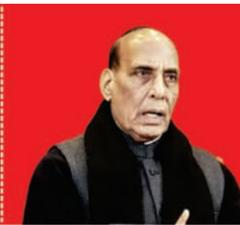
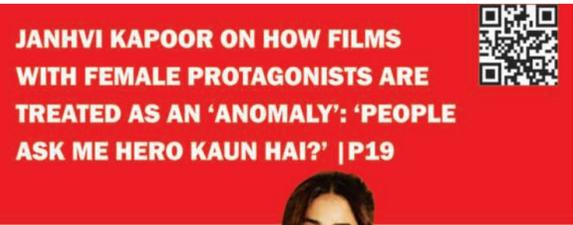


**US 'SANCTION MADNESS' RAPIDLY INFECTING CANADA': IRAN | P7**



**AMID 'DIRTY BOMB' THREATS, INDIA URGES RUSSIA, UKRAINE TO AVOID NUCLEAR WAR AT ALL COSTS | P13**



**JANHVI KAPOOR ON HOW FILMS WITH FEMALE PROTAGONISTS ARE TREATED AS AN 'ANOMALY': 'PEOPLE ASK ME HERO KAUN HAI?' | P19**

# SOUTH ASIAN **MidWeek** NEWS WEEKLY



Tuesday, October 25, 2022 [www.southasiandaily.com](http://www.southasiandaily.com) Vol 22 Issue 43, Phone 647-272-8182, 905-670-3687

## INDIAN-DESCENT **RISHI SUNAK** BECOMES UK PM



**I DETAILS ON PAGE 6**

### **BRAMPTON WARDS 9 & 10: GURPARTAP SINGH TOOR BECOMES REGIONAL COUNCILLOR, HARKIRAT SINGH RE-ELECTED AS COUNCILLOR, SATPAUL SINGH JOHAL BECOMES TRUSTEE, PEEL DISTRICT SCHOOL BOARD**



Gurpartap Singh Toor won Brampton's councillor seat for wards 9 and 10 with 6,086 votes. He defeated incumbent Gurpreet Singh Dhillon who could only secure 5,859. Dhillon was the only sitting councillor who was beaten out. "This is not my win, this is a win for wards 9 and 10," Toor said. "We were able to knock on every single door twice," he said, noting how close the race was. "Every single vote counted."

He thanked his team for all of their hard work, especially the young people who door knocked day and night. Harkirat Singh was re-elected as Brampton City Councillor for Wards 9 & 10 by securing 9076 votes. In Wards 9&10, Satpaul Singh Johal wins Trustee, Peel District School Board position by gaining 6461 votes.

### **Y MEDIA EXCLUSIVE: I WILL NOT BE SILENCED, WILL FIGHT THIS INJUSTICE: FORMER MAYORAL CANDIDATE NIKKI KAUR SAYS AFTER GETTING TERMINATED FROM HER JOB AT THE CITY OF BRAMPTON**

POOJA LUTHRA

In an exclusive interview with Y Media Group Editor and CEO Yudhvir Jaswal, Nikki Kaur, Brampton's former Mayoral candidate, said she was terminated from her job at the City of Brampton. "We thank (Kaur) for her service at the city and wish her well in her future endeavours," the internal statement from the City read. "I will not be silenced and will never stop standing up for what is right," Kaur told Y Media. "I have retained legal counsel and will fight this injustice." Kaur said she had taken a leave of absence during her mayoral campaign. "I ran a strong campaign for Mayor of Brampton to restore integrity and honesty at City Hall. Last night, I finished second to Patrick Brown in the election." Nikki Kaur thanked all the residents who supported and loved her campaign and said she would continue fighting for the rights of Bramptonians. "We are building a campaign to create awareness of people's issues," she said. Brown won Monday's election with a significant majority. His vote share was 59.65 per cent, while Kaur's was 25.55 per cent.



### **Y MEDIA EXCLUSIVE: 'WANT TO STAY AWAY FROM AMERICAN STYLE POLITICS; WAS NOT SURPRISED AT NIKKI KAUR'S TERMINATION': RE-ELECTED BRAMPTON MAYOR BROWN**

POOJA LUTHRA

In an exclusive interview with Y Media Group Editor and CEO Yudhvir Jaswal, re-elected Brampton Mayor Patrick Brown said he does not want "attack politics" like the US here in Brampton. "It's a great new day in Brampton. Days are done for those who favour nepotism, favouritism, and a corrupt old-guard system. Now we can focus squarely on advancing the best interest of Brampton." "I'm excited that we're going to be able to advance Brampton's interests to fight for our fair share," he told Y Media. Brown said his top priorities for him are public safety and eliminating crime. "We need to give more resources to the police." Apart from these, he said as re-elected Mayor, he would focus on economic development and creating good-paying jobs in Brampton. He also told Y Media that he wanted to see a multipurpose cricket facility built in the City. On Nikki Kaur's termination from her job at the City of Brampton, Mayor Brown said the council didn't make this decision. "Nikki Kaur's superiors at City Hall" terminated her, he said. But you know, the city administration was very lenient on her after numerous mistakes. So it's not a big surprise.



### **NAVJIT KAUR BRAR WINS IN BRAMPTON CITY COUNCILLOR WARDS 2 & 6**

Indo-Canadian healthcare worker Navjit Kaur Brar has become the first turban-wearing Sikh woman to be elected as Brampton City Councillor in the recent Municipal council polls. Brar, a respiratory therapist and a mother of three, won the race for City Councillor in Wards 2 and 6, beating Jermaine Chambers, a former Conservative MP candidate for Brampton West. **I CONTD. ON PAGE 11**



### **CANADA'S INFLATION REACHES 6.9% IN SEPT; FOOD PRICES SOAR TO 11.4%**

On September, the Consumer Price Index (CPI) rose 6.9% on a year-over-year basis, decelerating from a 7.0% gain in August, marking the third consecutive monthly slowdown in headline inflation. Lower gasoline prices were mostly responsible for the deceleration. **I CONTD. ON PAGE 9**

### **RISHI SUNAK, AKSHATA MURTY'S COMBINED FORTUNE DOUBLE OF KING CHARLES III**

Rishi Sunak becomes the UK's 57th Prime Minister, is richer than King Charles III and, at 42, younger than every predecessor except William Pitt the Younger, the media reported. Sunak is the UK's first ever person of colour to lead the country, and first Hindu Prime Minister, The Guardian reported. **I CONTD. ON PAGE 14**

### **PAKISTAN IS OUT OF FATF GREY LIST, BUT WILL LEOPARD CHANGE ITS SPOTS ON PROXY TERROR?**

The Financial Action Task Force (FATF) removed (October 21) Pakistan from its "grey list" after more than four years. The multilateral watchdog said Islamabad would continue its work to further improve systems to combat terror financing and money laundering. At the conclusion of FATF's two-day plenary meeting in Paris, the body's president, T. Raja Kumar of Singapore, announced that Pakistan was being taken off the grey list in line with a consensus decision by the watchdog's 39 member countries. **I CONTD. ON PAGE 14**

### **PAKISTAN SENDS TEAM TO PROBE JOURNALIST SHARIF'S DEATH IN KENYA**

Pakistani journalist Arshad Sharif has been shot dead in Kenya, his wife confirmed on Monday. Pakistan has now constituted a team to probe the matter. Taking to Twitter, Sharif's wife Javeria Siddique, said: "I lost friend, husband and my favourite journalist today, as per police he was shot in Kenya. "Respect our privacy and in the name of breaking pls don't share our family pics, personal details and his last pictures from hospital. Remember us in ur prayers." Foreign Office spokesman Asim Iftikhar said Pakistan's High Commission in Kenya were ascertaining information from the authorities, Dawn news reported. **I CONTD. ON PAGE 14**



YOU CAN WATCH THIS EXCLUSIVE INTERVIEW ONLY ON CHANNEL Y BELL 828, TELUS 2418, ROGERS 857, IGNITE 707 AND Y MEDIA PLUS. FOR MORE INFORMATION, YOU CAN ALSO VISIT OUR WEBSITE, SOUTHASIANDAILY.COM OR YMEDIAPLUS.COM. 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 IS HAPPENING IN CANADA AND WORLDWIDE.

## Y MEDIA POLITICAL SENSEX

Y MEDIA GROUP | Y MEDIA PLUS | CHANNEL Y | RADIO Y FM 91.9 | MIDWEEK NEWSPAPER

BRAMPTON | MISSISSAUGA | TORONTO | HAMILTON | VAUGHAN

## ONTARIO MUNICIPAL ELECTION 2022

 <b>RE-ELECTED</b>	 <b>RE-ELECTED</b>	 <b>RE-ELECTED</b>	 <b>WON</b>	 <b>WON</b>
PATRICK BROWN	BONNIE CROMBIE	JOHN TORY	ANDREA HORWATH	STEVEN DEL DUCA



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Y MEDIA EXCLUSIVE: FEDERAL CONSERVATIVE LEADER PIERRE POILIEVRE REACHES PUNJABI BY NATURE FOR DIWALI

Y MEDIA TEAM AT RE/MAX METROPOLIS REALTY BROKERAGE YEAR END FINALE PRE-CONSTRUCTION SALES & FOOD TRUCK EVENT



Y MEDIA TEAM AT PINK ATTITUDE'S 'EMPOWERING THE CHANGING FACE OF CANADA'S WORKFORCE' EVENT



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Y MEDIA TEAM AT COCKTAIL INTERNATIONAL & DREAM MEDIA AGENCY'S DIWALI SHOW



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Y MEDIA POLITICAL SENSEX: Y MEDIA'S TEAM CORRESPONDENT, IMRAN MAHMOOD, MEETS PAUL VICENTE (BRAMPTON'S RE-ELECTED REGIONAL COUNCILLOR WARDS 1 & 5)



05

# Y MEDIA TEAM AT PINK ATTITUDE'S 'EMPOWERING THE CHANGING FACE OF CANADA'S WORKFORCE' EVENT



# DIWALI FOR A CAUSE: SOLD-OUT TRILLIUM DIWALI GALA RAISES \$785,000 FOR NEW HOSPITAL



DETAILS ON PAGE 9



Y MEDIA POLITICAL SENSEX: Y MEDIA'S TEAM CORRESPONDENT, IMRAN MAHMOOD, MEETS PAUL VICENTE (BRAMPTON'S RE-ELECTED REGIONAL COUNCILLOR WARDS 1 & 5) & ROWENA SANTOS (RE-ELECTED AS BRAMPTON CITY COUNCILLOR WARDS 1 & 5) AFTER THEIR LANDSLIDE VICTORY IN ONTARIO MUNICIPAL ELECTION.

### DR. HERMAN'S FIVE TIPS TO A SAFE AND HEALTHY FALL SEASON

With the fall season upon us, it's important to do everything we can to protect ourselves and those around us against COVID-19, the flu and other viruses. Here are five tips to a safe and healthy fall season:

**Wash your hands.**

Handwashing is one of the best and easiest ways to protect yourself and your loved ones. Wash your hands frequently with soap and water for at least 20 seconds each time. When soap and water are not available, use hand sanitizer.

**Get vaccinated.**

COVID-19, influenza and other viruses are currently circulating in the community and it's important to stay vigilant. Getting the COVID-19 vaccine and recommended boosters, as well as the seasonal flu shot, offers the best protection against serious illness and hospitalization.

**Keep your distance.**

Help reduce the risk of infection and the potential for spreading viruses by socially distancing when possible, and wearing a mask when keeping your distance is not possible or in poorly ventilated settings. Remember to always stay home if you are not feeling well.

**Stay active.**

Regular physical activity helps improve our physical and mental health.

Although the days are getting shorter, do your best to stay active to help reduce the risk of chronic conditions like type 2 diabetes, heart disease, many types of cancer, depression and anxiety, and dementia. Stay active and stay healthy this fall and all year round.

**Know where to go for care.**

Make sure you know your care options especially as we enter the holiday season. Depending on the severity of your symptoms when sick, options for care in our community include family doctors; community-based COVID, Cold and Flu Clinics; Osler's Virtual Urgent Care service; Osler's Urgent Care Centre; and Osler's Emergency Departments. Learn more about where to go for care at

[www.williamoslerhs.ca/emergency-and-urgent-care](http://www.williamoslerhs.ca/emergency-and-urgent-care).

If you have a medical emergency, or aren't sure, always go to the nearest Emergency Department or call 9-1-1 immediately.

Dr. Jaclyn Herman, MD CCFP (EM), is Osler's Interim Corporate Chief of Emergency Services and previously served as the Site Chief for Etobicoke General Hospital's Emergency Department and Physician Lead for the Urgent Care Centre at Peel Memorial Centre for Integrated Health and Wellness. Dr. Herman completed medical school and residency at the University of Toronto and her Emergency Medicine training at McGill University.

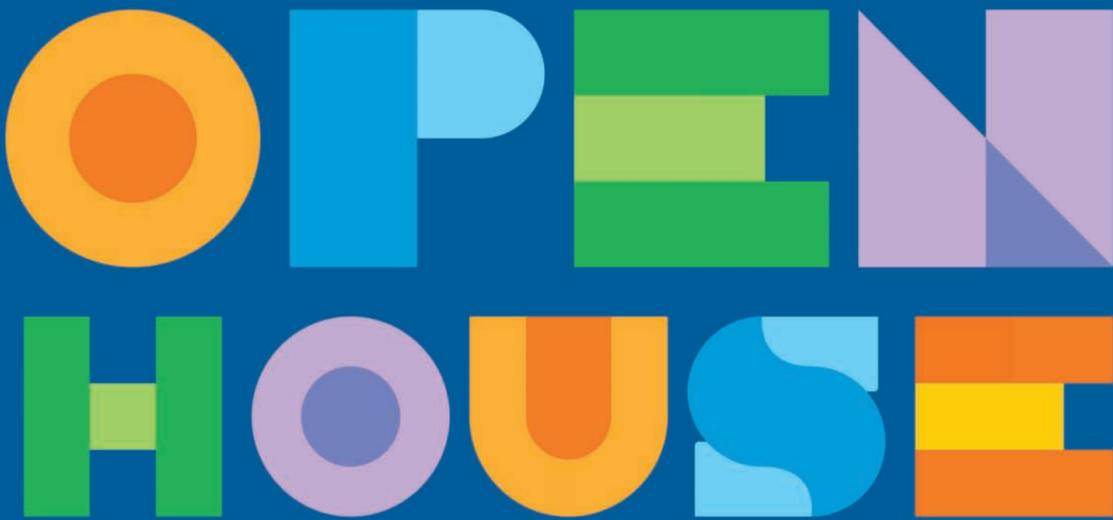


### ONTARIO ANNOUNCES 'BOLD' NEW HOUSING PLAN TO MEET TARGET OF BUILDING 1.5 MILLION HOMES

Ontario government introduced the More Homes Built Faster Act, which takes bold action to advance the province's plan to address the housing crisis by building 1.5 million homes over the next 10 years. The proposals in the More Homes Built Faster Act would, if passed, ensure that cities, towns and rural communities grow with a mix of ownership and rental housing types that meet the needs of all Ontarians, from single family homes to townhomes and mid-rise apartments. "For too many Ontarians, including young people, newcomers, and seniors, finding the right home is still too challenging. This is not just a big-city crisis: the housing supply shortage affects all Ontarians, including rural, urban and suburban, north and south, young and old," said Steve Clark, Minister of Municipal Affairs and Housing. "Our Housing Supply Action Plan is creating a strong foundation on which 1.5 million homes can be built over the next 10 years. Our government is following through on our commitment to Ontarians by cutting delays and red tape to get more homes built faster."

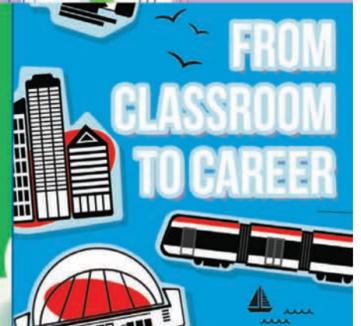
The plan puts in place actions to support the development of "gentle density" - housing like triplexes or garden suites - that bridge the gap between single family homes and high-rise apartments. For example, it would remove exclusionary zoning, which allows for only one single detached home per lot. Instead, it would allow property owners to build three units without lengthy approvals and development charges."

## GEORGE BROWN COLLEGE



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## SERVING WORLD LEADERS OF INDIAN ORIGIN



### Rishi Sunak is now the fourth member of an exclusive club



**Kamala Harris, U.S. Vice President, daughter of the late Shyamala Gopalan.**



**Pravind Jugnauth, Prime Minister of Mauritius, son of the island nation's late President and Prime Minister, Anerood Jugnauth.**



**Antonio Costa, Prime Minister of Portugal, OCI card holder and Pravasi Bharatiya Samman honoree, son of the Indo-Portuguese writer Orlando António Fernandes da Costa, who was of Goan and Mozambican-French descent.**



**The first person of Indian origin to head a government in Europe was Leo Varadkar, whose father, a doctor, migrated from Mumbai to Ireland in the 1960s. Varadkar was the 14th Prime Minister of Ireland between 2017 and 2020, and is now the deputy head of government and Minister for Enterprise, Trade and Employment.**



## MULTICULTURAL BRITAIN'S MOMENT OF RECKONING

When King George I invited **Sir Robert Walpole** to become Britain's first prime minister in 1721, the East India Company was confined to Fort St George (Madras), Bombay and Fort William (Calcutta).

When King Charles III extends the invitation to **Rishi Sunak** to become the country's 57th prime minister, the Empire belongs in the history book and Britain is home to 1.45 million people of Indian origin (2.30% of the country's population; 2011 Census).

The average Indian-origin household's median total wealth is pegged at £204,000, ranking second, just £17,000 behind that of the White British category.

### RISHI SUNAK: POTTED BIOGRAPHY

**BORN:** Southampton, May 12, 1980

**PARENTS:** Sunak was born to African-born Hindu parents of Indian Punjabi descent, **Yashvir**, a medical GP, and **Usha Sunak**, a pharmacist who ran a local pharmacy. He is the eldest of three siblings. His father was born and raised in Kenya, when it was still a British colony, and his mother was born in Tanganyika (which later became part of Tanzania).

Sunak's grandfathers were born in Punjab, British India, and migrated from East Africa with their families to the U.K. in the 1960s.

### EDUCATION

**Stroud School**, a preparatory school in Romsey, Hampshire.

**Winchester College**, a boys' independent boarding school, where he was head boy. Read Philosophy, Politics and Economics (PPE) at **Lincoln College, Oxford**, graduating with a first in 2001.

Gained an **MBA from Stanford University, USA**, where he was a Fulbright scholar, in 2006.

**WIFE:** **Akshata Murthy**, daughter of Infosys founder and chairman emeritus **N.R. Narayana Murthy**, and writer **Sudha Murthy**. They met when they were studying at Stanford University, USA. Sunak and Murthy got married in 2008 and have two children.

**CONSTITUENCY:** MP for Richmond (Yorks) since 2015

### PREVIOUS OFFICES

2020 to July 5, 2022: Chancellor of the Exchequer  
2019 to 2020: Chief Secretary to the Treasury

### JOBS HELD BEFORE POLITICAL LIFE

- Waiter at a curry house during his summer holidays when he was a student.
- Analyst, **Goldman Sachs** (2001-2004).
- Worked for hedge fund management firm, **Children's Investment Fund Management**, becoming a partner in September 2006. He left in November 2009 to join former colleagues in California at a new hedge fund firm, **Theleme Partners**, which launched in October 2010 with \$700 million under management.
- Director of the investment firm **Catamaran Ventures**, owned by Narayana Murthy between 2013 and 2015.



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## EXPERT SHARES IMMIGRATION-FRIENDLY COUNTRIES FOR INDIAN STUDENTS

In recent years, there has been an increase in the number of students who have pursued higher education outside India, especially, in some of the top immigrant-friendly nations such as Canada, Australia, New Zealand, and Ireland. As per the records, in the last 14 years, the number of students who moved to immigrant-friendly nations has increased four times.

### Reasons why Indian students immigrate

Ajay Sharma, President, and Founder, of Abhinav Immigration Services Private Limited, said: "These immigration-friendly countries have world-class universities, courses, teaching staff, and facilities. They offer excellent education and provide them with a platform for global exposure and opportunities for employment with attractive salaries. After completing their education, students can even apply for permanent residency, a pathway to citizenship. Having a permanent resident status in these nations means you have access to free universal education for your children at public-funded schools till the age of 18, including healthcare facilities and medical services. A variety of social security perks range from pension to unemployment allowance, disability allowance to child aid and support care, and more. Countries like Canada, the US, and Australia are some of the top contenders when it comes to Indian students choosing a place for long-term residence. Presence of a large Indian diaspora. Recent changes in immigration policies prefer overseas Indian students over the skilled labour workforce."

Here are some of the top Immigration-friendly countries for Indian students shared by Ajay:

### Canada

As per IRCC data, Indian students comprise one of the largest populations of overseas students in Canada. The number of Indian students in Canada pursuing higher education has increased by 350 per cent between the

academic years of 2015 to 2016 and 2019 to 2020. From January to November 2021, near to 1,30,000 Indian students were permitted to study in Canada.

### Australia

Recently, Australia has gone ahead to increase post-study work rights for Indian students from two to four years for some bachelor's degrees, to three years from five years for Master's degrees, and to four years from six years for PhDs. Official data suggests that over 90 per cent of Indian students have returned to Australia to continue their education on campus.

### New Zealand

New Zealand has started offering scholarships to Indian students, a reason why it has become one of the most preferred study destinations in the world. Be it world-class facilities for innovation and research, globally recognised qualifications, or affordability, a significant number of Indian students have moved to Australia in recent years. There has been a 400 per cent surge in the number of Indian students admitted to universities and colleges in NZ. It also offers student-friendly policies like post-study work permits, part-time work options, and hassle-free admissions.

### Ireland

Studying in Ireland means that once you become a resident, you get access to the European Union. Their world-class study institutions, impressive courses, and some of the top global companies housed there with exciting employment potential make it a top choice for Indian students.

### Germany

Indians have been, for the longest time, the greatest source of highly skilled immigrants and overseas students for Germany. More than 33,000 Indian students have chosen Germany for studies making them the second largest community at many German study destinations, as per the German Academic Exchange Service (DAAD).

## Cities to showcase biodiversity actions at UN summit in Montreal

ICLEI, together with its partners, invites subnational and local governments to Montreal, Canada, for the 7th Summit for Subnational Governments and Cities and its associated Pavilion.

