



DONALD TRUMP TO MAKE 'VERY BIG ANNOUNCEMENT' ON NOVEMBER 15 | P15



Tuesday, November 08, 2022

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TALKS WITH RUSSIAN FOREIGN MINISTER TO FOCUS ON REGIONAL **CONCERNS, GLOBAL SITUATION: JAISHANKAR**

HAPPY GURPURAB



TRUDEAU ACCUSES CHINA OF POLL **INTERFERENCE**

CANADIAN PRIME MINISTER JUSTIN TRUDEAU HAS ACCUSED CHINA OF ELECTION INTERFERENCE AND PLAYING "AGGRESSIVE GAMES" WITH DEMOCRACIES

OTTAWA, (IANS) Canadian Prime Minister Justin Trudeau has accused China of election interference and playing "aggressive games" with democracies. Addressing reporters on Monday, Trudeau said: "We have taken significant measures to strengthen the integrity of our elections processes and our systems, and will continue to invest in the fight against election interference, against foreign interference of our democracies and institutions.

"Unfortunately, we're seeing countries, state actors from around the world, whether it's China or others, are continuing to play aggressive games with our institutions, with our democracies,

The Prime Minister's accusation comes after Canadian intelligence identified a "clandestine network" of Beijing-backed candidates at the recent elections, the BBC reported.

At least 11 candidates were supported by China in the 2019 federal elections, officials reportedly told Trudeau.

Citing unnamed intelligence officials, local broadcaster Global News reported that Beijing had directed funds to the

candidates and that Chinese operatives had acted as campaign advisers to many candidates. In one case, funding of C\$250,000 was directed through the office of an Ontario-based provincial MP.

The operation, which was reportedly directed from China's consulate in Toronto, also sought to place operatives within the offices of serving MPs in an attempt to influence policy, the outlet

I CONTD. ON PAGE 9

ANOTHER MEMBER WITH THE ELECTION OF SHRI THANEDAR. AND THREE OF ITS MEMBERS HAVE WON REELECTION, WHILE

NEW YORK, (IANS) The "Samosa Caucus" in the US Congress has added another member with the election of Shri Thanedar, and three of its members have won reelection, while another is leading in his constituency. Democrats Pramila Jayapal in Washington State, Raja Krishnamoorthi in Illinois and Ro Khanna in California have been reelected in the midterm elections, while Ami Bera was leading in California on Wednesday morning. The Indian American members of Congress have nicknamed themselves the "Samosa Caucus".

Republican Ritesh Tandon, who ran against Khanna, and Democrat Sandeep Srivastava in Texas have lost, while Rishi Kuma, who is running against a fellow Democrat under California's system was trailing.

India's "son-in-law" J.D. Vance, who is married to Usha Chilukuri, has won the Senate seat from Ohio. He is a Republican allied with former

self-made millionaire, Democrat Thanedar, 67, who was born in Belgaum in India, beat a Republican rival in Detroit in Michigan state.

legislator, ran unsuccessfully for the Democratic party nomination for Governor in 2018.

He came to the US in 1979 and got his PhD in chemistry and an MBA.

FOUR INDIAN AMERICANS WIN ELECTION TO **CONGRESS, ANOTHER LEADING (LD)** THE "SAMOSA CAUCUS" IN THE US CONGRESS HAS ADDED

ANOTHER IS LEADING IN HIS CONSTITUENCY.







JAKE DHEER AWARDED WITH THE QUEEN ELIZABETH II'S PLATINUM JUBILEE MEDALLION FOR HIS SIGNIFICANT CONTRIBUTIONS TO COMMUNITY AND CANADA. I DETAILS ON PAGE 3

CANADA'S EMPLOYMENT RISES BY 0.6% IN OCTOBER; UNEMPLOYMENT **RATE STANDS AT 5.2%**

Employment rose by 108,000 (+0.6%) in October, recouping losses observed from May to September. The unemployment rate held steady at 5.2% in October. Employment rose in several industries, led by manufacturing, construction, and accommodation and food services. At the same time, it fell in wholesale and retail trade, as well as in natural resources. The number of private-sector employees rose for the first time since March 2022. Employment was little changed among employees in the public sector and among self-employed workers. I CONTD. ON PAGE 9

INDIAN-AMERICAN ARUNA MILLER ELECTED MARYLAND'S LT GOVERNOR

WASHINGTON: Aruna Miller on Tuesday scripted history by becoming the first Indian-American politician to win the race of Lieutenant Governor in the state of Maryland, adjoining the US capital.

Miller, 58, a former delegate to the Maryland House, was on the Lieutenant Governor ticket along with Wes Moore -- the Democratic Governor elect.

I CONTD. ON PAGE 12

SHIV SENA LEADER SUDHIR SURI SHOT DEAD OUTSIDE AMRITSAR TEMPLE

In a broad daylight sensational killing, Shiv Sena leader Sudhir Suri was shot dead on Friday outside a temple in Punjab's Amritsar during a peaceful agitation amidst the presence of police. He was shot by a person in the crowd. The crime took place outside Gopal Mandir where Suri and some leaders were sitting on a sit-in protest outside the temple against the desecration of idols.



