TO MAKE COUNTY DEBUT, TO PLAY FOR LANCASHIRE

India all-rounder Washington Sundar could make his debut in English county cricket this season, for Lancashire. Sundar's move, however, will be subject to fitness, according to ESPNcricinfo. Sundar could become the second Indian to feature in the country season after Cheteshwar Pujara, who has already played for Sussex in division two. The 22-year-old Chennai player, who has nearly recovered from his hand injury, and is currently doing his rehabilitation at the National Cricket Academy (NCA), could play in three County Championship games from July, and the entire 50-over Royal London Cup. Sundar will be making his comeback in red-ball cricket since sustaining a finger injury in July last year. The injury sidelined him from India's tour of England last year and also the second leg of the 2021 Indian Premier League. Lancashire are currently placed in the third position on the County Championship division one points table, behind Surrey and Hampshire, with 108 points. They will resume red-ball cricket with a clash against Gloucestershire from June 26 after their Vitality Blast T20 games.

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