The summit, an official parallel event to the 15th Conference of the Parties (COP 15) to the CBD, will be co-hosted with the Secretariat of the Convention on Biological Diversity (SCBD) and Regions4, along with the host government of Quebec and the city of Montreal.

For the first time at a CBD COP, there will be a dedicated pavilion, focusing on subnational government and city actions and opportunities. This clearly demonstrates an elevated recognition and the biodiversity community of the significant contributions of local and subnational governments towards the implementation of the global biodiversity framework (GBF).

"It is with great pride that we welcome you to Quebec for the 15th Conference of the Parties on Biological Diversity. We know that this is no longer a time for reflection, but for action. Subnational governments are key players in this mobilization," says Jean Lemire, Envoy for Climate Change, Northern and Arctic Affairs.

"Through its role as coordinator of the Advisory Committee on Subnational Governments and Biodiversity together with Regions4, Quebec is committed to doing everything possible to promote the adoption of an ambitious Global Biodiversity Framework which, we hope, will pave the way for a new era of collaboration.

"We invite subnational you to participate in large numbers in the 7th Summit for Subnational Governments and Cities and to make your voice heard at this historic meeting."

The summit and pavilion constitute an unprecedented global milestone to welcome significantly strengthened contributions from subnational governments and cities to the new post-2020 GBF.

The summit, focused on taking action for biodiversity, will be held on December 11 and 12 at the Palais des Congres (blue zone) and will centre around three elements: Engage, Influence and Act.

The pavilion program will include multiple events, from December 8 to 18, during COP 15.

"Cities are essential leaders in the fight against climate change, the protection of biodiversity and the adaptability of our territories. They already experience the impact of environmental issues, they understand the major challenges

that lie ahead, as well as the solutions to be implemented.

"As the mayor of Montreal and ICLEI global ambassador for local biodiversity, I am very happy to welcome the 7th Summit for Subnational Governments & Cities: Taking Action for Biodiversity. Together, we must take concrete and bold action right away in order to fight against biodiversity loss and the destruction of ecosystems," says Valerie Plante, Mayor of Montreal & ICLEI global ambassador for local biodiversity.

This seventh summit will provide a unique opportunity to address the targets and actions of the new GBF such as reducing threats to biodiversity, meeting people's needs through sustainable use and benefit-sharing of biodiversity and ecosystem services, as well as implementing local and regional tools and solutions.

The summit is dedicated to taking action and making commitments, with subnational governments and cities sharing and demonstrating inspirational biodiversity initiatives, solutions and achievements, and pivoting combined multi-level ambitions and engagement into measurable actions. The outcome of this historic, action-oriented summit will be presented formally by the hosts to the CBD COP 15 high-level segment as a united message from the subnational constituency.

"As we approach COP 15 in Montreal this December, I am excited to add my voice to the announcement of the 7th Summit on Biodiversity for Subnational Governments & Cities," says Elizabeth MarumaMrema, Executive Secretary of the UN Convention on Biological Diversity.

The Summit will announce, solidify and celebrate subnational and local actions for the protection, restoration and enhancement of biodiversity across the world, actions that reconnect communities with nature for a more sustainable future. It will present new projects and multilateral announcements, and profile initiatives such as the global CitiesWithNature and RegionsWithNature partnership, which provide a platform for local and subnational governments to commit and share their ambitious actions and initiatives for and with nature, in measurable ways.

COP15 is hosted by the government of China, and as the province of Yunnan, Kunming City, and China Environment News, in coordination with ICLEI East Asia Secretariat and the Ministry of Ecology and Environment of China, have contributed to the COP since its first phase, their role is acknowledged as supporting institutions to the seventh summit.

## INDIAN ORIGIN SUELLA BRAVERMAN NAMED AS HOME SECRETARY IN RISHI SUNAK RESHUFFLE

Rishi Sunak has made the first appointments of his reshuffle by keeping Jeremy Hunt as UK chancellor and appointing Dominic Raab as deputy prime minister and justice secretary, after the departure of nearly a dozen cabinet ministers, the media reported.

The new prime minister also re-appointed James Cleverly as foreign secretary, Ben Wallace as defence secretary and Suella Braverman as home secretary, just days after she left the role for breaching the ministerial code with an email leak, The Guardian reported.

The appointments are a sign Sunak is attempting to reach out across the party, given Wallace and Cleverly were prominent supporters of Johnson, while Braverman is influential on the party's Eurosceptic right, The Guardian reported.

The decision not to have a change of personnel in No 11 will be viewed as an attempt by Sunak not to upset the markets after weeks of turbulence over the Conservatives' economic plans under Liz Truss's administration.

The pound rose to its highest level since before Truss's mini-budget last month after Sunak's appointment as prime minister.

Raab returns to the roles he held under Johnson, as deputy prime minister and justice secretary.

Simon Hart, another cabinet minister from the Johnson era, has been brought back in to restore party discipline as chief whip.

Sunak also appointed Nadhim Zahawi, another key Johnson supporter, as party chairman, and his own key ally, Oliver Dowden, as chancellor of the Duchy of Lancaster -- a problem-solving role in the Cabinet Office.

Grant Shapps, the former transport secretary who filled in as home secretary for less than a week, is moving to be business secretary, The Guardian reported.

Several senior figures quit the government on Tuesday, with Jacob Rees Mogg stepping down as business secretary and Brandon Lewis resigning as justice secretary.

Sunak sacked Chloe Smith as work and pensions secretary and the under-fire Wendy Morton as chief whip.

## INDIAN EMBASSY ASKS CITIZENS TO LEAVE UKRAINE



The Indian embassy in Ukraine on Tuesday issued an advisory, a second one in less than a week, asking all citizens to leave the war-torn nation by all available means.

It said that many Indian citizens had left Ukraine after the first advisory had been issued on October 19.

The Indian embassy further advised citizens to contact it for any assistance needed for crossing the border.

It also advised the citizens to contact Indian embassies in Poland, Romania, Hungary and Slovakia as per their exit plans.

On October 19, the Indian embassy in Ukraine had issued an advisory asking Indian citizens not to travel to that country and had also urged Indians there to leave at the earliest, due to the deteriorating situation in Ukraine.

## ISRO PLANS SUN AND MOON MISSIONS IN 2023 AS WELL AS COMMERCIAL ONES



The Indian space agency is having a busy launch schedule next year that includes commercial, navigation, sun and moon missions, said a top official.

Speaking to the reporters here Indian Space Research Organisation (ISRO) Chairman S. Somanath said integration tests are happening with regard to the Chandrayaan-3 spacecraft.

He said the space agency will look at June 2023 for the moon mission. The ISRO is also planning to have its mission to the sun with its satellite Aditya-L1, a coronagraphy spacecraft to study the solar atmosphere, an official told IANS.

According to ISRO, the spacecraft will be placed in a halo orbit around the first Lagrange point, L1, of the Sun-Earth system. A satellite around the L1 point has the major advantage of continuously viewing the Sun without occultation/eclipses.

The ISRO will open 2023 with the commercial launch of 36 satellites of the UK-based OneWeb, said its Chairman S. Somanath. The first batch of 36 satellites was successfully launched on Sunday. The UK company has contracted with NewSpace India Ltd (NSIL) to pay over Rs 1,000 crore for both launches.

OneWeb is a joint venture between India Bharti Global and the UK government. The other mission slotted for 2023 is the launch of a navigation satellite for the country's NavIC constellation.

According to Somanath, the space agency will end 2022 with the launch of its small rocket - Small Satellite Launch Vehicle (SSLV) in December. The rocket's maiden mission this year was a failure. The ISRO will also send a satellite to study the oceans -- Oceansat-3 with a couple of other satellites as piggyback luggage.

## US 'SANCTION MADNESS' RAPIDLY INFECTING CANADA': IRAN



Iran's Foreign Ministry spokesman condemned Canada's move to impose new sanctions against Iranian media outlets as following "US government's sanction madness".

"The US government's sanction madness has turned into a virus swiftly being transferred to its friends," Nasser Kanaani said in a post on his Instagram deploring the Canadian government's new sanctions on multiple Iranian media outlets and pressmen, Xinhua news agency reported.

He said from the viewpoint of Canada and its Western anti-Iran allies, imposing economic sanctions is not enough and Iran should also be deprived of the "right to express its views and opinions, unless it would speak like them".

He slammed the sanctions on the Iranian media and pressmen as a violation of the Iranian nation's basic right to freedom of speech and information.

Aside from earlier sanctions against Iran's English-language news network Press TV, Canada imposed new sanctions on Iran's semi-official Tasnim and Fars news agencies, Kayhan newspaper, Nour News -- an affiliate of the Supreme National Security Council, the former and incumbent heads of state IRIB TV as well as a reporter of the organization, according to Kanaani. According to Global Affairs Canada, a government department, Canada on Wednesday imposed additional sanctions on six Iranian individuals and four entities for "participating in or enabling human rights violations against women and spreading propaganda." The new sanctions have been imposed after the death of 22-year-old MahsaAmini in a Tehran hospital a few days after collapsing at a police station.

# UK PM SUNAK'S FIRST SPEECH SHOWS THAT MANY CHALLENGES AHEAD

ASAD MIRZA

The Conservative Party of the UK showed a lot of grit in finalising the name of Rishi Sunak, as the new prime minister of the country very quickly, bringing an end to Liz Truss's short tenure as the prime minister riddled with bad decisions.

Rishi Sunak has become the UK's 57th prime minister, the first prime minister to be a British Asian, the first Hindu, and the richest person to have held the office.

Former prime minister David Cameron had exuded confidence in 2014 when he had prophesied to see a British Asian taking on his role his life time. Lo and behold, the words came true in just eight years.

The Conservative Party selected the newest British prime minister in just four days, after the previous prime minister Liz Truss's resignation on October 20.

Her shortest 44 days tenure left behind a trail of rising inflation, rising borrowing costs and predicted deficits on a massive scale, which will likely require either significant tax increases, spending cuts or both.

The last chapter of Liz Truss's tenure unfolded on the same lines as it happened during the last days of the previous prime minister Boris Johnson.

In BoJo's case the crisis was precipitated by the resignation of his then Chancellor of Exchequer, Rishi Sunak and in Truss's case it snowballed after the resignation of her Home Secretary Suella Braverman.

Rishi Sunak after getting an invite from King Charles III to form the next government tweeted that he'll fulfil promises listed in the Conservative Party's election manifesto in 2019, saying: "I will deliver on (our manifesto's) promise. A stronger NHS, better schools, safer streets, control of our borders, protecting our environment, supporting our armed forces, levelling up, and building an economy that embraces the opportunities of Brexit where businesses invest, innovate and create jobs."

Sunak acknowledged that in light of everything that has transpired, he still has work to do to rebuild confidence.

He declared: "I'm not daunted."

He also said he understands the strain of the high position and that he'll not leave the next generation with a "debt to settle that we were too weak to pay ourselves".

In his first speech as UK prime minister, Sunak declared that his administration would uphold integrity, professionalism and accountability at every level and pledged economic stability and increasing public's confidence in the government.



**RISHI SUNAK AFTER GETTING AN INVITE FROM KING CHARLES III TO FORM THE NEXT GOVERNMENT TWEETED THAT HE'LL FULFIL PROMISES LISTED IN THE CONSERVATIVE PARTY'S ELECTION MANIFESTO IN 2019, SAYING: "I WILL DELIVER ON (OUR MANIFESTO'S) PROMISE. A STRONGER NHS, BETTER SCHOOLS, SAFER STREETS, CONTROL OF OUR BORDERS, PROTECTING OUR ENVIRONMENT, SUPPORTING OUR ARMED FORCES, LEVELLING UP, AND BUILDING AN ECONOMY THAT EMBRACES THE OPPORTUNITIES OF BREXIT WHERE BUSINESSES INVEST, INNOVATE AND CREATE JOBS."**

**SUNAK ACKNOWLEDGED THAT IN LIGHT OF EVERYTHING THAT HAS TRANSPIRED, HE STILL HAS WORK TO DO TO REBUILD CONFIDENCE. HE DECLARED: "I'M NOT DAUNTED."**

**HE ALSO SAID HE UNDERSTANDS THE STRAIN OF THE HIGH POSITION AND THAT HE'LL NOT LEAVE THE NEXT GENERATION WITH A "DEBT TO SETTLE THAT WE WERE TOO WEAK TO PAY OURSELVES".**

**IN HIS FIRST SPEECH AS UK PRIME MINISTER, SUNAK DECLARED THAT HIS ADMINISTRATION WOULD UPHOLD INTEGRITY, PROFESSIONALISM AND ACCOUNTABILITY AT EVERY LEVEL AND PLEDGED ECONOMIC STABILITY AND INCREASING PUBLIC'S CONFIDENCE IN THE GOVERNMENT.**

But his most important task would be to unite a governing party that is riven with divisions, apart from tackling a mounting economic crisis, a warring political party and a deeply divided country.

The Conservative Party, despite having suffered a series of recent by-election defeats, still maintains a working parliamentary majority of 71, meaning that Britain's next general election could conceivably come as late as January 2025.

Apart from the demands of the opposition's Labour Party, other voices are also increasing in intensity demanding the Conservatives to go in for a general election. In fact, Sunak has become a prime minister without the public support, as he was voted to being an MP not a PM.

Meanwhile in India, the news of Sunak becoming the prime minister on the auspicious day of Diwali was greeted with joy. The social media exploded in a series of accolades for Sunak, his family and his in-laws.

The Indian Prime Minister Narendra Modi tweeted: "As you become UK PM, I look forward to working closely together on global issues, and implementing Roadmap 2030," referring to the Free Trade Agreement (FTA) struck between the two countries and which was expected to be signed and delivered last week, before Diwali. Meanwhile, India's arch rival Pakistan's public also laid claim to Sunak, describing him as a Pakistani, as his parents belonged to

Gujranwala, now in Pakistan.

Twitterati even urged the Pakistani government to lay claim to him as a Pakistani.

India has high hopes from Sunak to change the dimensions of the bilateral relationship. But Indian politicians need to understand that Sunak is not an Indian by birth and his outlook is more attuned to being a British citizen.

His Britishness helped him to achieve professionally as a banker and as a politician, what he is today. So his total outlook towards India would be a pragmatic one, not an emotional one.

One can't see him undoing what his predecessors had done in the past. But perhaps a new king and a new prime minister might be able to start a new chapter in the bilateral relations and may change the overall view of the British polity towards India and Indians in the UK.

Only time would tell.

*Disclaimer: Asad Mirza is a political commentator based in New Delhi. He writes on Indian 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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## ONTARIO INCREASES NON-RESIDENT SPECULATION TAX RATE TO 25%

As part of its plan to tackle Ontario's housing crisis, the government is prioritizing Ontario families and homebuyers by increasing the Non-Resident Speculation Tax rate from 20 per cent to 25 per cent, effective October 25, 2022.

This increase will strengthen efforts to deter non-resident investors from speculating on the province's housing market and help make home ownership more attainable for Ontario residents. For many years, there have been concerns that foreign real-estate speculation is an important factor driving up the cost of housing in Ontario.

"Young families, newcomers and those all over the province dream of having their own home, a dream which continues to be out of reach for too many," said Peter Bethlenfalvy, Minister of Finance. "To help Ontario homebuyers, our government is increasing the Non-Resident Speculation Tax rate by another five percentage points to 25 per cent, making it the highest in Canada, to further discourage foreign speculation in Ontario's housing market."

This increase builds on the government's previous actions taken in March 2022 to make Ontario's Non-Resident Speculation Tax the most comprehensive in Canada, including:

- \* Increasing the rate to 20 per cent, from 15 per cent;
- \* Expanding the tax to apply provincially, as it previously only applied to homes purchased in the Greater Golden Horseshoe Region; and,
- \* Eliminating loopholes by focusing relief eligibility to only newcomers who commit to laying down roots in the province long-term.

This increase to the Non-Resident Speculation Tax rate is part of a suite of concrete actions the Province is taking to address Ontario's housing



crisis. Last week, the government announced that Ontario is also cracking down on bad actors by doubling the fines for unethical and illegal new home cancellations. These steps, built on recommendations from the Housing Affordability Task Force and the first-ever Provincial-Municipal Housing Summit, will deliver both near-term solutions and long-term commitments to provide more attainable housing options for Ontario families.

"Today's announcement is another step in our government's plan to make housing more attainable for all Ontarians," said Steve Clark, Minister of Municipal Affairs and Housing. "We are working to end Ontario's housing supply crisis - both by building 1.5 million new homes over the next 10 years, and by ensuring Ontarians are able to access our existing housing supply. These measures are a clear indication of our commitment to do precisely that."

## CANADA'S INFLATION REACHES 6.9% IN SEPT; FOOD PRICES SOAR TO 11.4%



CONTD. FROM PAGE 1

While prices at the gas pump dropped in September compared with August, Canadians continued to feel the pinch from higher food prices. Excluding food and energy, prices rose 5.4% year over year in September, following a gain of 5.3% in August. Prices for durable goods, such as furniture and passenger vehicles, grew at a faster pace in September compared with August.

In September, the Mortgage Interest Cost Index continued to put upward pressure on the all-items CPI, as Canadians renewed or initiated mortgages at higher interest rates. On a monthly basis, the CPI rose 0.1% in September. On a seasonally adjusted monthly basis, the CPI was up 0.4%.

Average hourly wages rose 5.2% on a year-over-year basis in September, meaning that, on average, prices rose faster than wages. The gap in September was larger compared with August.

## REGION OF PEEL RECOGNIZES TREAT ACCESSIBILITY INITIATIVE THIS HALLOWEEN

The Region of Peel, along with its municipal partners, proudly supports the Treat Accessibly movement. This movement aims to raise awareness and encourage residents to celebrate Halloween in a way that is inclusive of everyone in our community through simple changes to trick-or-treating traditions. More than 400,000 Canadian children and youth live with disabilities that make everyday activities, like trick-or-treating, challenging. They are part of the 6.2 million Canadians (22 per cent) who identify as having one or more disabilities. The goal of the Treat Accessibly movement is to have 400,000 homes participating in the initiative by 2025 - that is one home for each of the 400,000 Canadian children who have a disability.

A few accessible trick-or-treating tips include:

- \* Provide Barrier-free Access
- \* Place your trick-or-treating station at a location that is easily accessible to all as some trick-or-treaters may have difficulties navigating inclines, stairs, curving walkways, etc.
- \* Make sure the path to your trick-or-treating station is well lit.
- \* Clear your driveway and pathways of any obstacles.
- \* Park your vehicle on the street or in your garage to allow easy access.
- \* Set up your trick-or-treating station at the end of your driveway or in your garage.
- \* Support the movement by downloading or ordering the Treat Accessibly sign for your front door or lawn. The signs can be accessed at <https://www.treataccessibly.com/free-lawn-sign> and should be posted one week before Halloween.

"Our continued participation in the Treat Accessibly initiative reflects our commitment to an inclusive, equitable and accessible community for all our residents. By supporting this movement, we demonstrate that through simple, small steps we can remove barriers and empower residents to create an accessibility community for all," said Janice Baker, Chief Administrative Officer, Region of Peel.

## Diwali for a Cause: Sold-Out Trillium Diwali Gala Raises \$785,000 for New Hospital

The 21st Trillium Diwali Gala raised a remarkable \$785,000 on October 21, 2022, to support The New Peter Gilgan Mississauga Hospital. Guests at the sold-out event enjoyed a night of superb food, dazzling entertainment and non-stop dancing.

Diwali, the Festival of Lights, is celebrated by many in the community that Trillium Health Partners (THP) serves. The Trillium Diwali Gala is Canada's first, largest and longest-running Diwali festival, and was presented by Mortgage Company of Canada Inc. The Gala has raised a cumulative total of \$12,776,387 over 21 years to support the priority needs of the hospital.

THP is one of the largest hospitals in the country, proudly serving 2.2 million people in the diverse communities of West Toronto, Mississauga and surrounding communities. THP faces more demand for care than any other hospital in Ontario today and will face unprecedented growth in demand over the next 20 years. To help meet this growing need for care in the community, the 2022 Trillium Diwali Gala raised funds for The New Peter Gilgan Mississauga Hospital, the largest and most advanced hospital in Canada, which will replace the current Mississauga Hospital. Almost triple the size of the existing structure, the new hospital will offer the increased capacity, modern technology and latest standards needed to meet the health care needs of the community in the decades ahead.

"It is wonderful to be able to gather with friends in support of THP and celebrate a holiday that means so much to so many people in this community. The generous support from last night's event will help us to build the largest hospital in Canada, and ensure we have the modern facilities and much-needed capacity to deliver high quality, exceptional care to this community for generations to come. On behalf of the hospital, I would like to thank all those who made the evening a success," commented Karli Farrow, President and CEO, Trillium Health Partners.

Emceed by Colin D'Mello, the 2022 Trillium Diwali Gala featured a spectacular line-up of entertainment and fun that included a fashion show from Dinesh Ramsay, famous for his one-of-a-kind outfits for the Oscars, Bollywood and more; a power-packed performance by Shadow Entertainment, one of Canada's largest and upcoming South Asian dance companies and a crowd favourite on Canada's Got Talent 2022; and Teshar, Canada's one and only master of Hip-Hop and Bollywood fusion, who showcased his mass hit, Jalebi Baby. Guests capped off the evening with hours of dancing to tunes from DJ Baba Kahn, Canada's premier and most celebrated club DJ.



"The 2022 Trillium Diwali Gala was another huge success thanks to the tireless efforts of the entire event committee, led by Medical Chair, Dr. Rohit Kumar, and Community Chair, Tracy Xavier, and supported with such enthusiasm by the community. This event has a long and proud history and we are glad we were able to celebrate Diwali in person again. We could not be more grateful to our guests and sponsors for raising an incredible sum for the future home of the largest hospital in Canada," said Caroline Riseboro, President and CEO of Trillium Health Partners Foundation.

Special thanks to Presenting Sponsor Mortgage Company of Canada, Emerald Sponsor TD Bank Group and Venue Sponsor Pearson Convention Center.

### About Trillium Health Partners

THP is one of the largest community-based hospital systems in Canada. Comprised of Credit Valley Hospital, Mississauga Hospital and Queensway Health Centre, THP serves the growing and diverse populations of Mississauga, West Toronto and surrounding communities. THP is a teaching hospital affiliated with the University of Toronto and is an associate member of the Toronto Academic Health Science Network.

### About Trillium Health Partners Foundation

Trillium Health Partners Foundation (THPF) is dedicated to raising the critical funds needed to address the highest-priority needs of THP.