I CONTD. ON PAGE 13

1 IN 6 PEOPLE IN ENGLAND, WALES BORN **ABROAD, MOSTLY INDIA: CENSUS**

LONDON, (IANS) India was found to be the most common country of birth for one in six, or nearly 10 million, people in England and Wales, according to a report released by the UK's Office for National Statistics.

The report, "International Migration, England and Wales: Census 2021", said that 16.8 per cent of residents were born abroad, up from 13.4 per cent a decade earlier. I CONTD. ON PAGE 6

AAP TO LAUNCH 'KEJRIWAL KI 10 GUARANTEE' CAMPAIGN AHEAD OF MCD POLLS

NEW DELHI, (IANS) Delhi Chief Minister and AAP national convenor Arvind Kejriwal on Wednesday chaired a meeting with the senior party leaders to review the preparations for the December 4 Municipal Corporation of Delhi (MCD) elections. After the meeting, Deputy Chief Minister Manish Sisodia said that the party will launch 'Kejriwal Ki 10 Guarantee' campaign



US PRIORITISES TIES WITH INDIA



ASAD MIRZA

US President Joe Biden's administration unveiled the US National Defence Strategy 2022 on October 27. It lists plans to boost its defence ties with India to deter Chinese aggression in the region.

The latest Defence Strategy states that China presents the most consequential and systemic challenge, while Russia poses acute threats to vital US national interests abroad and to the homeland.

I CONTD. ON PAGE 8



Community Update

William Osler Health System Fall 2022





Message from Osler's President & CEO

This summer, I was given the great privilege of becoming Osler's President and CEO. As a family physician in this region for more than 30 years, I'm committed to building on our many successes as a leading, quality health care organization. These include advancing the transformation of Peel Memorial Centre for Integrated Health and Wellness (Peel Memorial) into Brampton's new hospital; expanding cancer care close to home; evolving into an Academic Health Centre to support a new School of Medicine in partnership with Toronto Metropolitan University; and supporting our teams in the delivery of patient-inspired health care without boundaries to our growing community. With the unwavering support from the community, government and health care partners, our patients, Osler Foundation, and donors, we will continue to ensure you have access to quality, compassionate care.

Like many hospitals at this time, Osler is experiencing unprecedented capacity pressures and staffing challenges which means longer than usual wait times. Osler's top priority remains the health and safety of everyone who comes through our doors, and we want to assure you that we are here for you when you need us.

To keep you up to date with what's going on at Osler, please join me for our next Community Telephone Town Hall on November 17. This is a valuable opportunity to hear hospital updates and to ask questions about topics that are important to you. Check Osler's website and social media channels for more information. Hope you can join us.

Dr. Frank Martino

Osler's Telephone Town Hall Thursday, November 17, 2022 at 7:00 p.m.

For information, to pre-register and submit questions, visit www.williamoslerhs.ca/townhall

Ongoing Commitment to Quality

At Osler, a quality excellence mindset guides everything we do, driving us to continuously pursue quality improvements that ultimately lead to safe, quality, compassionate care for our patients. Osler's iHuddle Boards are one such quality improvement, and was recently recognized as a global leading practice by the Health Standards Organization. While team huddles are a long-established process at Osler, moving to a digital platform has transformed how teams manage quality and safety, review performance, and collaborate on key organizational initiatives.



iHuddle Boards translate Osler's strategic plan in a meaningful way to the frontline teams to support the delivery of quality care for patients and families. They allow for staff feedback, and managers are encouraged to invite patients and families to join huddles in front of the iHuddle Boards to discuss, ask questions and offer solutions.

Nurses, set your sights on Osler!

Are you ready for a career that goes beyond to provide patientinspired health care without boundaries?

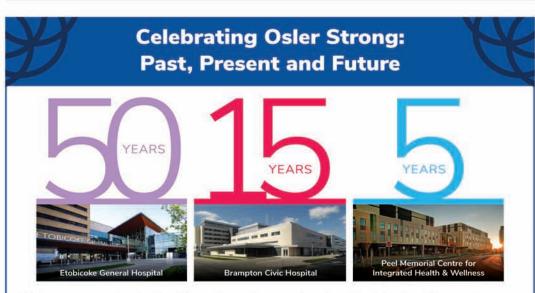
At Osler, we celebrate our diverse workforce, have a passion for innovation, and offer opportunities for education and advancement in various specialties. All that's missing is you.

Apply today to exciting nursing roles at Brampton Civic, Etobicoke General and Peel Memorial! Visit williamoslerhs.ca/careers or scan the QR code above.



Sun Life | Osler Healthy Active Living Initiative

Manage and reduce your risk of Type 2 diabetes by registering for the Sun Life | Osler Healthy Active Living Initiative. Visit bit.ly/38nUOTM or scan the QR code above.



This year marked significant anniversaries for Etobicoke General Hospital, Brampton Civic Hospital, and Peel Memorial for Integrated Health and Wellness. As we celebrated the rich legacies upon which our hospitals were built, we looked past the bricks and mortar to recognize the people, both within and beyond Osler's walls, who have made and continue to make quality health care in our communities a reality. Learn more about Osler's anniversary milestones at www.williamoslerhs.ca/EGH50

Cold and Flu Season is Here. Be prepared!



- Get your flu shot today. Contact your family doctor or pharmacist.
- Get your COVID-19 vaccine or booster today.



Virtual Urgent Care

Use Virtual Urgent Care for non-life

Minor injuries including cuts, sprains,

New abdominal pain, nausea, vomiting

Cough, nasal congestion, cold symptoms

Questions about COVID-19 symptoms

When necessary, the physician will order

diagnostics (e.g., x-ray, CT scan or lab

tests), prescribe drugs or treatment,

and may direct you to the closest

Emergency Department.

and/or refer you to another specialist,

threatening illnesses or injuries:

head injuries

Available seven days a week

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your mouth and nose when coughing.



- Clean your hands regularly.
- Consider wearing a mask indoors in public settings.
- Know your care options.

KNOW WHERE TO GO FOR CARE



COVID, Cold and Flu Care Clinics

Go to a Central West Ontario Health Team COVID, Cold and Flu Care Clinic if you:

- Have moderate cold, flu or COVID-like symptoms (e.g., new or worsening cough, fever and/or chills, shortness of breath)
- Tested negative for COVID and continue to have cold, flu or COVID-like symptoms
- Need to see a doctor for an in-person visit to assess your symptoms

To book an appointment or learn more: www.williamoslerhs.ca/ virtual-urgent-care



Urgent Care Centre at Peel Memorial Available seven days a week

Use the Urgent Care Centre for nonlife threatening illnesses or injuries:

- Sprains, strains or broken bones Allergic reactions or skin rashes
- Asthma attacks
- Minor burns
- Cuts that might need stitches
- Earaches or eye injuries · Fevers (in infants older than three
- months), coughs and colds
- Infections
- Nose and throat complaints



Osler's Emergency Departments Open 24 hours a day, every day

Go to an ED for medical emergencies and serious injuries or conditions:

- Chest pain or abdominal pain
- Shortness of breath
- Internal bleeding
- Numbness or weakness in arms or hands
- Major trauma
- Mental health issues
- · Fever in infants three months old and younger Pregnancy-related emergencies
- Seizures or stroke symptoms
 - To learn more, visit:

www.williamoslerhs.ca/ emergency-and-urgent-care



www.williamoslerhs.ca

Brampton Civic Hospital 2100 Bovaird Drive East Brampton, ON L6R 3J7 (905) 494-2120

Etobicoke General Hospital 101 Humber College Boulevard Etobicoke, ON M9V 1R8

www.williamoslerhs.ca/

emergency-and-urgent-care

Peel Memorial Centre for Integrated Health and Wellness 20 Lynch Street Brampton, ON L6W 2Z8 (905) 494-2120

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SUKHMANI SAHIB PATH ORGANIZED
BY NAVJIT KAUR BRAR, BRAMPTON
CITY COUNCILLOR FOR WARDS 2 & 6
TO CELEBRATE HER VICTORY

Y MEDIA EXCLUSIVE: FEDERAL
LABOUR MINISTER, SEAMUS O'
REAGON JR. HIGHLIGHTED
CANADA'S 2022 FALL ECONOMIC
STATEMENT AT AN EVENT AT
CANADIAN TRUCKING
ALLIANCE IN TORONTO





Y MEDIA TEAM AT PEEL POLICE'S

RACE AGAINST RACISM
'DIVERSITY SCHOLARSHIP'

AWARD CEREMONY

Y MEDIA EXCLUSIVE: JAKE
DHEER AWARDED WITH THE
QUEEN ELIZABETH II'S PLATINUM
JUBILEE MEDALLION FOR HIS
SIGNIFICANT CONTRIBUTIONS TO
COMMUNITY AND CANADA





AGARWALS BASED IN CANADA
(ABC) CELEBRATED 25TH
ANNIVERSARY DIWALI GALA IN
MISSISSAUGA



Y MEDIA PLUS

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MIDWEEK NEWSPAPER

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RANA CANADA DIWALI AND AWARD GALA AWARD A GRAND SUCCESS



Rajasthan Association of North America Celebrated RANA DIWALI & Awards and Gala Night on Saturday 29 October 2022 at the PALACIO EVENT CENTRE At this event, RANA celebrated its 15th Year anniversary, Diwali gala and honoured Indo Canadians of Rajasthani origin in eleven categories for their contribution to the fabric of the Canadian society.

For 2022, the theme of the Diwali & Awards Gala Night was Land of Royals: Land of Rich Cultural Heritage & Connect to be Rich. The theme encapsulates two separate but linked ideas the first is the prominent role that the Indian diaspora from Rajasthani Origin in Canada is playing in fostering bilateral ties culturally, heritage and economics, and second is the significant position that RANA occupies in channelling this effort, a position that acquired a new meaning from this year as the RANA for the first time in its 15-year-old history by introducing Awards to recognize eleven individuals in eleven categories for their contribution to the fabric of the Canadian society and enhance the efforts on connectivity of the diaspora on economic forefront. The Diwali & Award Galanight drew the attendance of approximately 600 people drawn from an influential array of business, decision makers and community leaders.

This celebrationwas well attended by the Indo-Canadian community at large. The event was well attended by a galaxy of thought leaders from business, academia, social& cultural groups. The Diwali & Award Gala 2022 was described as memorable and beyond imagination by many attendees.