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## Sharifa Khan, Lifelong Champion of Multicultural Communities, Honoured with The Queen Elizabeth II Platinum Jubilee Medal

TORONTO, ON - The Honourable Senator Victor Oh presented Sharifa Khan with The Queen Elizabeth II Platinum Jubilee Medal this week, recognizing her outstanding volunteerism and service to society, and the positive impact she has had over 40 years.

"While this award commemorates the 70th anniversary of Her late Majesty The Queen's accession to the throne, it holds a much deeper meaning, as it also celebrates Her Majesty's extraordinary commitment to service," said Khan. "From this perspective, I'm both honoured and humbled to be receiving this medal, standing in reflection of such selfless values."

As founder and president of Balmoral Multicultural Marketing, Canada's largest and longest-running diversity focused agency, Khan has been a tireless champion of multicultural communities. She has dedicated her life's work to "building bridges of understanding," between Canada's government bodies, media, and businesses, and this country's thriving ethnic communities. In addition, Khan has donated more than 40,000 hours of her personal time to volunteering for community causes, hospital boards, and charities.

Khan was one of only 60 recipients in Ontario to be awarded by the Honourable Senator this week for outstanding contribution. She is now a three-time recipient, having been awarded The Queen Elizabeth II Golden Jubilee Award in 2002, and the Diamond Jubilee Award in 2012.

Khan's lifelong commitment to serving her community first took flight 4 decades ago. She witnessed how new immigrants, with growing buying power, who were richly contributing to the economic and cultural fabric of this nation, were essentially being ignored by many businesses and brands. These communities were simply not on business leaders' radars. To change this, Khan founded her agency - at a time when "multicultural marketing" was not even a term. Since then, she has been credited as the visionary founder of Canada's multicultural marketing discipline and her pioneering efforts have paved the way to establishing more than 5,000 jobs in her industry. Moreover, through the years, Khan has given more than 300 immigrants their first big break in the Canadian job market. Beyond this, Khan's positive community contributions run much deeper

than what meets the eye through her business. She is also an exceptional community-builder, volunteer and mentor. For example:

- \* Khan raised \$23 million to build a course for Toronto's waterfront, which now hosts all kinds of national and international water sports. She also co-founded the Toronto International Dragon Boat Festival

- \* She has broken countless "glass ceilings" as the first woman and/or woman of colour to hold top leadership positions in influential mainstream community organizations

- \* Khan serves on the board of senators for Toronto General Hospital, and the board of governors for Mount Sinai Hospital

- \* Throughout her celebrated career, Khan has been recognized for being exceptionally dedicated to her calling. She has been honoured by former Canadian Prime Minister Jean Chretien for her entrepreneurial success. In 2013, she was recognized as one of Canada's top 25 immigrants. And in 2018, Khan was named as one of Canada's Top 18 Women of Influence. Last year, Khan also received Canada's highest industry honour as a 2021 inductee into the Canadian Marketing Hall of Legends. She is the first multicultural marketer to have been given this recognition and is one of only 83 such luminaries in the country.

"I want to take this opportunity to also congratulate my fellow Platinum Jubilee award recipients across the country and around the world," said Khan. "I share this honour with you in deep gratitude."

### About Balmoral Multicultural Marketing

For more than 33 years, Balmoral Multicultural Marketing has been helping both leading Canadian and international brands, companies and government organizations generate growth and connections in new markets across Canada, by cultivating relationships with this country's ever-growing multicultural communities. From research and strategic planning to creative advertising, community outreach, events and PR, Balmoral offers full multicultural marketing services. D-Lounge is Balmoral's dedicated digital and social media specialty division. Balmoral has offices in Toronto, Mumbai and Shanghai. For more information, please visit: [www.balmoralmkt.com](http://www.balmoralmkt.com).

## ROM RECEIVES SIGNIFICANT DONATION OF PAKISTANI CONTEMPORARY MINIATURE PAINTINGS FROM ALI ADIL KHAN

TORONTO- ROM (Royal Ontario Museum) is pleased to announce the acquisition of 20 remarkable Pakistani contemporary miniature paintings, donated by Toronto-based private collector and philanthropist Ali Adil Khan. This donation marks Pakistan's 75 Years of Independence, celebrated this year, and coincides with Islamic Heritage Month.

The gift is comprised of works by Tazeen Qayyum, Sumaira Tazeen, and Reeta Saeed – acclaimed Canadian artists of Pakistani origin who are recognized as leading practitioners of contemporary miniature art. The three artists, based in Ontario, were trained at the National College of Arts (NCA), in Lahore, Pakistan. Their contemporary miniature paintings, also known as neo-miniature art, reference the style and technique of historical painting from South Asian and Islamic worlds which is distinguished by fine-line work, natural pigments, bold colour, and geometric pattern. Informed by history but updated for the present day, neo-miniature art has become a unique form that has attracted a new wave of international attention to modern art from Pakistan and the Pakistani diaspora.

These artworks will contribute to ROM's growing Global South Asia collection of contemporary art – the largest of its kind in Canada – and supports ROM's Dan Mishra South Asia Initiative of enriched programming, exhibitions, and research across the Museum. "This donation amplifies the voices of female-identifying artists," says Dr. Deepali Dewan, ROM's Dan Mishra Curator of Global South Asia. "While their work is shaped by their experiences as women from the South Asian Islamic world and as diasporic people, each has a unique approach and is an important contemporary artist who deserves to be represented in one of Canada's major institutions. I am grateful to Ali Adil Khan for supporting these artists for over two decades and having the foresight to collect their work as it evolved, and for having the vision to share it with the world through ROM's collection."

The works of artists Tazeen, Sumaira, and Reeta push the boundaries of miniature painting tradition through subversive expression, highlighting important political and social issues including societal taboos, women's rights, global conflict, and the lasting impact of colonialism. With this set of 20 paintings, the artists also reflect on their personal artistic journeys and the immigrant experience in Canada.

Khan holds an extensive collection of South Asian art that consists of more than 700 objects gathered over a period of 25 years. In celebration of Pakistan's independence, these important pieces are being donated to share more broadly with a public audience. "ROM has been a leader among art institutions in acknowledging multi-culturalism in Canada and



MUZZAFFARABAD. GOUACHE ON WASLI, CORRUGATED CARD-BOARD, 10.5 X 10.5 IN, 1998. SIGNED AND DATED IN URDU IN BOTTOM CENTER (TAZEEN QAYYUM, 1998).

was one of the first museums in this country to open a dedicated gallery of South Asian art, actively showing works of important contemporary artists," says Khan. "Through this gift to the Museum, I hope to elevate further the contemporary miniature art practice originating from Pakistan that is steeped in South Asian tradition and culture."

Several of the donated pieces will be included in an upcoming ROM exhibition, to open in summer 2023. The pieces will also be available online in ROM's eMuseum collection later this year. A public talk is also being planned for late November 2022, when the artists will introduce their work in more detail.

In addition to this gift to ROM, Khan's philanthropy extends to the funding of new programs at the Shehla and Adil Giving for Art Foundation (SAGA Foundation), established by Ali Adil Khan and his son Adnan Ali Khan in 2019 as a not-for-profit organization in Canada. The organization supports a wide range of visual art forms emanating from South Asia, encouraging learning, enhancing appreciation, and building community art initiatives such as the Karachi Biennale 2022 (KB22).

## NAVJIT KAUR BRAR WINS IN BRAMPTON CITY COUNCILLOR WARDS 2 & 6

CONTD. FROM PAGE 1

Brar had 28.85 per cent of the votes cast on Monday with Chambers as nearest contender with 22.59 per cent, and Carmen Wilson coming in third at 15.41 per cent, the Brampton Guardian reported.

"I am so proud of @Navjitkaurbrar. She was a selfless and dedicated front line healthcare worker during the pandemic. She has stepped up for public service and I am confident she will be a phenomenal addition to Brampton City Council," tweeted Brampton Mayor Patrick Brown, who won a second term in recent election.

As part of her campaign she knocked over 40,000 doors and spoke to over 22,500 residents in the last two months.

"Over the past 3 years, I've spoken to countless Bramptonians and the sentiment I hear is that they are all hurting, they feel unheard, they feel left behind. With the rising cost of living it's getting harder to raise and provide for your family in Brampton... As your city councillor I will fight for better services for all Bramptonians and ensure that your voices are heard," Brar had said in her campaign pitch.

Brar previously ran as the Ontario NDP candidate in Brampton West, losing out to incumbent Progressive Conservative MPP Amarjot Sandhu.

As many as 40 Punjabis were in the fray for Brampton civic elections, according to local media reports.

Out of 354,884 eligible voters in Brampton, only 87,155 of them turned up to cast ballots -- an abysmal voter turnout of approximately 24.56 per cent, according to unofficial results.

Elections for municipal government are held every four years on the fourth Monday of October, which fell on October 24 this time.

These polls usually elect a mayor and city council and sometimes also a school board. Around 40 per cent of Brampton's population is South Asian, and the municipal election also fell on the religious festival of Diwali, celebrated by Hindus, Sikhs and Jains.

## HOW TO DISPOSE OF FIREWORKS AFTER DIWALI CELEBRATION

Many residents will be lighting fireworks to celebrate the Diwali festival. Follow these guidelines when disposing of used fireworks:

- \* Place used or extinguished sparklers and fireworks in a bucket of water immediately after use. Soak them thoroughly overnight.
- \* Drain the water and put the used sparklers or fireworks in the garbage.

Fireworks are only accepted in the garbage when the above guidelines are followed. If your garbage cart is already full, excess garbage must be placed in a garbage bag at the curb. Tag the bag of excess garbage with a Region of Peel garbage tag.

Active fireworks are not collected at the curb or accepted at Community Recycling Centres. For more information, check the waste sorter.

### About the Region of Peel

The Region of Peel works with residents and partners to create a healthy, safe, and connected Community for Life for approximately 1.5 million people and over 175,000 businesses in the cities of Brampton and Mississauga and the Town of Caledon. Peel's services touch the lives of residents every day. For more information about the Region of Peel, explore [peelregion.ca](http://peelregion.ca) and follow us on Twitter @regionofpeel and Instagram @peelregion.ca.

## JOIN PAMA FOR A SPOOKTACULAR HALLOWEEN

Visit historic downtown Brampton to celebrate a spooktacular Halloween with the Peel Art Gallery, Museum and Archives (PAMA)! Scary stories and treats await our guests and visitors.

### Untold Stories Tours

Thursday, Oct. 27

This spooky season, discover behind-the-scenes stories about the historic buildings and collections at PAMA. On this guided tour, you'll learn about the jail, the courthouse, curious collections, and more. You will never look at PAMA the same way again!

Free, donations welcome. Recommended for 17+. Pre-registration is required: Reserve your spot now for 7 p.m. or 8 p.m.

### Trick-or-Treat Downtown Brampton

Saturday, Oct. 29, 11 a.m. - 2 p.m.

Join the Downtown Brampton BIA for this fantastic annual family event. Check out the PAMA photo booth at Garden Square and come see us when you are on the way to your Halloween treats.

### Family Fun Activity: Halloween at the Boo-seum

Saturday, Oct. 29, 10 a.m. - 4:30 p.m.

Create a magical Halloween postcard and see if you can guess what's in our mystery boxes.

Free admission, donations welcome. Recommended for children ages 4 - 12; guardians must accompany children. Learn more.

## NEUROLOGICAL DISORDERS LIKE PARKINSON'S DISEASE AND ALZHEIMER'S COULD BE CAUSED BY EXPOSURE TO ENVIRONMENTAL TOXINS: REPORT

The mystery behind the astronomical rise in neurological disorders like Parkinson's disease and Alzheimer's could be caused by exposure to environmental toxins that are omnipresent yet poorly understood, leading doctors warn, the media reported.

Neurologists and neuroscientists will highlight recent research efforts to fill the gaping scientific hole in understanding of the role environmental toxins - air pollution, pesticides, microplastics, forever chemicals and more - play in increasingly common diseases like dementias and childhood developmental disorders. Humans may encounter a staggering 80,000 or more toxic chemicals as they work, play, sleep and learn - so many that it is almost impossible to determine their individual effects on a person, let alone how they may interact or the cumulative impacts on the nervous system over a lifespan.

Some contact with environmental toxins is inevitable given the proliferation of plastics and chemical pollutants, as well as America's hands off regulatory approach, but exposure is unequal, The Guardian reported.

In the US, communities of colour, indigenous people and low income families are far more likely to be exposed to a myriad of pollutants through unsafe housing and water, manufacturing and agricultural jobs, and proximity to roads and polluting industrial plants, among other hazards.



## PM 2.5 LEVEL LOWER IN DELHI AFTER DIWALI BUT ABOVE SAFE LIMITS: CPCB DATA

Every year air pollution levels spike in the Indo-Gangetic Plain a day after Diwali with grey skies and hard-to-breathe air. This results from several meteorological factors, the stubble burning in neighbouring states and increased local emissions due to the firecracker use. Analysis by the NCAP Tracker of data from Central Pollution Control Board's (CPCB) 33 monitors in Delhi showed that PM 2.5 levels in the capital city this year were lower than in 2021 but continued to be above the daily safe limits of 60 ug/m3. Data for four monitors was missing and hence has been excluded from the analysis. The highest PM 2.5 levels of 448.8 ug/m3 in the city were recorded at Pusa in Delhi. However, the air quality index at 8 a.m. on October 25 was higher than its corresponding day and time last year. According to the CPCB, the average Air Quality Index (of all monitoring stations in Delhi) on the morning after Diwali (October 25) spiked as compared to the morning of Diwali (October 24). The city's AQI was 301 at 8 a.m. on October 24. This deteriorated to 326 at the same time on October 25. This was higher in comparison to the same days in 2021. On November 4, 2021 (Diwali day), the AQI for Delhi was 320. This improved to 317 on the morning of November 5, 2021. According to the System of Air Quality and Weather Forecasting and Research (SAFAR), the PM 10 and PM 2.5 concentration in the city was 257 ug/m3 and 150 ug/m3, respectively, around 10 a.m. Around 1.30 p.m, this deteriorated to 295 ug/m3 and 189 ug/m3,

respectively. According to the CPCB, daily average safe limits for PM 10 and PM 2.5 are 100 ug/m3 and 60 ug/m3, respectively. SAFAR's observations for Delhi around 1 p.m. on Tuesday stated that the overall AQI indicated 'very poor' air quality. Fine particles (size less than 2.5 micrometre) contribute 64 per cent to PM10. AQI on Monday night did not deteriorate to 'severe' but remained within 'very poor'. Fire counts or emissions over the northwest region (share in PM2.5 5-6 per cent) and Diwali firecracker emissions appear to have not affected much Delhi's air quality. Local surface winds are moderate on Tuesday 8-16 km per hour, and Wednesday and Thursday calm to 6 km per hour with max temperature of 31-32 degrees Celsius and the minimum at 15 degrees that cause moderate to weak dispersion of pollutants. Air quality is likely to further improve on Wednesday and Thursday to 'poor'. GufranBeig, project director at SAFAR said, "Around 10 a.m., the Air Quality Index is hovering between 330 and 360. This is the relatively cleanest Diwali week since 2015. There are four specific reasons why the Air Quality remained in check and didn't go as bad. The first reason is that the wind direction over the stubble fires, which is northwesterly during this period, changed to southwesterly on Monday. "This region doesn't have fires, and hence the contribution of the farm fires is minimal at five-eight per cent. Because Diwali is earlier in the winter season, the temperatures are warmer, and wind speeds are high at around 9 km per hour, the accumulation never reaches the saturation level.

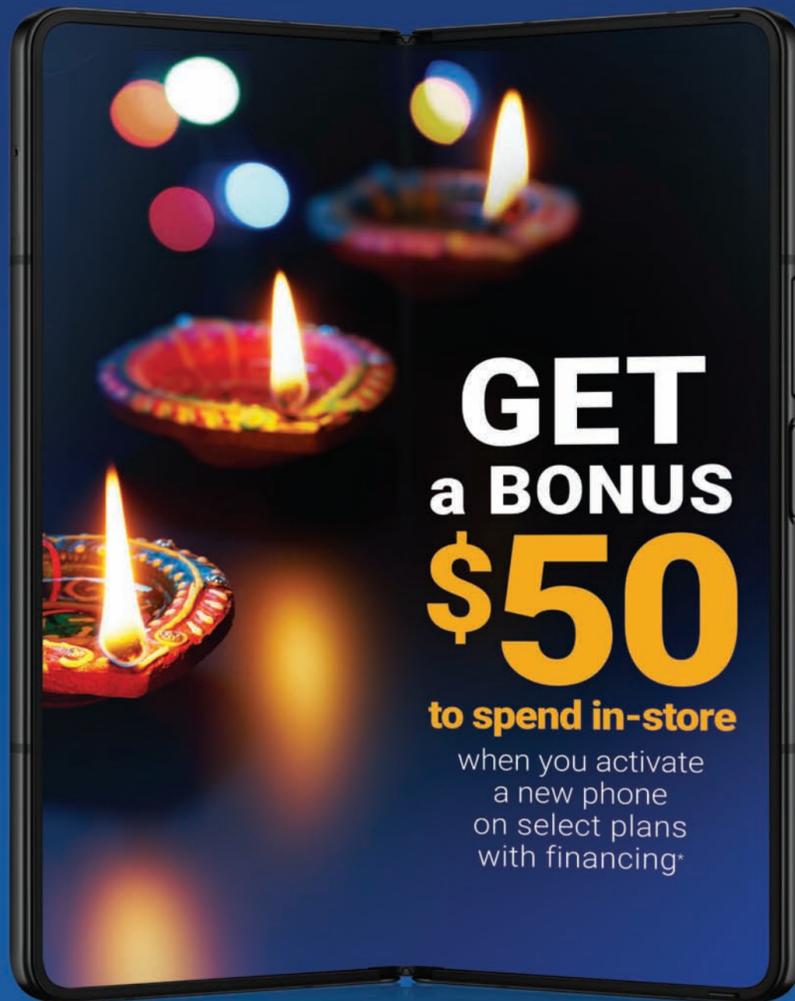
## CORRUPT FORCES WON'T BE SPARED, SAYS PM MODI

Prime Minister Narendra Modi on Monday said that those who indulge in corruption will not be spared, however influential or strong they may be. Addressing jawans in Kargil on the occasion of Diwali, he said that such corrupt forces for many years blocked progress, but now all those gaps are being filled. Modi's comments have come at a time when the Government has cancelled the FCRA licence of Rajiv Gandhi Foundation, leading to political sparring between the Congress and BJP. Modi further said that following the Government's Atmanirbhar Bharat plan, all the three defence forces will now make 400 weapons indigenously. He said that soon soldiers would be able to use modern indigenous weapons while the Government is preparing state of the art infrastructure in frontline areas to strengthen the country's defence. Kargil, the PM said, has been witness to all victories against Pakistan and also reminisced about his visit there during the Kargil conflict in 1999. He said that in today's global perspective, Diwali symbolises end of terrorism and therefore, it is imperative to spread the message of peace on the occasion. Modi had reached Kargil earlier in the morning, to celebrate Diwali with personnel posted there.

## 'NEW AYODHYA' TO RISE BY 2024

With the Modi-Yogi governments undertaking development projects worth more than Rs 20,000 crore in an effort to restore this Ayodhya's magnificence and make it a global city by 2024, the world will begin to see a 'New Ayodhya' soon when projects get completed. The government spokesman said that the state government was working to widen and upgrade roads at a cost of Rs 900 crore to facilitate access to the birthplace of Ram Lalla. For this, Rs 107 crore has been released by the government as the first instalment. The work of widening Shri Ram Janmabhoomi Path, Bhakti Path and Ram Path is progressing fast, according to the official statement. Construction of Ayodhya Bypass (Ring Road), widening of ChaurasiKosi Parikrama Marg and construction of the Salarpur railway station terminal will also restore the glory of Ayodhya. The construction of MaryadaPurushottam Shri Ram International Airport is also progressing fast. The first phase of the airport will cost Rs 252 crore. The estimated cost of construction of the runway and the terminal are Rs 98 crore and Rs 56 crore, respectively. The airport building is designed as a replica of the under-construction Ram temple. The railway station of Ayodhya will be equipped with world-class facilities. The total budget is of about Rs 440 crore. The project includes construction of attractive buildings, parking, housing for employees, offices for railway police, construction of three new platforms, road construction, drainage works, among others.

# Happy Diwali



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## KHARGE FORMS 47-MEMBER STEERING COMMITTEE, RETAINS MOST FROM CWC, INCLUDING MANMOHAN, SONIA

Congress's new president Mallikarjun Kharge set up a 47-member Steering Committee on Wednesday, which included former prime minister Manmohan Singh and the party's ex-presidents Sonia and Rahul Gandhi. The new panel headed by him would replace Congress Working Committee, the apex decision-making body, till a new CWC is formed after Kharge's election is ratified at the party plenary.

All members and permanent invitees of the last CWC have been retained in the committee except Vivek Bansal. Bansal, a former MLA who was a permanent invitee in the previous CWC, is now the in-charge for Haryana affairs of the party.

None of the special invitees to the previous CWC under Sonia Gandhi have found a place in the new Steering Committee announced by Kharge hours after he took over as the new party Congress president.

Shashi Tharoor, who contested against Kharge, is not among the panel members. He was earlier heading the Professional Congress wing of the party but resigned ahead of the party's presidential election. The CWC special invitees not included in the new panel are Ajay Kumar Lallu, Chinta Mohan, Deepender Singh Hooda, Sachin Rao, besides Seva Dal chief organiser Lalji Desai, IYC chief Srinivas B V, NSUI chief Neeraj Kundan, Mahila Congress chief Netta D'Souza and president of Intuc G Sanjeeva Reddy.

Anand Sharma, a CWC member and a prominent leader of the G23 dissident group that was pushing for organisational overhaul, has been retained in the Steering Committee. Earlier in the day, soon after Kharge took over as the new chief, all CWC members and office bearers of the party tendered their resignations to the new party chief to enable him to choose his own team.

There is a tradition of all office bearers of the Congress resigning soon after the election of the new president. "All the CWC members, AICC

general secretaries and in-charges have tendered their resignation to Congress president," said AICC general secretary Organisation KC Venugopal.

According to a communication from the AICC general secretary (Organisation), the steering committee members include senior party leaders Priyanka Gandhi Vadra, A K Antony, Ambika Soni, Anand Sharma, K C Venugopal, Randeep Surjewala and Digvijaya Singh.

"As per Article XV (b) of the Constitution of the Indian National Congress, the Congress president has constituted the Steering Committee which would function in place of the Congress Working Committee," Venugopal said in the order.