The award winners of the night were:

- o Female Professional of the Year: Ms. Rajni Tekriwal
- o Male Professional of the Year: Mr. Puroo Maheshwari
- o Corporate Executive of the Year: Ms. Mahima Poddar
- o Humanitarian of the Year: The Kothari Family
- o Lifetime Achievement of the Year: Dr. Jagmohan Lal Humar
- o President's Award: DORI Doctors of Rajasthan, International
- o Female Entrepreneur of the Year: Ms. Sunita Vyas
- o Male Entrepreneur of the Year: Mr. Arun Goel
- o Innovation & Technology Achievement of the Year: Dr. Nilesh Bansal $\,$
- o Young Rising Star of the Year: Ms. Vaishnavi Panwar
- o Member of the Year: Dr. Sadhna Joshi

RANA President Rashi Bajaj congratulated all the award winners and applauded their contributions to the fabrication of the Canadian society, their commitment to excellence and community involvement. She also

emphasized that all the award winners are the outstanding examples of the prominent role that the Indian diaspora from Rajasthani Origin are playing in Canada

Also, in her opening remarks President of RANA, Rashi Bajaj welcomed more than 600 guests to such a great evening, appreciated the efforts of our first responders thorough out the pandemic and paid tribute by conferring President award to DORI, Doctors of Rajasthan International.

She also mentioned about 15 glorious years of RANA JOURNEY and the plan for next phase which RANA steps into, key plans are going to be:

* New Members: Establishing the purpose, projects, and plans for the current members and the incorporation of new members to help the RANA community reach new milestones.

* RANA Community Centre: Building a RANA Community Center is among the key important projects, that RANA will be undertaking for the betterment of the community as well as to provide a safe and designated space for various RANA socio-cultural, networking, youth integration events

* RANA Connect Event: A series of networking events under RANA Connect program for the community to interact with Professionals, Entrepreneurs and Decision Makers.

* RANA Awards:On 15th anniversary, RANA has initiated RANA Awards for recognizing and honoring dedicated RANA members and people of Rajasthani origin.

* RANAAdvisory Committee:Accomplished learned RANA Members from various fields will form the RANA Advisory Committee and will help provide new perspectives on existing and future issues.

* Charity Events:Generosity and charity are deeply embedded in Rajasthani values and they are an essential part of Indian and Canadian morals. RANA presented a cheque of \$10,000 to William Osler Foundation for Breast Cancer Research& Awareness and have committed to do next event combined with Gangaur Celebration with a focus on raising funds for Breast Cancer Research.

* Youth Involvement & Mentorship Program: Molding the next generation into model citizens of the world is one of many responsibilities that RANA will undertake. RANA will work on connecting more experienced and senior members with the young members to mentor them towards the right course of action for their educational requirements, career goals and personal expectations

* Mental and Physical Health: Mental and Physical health are equally important components of overall health, for healthy society. RANA will be undertaking

events related to Mental and Physical health such as Yoga, Speaker Series, Interactive Sessions.

* Global Convention: In coming days, RANA Canada will work on organizing international global convention with a focus on strengthening bilateral ties between Raiasthan and Canada.

RANA Magazine was also unveiled as part of the Diwali & Award Gala. This time, RANA Magazine is more like a souvenir of Rajasthan, representing the heritage, culture and business opportunities in Rajasthan. In closing, President Rashi Bajaj ended her remarks by reading out by the famous quote by Ralph Waldo Emerson: "Do not follow where the path may lead. Go instead where there is no path and leave a trail."

RANA Canada was honoured by the esteemed presence of several prominent figures including Hon. Ahmed Hussen, Minister of Housing and Diversity & Inclusion, Hon.Melissa Lantsman, Member of Parliament (MP) from Thornhill and Deputy leader, Conservative party of Canada, Hon. Prabmeet Singh Sarkaria, Ontario's President of the Treasury Board & Member of Provincial Parliament (MPP) Brampton South, Mayor of Brampton His Worship Patrick Brown, Consul General of India in Toronto, Her Excellency Aproova Srivastava, Ken Mayhew, President and CEO William Osler Foundation, MPP Deepak Annand, Peel Police Chair Ron Chattha.

Shri Prem Bhandari ji, President RANA USA and Jaipur foot from New York was also in attendance and was also honored for his services to Rajasthani community.

All the dignitaries in their remarks mentioned about the great work RANA Canada is doing and thanked Rajasthani community for their services to the Canadian society and congratulated the award recipients.RANA president Rashi Bajaj thanked all the sponsors for their generosity. Ms. Rashi Bajaj also said a big thank you to each one of the board members, participants and volunteers who made the event possible.

The best part of the event was great cultural performances by RANA members and their kids. Entire cultural committee lead by Ms. RuchiKhandelwal, Director - Cultural worked tirelessly and presented some of the very best cultural performances. Entire RANA Board of Directors, Sandeep Jain, Savita Rathore, Mamata Shah, Ayushi Purohit, Riddhi Agrawal, Ruchi Khandelwal, Rashmi Varshney, Neelu Daga, Ramesh Agarwalla, Ritu Chadha, along with many committee members and volunteers worked hard to make event successful.





RS 100 CRORE TO BE SPENT FOR BEAUTIFICATION OF AMRITSAR FOR HOSTING G-20

To review the preparations being made for the G-20 Summit, a meeting of Extensive arrangements will be made for the success of this global event, the Sub-Cabinet Committee under the chairmanship of the Punjab Local Government Minister was held here on Monday.