The CWC is the highest decision-making body of the Congress and the Steering Committee will now take all decisions till the ratification of Kharge's election at the party's plenary session attended by all PCC delegates. According to the party Constitution, 11 members of the CWC will be nominated and 12 will be elected. Besides, the leader of the party in Parliament and the Congress president will also be the members of the working committee.

The session is likely to be held in March next year. Among those who resigned was Anand Sharma who assured of all cooperation to the new chief and thanked Sonia Gandhi for her leadership. Congratulating the new Congress chief, Sharma said, "It has been a privilege for me to have served as a member of the CWC with the outgoing president Sonia Gandhi and also with former president Rahul Gandhi."

"As you assume the office of the Congress president, I am submitting my resignation from the CWC. I consider, that it is important for the new president to have the freedom to reconstitute the CWC as required under the provisions of the Constitution of the Indian National Congress," he said, assuring his support in all endeavours for strengthening the party.

## NO ELECTRICITY DISCONNECTION OF BHAGAT SINGH'S HOUSE: PUNJAB GOVT

Facing criticism, the local administration of Shaheed Bhagat Singh Nagar in Punjab on Saturday refuted the electricity disconnection of the ancestral house of legendary freedom fighter Bhagat Singh situated at Khatkar Kalan and clarified that there is no bill pending. "In fact, Powercom has an advance bill payment worth Rs 6,760 with them," Deputy Commissioner Navjot Pal Singh Randhawa told the media.

He also made an appeal to a section of the media not to use the name of ancestral house as emotions of lakhs of people are attached with this historic place.

Earlier, Power Minister Harbhajan Singh also clarified that the power connection of the ancestral house or the museum of Shaheed Bhagat Singh at Khatkar Kalan was never disconnected.

Meanwhile, the ancestral house of Shaheed Bhagat Singh has a separate power connection in the name of Department of Cultural Affairs. Born on September 28, 1907, Bhagat Singh, a source of inspiration for the nation's youth, was hanged in the Lahore Central Jail, now in Pakistan, on March 23, 1931, along with his associates Rajguru and Sukhdev.

His death had inspired thousands of people to join the freedom movement. Today, a museum in his memory at the entrance of his village, 80 km from Chandigarh on the highway to Jalandhar in Nawanshahr district, speaks about his valour.

During his visit on the freedom fighter's martyrdom day in 2003, former President late A.P.J. Abdul Kalam said he was indeed delighted to visit the home of one of the most inspiring and revolutionary freedom fighters of Mother India.

## AMID 'DIRTY BOMB' THREATS, INDIA URGES RUSSIA, UKRAINE TO AVOID NUCLEAR WAR AT ALL COSTS

Defence Minister Rajnath Singh on Wednesday told his Russian counterpart Sergei Shoigu that the nuclear option should not be resorted to by any side involved in the Ukraine conflict and the crisis should be resolved through dialogue and diplomacy.

In their telephonic talks, Shoigu briefed Singh on the evolving situation in war-torn Ukraine, including his concerns about possible "provocations through use of 'dirty bomb'", the defence ministry said. Singh's comments that the nuclear option should not be resorted to is a message to Russia as well as Western powers backing Ukraine, people familiar with the matter said. Ukraine does not have any nuclear arsenal.

Last month, Putin issued a thinly veiled threat that Moscow could exercise the option of using nuclear weapons to defend Russian territory in case of an escalation in the conflict. According to media reports from Moscow, Putin on Wednesday monitored drills of Russia's strategic nuclear forces involving multiple practice launches of ballistic and cruise missiles in a show of force amid the heightened tensions with the West over the Ukraine conflict. "Singh reiterated India's position on the need to pursue the path of dialogue and diplomacy for an early resolution of the conflict," the defence ministry said. "He pointed out that the nuclear option should not be resorted to by any side as the prospect of the usage of nuclear or radiological weapons goes against the basic tenets of humanity," it said in a statement. The conversation took place at the initiative of the Russian defence minister amid escalation of hostilities between Russia and Ukraine.

## GUJARAT REPORTS 500% SPIKE IN BURN CASES ON DIWALI

The Emergency Medical Services data on Tuesday stated that there was a 500 per cent spike in the burn cases across Gujarat on Diwali and the physical assault incidents witnessed an increase of 112 per cent. According to the medical services data analysis, Gujarat reports an average six burn cases, but on Monday (Diwali day) 30 calls were received. It is a 500 per cent jump from the normal days. At least eight burn cases were reported from Ahmedabad, which was the highest on the day in the state.

The press release issued by the services also noted that the physical assault cases were 257, which is 112 per cent higher than the normal day case number of at least 121. On Diwali day, 188 persons fell from different heights, which was also an 8.05 per cent increase. At least 42 persons fell from buildings in Ahmedabad city and 24 in Surat.

There was 200 per cent increase in sexual assault cases. Nine women faced sexual assault on the Diwali day, as against three per day usually reported.

There was a drop in the drowning cases, electrocution, and crush injuries. But, injury due to animal attacks increased by 18 per cent from 16 cases to 19 cases.

## PUNJAB TO SENSITISE PEOPLE ON GENDER-BASED VIOLENCE

After conducting a series of awareness events, the Punjab government would organise a state-level awareness function in Jalandhar on October 27 to further sensitise people on gender-based violence, an official statement said on Monday.

Women and Child Development Minister Baljit Kaur would preside over the function, where information is to be disseminated over various issues including sex and gender, gender-based violence case management, and facilities being ensured at one-stop centres across the state.

The Social Security, Women and Child Development Department is organising the training and capacity building services for one-stop centres and related functionaries for gender responsive Covid-19 recovery in Punjab.

These workshops are focused to train frontline workers and functionaries at district and block level on the issues related to gender and gender-based violence.

These efforts are being initiated to apprise all stakeholders about the effective redressal mechanism in such cases besides to learn the process of service and support to the survivor of gender-based violence. The district-level functionaries have been trained in these workshops.

## PUNJAB SPEAKER TO GIVE RS 1L TO PANCHAYATS FOR NOT BURNING STUBBLE

Punjab Assembly Speaker Kultar Singh Sandhwan on Sunday announced to give Rs one lakh each to the village panchayats of his constituency, who do not burn paddy stubble. This amount will be given from his discretionary quota. Sandhwan said the burning of stubble has a harmful impact on the environment along with the loss of fertility of the land.

According to principles of Gurbani, the people love nature the most. As the people become aware about the harmful effects of stubble burning, they are abandoning this trend.

He added that the day is not far when the people of the state will completely abandon the trend of burning the stubble. The Speaker has not only continuously made people aware about the harmful impact of stubble burning, but has also felicitated people who did not burn the stubble.

## UK QUEEN CONSORT CAMILLA VISITS BENGALURU HEALTH CENTRE

The UK Queen consort Camilla has arrived in Bengaluru health centre along with her friends, said police sources on Sunday. She travelled by the British Airways flight and landed at the Kempe Gowda International Airport of Bengaluru on Thursday. Earlier, the sources had said that she has arrived to Bengaluru with King Charles III. However, later, the sources said that she has come along with her friends.

The authorities are tight-lipped about the visit as they were instructed not to reveal any information about her trip. The sources said that she is undergoing holistic therapies for about 10 days.

She is presently staying at the Soukhya, Holistic Health and Wellness Centre located close to the Whitefield. Royal Protection Squad members of elite force of the Scotland Yard had escorted them from the Bengaluru International Airport to the health centre, the sources said.

The sources at the Soukhya said that Dr Issac Mathai, the Chairman, is the personal holistic physician for the UK queen consort. She has been visiting the health centre since 2010.

# Happy Diwali & Bandi tehor diwas!

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## PAKISTAN IS OUT OF FATF GREY LIST, BUT WILL LEOPARD CHANGE ITS SPOTS ON PROXY TERROR?

CONTD. FROM PAGE 1

The reforms carried out by Islamabad were good for the security and stability of Pakistan and the region, he said.

While Pakistan may have exited from the 'Grey List', its history of support to terrorist individuals and entities shows that it is unlikely to reform itself into a good cop overnight!

A recent article by Aparna Rawal for South Asia Voices (October 17) informs that the deep state in Pakistan remains synonymous with an intricate network of terror, narcotics and funding which span the globe. At the forefront of Pakistan's operations is D Company and Haqqani Network. Most of these crime syndicates thrive through extortions, violence, kidnappings and even assassinations while re-routing funds through formal channels like charities or legitimate business enterprises. A quick glance at the past shows how the deep state in Pakistan used money laundering for terror and narcotics trading in its global operations. Pakistan's Inter-Services Intelligence (ISI) is known to support various entities, terror outfits or rackets which would benefit their well-articulated "Gazwa-i-Hind" (bleed India with thousand cuts) strategy against India and which will also allow them to exert their influence in the South Asian regions by all possible means.

This is also one of the reasons why Dawood Ibrahim proved to be effective. To be indispensable to the ISI, he funded ISI-funded terror organizations, while in exchange he received ISI protection.

This arrangement served the twin purposes, of firstly, providing a front for ISI's dealings with terror outfits and secondly, for moving funds required to covertly support the outfits.

Since 2016, the ISI has been aggressively and covertly operating in activities to destabilize India. There have been many Pakistani sleeper cells active in India, with the D Company's affiliations.

Arms transportation and terror funding are becoming more evident through the hawala channels. Several ISI-trained components are being tasked to carry out reconnaissance missions against India.

Recently, the D Company-ISI hand was exposed through various crackdowns on terror modules conducted by Indian security agencies. On September 22, an ISI agent Lal Mohammed was shot dead in Nepal. He delivered counterfeit Indian currency from Nepal, Pakistan and Bangladesh to India.

Lal used to provide logistical support to ISI and had links to Dawood Ibrahim and his D Company.

Apart from D Company's own terrorist activities, the organization has maintained relations with other terror outfits and even made donations to them through their front companies.

On September 26, Riyaz Bhatti was also arrested in an extortion case. Besides, henchmen employed for extortion and other criminal activities, Dawood has several agents who make investments on his behalf worldwide. Rasheed Saeed is a known D Company agent who reportedly

handles the revenues coming to the company under Chhota Shakeel. Saeed's cover has been managing director of a Mumbai-based events company that is known for hosting promotional events for Bollywood films.

Tiger Memon continues to be a partner in a firm that deals in steel exports. Recently, five of D Company's operatives were arrested by the Mumbai Crime Branch, Anti Extortion Cell.

This occurred, months after Dawood's close aide, and brother-in-law of Chota Shakeel, Salim Fruit was arrested in August 2022 by the NIA. He was accused of extorting Rs 62 lakh.

In this context, it is important to mention that most cases relating to money laundering have their origins in the covert support provided to the Mujahideen in Afghanistan, by Pakistan's ISI.

The informal channels stem from the mutual understanding for support of the mujahideen cause, which was not limited to a particular region, but extended to a global network for waging jihad.

For several years, Pakistan's ISI funnelled money to the Mujahideen in Afghanistan with the help of the Bank of Credit and Commerce International, founded by Agha Hasan Abedi, a Pakistani businessman.

Its primary purpose was ostensibly to fund armed groups abroad. The Bank of Credit and Commerce International was also responsible for transferring funds and arms to the Iran-Contra arms deal.

From the 1970s to the 1980s, Bank of Credit and Commerce International had set up a quid pro quo approach with all their clients. It would provide unsecured loans to its wealthy clients in exchange for access to the global markets. Their clients included a Saudi financier who received a loan of \$500 million and in return was entrusted to buy a controlling interest on Bank of Credit and Commerce International's behalf in two American banks.

The organization became famous for providing unsecured loans to wealthy investors in the Middle East.

Iraqi leader Saddam Hussein, another client of BCCI, was able to utilize their service to transfer most of his oil revenue to investments globally. This also included the clandestine funding of politically volatile projects such as Pakistan's nuclear programme in the 1980s.

In June 2018, the FATF had placed Pakistan on its list of countries under increased monitoring, or the so-called grey list, for its failure to tackle terror financing, especially the activities of UN-designated terror groups such as Lashkar-e-Taiba and Jaish-e-Mohammed.

Pakistan was given two action plans with 34 action items to strengthen its ability to counter both fund-raising by terrorists and money laundering. FATF action against Pakistan demonstrates the urgent global requirement to cut terror funding to contain terror activities in the South Asian region. The lesson learnt is that while Pakistan has exited the grey list, hidden below the surface, it is business as usual for the deep state. Nothing is likely to ever change in Pakistan!

## SAUDI CROWN PRINCE LIKELY TO VISIT PAKISTAN IN NOVEMBER



Saudi Crown Prince and Prime Minister Mohammad bin Salman is expected to travel to Islamabad next month on a crucial visit Pakistan is hoping will lead to yet another financial bailout package from the oil-rich Arab nation, the media reported.

Though officials are tight-lipped and not sharing details of the visit, sources confirmed to The Express Tribune that the two countries were in touch to prepare for the visit. Prime Minister Shehbaz Sharif invited the Saudi de facto ruler on a visit to Pakistan when he visited Saudi Arabia in July. The visit comes at a time when the coalition government led by Shehbaz is facing an imminent long march of former Pakistan prime minister Imran Khan and when Saudi Arabia is involved in a diplomatic row with the US over the recent cut in oil supplies by major exporting countries. Pakistan in a surprise and significant move took a public stance on the US-Saudi row and backed Riyadh's position, Express Tribune reported. "To me it was quite unprecedented and surprising when Pakistan took a public position on an issue where we don't have any direct role," commented a policy expert, who previously worked with the government to bring investment in the country. He requested not to be named because of the sensitivity of the issue. But the statement in favour of Saudi Arabia at this juncture may help Pakistan get the much needed financial support from Riyadh. The US has been furious over the OPEC+ move to cut oil supplies by 2 million barrels a day despite request by President Joe Biden to the contrary. Biden warned that Saudi Arabia will have to face consequences of the decision and that his administration would revisit the 80-year long bilateral relationship with the Arab country. Against this backdrop, the visit of the Saudi crown prince would be closely watched. Sources said the government was keen to revive the multi-billion dollar investment plan that Saudi Arabia had agreed to do in Pakistan when MBS visited Islamabad in February 2019, Express Tribune reported.

## RISHI SUNAK, AKSHATA MURTY'S COMBINED FORTUNE DOUBLE OF KING CHARLES III

CONTD. FROM PAGE 1

He was born in Southampton in 1980 to Indian parents who had moved to the UK from east Africa. His father was a general practitioner and his mother ran her own pharmacy.

The eldest of three children, Sunak was educated at a private boarding school, Winchester College, which costs 43,335 pounds a year to attend. He was head boy, and has in recent years made multiple donations to the school. Sunak went on to study politics, philosophy and economics at the University of Oxford. He was awarded a first-class degree. He later gained an MBA at Stanford University, where he met Akshata Murty, his future wife, but where few others remember him, The Guardian reported.

Murty, 42, is the daughter of the Indian billionaire NR Narayana Murthy, often described as the Bill Gates of India, who founded the software company Infosys. According to reports, his daughter has a 0.91 per cent stake in the company, worth about 700 million pounds. The couple married in her home town of Bengaluru in a two-day ceremony in 2009 attended by 1,000 guests. They have two daughters, Krishna and Anoushka. In April this year, it emerged that Murty was a non-domiciled UK resident, meaning she avoided UK taxes on her international earnings in return for paying an annual charge of 30,000 pounds.

Without that non-dom status she could have been liable for more than 20 million pounds of UK taxes on these windfalls, it was reported. After a public outcry, her spokesperson announced she would start paying UK taxes on her overseas earnings to relieve political pressure on her husband, The Guardian reported.

Still, Sunak and Murty's combined fortune is estimated to be 730 million pounds, double the estimated 300 million-350 million pounds wealth of King Charles III and Camilla, Queen Consort. They own four properties spread across the world and valued at more than 15 million pounds, The Guardian reported.

## PAKISTAN SENDS TEAM TO PROBE JOURNALIST SHARIF'S DEATH IN KENYA

CONTD. FROM PAGE 1

Condolences poured in from politicians and colleagues on the journalist's death.

President Arif Alvi termed Sharif's death a loss for journalism and Pakistan.

PTI Secretary General Asad Umar and Senator Azam Swati also said they were shocked and devastated by the news of the journalist's death. ARY News host Kashif Abbasi tweeted: "My brother, my friend my colleague Arshad Sharif was shot dead in Kenya..I still can't believe it. It's beyond heart breaking. This is just wrong.. This is painful."

"Arshad Sharif, not just a colleague, a brother, is no more. From Islamabad to Moscow, from Dunya News to ARY, I've not known a finer gentleman. Shot dead. Too young. Too brutally," Hum News anchorperson Meher Bokhari tweeted. Journalists Kamran Khan and Shahbaz Rana called for an investigation into Sharif's killing, reports Dawn news. Earlier this year, police had booked Sharif, ARY Digital Network President and CEO Salman Iqbal, Head of News and Current Affairs Ahammad Yousaf, anchorperson Khawar Ghumman and a producer for sedition over a controversial interview by PTI leader Dr Shahbaz Gill broadcast on the channel on August 8. A day later, the Interior Ministry had cancelled the channel's no-objection certificate citing "adverse reports from agencies" as the reason behind the decision that was later reversed after an order of the Sindh High Court. Subsequently, Sharif had left the country, Dawn news reported. The ARY Network had later announced it had "parted ways" with Sharif.

## UK MINISTER FOR TRADE POLICY CALLS INDIA AN ECONOMIC SUPERPOWER

Greg Hands, the UK Minister for Trade Policy, called India an "economic superpower" and says an FTA would improve access to its "dynamic market", media reports said.

He said the government is negotiating an ambitious FTA that "works for both countries" and that the "majority of chapters" of the agreement have already been reached, with more rounds expected shortly, BBC reported.

Hands added that the deal would drive growth, support jobs across the UK, and help British goods to reach India's growing middle class.

Labour MP Nick Thomas-Symonds had asked for an update on the progress of the UK-India Free Trade Agreement (FTA).

New UK Prime Minister Rishi Sunak faced Labour leader Keir Starmer and other MPs at Prime Minister's Questions.

Starmer pressed him on the re-appointment of Suella Braverman as Home Secretary just six days after she resigned over data breaches, saying he made a "grubby deal" with her, BBC reported.

Sunak responded that Braverman "made an error of judgment", has apologised, and he's delighted to have her back in cabinet.

The pair also clashed over Sunak's stated commitment to helping the most vulnerable – with Starmer questioning it.

But Sunak says that he is honest about mistakes and economic difficulties, while accusing the Labour leader of "selling fairy tales".

It comes after the government delayed announcing its plan to repair the UK's finances until 17 November.

Chancellor Jeremy Hunt said the plan, originally due on Monday, would be upgraded to a full Autumn Statement – calling the delay "prudent".

## UAE MINISTER APPLAUDED INDIA'S EXTERNAL AFFAIRS MINISTER S. JAISHANKAR FOR HIS FINESSE OF PROJECTING INDIA'S FOREIGN POLICY GLOBALLY

UAE's Minister of State for Artificial Intelligence, Omar Sultan Al Olama, on Wednesday applauded External Affairs Minister S. Jaishankar for his finesse of projecting India's foreign policy globally.

In a virtual address while inaugurating a think-tank event, Olama said he is "impressed" with Jaishankar's abilities.

The UAE minister was responding to a question on how he deals with geopolitical issues. "Historically, the world was unipolar, bipolar or tripolar, where you had to choose sides. I am very impressed by your Minister of Foreign Affairs. I see some of his speeches. One thing is very clear for both the UAE and India, which is we don't need to choose sides," said Olama while praising Jaishankar. While speaking on trade and commerce, Olama expressed optimism over the possibility that both India and the UAE could expand their reach globally.

## NASA'S LUCY SPACECRAFT CAPTURES IMAGES OF EARTH, MOON AHEAD OF GRAVITY ASSIST

A NASA spacecraft named Lucy, the first mission to the Jupiter Trojan asteroids, has captured an stunning image of Earth, along with a photo of the Earth and the Moon, as part of gravity assist to gain some of the orbital energy it needs to travel to this never-before-visited population of asteroids. NASA's Lucy spacecraft captured the image of Earth at a distance of 620,000 kms. The upper left of the image includes a view of Hadar, Ethiopia, home to the 3.2 million-year-old human ancestor fossil for which the spacecraft was named, the US space agency said in a statement. Lucy is the first mission to explore the Jupiter Trojan asteroids, an ancient population of asteroid "fossils" that orbit around the Sun at the same distance as Jupiter.

To reach these distant asteroids, the Lucy spacecraft's trajectory includes three Earth gravity assists to boost it on its journey to these enigmatic asteroids.

The image was taken with Lucy's Terminal Tracking Camera (T2CAM) system, a pair of identical cameras that are responsible for tracking the asteroids during Lucy's high-speed encounters.

The T2CAM system was designed, built and tested by Malin Space Science Systems; Lockheed Martin Integrated the T2CAMs onto the Lucy spacecraft and operates them. Lucy spacecraft also captured an image of the Earth and the Moon from a distance of 1.4 million km.

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Save: \$0.72 <b>87¢ lb</b>	Save: \$0.62 <b>97¢ lb</b>	Save: \$1.21 <b>2 FOR \$1.97</b>
Fresh Seedless Red Grape 新鮮無籽紅提 Reg: \$2.99	Fresh Driscoll's Blueberry 551ml (L) 新鮮Driscoll's藍莓(大) Reg: \$3.99	Fresh Yellow Date Plum 新鮮空運黃桃 Reg: \$4.99
Save: \$1.42 <b>\$1.57 lb</b>	Save: \$1.02 <b>\$2.97 ea</b>	Save: \$1.02 <b>\$3.97 lb</b>

MEAT

Fresh Whole Chicken (No Cut, No Clean) 新鮮雞 Reg: \$21.99	Fresh Veal Flank 新鮮牛腩 Reg: \$5.99	Frozen Mutton Leg 急凍羊腿 Reg: \$5.99
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Horlicks Take A Moment Malt Goodness Beverage Mix 500g Reg: \$3.99	Eagle Brand Jumbo Lime Beans 4lb Reg: \$10.99	Hsiang Yang Panax Ginseng Extra Ctum / Ginseng Royal Jelly 30*10ml 向陽牌人參精/人參鮮王漿 Reg: \$11.99	India Gate Premium Basmati Rice 10lb Reg: \$15.99
Save: \$2.02 <b>\$6.97 ea</b>	Save: \$4.02 <b>\$6.97 ea</b>	Save: \$3.02 <b>\$8.97 ea</b>	Save: \$3.02 <b>\$12.97 ea</b>

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Lotus Biscoff Biscuits 250g Reg: \$3.99	Shan Holey Mix 300g Reg: \$4.99	Brooke Bond Red Label Black Tea 100 Tea Bags 200g Reg: \$5.99	Caribbean Delight Sun Dried Sorrel 100g Reg: \$4.99	Zaika Ginger / Garlic / Ginger Garlic Paste 750g Reg: \$5.99
Save: \$1.02 <b>\$2.97 ea</b>	Save: \$2.02 <b>\$2.97 ea</b>	Save: \$1.02 <b>\$2.97 ea</b>	Save: \$1.02 <b>\$3.97 ea</b>	Save: \$1.02 <b>\$4.97 ea</b>

Eagle Brand Chana Dal (Split Desi Chickpeas) 1lb Reg: \$6.99	Edro Desiccated Coconut 500g Reg: \$7.99	Sulnut Green Raisin 450g Reg: \$7.99	Global Choice Kachi Ghani Mustard Oil 1lb Reg: \$7.99	Origin 886 First Cold Pressed Unrefined Extra Virgin Olive Oil 846ml Reg: \$12.99
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Save: \$0.50 <b>\$3.49 lb</b>	Save: \$1.60 <b>\$5.49 lb</b>	Save: \$1.00 <b>\$4.99 lb</b>	Save: \$1.00 <b>\$5.99 lb</b>	Save: \$1.00 <b>\$7.99 lb</b>

## BAKERY

Cheese Raisin / Poppy Seeds Bun Reg: \$1.99	Berry Burst Braided Strudel Reg: \$2.99	Lemon Angel Food Cake Reg: \$3.59	Crispy Cake Rusk 750g Reg: \$5.49	Crispy Punjabi Cookies 1134g Reg: \$6.99
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SH Fajita Vegetable / California Mixed Vegetable 1.5kg Reg: \$6.99	Aana Taste Aloo Tikki Potato Patties 15pcs 750g Reg: \$7.99	Lion Vegetable Spring Roll 1000g Reg: \$7.99	Fresco Plain Paratha 20pcs Reg: \$7.99
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Mi Seckan's Fried Miso Gyoza Noodles 520g Reg: \$3.99	Cubed Chicken Pot Pie Thick (Beefon Rice) 2lb Reg: \$3.99	Gracie Corn Meal 2kg Reg: \$3.99	Eagle Brand Yellow Split Peas 484ml Reg: \$5.99	Chief Premium Green Scorpion 1.50l Reg: \$8.99
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Save: \$2.02 <b>\$12.97 ea</b>	Save: \$1.02 <b>\$3.97 ea</b>	Save: \$2.02 <b>\$7.97 ea</b>	Save: \$2.02 <b>\$7.97 ea</b>

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Fresh Pumpkin Reg: \$1.59	Fresh Zucchini Reg: \$1.59	Fresh Cooking Onion 2lb Reg: 1.59/bag
Save: \$0.72 <b>87¢ lb</b>	Save: \$0.62 <b>97¢ lb</b>	Save: \$1.21 <b>2 FOR \$1.97</b>

Fresh Seedless Green Grape Reg: \$2.99	Fresh Driscoll's Blueberry 551ml (L) Reg: \$3.99	Fresh Yellow Date Plum Reg: \$4.99
Save: \$1.42 <b>\$1.57 lb</b>	Save: \$1.02 <b>\$2.97 ea</b>	Save: \$1.02 <b>\$3.97 lb</b>

## MEAT

Fresh Whole Chicken (No Cut, No Clean) Reg: \$21.99	Fresh Veal Flank Reg: \$5.99	Frozen Mutton Leg Reg: \$5.99
Save: \$1.00 <b>\$1.99 lb</b>	Save: \$1.00 <b>\$4.99 lb</b>	Save: \$1.00 <b>\$4.99 lb</b>

## DAIRY

Silk Almond Beverage 946ml Reg: \$3.99	Silva Ricotta Cheese 454g Reg: \$3.99	Seven Bakers' Dried White Shredded Cheese 300g Reg: \$3.99	Harvey Dairy Paneer 300g Reg: \$5.99	Sunny D Tofu 300g Reg: \$7.99
Save: \$1.22 <b>\$2.77 ea</b>	Save: \$1.02 <b>\$2.97 ea</b>	Save: \$1.02 <b>\$2.97 ea</b>	Save: \$1.02 <b>\$4.47 ea</b>	Save: \$1.02 <b>\$5.97 ea</b>

## GROCERY

Sabina Green Congo Pigeon Peas 300g Reg: \$1.99	Excelstar Water Crackers 300g Reg: \$2.59	Surati Snacks Series 341g Reg: \$2.99	Unico Crushed Tomatoes 794ml Reg: \$1.99	Star Juice Drink Series 1.5L Reg: \$4.99
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Reckon Lemon Juice 945ml Reg: \$4.99	Caribbean Delight Sun Dried Sorrel 100g Reg: \$4.99	Merilin China Green Tea 200g Reg: \$3.99	Shan Pickle Series 1kg Reg: \$5.99	Eagle Brand Chick Peas 4lb Reg: \$6.99
Save: \$1.02 <b>\$3.97 ea</b>	Save: \$1.02 <b>\$3.97 ea</b>	Save: \$1.02 <b>\$3.97 ea</b>	Save: \$1.02 <b>\$4.97 ea</b>	Save: \$1.02 <b>\$4.97 ea</b>

Heinz Ketchup 1L Reg: \$3.99	Shan Ginger / Garlic / Ginger Garlic Paste 700g Reg: \$4.99	Supreme Instant Breakfast Blend 400g Reg: \$5.99	Monster Energy Drink 473ml Reg: \$5.99	Sera Roasted Eggplant 550g Reg: \$7.99
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Cheese Raisin / Poppy Seeds Bun Reg: \$1.99	Berry Burst Braided Strudel Reg: \$2.99	Crispy Cake Rusk 750g Reg: \$5.49
Save: \$1.02 <b>97¢ ea</b>	Save: \$1.02 <b>\$1.97 pk</b>	Save: \$1.02 <b>\$4.47 pk</b>

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## PRIYANKA CHOPRA SHARES DIWALI PICS WITH NICK JONAS, MALTI MARIE

Actress Priyanka Chopra Jonas celebrated a very special Diwali with her husband Nick Jonas and their daughter, Malti Marie, whom the couple welcomed early this year. Priyanka took to her Instagram to share the pictures of her Diwali celebrations. She wrote in the caption: "Love, peace and prosperity to all. From a heart truly laden with gratitude, I wish you all a Happy Diwali. Sorry I'm a little late but decided to stay in the moment just a little bit longer. Om Namah Shivay. From ours to yours. Love and light. PS: missed u @siddharthchopra89"

In the pictures, the star couple can be posing with daughter and Priyanka's mother, Madhu Chopra. Priyanka and Nick welcomed their daughter via surrogacy this year. Announcing the arrival of their baby, the star couple shared a statement in January. The statement read: "We are overjoyed to confirm that we have welcomed a baby via surrogate. We respectfully ask for privacy during this special time as we focus on our family. Thank you so much." Since then, the couple have been mindful of their daughter's pictures coming out on the Internet and have always concealed her face with the emojis.

## SONAM KAPOOR, ANAND AHUJA'S OLD PHOTO WITH UK PRIME MINISTER RISHI SUNAK RESURFACES



After Rishi Sunak was announced as the first Indian-origin Prime Minister of the UK, musician Ayaan Ali Bangash took to Instagram and shared a throwback photo with him that also features Sonam Kapoor, Anand Ahuja, Shekhar Kapur and sarod maestro Amjad Ali Khan, among others celebrities. In the photo, Sonam is wearing green, while Anand Ahuja wears a black suit. Sharing the picture on Instagram, Ayaan wrote, "Many many congratulations prime minister @rishisunakmp." One fan commented, "This picture just keeps on surprising." Another added, "Lovely pic, so much talent, so many old friends...." Many Bollywood celebrities had welcomed Rishi Sunak's appointment as the Prime Minister of the UK. Amitabh Bachchan had posted a photo of himself and had written, "Jai Bharat... now the UK finally has a new viceroy as its Prime Minister from the Mother Country." Vivek Agnihotri tweeted, "Congratulations to the first Hindu PM of UK @RishiSunak. Civilisational justice."

## RANBIR KAPOOR IS 'DONE WITH BRAHMASTRA PROMOTIONS' AS THE FILM NEARS ITS DIGITAL PREMIERE: 'ITNA TOH ALIA NE SHIVA NAHI BOLA FILM MEIN'



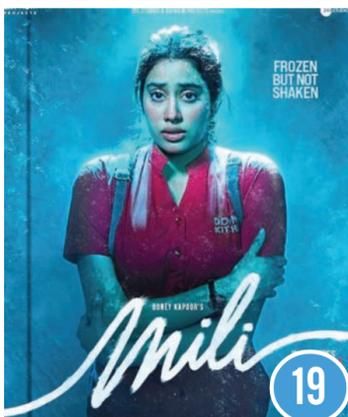
Ranbir Kapoor and Alia Bhatt have been promoting their movie Brahmastra extensively for a few months now. And it seems like Ranbir is tired of promoting the film as he starts another round of promotions for its digital premiere. In a new promotional ad, where the makers seem to be in on the joke, Ranbir can be heard saying, "Nahi bhai, I'm done with Brahmastra promotions. I'm done with Ayan Mukerji." Ranbir goes on to say, "Itna toh Alia ne film mein Shiva Shiva nahi bola hoga (Even Alia did not say Shiva this many times in the film.)," referring to the many memes where Isha repeatedly screaming Shiva's name in the film made for some great social media humour. Ranbir goes on to say, "Alia ki awaaz baith chuki hai har event pe Kesariya gaate gaate. 150 drones uda diya, 250 laddoo baant diye. Aur kya karu? (Alia's throat is sore after singing Kesariya at every event. We have flown 150 drones, distributed 250 sweets. What else do we do?)" Ranbir Kapoor is set to embrace fatherhood soon and he brings that up too in this ad as he says, "Ayan ko lagta hai Brahmastra promotions ke alava meri life hi nahi hai. Baap banne vala hun main. (Ayan thinks I don't have a life beyond Brahmastra."

## POOJA HEGDE REVIEWS RISHAB SHETTY'S FILM, SAYS SHE 'WAS STUNNED AND COMPLETELY AWESTRUCK'



AFTER PRABHAS, KICCHA SUDEEP, AND KANGANA RANAUT AMONG OTHERS, POOJA HEGDE HAS BECOME THE LATEST CELEBRITY TO JOIN THE KANTARA BANDWAGON.

## JANHVI KAPOOR ON HOW FILMS WITH FEMALE PROTAGONISTS ARE TREATED AS AN 'ANOMALY': 'PEOPLE ASK ME HERO KAUN HAI?'



JANHVI KAPOOR HOPES THE ATTITUDE TOWARDS FILMS WITH FEMALE PROTAGONISTS CHANGES.

## 'JACQUELINE FERNANDEZ HAS NO ROLE IN RS 200 CRORE CASE': SUKESH CHANDRASEKHAR IN LETTER TO LAWYER



SUKESH CHANDRASEKHAR IN HIS LETTER, WROTE, "IT IS VERY UNFORTUNATE THAT JACQUELINE FERNANDEZ HAS BEEN MADE ACCUSED IN THE PMLA CASE."

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## SALMAN KHAN BACK TO HOSTING REALITY SHOW AFTER DENGUE SCARE

Bollywood superstar Salman Khan is back to hosting the 'Weekend Ka Vaar' episode after recovering from dengue. The episode will also see Katrina Kaif along with Siddhant Chaturvedi and Ishaan Khattar coming as celebrity guests in 'Bigg Boss 16'. Last week Karan Johar was seen hosting the weekend episode because Salman Khan was down with dengue. Salman will be interacting with the contestants and analysing their entire week's activities. Katrina and the entire cast will be promoting their film 'Phone Bhoot'. According to the news agency PTI, Salman Khan was diagnosed with dengue last week. Further, the reports also added that he has taken a brief break from hosting Bigg Boss. For the unversed, during the Weekend ka Vaar episodes, Salman is often seen discussing with contestants, guiding them on their game plan and taking them to task when needed. Filmmaker Karan Johar, serves as a jury member on the colors ongoing dance show "Jhalak Dikhla Jaa", temporarily took over the hosting duties of Bigg Boss. Contestants who are nominated for this week include Abdu Rozik, Gautam Vig, Gori Nagori, Nimrit Kaur Ahluwalia, Shiv Thakare, Soundarya Sharma, and Tina Datta. Sreejita De and Manya Singh have already been evicted from 'Bigg Boss 16'.

### Salman Khan at Aayush Sharma's birthday bash

Recently, Salman made a grand entrance at his brother-in-law Aayush Sharma's birthday party, and as usual, fans were elated to catch his first glimpses after the recovery. For the occasion, Salman Khan looked fine and hearty as he arrived in style with his brothers Sohail and Arbaaz. The actor also posed for the paparazzi stationed outside the venue and even greeted them with folded hands. He looked dapper in a dark blue T-shirt teamed with a pair of maroon trousers. In one of the videos, shared on social media, Salman can be seen holding his niece Ayat in his arms.

### Salman Khan's Upcoming films

Diwali 2023 will mark the return of the star as Tiger with the Maneesh Sharma-directed Tiger 3. The film brings back the pairing of Salman Khan and Katrina Kaif, with a strong ensemble. The film has been shot across the globe with one of its kind action-packed experiences for the audience during the festive season of Diwali. Not just Diwali, but Salman will also be treating fans on Eid 2023. Kisi Ka Bhai Kisi Ki Jaan will be an Eid 2023 release.

### JANHVI KAPOOR ON HOW FILMS WITH FEMALE PROTAGONISTS ARE TREATED AS AN 'ANOMALY': 'PEOPLE ASK ME HERO KAUN HAI?'

Janhvi Kapoor finds it weird when people look at films with female protagonists as exceptions. The actor, who stars in the upcoming thriller Mili, has just one question to ask: If the film was instead titled Milan, would a male actor be made to feel the same? In an interview with CNN-News18, Janhvi, who has headlined films like Gunjan Saxena: The Kargil Girl and Good Luck Jerry, said, "I have done a couple of films where the protagonist of the film is a female character and I play that part. Every time I tell people about these films, they always address it like it is an anomaly. "Like, 'Oh you are doing a female oriented film.' If Mili was Milan, would you ask the actor you are doing a male oriented film, how do you feel about it? That's weird and sad," she added. Janhvi Kapoor says it is empowering to witness the audience embrace good storytelling even if there are people who will still ask her who the male star in the film is. "At the end of the day, we are just telling stories about characters, irrespective of the genre. I hope that attitude changes. So many times, when I am doing this film, I am asked, 'Oh hero kaun hai?' and I answer: Me. "It is extremely empowering that so many people and the audience right now are gravitating towards just stories.



### RANVEER SINGH CAN'T PORTRAY SANJAY DUTT'S KHAL NAYAK, LATTER SAYS, 'WOH AAJ KAL KAPADE NAHI PEHNTA'



Ranveer Singh is one of the finest actors in the film industry. Be it any role, the actor acers them all. However, Sanjay Dutt said that he can't play Khal Nayak's character. Recently, the Agneepath actor appeared on the popular OTT show Case Toh Banta Hai, which airs on Amazon miniTV. The episode was a laughter riot and Dutt defended himself quite well against the 'atrangi ilzaam' barrage unleashed by Riteish Deshmukh. In sync with his swag and goofy nature, the 'Lage Raho Munnabhai' superstar took the help of his friend, whom we all know as 'Baapu', in defending the funny-yet-absurd accusations. Sanju Baba was also seen shaking a leg with his friend and Janta Ka Lawyer Riteish Deshmukh and that was among the highlights of the episode. Adding to the fun moments of the episode, Varun Sharma, while having a conversation with Sanjay Dutt asked him: "Agar Khal Nayak ka remake bane toh inn mein se kaunse actor ko aapka role nahi kama chahiye - Ranveer Singh, Ranbir Kapoor, ya Vicky Kaushal?"

### HRITHIK ROSHAN CELEBRATES FIRST DIWALI WITH GIRLFRIEND SABA AZAD



Bollywood actor Saba Azad, on the occasion of Diwali, dropped a selfie with her boyfriend Hrithik Roshan. Taking to Instagram, Saba shared the picture on her stories, and captioned it, "Happy Diwali." In the picture, Hrithik and Saba could be seen twinning in white outfits, as they smiled for the camera. Hrithik and Saba have been dating for several months, and have been spotted together at various events. Rumours about Hrithik and Saba's relationship started when they were spotted out on a dinner date together in February. Later, Saba also joined Hrithik's family for a get-together. The rumours came to an end after the two walked hand-in-hand at actor Karan Johar's 50th birthday bash.

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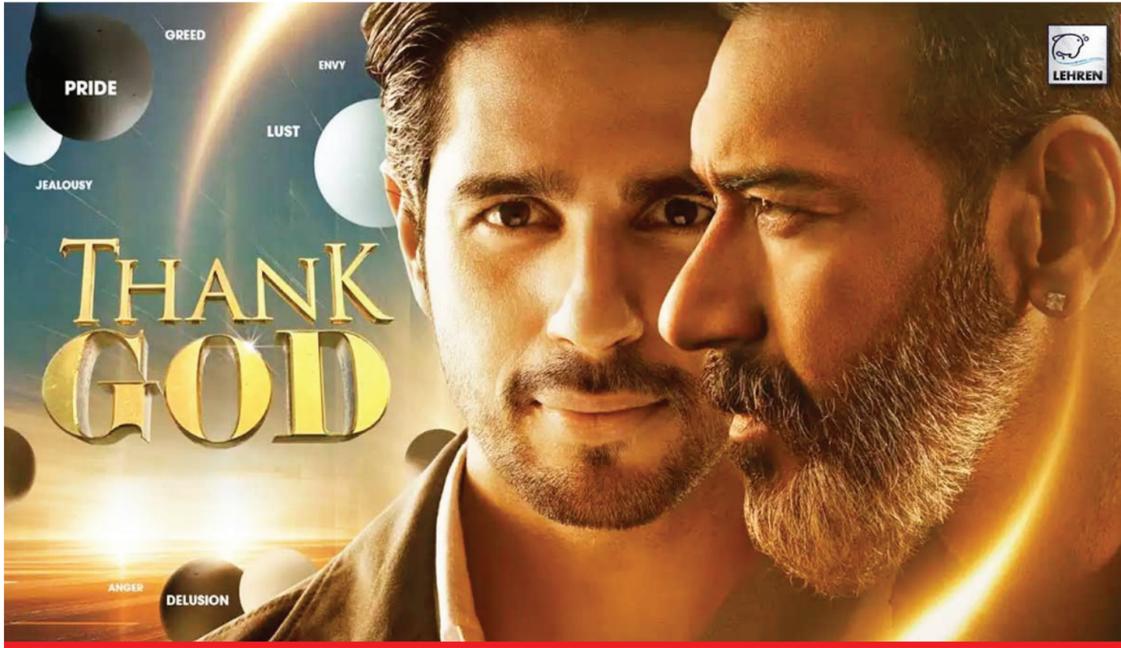
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## AJAY DEVGN-SIDHARTH MALHOTRA STARRER IS A DECENT WATCH

Whether it's a thriller, comedy or romance, Bollywood has drawn inspiration from Hollywood and other language films on numerous occasions. Sometimes, they remake a film and just make a Hindi version, and in other instances they have altered the story to incorporate issues which are more relevant to the Indian audience.

Filmmaker Indra Kumar's Thank God featuring Ajay Devgn, Sidharth Malhotra and Rakul Preet Singh - inspired by the 2009 Norwegian film called Sorte Kugler - falls somewhere in between, where some part is lifted straight from the original while the rest has been altered.

Welcome to the world of Indra Kumar. This is our desi, lowbrow comedy, not to be taken seriously. Frankly, the premise is very simple. It revolves around an egoistic debt-ridden real estate broker (played by Sidharth Malhotra) who has a wife (Rakul Preet Singh) and a daughter. He lands in Yam Loka after meeting with an accident. As he gains consciousness, CG (Ajay Devgn) appears in front of him and informs him that he will have to play a "Game Of Life". If he manages to win, he will be sent back to earth and if he loses, he will be sent to hell.

Once you adjust to that, you will find yourself laughing at a lot of stupid gags that keep flowing out of the Indra Kumar factory. Never one to have claimed that he is peddling anything but stupidity, the filmmaker, who has constantly made mainstream cinema, continues to keep churning out potboilers. No attention is paid to the screenplay and the dialogue is pedestrian; the WhatsApp sort of forwards, which rarely managed to

brings a smile on your face. But in all fairness, some of the jokes do have you laughing out loud. It's the kind of reaction that comes involuntarily when you watch a bunch of good actors doing crazy things just to keep you amused. The film is a mishmash of garish sets, mindless action and screeching actors. Kumar's direction feels a bit dated. He hasn't realised that times have changed. The plot and script already takes viewers intelligence for granted and his direction doesn't help much either. Despite a run time of 121 minutes, the film feels stretched, especially in the climax. Such films usually rely on strong comedy and Thank God somewhere makes the audience laugh. What works in the favour of the film that it isn't vulgar, it isn't full of sexist jokes, and you don't feel like the gags are being stretched out endlessly. Talking about the performances, credit goes to Ajay Devgn. He is hilarious and his expressions are spot on, thereby inducing maximum laughs. He is the catalyst for much of it, and he's clearly the best man for that job. Coming from Shershaah, which was the biggest hit of his career, Sidharth had to prove himself again and he does it convincingly. Choosing to do this quirky role, the actor surely shows his versatility. Rakul Preet Singh might not have a lot of screen time but the actor is confident and this outing is surely better than her recent outings. Nora Fatehi in a guest appearance has nothing much to do. Seema Pahwa feels wasted in the role of a mother. On the whole, Thank God is an entertainer with its share of funny moments. If you are not looking for wisdom and rationale in a light-hearted entertainer, then this movie is definitely for you.