The members of sub-committee are Kuldeep Singh Dhaliwal, Harjot Singh Bains, and Harbhajan Singh. Local Government Minister Inderbir Singh Nijjar said the G-20 summit is going to be held in the holy city of Amritsar, possibly from March 15 to 17, 2023, and will have participation of the heads of state of G-20 countries and other international delegates.

Terming it is a matter of great pride that this international event is going to be held in Punjab, he said that approximately Rs 100 crore will be spent on development works for the beautification of Amritsar for the summit.

he said, adding that with this international event, the state will emerge on the global tourism map, and it would also give boost to the investment in the state.

On this occasion, he gave the details of the works to be done to strengthen the beauty and basic infrastructure of the city and said whatever work will be done will be not only for the programme, but will be strong and sustainable works according to the needs of the city residents.

He said the works to be done include repairing roads, streetlights, making green belts, painting the Golden Gate, improving solid waste management, signage boards, and electricity.

1 IN 6 PEOPLE IN ENGLAND, WALES BORN ABROAD, MOSTLY INDIA: CENSUS

CONTD. FROM PAGE 1

The number of foreign-born residents increased by 2.5 million over the decade to 10 million. India was the most common country of origin, accounting for 920,000 people, which is 1.5 per cent of the usual resident population, the 2021 census showed. The three most common non-UK countries of birth for usual residents in 2021 were India, followed by Poland, which increased to 743,000 (1.2 per cent), up from 579,000 in 2011; and Pakistan, which increased to 624,000 (1 per cent), up from 482,000 in 2011. The report comes at a time when the UK has been under duress over record number of migrants crossing the English Channel in small boats and arriving in Britain. Migration led to a 6.3 per cent rise in the population between 2011 and 2021, the report said. The figures also showed that 5.9 million people, or 9.9 per cent of the population, held a non-UK passport. London continued to be the region with the largest proportion of people born outside the UK, rising from 36.7 per cent in 2011 to 40.6 per cent of the city's population. The figures for Wales and North East England were less than 7 per cent.

INDIAN-ORIGIN MP CHANDRA ARYA USHERS IN HINDU HERITAGE MONTH IN CANADA



Indian-origin MP Chandra Arya marked Canada's first Hindu Heritage Month beginning from November to acknowledge and celebrate contributions made by Hindus to make the country strong and prosperous. The Canadian House of Commons had passed a unanimous resolution moved by Arya earlier this year to have November proclaimed as the Hindu Heritage Month. "Today I marked the historic beginning of Canada's national Hindu Heritage Month by raising a flag with Hindu sacred symbol 'Aum' on parliament hill," Arya, MP from the ruling Liberal Party representing Nepean in the Ottawa area, wrote in a tweet on Tuesday. "HHM (Hindu Heritage Month) provides an opportunity to recognize the contributions of 830,000 Hindu-Canadians to our country & of Hindu Heritage to mankind." According to Arya, members of the Hindu community started coming to Canada 100 years ago. The community has people who migrated from India, Sri Lanka, Nepal, Southeast Asia and even Africa. According to Statistics Canada, as reported in the 2021 Census, Hindus rose from 1.0 per cent to 2.3 per cent (close to 830,000 people) of total Canadian population from 2001 to 2021. Hindus now comprise 4.1 per cent of the Ontario population. "This November marks the first federally recognized Hindu Heritage Month. Canada is home to over 830,000 Hindus who make immense contributions to the fabric of our country. I wish you all a Happy Hindu Heritage Month!" Anita Anand, the Indo-Canadian MP for Oakville and Minister of National Defence, tweeted. The celebration comes months after a series of verbal and physical attacks on Hindus and their properties in the North American nation. Arya has been a vocal critic of hate crime incidents targeting Indians, and has strongly criticised instances of vandalism at the Hindu temples, as well as desecration of Mahatma Gandhi's statue in the country. "From building institutions to being philanthropists, Hindu-Canadians have excelled in all services and sectors and in all walks of life," Arya had said, moving the motion in Parliament to get November declared as Hindu Heritage Month.

HAPPY JUMPUMA from RUBY SAHOTA



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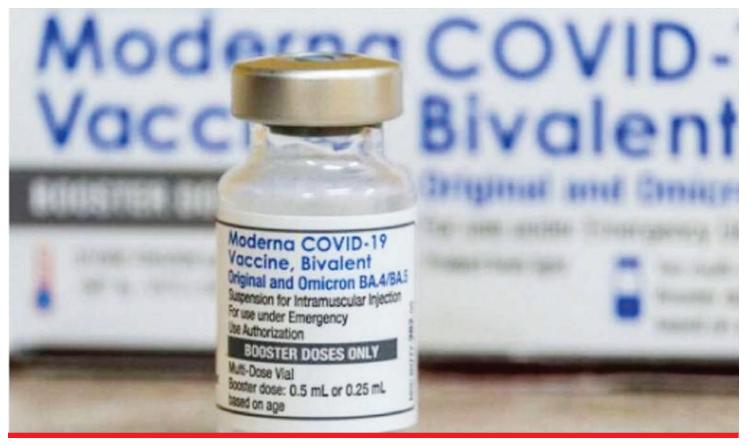
- Providing up to \$1,300 over two years through a Canada Dental Benefit for children under 12, starting this year
- Doubling the GST Credit for 6 months
- Delivering \$500 to nearly 2 million low-income renters who are struggling with the cost of housing, including seniors and students



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HEALTH CANADA AUTHORIZES MODERNA BIVALENT COVID-19 BOOSTER TARGETING OMICRON BA.4/5 VARIANTS

Health Canada authorized an adapted version of the Moderna safe and effective. Clinical trial results showed that a booster dose of the Spikevax COVID-19 vaccine that targets the Omicron BA.4/BA.5 subvariants. It is authorized for use as a booster dose in individuals 18 years of age or older.