## KANTARA: POOJA HEGDE REVIEWS RISHAB SHETTY'S FILM, SAYS SHE 'WAS STUNNED AND COMPLETELY AWESTRUCK'

The latest Kannada blockbuster Kantara, helmed and headlined by Rishab Shetty, has become one of the most appreciated films in recent times. The critics and audience have applauded the film for its brilliant performances, rousing music, exceptional action set-pieces, and unforgettable climax. The film has been supported by multiple stars such as Prabhas, Kangana Ranaut, Kiccha Sudeep, Vivek Agnihotri, and Prithviraj Sukumaran among others. Now, Pooja Hegde has become the latest celebrity to join the Kantara bandwagon as she reviewed the film on her Instagram Stories on Monday, October 24. The Ala Vaikunthapurramuloo actress penned, "Write what you know, tell stories close to your heart and from your heart. The last twenty minutes of the film gave me the chills, I was stunned and completely awestruck. @rishabshetty77, SO proud to see this film make so much noise." "A piece of my childhood...kolas, Bhootas, and daivas...making it to celluloid and being treated so respectfully and beautifully. More power to you. Onwards and upwards. GO AND WATCH PEOPLE", she concluded. The official Twitter handle of the film shared a snapshot of her Stories and wrote, "Thank you, @hegdepooja." Meanwhile, on the work front, Pooja marks her return to Bollywood after three years with the upcoming comedy Cirkus in which she is paired up with Ranveer Singh. The Rohit Shetty-directed film is an official remake of Gulzar's classic and is slated to release in cinemas on December 23. Next, she will be seen sharing screen space with Salman Khan in Kisi Ka Bhai Kisi Ka Jaan. The film, which was earlier scheduled to clash with Cirkus, has moved its release date to Eid in April 2023. Apart from Salman and Pooja, the multi-starrer also features Shehnaaz Gill, Venkatesh, Jassie Gill, Palak Tiwari, and Siddharth Nigam among others.

## 'BREAKS MY HEART': URVASHI RAUTELA LEAVES AUSTRALIA, SAYS 'TIME TO MOVE ON'

On Sunday, the Indian cricket team won their first T20 World Cup 2022 match against Pakistan in Australia. Meanwhile, Bollywood actress Urvashi Rautela who was also in Australia shared photos of herself and revealed that she is leaving the Australia. Sharing the photos of herself, Urvashi Rautela wrote, "It breaks my heart to leave... but time to move on." In no time, these photos went viral and social media users started commenting on them. One of them wrote, "Back to India kyu ki RP Bhai to khel nhi rahe." The second one said, "Urvashi be like mere match me nahi aane se match India jeet gai."

The third person wrote, "Pant bhaiya ko nahi khelaye match." The fourth person mentioned, "Ab India toh jeet gaya.... Aap ne india ko jeetne se nahi rok paya.... Hahah." The fifth one said, "Ab kiski yaad aa rhi hai."



## WHEN SHAH RUKH KHAN REVEALED HIS FIRST CRUSH, SAID AFTER MEETING GAURI KHAN AT A PARTY HE THOUGHT: 'EHI KUDI LENI HAI'



It's been more than three decades since Shah Rukh Khan and Gauri Khan tied the knot. The couple married on October 25, 1991. Shah Rukh had once revealed that he fell for Gauri, when he was 18-years-old, and she was only 14. After meeting her for the first time, the actor said he knew he wanted to be with only her. In an old interview, Shah Rukh spoke about his first interaction with Gauri after he bumped into her at a party. He also revealed his now-wife was the first person he ever had a crush on. Shah Rukh also said after she spoke to him for 'more than three seconds', he felt 'encouraged' and wanted to date Gauri. When asked by an audience member of Rajat Sharma's show Aap Ki Adalat, who was his first ever crush, Shah Rukh had said, "Mera first crush Gauri thi (my first crush was Gauri)." He continued to say in Hindi, "She was 14 then, and I was 18. I met her at a party (in Delhi). She was the first girl, who spoke to me for more than three seconds. I was so encouraged by her gesture that..." He then said in Punjabi, "Ehi kudi leni hai (I have to be with this girl only)." In an old interview, while speaking about his marriage, Shah Rukh had said he could leave films for Gauri. He had told Stardust in a 1992 interview, "My wife comes first. And I can tell you this much that if ever I am asked to make a choice between my career and Gauri, I'll leave films... I mean I would go insane but for her. She's the only thing I have... I love her body. I am hooked to her."

## MOM-TO-BE ALIA BHATT WISHES SONI RAZDAN ON BIRTHDAY WITH PICS, CALLS HER 'MY SAFEST PLACE'



Actor Alia Bhatt made her mother and veteran actor Soni Razdan's birthday special with an Instagram post on Tuesday. She wrote a heartfelt message for her. Soni turned 66 on October 25. Alia shared a coloured picture of her mother and a black and white with herself. She called Soni her 'safest place' and the reason of her existence. Alia shared a solo picture of her mother sitting on a sofa. She wore a blue ethnic outfit and smiled as she posed for the camera. In another picture, Alia can be seen sitting next to her mother. Both of them were all smiles as they decked up in ethnic outfits in the black-and-white picture. Sharing the pictures on Instagram, Alia wrote for Soni, "Happy birthday to the most incredible human - my safest place - the reason of my existence and any kind of normal functionality today. I think this year more than any other year I have understood soooo deeply how beautiful a soul you are and how much you have done for us as a family - you (are) the anchor of (our) lives... and no amount of love will ever be enough ma (many red heart emojis)." Her mother replied, "(face with pleading eye and red heart emojis) Love you so much." Alia's mother-in-law, actor Neetu Kapoor wrote, "Awww (red heart emojis)." Shweta Bachchan dropped heart emojis on the post. One of Alia's fans commented, "So lovely." Another fan wrote, "Happiest birthday to best mom ever who supports Alia in each and every part of her life." A fan also commented, "Happy birthday to aunty and thank you for giving us the adorable Alia di."

## BHUMI: FOR ME, IT IS VERY IMPORTANT TO COME BACK HOME FOR DIWALI



Actor Bhumi Pednekar is super happy that she could wrap up her London schedule just in time and celebrate Diwali at her home, as that is what she needs after an intense and hectic work year. "Diwali, just like other festivals, is extremely special to me. It is one of my favourite festivals. I have just come back to India as luckily we got an opportunity where we could wrap up our shoot earlier," says Pednekar, who was shooting for Mere Husband Ki Biwi in London. She adds, "Diwali makes me extremely nostalgic. I love spending time with my family and friends. It's the time where we go all out, and just spread love. For me, it is very important to come back home every Diwali". As she is back just in time, she planned a Diwali bash for her family and friends, and will be spending Diwali at home chilling with her close ones. "This year, I will spend Diwali at my home with my family. It has been a very intense and hectic year for me. I have literally come back home after many many months. So, I am going to stay in, do Diwali puja, good food, get ready and click pictures," says the actor, adding, "I will be throwing a Diwali bash for a few friends this year. I have worked on as many as 5 projects together, making it almost impossible to catch up with anyone. I hope to take it easy for the week of Diwali and then, I get back to post production of my films".



## Kangana Ranaut believes 'Kantara' is suitable for Oscar nomination from India, calls it 'explosive'

Kangana Ranaut went to watch Rishab Shetty's Kantara, and she was blown away by the film. The Manikarnika actress has praised filmmaker-actor Rishab Shetty for giving such a great film. She shared a video message after exiting the theatre and was impressed by the film. The actress also shared a note, calling it an Oscar nomination-worthy film from India. On Friday, the actress turned to Instagram stories to praise Rishab Shetty's Kantara. She wrote, "I feel #Kantara should be India's entry to Oscar next year, I know year is yet to end and there may be better films coming, but more than Oscar India needs the right representation globally... this land of mysteries and Mystics one can't understand one can only embrace it .... India is like a miracle... if you try and make sense of it you will only get frustrated but if you surrender to the miracle you can also be one .... Kantara is an experiential reality which world must

experience .. @rishabshetty77." A day ago, the actress shared a video of herself giving a review of the film. In the clip, Kangana said: "I have just come out watching Kantara with my family, and I am still shaking. What an explosive experience. Rishab Shetty, hats off to you. Writing, directing, acting, action brilliant, unbelievable!" "What a find blend of tradition, folklore, indigenous issues. Such beautiful photography, action. This is what is cinema, what films are for," she added. Kangana further said that she would not be able to 'recover' from the experience of watching the film for a week. "I heard so many people in the theatre say that they had never seen anything like this. Thank you for this film. I don't think I will recover from this experience for another week," she concluded. 'Kantara,' the third-highest-grossing Kannada film of all time, has won widespread acclaim from critics and fans alike.

## 'JACQUELINE FERNANDEZ HAS NO ROLE IN RS 200 CRORE CASE': SUKESH CHANDRASEKHAR IN LETTER TO LAWYER



### Sukesh Chandrasekhar's letter

He wrote. "It is very unfortunate that Jacqueline has been made accused in the PMLA case. As I have clearly said before, we were in a relationship and I have given her and her family gifts. What is their fault? She asked me nothing except love her and stand by her. Every single penny spent on her and her family was earned from a legitimate source of earnings and will be proven in the trial court very soon. So there is no point in dragging Jacqueline and her family into this case. In the near future, I will prove in court that Jacqueline and her family are being forcibly dragged into this case. It is not their fault as everything that is going on against me is a political conspiracy." On Saturday (October 22) Jacqueline Fernandez appeared before Patiala House court in Delhi in connection with Rs 200 crore extortion case involving conman Sukesh Chandrasekhar and others. Her interim bail plea has been extended until the next hearing. Jacqueline's plea for regular bail will be heard by the court on November 10 at 10 am. But ED opposed Jacqueline's bail application and alleged that she tampered with evidence during the investigation by deleting data from her mobile phone. The agency has said "Fernandez never cooperated with probe, only made disclosure when confronted with evidence." Last month, a Delhi court granted interim bail to actor Jacqueline Fernandez. In her regular bail plea, Fernandez, a citizen of Sri Lanka, said that she was a tax-paying resident of India since 2009 and her "professional reputation and future work commitments" were "intrinsicly linked" to the country.

Jailed conman Sukesh Chandrasekhar, in a letter to his lawyer called Jacqueline Fernandez 'innocent' and stated that she has no role in connection with Rs 200 crore money laundering case. He mentioned that all the transactions, including gifts, cars and bags, were given to her as part of a relationship they had. Further, he claimed that 'everything that is going on against Sukesh Chandrasekhar-- is a political conspiracy. Thus, there is no point in dragging Jacqueline and her family into this case.'

## DID ANANYA PANDAY & ADITYA ROY KAPUR JUST CONFIRM THEIR RELATIONSHIP?



the celebrity fashion designer, Manish Malhotra held a grand Diwali bash and several celebrities from the showbiz graced the celebration including Malaika Arora, Suhana Khan, Madhuri Dixit, Rhea Chakraborty and others. The rumoured couple, Ananya Panday and Aditya Roy Kapur made separate entries at the venue, but the highlight was when they posed together. The duo twinned in black ethnic outfits and grabbed all the eyeballs. After their appearance together, the internet speculates whether it is an official confirmation of their relationship. The video broke the internet, and netizens flocked to the comment section to react to it. One user wrote, "They look so adorable together." Another user wrote, "So she dumped Ishaan because of Aditya." A third user commented, "Matlab jo gossip chal raha hai, woh sahi hai" (That means the rumours floating are true). A user also wrote, "Not a bit of chemistry." Earlier, when the Khaali Peeli actress appeared on the popular chat show, Koffee With Karan, she was asked about her rumoured relationship with actor Ishaan Khatter and dating rumours with actor Kartik Aaryan. Ananya gave a cryptic reply, stating that she did not want to dwell on the past. The actor further revealed her newest crush and said, "I find Aditya Roy Kapur hot." Karan Johar also quizzed Ananya Panday about her relationship with Aditya Roy Kapur. However, the actress went speechless when asked this question.

Ananya Panday and Aditya Roy Kapur have been making waves on the internet after their picture from Kriti Sanon's Diwali bash went viral. While Ananya and Aditya made entries separately at the venue, a picture from the party went viral on the internet which shows the couple standing alone and engrossed in a conversation. Their picture sparked dating rumours and the internet went into a frenzy. The actors fueled the rumours after they posed together at Manish Malhotra's Diwali bash. On Thursday,

## ANUSHKA SHARMA DANCED AND SCREAMED AFTER INDIA'S WIN OVER PAKISTAN, CALLS VIRAT KOHLI 'A WONDERFUL MAN'



Bollywood actor-producer Anushka Sharma took to Instagram and dedicated a special post for husband, cricketer Virat Kohli after his spectacular performance in today's India vs Pakistan match. Anushka posted a picture of Virat from the match and called him a 'wonderful man'. Team India's four-wicket win against Pakistan had Anushka dancing and screaming wildly in her room. Sharing the photo, the actor wrote, "You have brought sooooo much joy in peoples lives tonight and that too on the eve of Diwali! You are a wonderful wonderful man my love. Your grit, determination and belief is mind boggling !! I have just watched the best match of my life I can say and although our daughter is too small to understand why her mother was dancing around and screaming wildly in the room, one day she will understand that her dad played his best innings that night which followed after a phase that was tough on him but he came out of it stronger and wiser than ever before! So proud of you !! Your strength is contagious and you my love, are LIMITLESS!! Love you forever and through thick and thin."

his best innings that night which followed after a phase that was tough on him but he came out of it stronger and wiser than ever before! So proud of you !! Your strength is contagious and you my love, are LIMITLESS!! Love you forever and through thick and thin."

## KARAN JOHAR GETS SLAMMED BY NETIZENS FOR BEING 'BIASED', WANT SALMAN KHAN BACK AS HOST



As Salman Khan is down with dengue, Karan Johar has taken over the show as Khan's replacement. Karan hosted the two Diwali episodes telecast on Saturday and Sunday, i.e. October 22 and October 23, in which he lashed out at Gori Nagori for fighting with actress-politician Archana Gautam and called Gautam Singh Vig and Soundarya Sharma's love affair on the show 'fake'. He even blamed Gautam Vig for ruining Soundarya's image as he is playing around with famous contestants just for publicity. In yesterday's episode, Karan took full advantage of being the host and he made sure to unveil a few inside conversations with the contestant, one of which was Priyanka expressing her views about Soundarya. Karan shared a clip of Priyanka in which she was seen calling Soundarya characterless. This revelation took a toll and led to a heated argument between the two. The argument went really nasty. Apart from Priyanka and Soundarya, Shalin Bhanot and Shiv Thakre also has a fight yesterday. The house went upside down yesterday after Karan ignited clashes between the contestants.

## DWAYNE JOHNSON STARRER EARNS THIS MUCH IN INDIA IN 1ST WEEKEND



The superhero genre of films enjoys a dedicated fan base in India. Amid huge anticipation, Dwayne 'The Rock' Johnson starrer Black Adam was released in cinema halls in the country on October 20. The movie has already become Johnson's highest opener till now in the domestic market in the USA and had managed to get a decent opening in India as well. With a four-day weekend at hand, let's see how the latest Hollywood movie performed at the box office on the first weekend in India and how things are looking for it going ahead.

### Black Adam 1st weekend business decent

Black Adam has been doing good business in Mumbai, Delhi and Southern states. Its collections in the first two days were well over Rs 11 crore. However, the earnings took a hit on Saturday and Sunday because of pre-Diwali festivities and the India Vs Pakistan T20 World Cup match. The film's collections in the northern region have been particularly lower because the Diwali fever is high. However, despite challenges, the film has managed to do business of well over Rs 23 crore in the first four days.

### Bollywood releases to challenge Black Adam

Black Adam will be challenged by the Bollywood releases Ram Setu and Thank God from October 25 onwards. The new films have been eyed by the fans for the longest time and given the appeal of lead stars, Akshay Kumar and Ajay Devgn respectively, and the genre of the films, Black Adam will face stiff competition from October 25 onwards when the latest releases hit the big screens.

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## RAM SETU MOVIE REVIEW: AKSHAY KUMAR STARRER WILL APPEAL TO SENSIBILITIES OF 5-YEAR-OLDS

There is no doubt that Akshay Kumar is dabbling in various genres and pushing himself as a performer. This year alone he has done an action comedy (Bachchan Paandey), a historical (Samrat Prithviraj), a family drama (Raksha Bandhan), and a crime thriller (Cuttpulli). With Ram Setu, he shows interest in a different theme, an action-adventure drama with cultural and religious leanings. However, like all his releases this year, Ram Setu is average at best. The concept may seem exciting on paper but the execution is pretty dull making it a yawn-inducing time at the movies. To call it children's version of Indiana Jones would not be far-fetched. The intent is similar but the direction is weak and Akshay's performance does not do any good to the drama where stakes are very low and the story proceeds down an expected path. Akshay plays Aryan Kulshreshtha, an archeologist who ruffles feathers by calling Valmiki's Ramayana a text with no historical authority. He must prove his claim while he and his family is made an outcast by the 'believer' society. The narrative is ordinary and proceeds without posing many challenges to the protagonist. Thus, the interest wanes down in the first half itself. In the second half, it becomes a slog fest. Predictability becomes the storyline's biggest challenge and no efforts are made to do away with it. The characters, while on a mission to unravel the truth about existence of Lord

Ram, keep chancing upon one bizarre clue after another and continue to mindlessly follow them since they don't know any better. Stuck in this routine, Ram Setu becomes unintentionally humorous. Akshay Kumar lends zero credibility to his character. In some scenes, he even tries to do slapstick and has seemingly improvised the dialogues. This does not help the film in any manner and distracts instead. When the viewer tries to invest in mystery solving, the expository dialogues create diversion. It is almost as if director Abhishek Sharma decided to go with the flow, and not in a good way. Another major flaw in the production is CGI. In some place where actual locations are not used for filming, the shoddy green screen replacement stands out like a sore thumb. The movie was shot during Covid restrictions but that should not be an excuse for bad production design or lack of extras in scenes. Tonality keeps shifting and music from Ajay-Atul is to be blamed. At times loud and out of place overall, background score is one of Ram Setu's biggest flaws. Satya Dev as AP has a decent enough role apart from Akshay Kumar. When he joins the crew on their expedition to unravel the truth, the film shows some potential but it was never meant to be a person's job. In fact, Satya Dev's character gives the film its biggest strength, the climax. However, Ram Setu is too weary a film to sit through for 2 mins of an interesting ending.

## RADHIKA MADAN WRAPS FILMING OF SOORARAI POTTRU REMAKE: 'CAN'T WAIT TO SEE YOU AT THE MOVIES'



Actor Radhika Madan has concluded the shooting for the Hindi remake of Tamil hit Sooraraipottru. Starring Akshay Kumar in the lead role, the remake is being directed by Sudha Kongara, who also helmed the Suriya-starrer original, which premiered on Amazon Prime Video in November 2020. Radhika Madan took to her Instagram stories on Saturday night and posted a photo from the set of the yet-untitled film. "It's a wrap for project no. 5 of this year! It's been a beautiful beautiful year guys. Can't wait to see you at the movies," the 27-year-old actor wrote in the caption. Sooraraipottru (Praise the brave) revolved around Nedumaaran Rajangam, or Maara, who sets out to make the common man fly and in the process takes on the world's most capital intensive industry with the help of his family, friends and sheer will power. It was partly inspired by events from the life of Air Deccan founder Captain G R Gopinath.

## AMITABH BACHCHAN FEELS PROUD AS RISHI SUNAK BECOMES UK'S FIRST INDIAN-ORIGIN PM



Conservative Party leader Rishi Sunak created history by becoming the first Indian-origin Prime Minister of UK. His crowning moment was all the more special as it coincided with Diwali celebrations in India and elsewhere. He was elected unopposed as the new leader of the governing Conservative Party on October 24. He is the 57th prime minister of the UK and the first person of colour to lead the country. Social media was flooded with congratulatory messages for him and a special message came from Bollywood megastar Amitabh Bachchan. Lauding Rishi Sunak, Amitabh took to his Twitter and wrote, "T 4449 - Bharat mata ki Jai. Now the UK finally has a new Viceroy as its Prime Minister from the Mother Country." For the unversed, Sunak will be the third UK prime minister this year and will replace Liz Truss, who served as Britain's shortest-serving prime minister.

## SHEHNAAZ GILL-GURU RANDHAWA RULE THE DANCE FLOOR AT DIWALI PARTY, FANS SAY 'PUNJABIS IN THE HOUSE'



Punjabi singer Guru Randhawa dropped an adorable video with Shehnaaz Gill on social media. The duo recently attended producer Krishan Kumar's Diwali bash which was graced by who's who of Bollywood. Several photos and videos from the party have been doing rounds but one among them is ruling the internet. Yes, we are talking about Shehnaaz and Guru Randhawa's video. Taking to Instagram, Randhawa posted a clip that featured Shehnaaz laughing as she grooved with him. The duo burst out laughing as they repeated a similar turn-around dance step. Addressing Shehnaaz as 'India's favourite', Randhawa wrote, "With India's fav @shehnaazgill. Happy Diwali." Fans showered love after the video got viral on social media. One wrote, 'punjabis in the house'.

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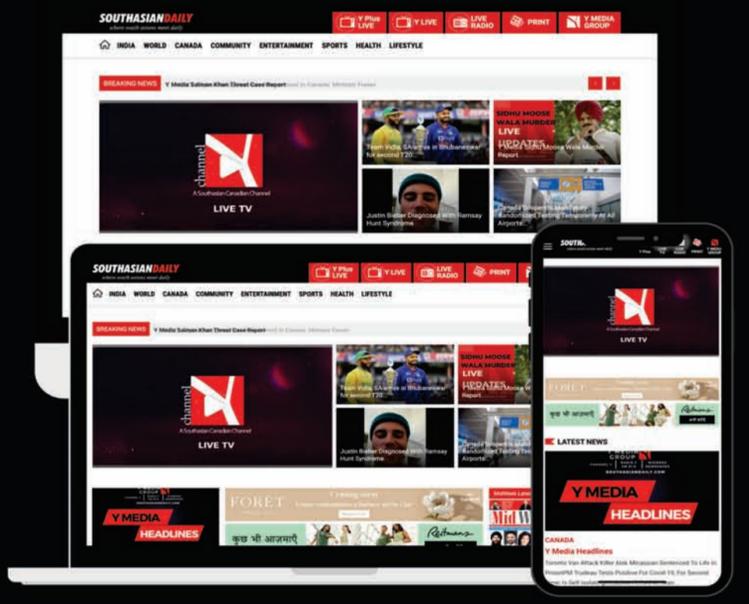
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**I WANT VIRAT KOHLI TO RETIRE FROM T20 CRICKET AND USE HIS ENERGY TO SCORE CENTURIES IN ODIS: SHOIB AKHTAR | P26**



**SINDHU BACK IN TOP 5, PRANNOY MOVES TO 12TH IN LATEST BWF RANKINGS | P26**

**'WHEN I WAS 12 OFF 21, I WAS LIKE I AM REALLY MESSING THIS GAME UP': VIRAT KOHLI ON HIS SLOW START VS PAKISTAN | P26**



# MidWeek Sports



Tuesday, October 25, 2022

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## BLOW BY BLOW ACCOUNT OF HOW IRELAND WON A DREAM UPSET WIN OVER ENGLAND

Three years ago, at Lord's, Irish luck had smiled on an England captain, Eoin Morgan from Ireland. Now it has returned in some style to another iconic venue. Just as Moeen Ali threw in a desperate hand, and England crept closer to the runs required as per DLS, the Irish luck smiled. The clouds opened up. Rain has seldom been sweeter at the Melbourne Cricket Ground (MCG). Not that the win was a matter of luck; they fully deserve. Ireland stunned England at the T20 World Cup on Wednesday as rain forced an early finish with the English five runs behind the par score. The 'descendant of Jesus' plays a dreamy lap shot. When Ireland's Lorcan Tucker made his debut in U-19 world cup against India, a curious thing occurred. The TV commentator would read out from the vandalised wikipedia page that Tucker is a "direct descendant of Jesus Christ". Luckily, for us, our former colleague Daksh Panwar was at the ground in Dhaka and spotted Tucker's family.

Here is their explanation on the whole Jesus affair.

In the here and now, on a rainy day at MCG, Tucker would unfurl a dreamy lap shot off Chris Woakes. A pretty decent delivery, full and just about seaming away from the off-stump line, but Tucker was ready, shuffling across nimbly, crouching, and he would lap it up and over short fine for an one-bounce four. Ever since that U-19 world cup, Tucker has shown a penchant for such shots and an ambition to play the 360 degree game.

**The Irish cricket apathy seems to starts at home**

Just hours before the start of Ireland's game against England, Andrew Balbirnie's wife Kate, who also plays cricket for Ireland, tweeted, "Ireland v England ... and not a mention of it anywhere on @RTEsport". The Irish cricket apathy seems to starts at home.

Don't worry Kate, as Balbirnie has truly ensured there will be sports coverage on him with an enterprising knock against England.

## LOSS TO INDIA MAY FORCE PAKISTAN TO CHANGE TEAM COMPOSITION OR BATTING APPROACH

Pakistan's last-ball defeat to India on Sunday in their opening match of the T20 World Cup may well have increased the pressure on their contrarian T20 strategy, in the absence of a genuine seam-bowling all-rounder.

In a format where most top sides have come to rely on their batting heavyweights outgunning the opposition – India have almost been forced to adopt a more aggressive batting approach after their 2021 T20 World Cup debacle – Pakistan still swear by scoring just about par and trusting their high-quality bowling attack to defend it, game after game. There is no doubt that the strategy has worked more often than not when bowlers of the calibre Pakistan have are setting up the game. Since the 2021 T20 World Cup, Pakistan have lost only three and won 10 matches while chasing a target, as their bowlers rarely end up conceding above par. But the story is not as one-sided when Pakistan have to bat first, like they had to against India after losing the toss in Melbourne. It was their seventh defeat as against six wins while batting first since the 2021 T20 World Cup. During this period, Pakistan's batsmen have scored at a strike rate of just 127.22 while batting first; the top three teams, England, India and South Africa, have gone at 152.77, 148.06 and 146.74 respectively.

## WEST INDIES COACH PHIL SIMMONS STEPS DOWN AFTER T20 WORLD CUP DEBACLE



West Indies head coach Phil Simmons on Tuesday has resigned from following their early elimination at the T20 World Cup exit. The West Indies, two-times winners of the T20 World Cup, were bundled out in the first round after losses to Scotland and Ireland, finishing bottom of Group B. Simmons will leave after the Windies' two-test series against Australia starting on November 30. "I acknowledge that it's not just the team that is hurting but the proud nations we represent as well," Simmons said in a statement. "It's disappointing and heart wrenching but we just didn't turn up. We weren't good enough and we now have to watch a tournament play-out without our involvement. "It's unfathomable and for that I deeply apologise to our fans and followers." "From a personal perspective this is not a knee jerk reaction, but a move I have been considering for some time and now is the time to make public that I will step down as West Indies head coach at the end of the Test series against Australia," Simmons said. "It is earlier than hoped for, but I will now focus my energies in Australia on continuing to build on the excellent progress the Test team has made."

## 'I AM NOT RETIRED,' SAYS SERENA WILLIAMS



Serena Williams on Monday said she has not retired from tennis and that the chances of her returning are "very high" after she previously indicated that she would step away from the sport after last month's US Open. "I am not retired," Williams said at a conference in San Francisco while promoting her investment company, Serena Ventures. "The chances (of a return) are very high. You can come to my house, I have a court." Williams, 41, said she was "evolving away from tennis" in an essay in August and, while she did not confirm the US Open as her farewell event, she was given lavish tributes before each match in New York and waved an emotional goodbye after losing in the third round. The 23-time Grand Slam champion, who took the tennis world by storm as a teenager and is considered by many the greatest of all time, said not preparing for a tournament after the US Open did not feel natural to her.

## TO HELL WITH SPIRIT OF GAME: HARDIK PANDYA ON 'MANKADING'



"To hell with the spirit of the game, we need to stop making a fuss about this," star all-rounder Hardik Pandya is very clear in his head how the run out of the batter, backing up far at the non-striker's end should be perceived. The ICC has termed these kind of dismissals as 'run out' and removed them from the 'unfair play' section from its rule book. The ICC's playing condition rule changes came into effect from October 1. However, the debate continuous if such dismissals are against the 'spirit of game'. The issue became a hot topic of discussion when Deepthi Sharma ran out Charlie Dean at the non-striker's end for leaving her crease too early and handed India a historic 3-0 clean sweep in women's ODI series in England, last month. "We need to stop making a fuss about this (running out at non-striker's end). It is a rule as simple as that. To hell with the spirit of the game," Pandya said the ICC Review Podcast recorded before the start of the ongoing T20 World Cup in Australia.



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**'WHEN I WAS 12 OFF 21, I WAS LIKE I AM REALLY MESSING THIS GAME UP': VIRAT KOHLI ON HIS SLOW START VS PAKISTAN**



At one stage India were reeling at 31 for 4, and Virat Kohli was batting on 12 off 21 balls. However, Kohli turned the match around but said at that point he thought he was 'messaging the game.' "When I was 12 off 21, I was like 'I am really messing this game up. I am not putting ball in the gaps,'" Kohli told Star Sports after the match. "But when you have experience and understand the value of batting deep, that's always been my role playing for India. I know that I can do a lot of the power-hitting towards the end of the innings," he added. Kohli produced an astonishing performance to lead India to a stunning final-ball triumph over arch-rival Pakistan in a dramatic Twenty20 World Cup opener on Sunday. Arriving at the crease with India under pressure, Kohli delivered one of the finest innings played at the MCG to steer India to a four-wicket victory in the Group 2 Super 12 opener. On his 113-run partnership with Hardik Pandya, he said: "Honestly, I was feeling a lot of pressure at that stage."

**'Won't be surprised if Hardik Pandya becomes next India captain,' say Wasim Akram and Waqar Younis**

Former Pakistan captains Wasim Akram and Waqar Younis have backed Hardik Pandya to take over the role of the captaincy of India in the near future. Hardik Pandya is the most important cog in India's T20 wheel. He struck 40 off 37 balls in a partnership of 113 for the fifth wicket with Virat Kohli in India's incredible four-wicket win over Pakistan in their T20 World Cup opener. "Hardik Pandya ko agar aap dekhe, pehli dafa usne shayad captaincy ki hai, IPL main, and the way he led the team. Unhone IPL jeeti hai (Hardik Pandya has captained for the first time in the IPL and led his team to the title)," said Wasim Akram in conversation with A Sports. Akram also said that Pandya's self-belief played a pivotal role in India's win. "Uska role hai team main as a finisher and finisher a aap team main

tabhi ho sakte hai jab aap mentally strong ho and ek self belief ho (His role in the team is a finisher and you can do the job if you are mentally strong and have a brilliant self-relief). And woh read kar rahe the ki kis tarke se le ke jaa sakte hai (He was also reading the game brilliantly to take it deep), said Akram. During the conversation Waqar Younis immediately chipped in and said: "I won't be surprised if he is the next Indian captain." Akram heaped praise on Pandya and the calming influence he has brought to the team since winning the IPL trophy. "Pehle woh IPL main captain bana, waha jeeta. Abhi woh team main ek main force hai, woh captain ko advice deta hai, ek calm influence hai, and he is learning (He first became IPL captain and end up winning it. Now he is a force, he gives advice to the captain and he is learning," said Akram.

**SINDHU BACK IN TOP 5, PRANNOY MOVES TO 12TH IN LATEST BWF RANKINGS**



Double Olympic medallist P V Sindhu and Thomas Cup winner HS Prannoy gained a spot each to reach the 5th and 12th positions in women's and men's singles world rankings released on Tuesday. Sindhu, who has not played any tournament since winning gold in the Commonwealth Games in August due to an ankle injury, possesses 87218 points from 26 tournaments. This is after three years that Sindhu, a former world no. 2, has regained her place in the top 5. The former world champion from Hyderabad resumed her training on Monday after recovering from the injury.

**I WANT VIRAT KOHLI TO RETIRE FROM T20 CRICKET AND USE HIS ENERGY TO SCORE CENTURIES IN ODIS: SHOAB AKHTAR**

Pakistan icon Shoaib Akhtar heaped praise on Virat Kohli after his unbeaten 82 against Pakistan in Sunday's T20 World Cup encounter between the archrivals. Akhtar, who has always been a vociferous supporter of Kohli during his lean patch, said, "According to me, he played the greatest innings of his life against Pakistan. He played like this because he had the self belief that he will do it."

"He was down and out for 3 years, he didn't score runs, he was stripped of his captaincy and a lot of people said a lot of things to him. People even dragged his family into it but he kept training and put in the graft and just a day before Diwali, he played a firecracker on an innings. He decided that this place and this stage is perfect for his comeback. The king is back and he is back with a bang and I am really happy for him. He is a great cricketer," the Pakistan legend added. Akhtar also said that he wanted Kohli to retire from T20 cricket because he did not want Kohli to put all his energy in that format of the game only. "I want him to retire from T20I because I don't want that he puts his entire energy in T20I cricket. If he used all his might like he did today, he can score three centuries in ODIs," he said.



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FIRST ROUND			
DAY	DATE	TEAMS	TIMINGS
Sunday	16-Oct	Sri Lanka vs Namibia	12:00 AM
Sunday	16-Oct	UAE vs Netherlands	4:00 AM
Monday	17-Oct	West Indies vs Scotland	12:00 AM
Monday	17-Oct	Zimbabwe vs Ireland	4:00 AM
Tuesday	18-Oct	Namibia vs Netherlands	12:00 AM
Tuesday	18-Oct	Sri Lanka vs UAE	4:00 AM
Wednesday	19-Oct	Scotland vs Ireland	12:00 AM
Wednesday	19-Oct	West Indies vs Zimbabwe	4:00 AM
Thursday	20-Oct	Sri Lanka vs Netherlands	12:00 AM
Thursday	20-Oct	Namibia vs UAE	4:00 AM
Friday	21-Oct	West Indies vs Ireland	12:00 AM
Friday	21-Oct	Scotland vs Zimbabwe	4:00 AM
SUPER 12			
DAY	DATE	TEAMS	TIMINGS
Saturday	22-Oct	Australia vs New Zealand	3:00 AM
Saturday	22-Oct	England vs Afghanistan	7:00 AM
Sunday	23-Oct	TBD vs TBD	12:00 AM
Sunday	23-Oct	India vs Pakistan	4:00 AM
Monday	24-Oct	Bangladesh vs TBD	12:00 AM
Monday	24-Oct	South Africa vs TBD	4:00 AM
Tuesday	25-Oct	Australia vs TBD	7:00 AM
Wednesday	26-Oct	England vs TBD	12:00 AM
Wednesday	26-Oct	New Zealand vs Afghanistan	4:00 AM
Wednesday	26-Oct	South Africa vs Bangladesh	11:00 PM
Thursday	27-Oct	India vs TBD	3:00 AM
Thursday	27-Oct	Pakistan vs TBD	7:00 AM
Friday	28-Oct	Afghanistan vs TBD	12:00 AM
Friday	28-Oct	England vs Australia	4:00 AM
Saturday	29-Oct	New Zealand vs TBD	4:00 AM
Saturday	29-Oct	Bangladesh vs TBD	11:00 PM
Sunday	30-Oct	Pakistan vs TBD	3:00 AM
Sunday	30-Oct	India vs South Africa	7:00 AM
Monday	31-Oct	Australia vs TBD	4:00 AM
Tuesday	01-Nov	Afghanistan vs TBD	12:00 AM
Tuesday	01-Nov	England vs New Zealand	4:00 AM
Wednesday	02-Nov	TBD vs TBD	12:00 AM
Wednesday	02-Nov	India vs Bangladesh	4:00 AM
Thursday	03-Nov	Pakistan vs South Africa	4:00 AM
Friday	04-Nov	New Zealand vs TBD	12:00 AM
Friday	04-Nov	Australia vs Afghanistan	4:00 AM
Saturday	05-Nov	England vs TBD	4:00 AM
Saturday	05-Nov	South Africa vs TBD	8:00 PM
Sunday	06-Nov	Pakistan vs Bangladesh	12:00 AM
Sunday	06-Nov	India vs TBD	3:00 AM
Wednesday	09-Nov	TBD vs TBD	3:00 AM
Thursday	10-Nov	TBD vs TBD (semi-final)	3:00 AM
Sunday	13-Nov	TBD vs TBD (Final)	3:00 AM

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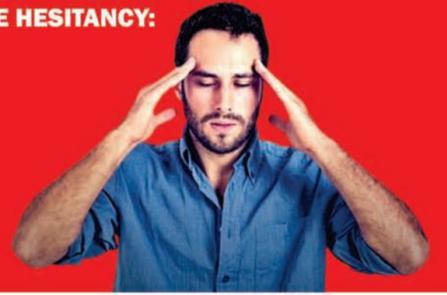
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## JANHVI KAPOOR, SHANAYA KAPOOR, MALAIKA ARORA DAZZLE AT THE KAPOOR DIWALI BASH



JANHVI KAPOOR, SHANAYA KAPOOR, ARJUN KAPOOR, MALAIKA ARORA, VARUN DHAWAN, NATASHA DALAL, KRITI SANON, RAKUL PREET SINGH, JACKKY BHAGNANI AND MANY OTHERS GRACED THE PARTY. THE KAPOORS HOSTED A BIG DIWALI BASH THAT WAS ATTENDED BY THE WHO'S WHO OF BOLLYWOOD. JANHVI KAPOOR, SHANAYA KAPOOR, ARJUN KAPOOR, MALAIKA ARORA, VARUN DHAWAN, NATASHA DALAL, KRITI SANON, RAKUL PREET SINGH, JACKKY BHAGNANI AND MANY OTHERS GRACED THE PARTY.

## KIA TO LAUNCH HIGH-PERFORMANCE ELECTRIC MODEL EV6 GT NEXT WEEK



Kia Corp, South Korea's second-biggest carmaker, said on Thursday it will launch the pure electric high-performance model EV6 GT in the domestic market next week in a move to beef up its EV lineup. The EV6 GT comes with a 77.4 kWh battery pack and can travel up to 342 kilometers on a single charge. It can accelerate from zero to 100 km in only 3.5 seconds, the company said in a statement. The company said the EV6 GT will be the "fastest car" among passenger vehicles manufactured in the country so far, reports Yonhap news agency. Kia plans to release high-performance GT versions of its upcoming all-electric models to woo customers. The EV6 GT is equipped with Hyundai Motor Group's dedicated EV platform called E-GMP. It is being sold at 72 million won (\$53 million) after tax breaks. Other models with the E-GMP platform include the Hyundai IONIQ 5, the Kia EV6 sedan and the Genesis GV60 SUV. Hyundai Motor sells vehicles under Hyundai as well as the independent Genesis brand.

## MUSCLE IS IMPORTANT FOR GOOD HEALTH – HERE'S HOW TO MAINTAIN IT AFTER MIDDLE AGE



While it's almost unnoticeable to begin with, nearly every cell, organ and biological process gets a little bit worse every year we're alive starting from age 30 or so. The sum of these processes is what we know as ageing. For most of us, loss of muscle strength and mass are some of the first and most obvious age-related changes we see. While this might only start out as a couple of extra little aches and pains, over time a lack of muscle mass can lead to a number of issues – including poor balance, frailty and loss of independence. It's also associated with a myriad of health problems, including higher risk of diabetes and cardiovascular disease and even dementia. While researchers aren't entirely sure why muscle mass decreases so much as we get older, the good news is that we do know regular exercise can help lessen this impact – and can even delay some of this inevitable muscle loss. Regular physical activity is also shown to lower risk of preventable diseases, maintain physical function well into old age, and even improve immune function.

## AVERAGE SINGLE-FAMILY HOME PRICE IN GTA UP BY 17.8% TO \$1.85M, SALES DOWN BY 96% IN SEPT. FROM LAST YEAR: BILD

The GTA new home market was very slow in September, with overall sales well below the 10-year average and inventories low, but rising slightly, the Building Industry and Land Development Association announced today.

Sales of new condominium apartments, including units in low, medium and high-rise buildings, stacked townhouses and loft units, with 289 units sold, were down 89 per cent from September 2021 and 84 per cent below the 10-year average, according to Altus Group\*, BILD's official source for new home market intelligence.

Single-family homes, including detached, linked, and semi-detached houses and townhouses (excluding stacked townhouses), accounted for 45 units sold, down 96 per cent from last September and 96 per cent below the 10-year average.

"September new home sales were quite low," said Edward Jegg, Research Manager at Altus Group. "However, inventory rose as builders brought more condominium apartment projects to market." Total new home remaining inventory increased compared to the previous month, to 11,900 units, comprised of 10,291 condominium apartment units and 1,609 single-

family lots, representing 4.4 months and 3.1 months of inventory respectively. A balanced market would have 9-12 months of inventory. The benchmark price for new condominium apartments in September was \$1,159,455, which was up 11.8 per cent over the last 12 months and the benchmark price for new single-family homes was \$1,853,214, which was up 17.8 per cent over the last 12 months.

"Monetary policy and rising interest rates have stalled the market," said Dave Wilkes, BILD President & CEO. "Inflation in construction and labour costs, elevating government fees, taxes and charges and tight supply make significant price correction for new homes very unlikely. The solution remains significantly adding supply to the market and this requires a wholesale change to the way we regulate, tax and deliver new homes to the residents of the GTA." With more than 1,300 member companies, BILD is the voice of the home building, land development and professional renovation industry in the Greater Toronto Area. The building and renovation industry provides more than 231,000 jobs in the region and \$26.9 billion in investment value. BILD is proudly affiliated with the Ontario and Canadian Home Builders' Associations.



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RAKUL PREET SINGH

SHAMITA SHETTY

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## LISTENING TO MUSIC AT BEDTIME CAN HELP IN SLOWING DOWN OUR HEART RATE AND BREATHING, AND IN BRINGING DOWN LEVELS OF STRESS HORMONES, EASING US INTO THE SLEEP MODE



A good night's sleep is a vital component of holistic wellbeing, providing a strong foundation for our physical, mental, and emotional health. And yet, roughly 62 percent of adults globally feel that they don't sleep well at night. This epidemic of sleep deprivation is fueling a growing global industry of sleep technology and aids. A recent report pegged the global sleep tech devices market at USD 15 billion in 2021 and is expected to grow to USD 67 billion in 2030. But don't lose sleep over this, help is hidden in your playlist.

### Science says, to tune in to tune out

A growing body of research is demonstrating how listening to calming music improves sleep by inducing favourable responses such as reduced anxiety, lowered blood pressure, slower breathing, and lower heart rate. In fact, research shows that music stimulates the entire brain including the parasympathetic nervous system which signals the body to rest, relax and sleep.

A meta-analysis of ten different research studies involving a total of 557 participants came to the same conclusion, stating that music is effective at helping sufferers of both acute and chronic sleep disorders get better sleep.

But what kind of music helps us sleep?

### Slow tempo, fast asleep

Sleep experts list two things that matter a lot when it comes to understanding what kind of music helps a person in falling asleep - individual preference and tempo.

A person's individual choice in music is a vital factor in determining how the music will affect him/her. So, create a customized playlist that includes songs that have helped you fall asleep in the past or have helped you relax.

Tempo refers to the speed at which the music is played and is often measured in beats per minute (BPM). Some scientists hypothesize that since the human heart normally beats between 60 to 100 BPM, listening to music with a tempo in the range of 60-80 BPM may help in

sync with the body's own rhythms, thus, helping us unwind, relax and fall asleep. But of course, this doesn't apply to everyone.

Sleep is highly personal and so are music preferences. Some people may experience relaxation - slower breathing and heartbeats - by listening to heavy metal or hard rock. "So, whether it's hard rock or heavy metal or Bach, find what makes you feel relaxed in your body and what helps you get out of your head," says Vago.

### Tapping into the brain's rhythm for sound sleep

As it happens, there's plenty of music in the human body. Just like the heart, the brain too has its own rhythms and certain rhythms are best suited for sleep. Cognitive neuroscientist and RoundGlass Research Lead, David Vago, PhD, says that alpha waves, which are around eight to 12 hertz, are what you would see in the brain of someone quietly relaxed, perhaps lying in the bed with their eyes closed. (Also, coincidentally, during meditation.) If you're searching for music to help you fall asleep, Vago suggests looking for songs that can activate that alpha frequency. How do you find such a piece of music without actually measuring brain waves? The answer lies in listening to your body. Be mindful of what your body is telling you by drawing your attention to your heartbeat, breath and emotional response and how they change on listening to music.

### Using technology to sleep better

When it comes to sleep, technology is a double-edged sword. It can inhibit rest as well as enable it. If you have to use your hand-held device at bedtime, use it to sleep more soundly. There are plenty of well-being apps that offer curated sleep playlists and bedtime stories that will help you drift into a restful slumber. Make them a part of your sleep hygiene to sleep better, optimize your well-being and lead a healthier and happier life.

(Prakriti Poddar is Global Head, Mental Health and Wellbeing, RoundGlass, a global Wholistic Wellbeing organization where she is actively involved in creating an integrated platform for Wholistic Wellbeing.)

## WE'VE KNOWN FOR OVER A CENTURY THAT OUR ENVIRONMENT SHAPES OUR HEALTH, SO WHY ARE WE STILL BLAMING UNHEALTHY LIFESTYLES?