Canada has determined that the bivalent Moderna Spikevax booster is reactions that resolved quickly.

bivalent Moderna Spikevax vaccine triggers a strong immune response against both Omicron (BA.4/BA.5) and the original SARS-CoV-2 virus strains. This adapted vaccine has a similar safety profile to the previously After a thorough and independent scientific review of the evidence, Health approved Moderna Spikevax boosters, with the same mild adverse

MUSK'S INDIAN-ORIGIN ADVISER, SRIRAM KRISHNAN, DEFENDS **\$8 FOR BLUE WITH VERIFICATION**

Sriram Krishnan, a former Twitter executive of Indian origin, recently revealed that he is helping Elon Musk through initial changes at Twitter which he bought for \$44 billion, is seeking to counter those who are criticising the \$8 fee for Blue tick verification.

On Monday, Krishnan reacted on Twitter to the claim that verification will not solve impersonation but cause more problems.

"Using a CC/mobile checkout dramatically increases friction. And everyone caught impersonating will lose their money," Krishnan tweeted.

"There are lots of people who should be verified (and often impersonated) and aren't. And vice versa. The current path on any social network is opaque and easily gamed," he added.

In his Twitter thread, he further mentioned that charging for blue tick would bring consistency to the platform.

"\$8 gives a consistent path for anyone regardless of their level of notability (which is subjective)," Krishnan said.

"The current model also has severe spam issues. \$8 and giving everyone It was NOT meant to say "we judge this person to be notable".



blue checks makes those attacks less valuable," he added. Krishana ended his thread by saying that "verification on social media was originally meant to solve for "this person is who they say they are".

Akali Dal expels Bibi Jagir Kaur from party's primary membership



The Shiromani Akali Dal (SAD) on Monday expelled Bibi Jagir Kaur from the primary membership of the party for indulging in anti-party activities, including becoming party to a conspiracy to break the Shiromani Gurdwara Parbandhak Committee (SGPC).

Announcing this, SAD Disciplinary Committee Chairman Sikander Singh Maluka said disciplinary action had been taken against Bibi Jagir Kaur after exhausting all options, including giving her an opportunity to present her point of view through a personal hearing on Monday.

"SAD has always sought to present panthic unity by putting forward a single candidate for the post of President of the SGPC after the party President takes the views of all members individually. We fail to understand why Bibi Jagir Kaur wanted to change this norm and create confusion in the Sikh community as it only helps forces inimical to the panth."Detailing the case, Maluka said Bibi Jagir Kaur had started preparing to contest the SGPC elections three months back by approaching members. He said with the aim of maintaining unity in the party, senior SAD leaders Daljit Singh Cheema and Surjit Singh Rakhra, had approached her and urged her to abide by party discipline.

"Even SAD President Sukhbir Singh Badal apprised her about the view point of SGPC members and counselled her not to insist on contesting the polls." Asserting that Bibi Jagir Kaur remained insistent, Maluka said that she started calling up and meeting members to solicit their support.

"Things got out of hand when there were complaints from SGPC members that senior BJP leader and Minority Commission Chairman Igbal Singh Lalpura was ringing up members to solicit support for Bibi Jagir Kaur."

GUJARAT ASSEMBLY ELECTIONS

1st phase - 89 seats Polling in Saurashtra

Nov 5, 2022 (Saturday)

Nov 14, 2022 (Monday)

Nov 15, 2022 (Tuesday)

Nov 17, 2022 (Thursday)

Dec 8, 2022 (Thursday)

Dec 10, 2022 (Saturday)

GUJARAT

Nov 10, 2022 (Thursday)

Nov 17, 2022 (Thursday)

Nov 18, 2022 (Friday)

Nov 21, 2022 (Monday)

Dec 8, 2022 (Thursday)

Dec 10, 2022 (Saturday)

The results will be out

Assembly Seats

182

Poll Events

Date of Issue of Gazette Notification

Last Date of

Filing Nominations

Date for Scrutiny of Nominations

Last Date for Withdrawal of Candidatures

Date of Counting

Date before

WITH ELECTIONS IN DECEMBER, IT IS NOW 'MISSION GUJARAT' FOR UP MINISTERS LED BY YOGI

Uttar Pradesh will now play a key role in BJP's 'Mission Gujarat'.

Ministers from the Yogi Adityanath government are being deployed in Gujarat for the election campaign.

The Assembly elections in Gujarat will be held in two phases on December 1

The BJP has been in power in Gujarat for 27 years and this is the first time that the ruling party faces a double challenge from the Congress and the Aam

Deputy Chief Minister Keshav Prasad Maurya said, "We will win Gujarat by a big margin again. In Prime Minister Narendra Modi, we have got the world's most popular leader. As Gujarat chief minister, the model of development showcased by Modi, has become a template for all states to emulate. Because of him, there is always pro-incumbency in Gujarat. However, we never become complacent and fight every election with zeal and determination."