We're healthier and live longer than our ancestors, yet we're constantly reminded of deaths caused by war, terrorism and natural disasters. As terrible as these events are, they accounted for less than 1% of the 56 million worldwide deaths in 2017.

Another colossal distraction is the focus on lifestyle as a way to better people's health and reduce health inequalities. Of course, what people eat, how much they exercise, whether they smoke and how much alcohol they drink have a bearing on their health. But what matters much more is the circumstances in which people are born, live, work and age - the "social determinants" of health.

The fact that the environment shapes people's lives and health has been known for a long time. In 1842, Edwin Chadwick's Report on the Sanitary Condition of the Labouring Population of Great Britain highlighted how the ill health of the poor was not the result of their idleness but of their terrible living conditions.

In his semi-autobiographical novel *The Ragged Trousered Philanthropists*, written over a century ago, Robert Tressell explained how the poor health of the hero of the book, impoverished painter and decorator Frank Owen, could not be solved by medicine alone. It was social medicine that he needed:

And over 70 years ago, Sir William Beveridge, the architect of the British welfare state, called for action to tackle the root causes of poor health: poverty, low education, unemployment, poor housing and other public health issues, such as malnutrition and inadequate healthcare.

There is no denying that great progress has been made since the work of Chadwick, Tressell and Beveridge. Far fewer people in the UK experience the absolute poverty, squalor and overcrowding they described.

But the fact remains: the profound health inequalities between rich and poor that have been highlighted throughout the past century - most notably in the Black Report, which was published 40 years ago - remain today. In 2020, a baby boy born in wealthy Kensington, London, can expect to live over ten years longer - and nearly 20 more years in good health - than a baby boy born in relatively deprived Kensington, Liverpool.

### Absolute poverty

Today, a proportion of children still live in absolute poverty. They lack sufficient nutritious food and their families rely on food charity. They don't have a stable,

decent home and are exposed to damp, excess cold, and dangerous levels of carbon monoxide. The proportion of people sleeping rough is also rising.

Beveridge saw employment as the solution to poverty, yet the number of people in in-work poverty is close to 4 million, and a growing number of jobs are part time, low paid or temporary.

### An ounce of prevention

The solution to poor health is to prevent it from happening in the first place. But rather than taking a preventative approach and fostering healthy lives through bettering the environments and conditions in which people live, national health services, such as the UK's NHS, are primarily set up to treat the symptoms of poor health.

Essentially, the UK has a National Disease Service. It's an incredibly good one, but the primary drive should be to prevent these expensive-to-treat chronic health conditions arising in the first place. Unfortunately, the big loss in public-health grant funding for local councils in the UK in recent years is testament to the government's continued focus on treatment.

The public health education campaigns that do exist encourage people to move more, eat healthier and limit alcohol consumption. They disregard underlying economic factors and neglect the fact that many people simply don't have the same opportunities or resources to be as healthy as others do. The economic basis of poor health is all too relevant today given the increasing return of diseases of poverty and the emergence of devastating new epidemics such as COVID-19.

The reality is that people's health choices are heavily influenced by the conditions in which they live. Whether they have a job that's safe, secure and decently paid, and one that gives them control, flexibility and meaning. Whether they're able to afford a well-heated, well-lit, stable home in a safe area. Whether they have the money, time and resources to buy and cook healthy food and have an active lifestyle. Whether they have a walkable community that provides access to green space and essential services. Lifestyle is also important for health, but lifestyle behaviours have causes and these causes have causes, too. It's these wider determinants of health that affect our health most. That the most deprived areas experience almost ten times as many child pedestrian fatalities than the least deprived areas is a fitting example of how - still to this day - where you live can kill you.

## ACUPUNCTURE TO MANAGE CHRONIC ASTHMA



In India, nearly 93 million people suffer from chronic respiratory conditions, out of which 37 million people are asthmatics. Asthma is characterised by bronchial hyper-responsiveness along with chronic airway inflammation, accompanied by chest tightness, episodic wheezing, breathlessness, and cough. Asthma is one of the leading causes of morbidity and mortality worldwide, ranking among the top 20 conditions leading to disability globally.

Apart from affecting the quality of life, asthma can lead to severe disability and even bring a heavy financial burden to patients, their families, and society. While pharmacotherapies like long-acting beta-agonists and daily inhaled corticosteroids are widely recommended to prevent any serious exacerbation and keep the symptoms under control, long-term pharmacological treatment can inevitably cause potential side effects, like adrenal suppression, liver toxicity, reduced bone mineral density, and increased risk of death.

In such a scenario, effective and safe alternative therapies like acupuncture can make a real difference. Recent studies have shown that acupuncture therapy can provide relief from asthma-related symptoms and make a difference in the inflammatory cell counts of the affected patients.

### How Acupuncture Works

In acupuncture, thin needles are inserted at different points (acupoints) in the body to stimulate those areas. A review published by the journal 'Pain Medicine' in 2015, looking at present evidence and research on the definition and function of acupoints, revealed that these acupoints might sustain certain changes or release certain substances in ways that adjust the functioning of certain organs, affect symptoms of various diseases or maintain homeostasis in the body. When the pressure points (acupoints) are activated in acupuncture with the needles, it stimulates the central nervous system to release certain chemicals into the brain, spinal cord and muscles, which regenerates the body's self-healing capacity.

### What Do Studies Suggest

According to a study published by the 'Journal of Alternative and Complementary Medicine' in 2017, allergic asthma patients who had 15 acupuncture sessions as well as routine care over the course of 3 months had considerable improvements in health-related and disease-specific quality of life compared to patients who had only routine care.

## THE KEY TO OUR HUMANITY ISN'T GENETIC, IT'S MICROBIAL



### What if the key to perfecting the human species were actually ... yogurt?

The fantasy of trying to perfect humanity through genetics was recently reignited by the announcement of the Chinese scientist claiming to have made the first "CRISPR babies," which were named for the technique used to edit the DNA of the embryos. While major ethical and regulatory concerns are present, fears that CRISPR will lead us into the dystopian world depicted in the movie "Gattaca" are unfounded. In fact, if the movie were remade today it would likely be a story about the government mandating probiotics and healthy eating.

Eugenics is the belief that humanity can be perfected through genetic manipulation. Past eugenic policies placed restrictions on marriage and immigration, justified slavery and forced sterilizations, and ultimately culminated in the Holocaust. I am a physician-scientist specializing in allergies who became interested in eugenics not in relation to skin color, but skin rashes. Most prominent researchers who study a skin rash called eczema were convinced that the vast majority of the disease is determined by fixed genetic sequences. Many still are. However, just like the studies of intelligence and criminal behavior that came before it, research into the genetics of eczema has fallen well short of what the 15th-century techniques had predicted. To be fair, the public's fascination with this subject is understandable. Commercial breaks are filled with pseudoscientific claims that your DNA can reveal, for example, that you are 12.4 percent Italian, 3.1 percent Neanderthal, and 1/512th Native American. Spoiler alert: It can't. Prominent magazines, podcasts and newspapers have pushed the debunked claim that intelligence is genetically encoded. In reality, genetic studies that were supposed to explain at least 80 percent of being a genius have explained only 5 percent. This means your genes, at best, have less impact on your IQ score than a good night's sleep. However, modern misunderstanding of how complex traits are passed down isn't just burdening society with hucksters and racists. Ignorance is causing us to overlook opportunities for improving health and treating disease.

### Where did ideas like a 'gene for IQ' come from?

Most of the ideas of "genes for" complex traits come from twin studies that assumed that identical twins and fraternal twins would differ only by the amount of shared DNA. What twin researchers either didn't realize, or willfully ignored, is that the influence of the environment is also stronger for identical twins. Because identical twins are more likely to be dressed alike and confused for one another, they form more of a shared identity.

Thus, identical twins are more likely to share the same hobbies, eat the same foods, and run in the same social circles than fraternal twins. Modern research shows these differences are more psychology than biology. Furthermore, since identical twins share the same embryonic sac in the womb, their environmental exposures are also more biologically similar than fraternal twins. As such, researchers claiming that twin study data is indicative of genetics are, at best, ill-informed.

# Y MEDIA TEAM AT COCKTAIL INTERNATIONAL & DREAM MEDIA AGENCY'S DIWALI SHOW



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## WE JUST CANNOT GET ENOUGH OF ZENDAYA IN THIS SHEER, EMBELLISHED BODYSUIT AND BLAZER

It would not be erroneous to say that Zendaya always puts her best fashion foot forward and knows how to impress with her killer sense of style. Whether spotted around town, at award shows, film festivals, or during movie promotions, the Dune actor almost always manages to make heads turn. So, when the starlet made an appearance at the recently-concluded Paris Fashion Week at the Maison Valentino show, it was bound to be an extravaganza. And, as expected, Zendaya did not disappoint. Keeping it extremely glamorous, Zendaya made an appearance in a sheer, crystal-embellished bodysuit that was teamed with a sequined blazer and high heels. She kept her hair simple and slicked back, and opted for a dark nude lip shade, nude makeup, and eyeliner to define her eyes. She also wore chunky black statement earrings to match the look and was spotted sitting in the front row alongside supermodel Naomi Campbell, and Law Roach, her stylist. Zendaya became a global ambassador of Maison Valentino in 2020.

"The Valentino girl," she captioned her Instagram post.

But, like we said, Zendaya has an extremely impressive sense of style.

So let's take a trip down memory lane and revisit some of her iconic style moments. Zendaya looked drop dead gorgeous in a sunshine yellow cutout dress styled with statement Bulgari jewellery. The natural, nude makeup and her curly hair enhanced her beauty and the overall look manifold. Her signature eyebrows also add to her allure.

You can never go wrong with a vintage Balmain outfit, and the Euphoria star proves just that. Zendaya looked like a vision in this regal, elegant red and green gown that she styled with slicked back hair, thick eyeliner and nude lips. In true Zendaya fashion, she kept it classic with pearl earrings. Zendaya is one of the few celebrities who can ace hot pink on hot pink. Donning a head-to-tie hot pink look, and leaving her curled hair open, Zendaya took her fashion game to another level. We totally loved it! Uniqueness is the key when it comes to high fashion and red carpet glamour, and Zendaya definitely knows that. We love show she kept it simple in a white crop shirt paired with a long silver glitter skirt to make an elegant statement. Her flawless, radiant makeup and messy (just the right amount) hair bun added the perfect finishing touches.

## FROM BODYCON DRESSES TO EVENING GOWNS, PARINEETI CHOPRA LOVES TO EXPERIMENT WITH HER STYLE



Parineeti Chopra sure knows how to make heads turn — not only with her bubbly on-screen presence but also with her chic sense of style. From ethnic wear to millennial fashion, there are hardly any trends and looks the Hasee Toh Phasee actor cannot pull off. As such, serving us with some high-fashion looks, the official PADI (Professional Association of Diving Instructors) Ocean Ambassador for India, recently looked fabulous in a striped bodycon dress that screamed comfort.

The actor was seen wearing a mid-length bodycon dress featuring block black, glittery pink, and white vertical stripes. Keeping it simple, she accessorised with minimal jewellery comprising — statement drop earrings and added the finishing touches with subtle pink eye shadow, winged eyeliner, a nude lip shade, and subtle strokes of blush.

But, like we said, the actor often sets fashion goals, and even loves to

experiment with her looks. Don't believe us? Check out some of her best style moments below:

Prior to this, Parineeti donned a strapless organza gown featuring floral motifs. Allowing the outfit to do all the talking, the Uunchai actor kept her makeup and hair basic, with winged eyeliner, a hint of colour on the lips, and a half bun respectively. "An amazing night spent with the people of Dubai.

Thankyou for acknowledging my performances in Sandeep aur Pinky Faraar, The Girl on the Train, and Saina. Thankyou for making it a memorable one!" she captioned her pictures on Instagram.

She looked equally gorgeous in a one-shoulder, black dress that also featured a side train. Keeping it basic, once again, Parineeti styled the look with blow dried hair, studs and a matching ring, subtle makeup, and black stilettoes. She captioned the pictures: "Is it a gown? Is it a dress? Last, but definitely not the least, we absolutely love Parineeti's bold red look. Putting her best fashion foot forward, Parineeti dazzled in a red, off-shoulder evening gown that hugged the actor's svelte frame perfectly. Going with her preferred makeup look that comprised a hint of eye makeup, she added the finishing touches with a chic ponytail, gold studs, and statement rings.

### How to get back on your fitness regime after the festive season

The festive season is a great time to relax and enjoy time with family, friends, and of course, food, but it can also be a time when your fitness routine goes out the window.

Diwali is the most exciting festival of lights, celebrations, and enjoyment but one side effect is the dangerous increase in air pollution levels. These levels cause many ill effects on health, especially for people with breathing problems.

People suffering from asthmatic problems must adopt ways to strengthen their lungs so that they can manage their health effectively. Just shutting yourself indoors will also not work as indoor air quality also worsen during Diwali. There are many harmful effects of firecrackers during Diwali. It is essential for us to protect ourselves from pollution to protect our lung health.

For many people, it can be difficult to stick to their fitness routine after all the festival cheer. However, it is important to get back on your fitness routine as soon as possible to maintain your health and well-being. Here are a few tips to help you get back on track:

#### Start small

If you have been inactive for a while, don't try to go back to your old routine right away. Start with a few basic exercises and work your way up. This will help reduce the risk of injury and allow your body to get used to the activity again.

#### Set realistic goals

Don't strive to become a fitness fanatic overnight. Set realistic goals that you can easily achieve and gradually increase the difficulty over time.

#### Find a fitness buddy

Working out with a friend can make the process more enjoyable and help keep you accountable.

#### Make time for fitness

Don't let other activities take priority over your fitness routine. Schedule time in your day specifically for working out and stick to it.

#### Persevere

Don't give up if you hit a snag along the way. Persevere and you will eventually reach your fitness goals.

#### Find Your Motivation

You can't actually get fit if you don't have a "genuine" purpose to do so. Motivation comes from within.

Even if you have been planning to go to the gym for weeks after the holidays, you must find inspiration to remain regular and dedicated.

Most people are motivated to exercise because it will improve their appearance or because they want to do it for someone else. This can only help you stay motivated till you reach your objective.

### ANXIETY DISORDERS HAVE NO EFFECT ON VACCINE HESITANCY: STUDY



Individuals who deal with anxiety are no less hesitant to get the Covid-19 vaccine compared to those without anxiety, according to new research.

The new study led by the University of Waterloo in Canada aimed to investigate the relationship between vaccine hesitancy, psychological factors associated with anxiety, and individuals' reasoning for and against getting the vaccine.

"People with anxiety difficulties were not more hesitant about the vaccine. Rather, the more discomfort they had with uncertainty, the less hesitant they were," said Dr Christine Purdon, professor of Clinical Psychology at Waterloo in a paper published in the Journal of Anxiety Disorders. "The opposite was true of those without anxiety, suggesting that discomfort with uncertainty may be an important factor when addressing vaccine hesitancy," Purdon added.

To conduct the study, the researchers surveyed 148 participants with and without anxiety disorders. All participants completed an online questionnaire examining Covid-19 vaccine hesitancy along with other related variables such as conspiracy beliefs, individualism, and intolerance of uncertainty.

They also surveyed the top reasons why individuals were motivated to get the vaccine and the top reasons why they were hesitant.

The most common reasons that participants were hesitant to get the vaccine were related to the vaccine's effectiveness and novelty, and fear of adverse effects.

In contrast, the most frequent reasons that participants were motivated to get the vaccine were to protect others, to protect self, and to return to a sense of normalcy.

The researchers found that anxious and non-anxious participants did not differ in vaccine hesitancy. However, discomfort with uncertainty predicted greater vaccine hesitancy in non-anxious participants, and in both groups' vaccine hesitancy was predicted by individualistic worldviews, conspiracy beliefs, and a lack of trust in authority.

Aliya McNeil, lead author of the study, said that the findings could suggest that people without anxiety disorders are concerned with uncertainty related to the vaccine itself, whereas people with anxiety disorders might view the vaccine as an opportunity to reduce stress and uncertainty related to the virus. This may indicate that vaccine hesitancy is related to how one values independence. The researchers hope that their findings will help aid in future research that continues to explore vaccine hesitancy and interventions to promote vaccine uptake.

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## SONNALLI SEYGALL ON HOW EXERCISE IS NOT JUST ABOUT LOSING WEIGHT

Regular exercise has, for a long, been mainly associated with weight loss. While working out regularly does play a crucial role in one's weight loss journey, it is not the only thing that matters. There's so much more to exercise than just being a medium to lose extra kilos. Busting this popular myth is actor Sonnalli Seygall who took to Instagram to "flip" this script. "Fit > Skinny," she started out saying. She continued, "We were raised in a generation where exercise was only used to lose weight and be skinny. Let's flip the secret." Take a look at her video where she can be seen performing an array of exercises in the gym.

Sonnalli added that, for her, it is more important to stay fit than to be skinny. "Eating right, working out, meditating all add up to being physically and mentally fit," she said.

The actor said that "it doesn't matter what size you are; as long as you are fit, healthy with no ailments, and happy — you are good and doing something right".

Earlier, Bhagyashree, too, had stressed the importance of regular exercise. "Exercise is known to improve your cognitive abilities. New neurons are produced in the hippocampus of your brain which can improve your memory, learning abilities, and is a mood enhancer too," she wrote. The actor added that exercising daily "reduces chances of brain degenerative diseases such as Alzheimer's and Parkinson's" as you get older. "It is believed that exercise helps improve brain power. Yoga, cardio, or weight training, we should be exercising every day. It also enhances memory, learning, and better mood," she added. From yoga to cardio exercises – Sonnalli is a firm believer of staying fit and regularly serves inspiration with her workout videos. Recently, she posted another video in which the actor performed a series of beneficial yoga poses with utmost flexibility and ease. Prior to this, she left everyone in awe by effortlessly performing a backbend. "Turning my world upside down," she captioned the post.

### MIDDLE OF A WORK DAY? WHAT TO SNACK ON AT 5 PM

Please eat that snack and don't be sad about it. Snacking, believe me, is not the monster it is portrayed to be; rather, the right snacks can provide essential nutrients while also aiding in appetite control. The golden rule for snacking correctly is to always be prepared, incorporate healthy snacks and make them a part of our daily food plan.

If you don't have something healthy handy, you will obviously grab the first thing that's around when you want to munch. So plan ahead of time; keep some nuts and some healthy snacks always handy. In fact, stay specially guarded and ready (with the right snacks) for the inevitable 5 pm cravings. After all, the gap between lunch and dinner tends to be long and so can be a danger zone (for eating junk).

#### MILLET SNACKS

What's old is new again. And this is great news. Suddenly all sorts of whole grains with ancient pedigrees are being embraced by home cooks, restaurants and are more widely available in supermarkets. And leading the pack here are millets, which are believed to be rich in calcium, protein and other nutrients. They make for great snack options. Jowar, bajra and ragi-based snacks and smoothies are great options to satisfy mid-meal cravings.

#### NUTS AND SEEDS

We all love nuts and enjoy eating them. But there are too many myths surrounding this super healthy food. Agreed, most nuts are calorific, but they cause trouble only if you eat too many. In the right portions, they are an essential part of a healthy, balanced diet as they provide good quality protein and good fats that actually help our heart's health.

#### FRUITS

Fruits are perfect to dig into as they make a perfect snack and help cut cravings too. All fruits make a good snack and sometimes you can fancy them up too by making a fruit chaat or pair them with cheese to make it even more satisfying. Try a cheese and fruit skewer. Cut grapes, apples and pineapple into small equal cubes. Similarly, cut some Cheddar cheese into the same shape and size like the fruits. Slide in the cheese and the fruits into the skewers alternately and enjoy. Other interesting options would be applying peanut butter on apple slices. Dip banana pieces in orange juice, then into one of the following: unsweetened coconut, crushed peanuts, crushed cereal

### WHAT SHOULD BE THE IDEAL BLOOD PRESSURE READING FOR MEN, ACCORDING TO THEIR AGE?



Blood pressure is the force with which the heart pumps blood throughout the body. As such, it is extremely important to measure your blood pressure at regular intervals to ensure that it is neither on the higher side nor low. Also, while discussing blood pressure, it's important to understand two key concepts: systolic pressure, or the force your heart uses to push blood out, and diastolic pressure, the pressure in arteries between heartbeats.

#### Is the range of your blood pressure healthy?

Getting your blood pressure checked is the best way to find out. "You should regularly check your blood pressure, especially if you have been diagnosed with low or high blood pressure. Keeping track of your numbers will also help you spot patterns and notice any changes. Monitoring your progress over time will help show whether the improvements (lifestyle, diet, fitness) you have made are effective or not," said Lavleen Kaur, head nutritionist and founder, Diet Insight, a nutrition and wellness clinic.

High blood pressure (or hypertension) is strongly associated with unhealthy lifestyle choices like smoking, excessive alcohol consumption, being overweight, and insufficient exercise. Since hypertension is a lifestyle disorder, the solution lies in being as active as possible to ensure healthy blood flow. Hence, this is why the blood flow may fluctuate in those who lead a sedentary lifestyle with minimal movement and stress. "So, to maintain your blood pressure, start by fixing your way of living and focusing on your sleeping patterns, stress level, and reversing your sedentary lifestyle," Kaur said.

You can also make important dietary modifications to maintain your blood pressure, starting with increasing the intake of potassium, Kaur suggested. For hypertension patients, it is very important to maintain a balance of potassium and sodium in the body to ensure healthy blood flow.

"This means eliminating salt completely is worse than previously thought. Yes, you may need to cut down on processed salt and limit your intake to one tablespoon per day, but you can still eat pickles, papad, and chutneys as long as you don't overeat and limit eating high salt intake foods at night. To keep the sodium-potassium balance in check, eat potassium-rich foods like bananas, potatoes, green leafy vegetables, and walnuts. Poppy and watermelon seeds are also recommended for maintaining high blood pressure because they are high in magnesium and calcium," she mentioned. It is also essential to maintain an electrolyte balance, which can be achieved by drinking plenty of water throughout the day or by drinking green juices in the morning, such as those made using spinach and beetroot. Caffeine, on the other hand, causes water retention and dehydration in the case of hypertension, which can affect blood pressure. Low blood pressure (or hypotension), which is a sudden drop in blood pressure after rising from a seated position or lying down, on the other hand, can cause symptoms like blurred vision, dizziness, fatigue, and loss of concentration and is mainly caused due to dehydration, prolonged bed rest, pregnancy, certain medical conditions, and medications.

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