According to party sources, while Yogi Adityanath will be addressing multiple meetings in Gujarat, about a half a dozen ministers from Uttar Pradesh will be camping in the state throughout the campaign.

Incidentally, Yogi Adityanath has emerged as a star campaigner for the BJP and, after Prime Minister Narendra Modi, he is in maximum demand for the election meetings.

"The ministers will be stationed in various constituencies and when one batch returns, another will take over. The modalities have almost been worked out," said a senior party functionary.

Interestingly, Uttar Pradesh is also poised for municipal elections in December the party will focus on Gujarat as well as UP.

The party will deploy UP ministers in constituencies that have a sizeable workforce from UP. The largest share of migrants in Gujarat are from Uttar Pradesh -- some 10 lakh -- and 91 per cent of them have settled in the urban

areas. It is noteworthy that despite winning successive elections, the BJP, in 2017, posted its worst performance in the state by winning only 99 of the total 182 seats. The Congress got 77 seats in the 2017 Gujarat polls which were the first state polls that the BJP contested without Modi

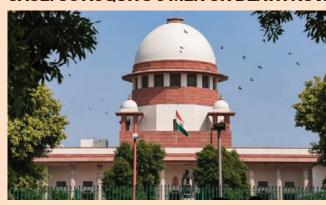
as the chief minister. Gujarat is the home state of Prime Minister Narendra Modi and Union Home Minister Amit Shah.

The BJP, this time, faces the challenge of countering the anti-incumbency factor which is bound to build up over 27 years. The party hopes to dilute this factor by deploying charismatic leaders like Yogi Adityanath in the campaign.

Besides, apart from Congress, the BJP is being challenged by the AAP in Gujarat.

"Of course, we will win. We have been growing. After repeatedly getting elected in Delhi and Punjab, we are being preferred as an alternative to the Congress. In Delhi and in Punjab, we have lived up to our commitments and this is what is making the BJP nervous. Watch the results. We will win big," AAP leader Nadeem Ashraf Jaisi said.

2012 CHHAWLA MURDER-GANGRAPE **CASE: SC ACQUITS 3 MEN ON DEATH ROW**



The Supreme Court on Monday acquitted three men on death row in the 2012 murder and gangrape of a 19-year-old woman in Delhi's Chhawla area. A bench, headed by Chief Justice U.U. Lalit and comprising Justices S. Ravindra Bhat and Bela. M Trivedi said: "The prosecution has to bring home the charges levelled against them beyond reasonable doubt, which the prosecution has failed to do in the instant case, resultantly, the court is left with no alternative but to acquit the accused, though involved in a very heinous crime." "The judgments and orders of conviction and sentence passed by the trial court and the High Court are set aside. The appellants-accused are acquitted from the charges levelled against them by giving them a benefit of doubt, and they are directed to be set free forthwith if not required in any other case. The appeals deserve to be allowed accordingly," it added. The top court set aside the Delhi High Court judgment, which upheld the conviction of the three men for rape and murder of the victim. The trial court, in 2014, while sentencing the accused to death had termed the case rarest-of-rare and the high court upheld this judgment. The accused moved the apex court challenging the high court judgment. Justice Trivedi, writing the judgment on behalf of the bench, said the evidence with regard to the arrest of the appellants-accused, their identification, discoveries and recoveries of the incriminating articles, identity of the Indica car, the seizures and sealing of the articles and collection of samples, the medical and scientific evidence, the report of DNA profiling, the evidence with regard to the CDRs etc. were not proved by the prosecution by leading, cogent, clinching and clear evidence much less unerringly pointing the guilt of the accused.

"The court is constrained to make these observations as the court has noticed many glaring lapses having occurred during the course of the trial. It has been noticed from the record that out of the 49 witnesses examined by the prosecution, 10 material witnesses were not cross-examined and many other important witnesses were not adequately cross-examined by the defence counsel," it said. In the 40-page judgment, Justice Trivedi said: "We find that the appellants-accused were deprived of their rights to have a fair trial, apart from the fact that the truth also could not be elicited by the trial court. We leave it to the wisdom and discretion of the trial courts to exercise their powers under Section 165 of the Indian Evidence Act for eliciting the truth in the cases before them, howsoever heinous or otherwise they may be."

The autopsy of the victim revealed that she was attacked with car tools, glass bottles, metal objects, and other weapons. Police said one of the accused allegedly took revenge after the woman turned down his proposal. The prosecution had submitted that the woman, who belonged to Uttarakhand and worked in Gurugram's Cyber City area, was abducted by the three accused from near her home while she was returning from her workplace. According to the prosecution, the woman's mutilated and decomposing body was found in a village in Haryana's Rewari. The woman's parents filed a missing person report when she did not return home.

PEEL PUBLIC HEALTH **ENCOURAGES RESIDENTS TO GET** THEIR ANNUAL FLU SHOT



Flu season is here.

Get your annual flu shot.

Visit your doctor's office, walk-in clinic or participating pharmacy to get yours today.

Peel Public Health encourages residents to get their annual flu shot this fall to help protect against influenza. As the flu spreads easily from person to person, the annual flu shot remains the best defense against the virus.

The flu vaccine is now available to those who are eligible. Residents can make an appointment to get their FREE flu shot at the following locations:

- · Family doctors' offices and walk-in clinics for adults and children over 6 months of age.
- · Participating pharmacies for adults and children aged 2
- and over. · Individuals without a health card can get a flu shot from a

community health centre or at a pharmacy. Eligible residents should check with their health care providers regarding availability. Please note that Peel Public Health COVID-

19 vaccination clinics will not be offering the flu shot. Getting the COVID-19 vaccine at the same time as the flu shot

- · Individuals 5 years and older can get the flu shot at the same time, or any time before or after the COVID-19 vaccine.
- · Children 6 months to under 5 years of age should not get other vaccines (such as the flu shot) sooner than 14 days before or after receiving the COVID-19 vaccine.

"Respiratory illnesses are most common over the fall and winter months, making now the ideal time for residents to get the flu shot in addition to staying up to date with their COVID-19 vaccination. Paired with protective measures such as staying home when ill and masking for 10 days after being symptomatic, vaccinating for currently circulating viruses will help to protect yourself and others." - Dr. Kate Bingham, Acting Medical Officer of Health.

US PRIORITISES TIES WITH INDIA

ASAD MIRZA

CONTD. FROM PAGE 1

"The world is changing. We're at a significant inflection point in world history. And our country and the world, the US has always been able to chart the future in times of great change. We've been able to constantly renew ourselves. And time and again, we've proven there's not a single thing we cannot do as a nation when we do it together, and I mean that - not a single solitary thing," President Biden stated in the introductory note to the strategy. Defence Secretary Lloyd Austin highlighted the different challenges posed by China and Russia as he unveiled the strategy. According to him the dangers are both conventional — Moscow's aggression toward its neighbours and Beijing's efforts to gain control of Taiwan — and nuclear, with Russia possessing an extensive arsenal and China's stocks of atomic weapons growing

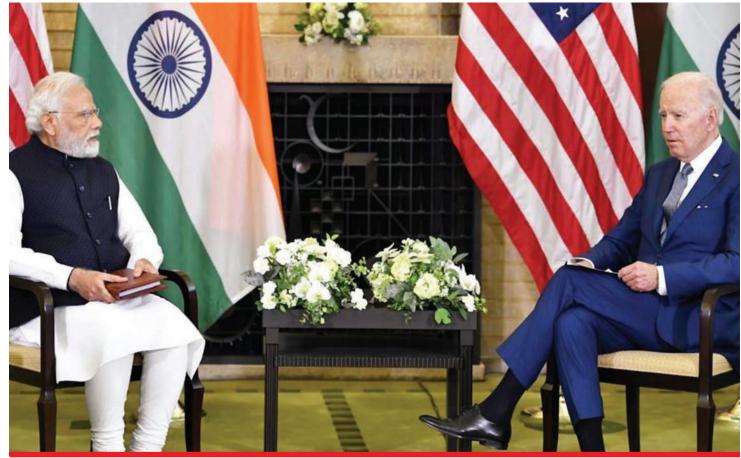
The strategy likewise places the primary emphasis on China. It further asserts that Beijing is seeking to "refashion the Indo-Pacific region and the international system to suit its interests and authoritarian preferences", describing this dynamic as "the most comprehensive and serious challenge to US national security". The strategy says Chinese rhetoric about and "coercive activity" towards Taiwan, which Beijing has vowed to take control of, by force if necessary, is a destabilising factor that risks miscalculation and threatens peace in the area. As for Russia, it says the "acute threat" posed by Moscow has been most recently demonstrated by its invasion of Ukraine.

Though the strategy tries to portray the US ties in the Indo-Pacific as the most important one, yet India as a whole is mentioned in the strategy only five times and that too in the context of the Indo-Pacific, and there too it refers to China's campaigns to establish control over the East China Sea, Taiwan Strait, South China Sea, and disputed land borders such as with India.

It proclaims to promote a free and open Indo-Pacific, which could only be achieved if the US builds collective capacity with other countries, like India. It further asserts that no region will be of more significance to the world and to everyday Americans than the Indo-Pacific, yet it fails to demonstrate India's importance to achieve this goal as a partner.

The document lists out the US Vision, Washington's role in the global arena, and an overview of its strategic approach to different regional issues. Focussing on Middle East, the strategy talks about tweaking its policy in the Middle East and North Africa by eschewing grand designs in favour of more practical steps that can advance US interests and help regional partners lay the foundation for greater stability, prosperity, and opportunity for the people of the Middle East and for the American people.

The strategy sets forth a new framework for US policy in the region



ACCORDING TO HIM THE DANGERS ARE BOTH CONVENTIONAL — MOSCOW'S AGGRESSION TOWARD ITS NEIGHBOURS AND BEIJING'S EFFORTS TO GAIN CONTROL OF TAIWAN — AND NUCLEAR, WITH RUSSIA POSSESSING AN EXTENSIVE ARSENAL AND CHINA'S STOCKS OF ATOMIC WEAPONS GROWING FAST. THE STRATEGY LIKEWISE PLACES THE PRIMARY EMPHASIS ON CHINA. IT FURTHER ASSERTS THAT BEIJING IS SEEKING TO "REFASHION THE INDO-PACIFIC REGION AND THE INTERNATIONAL SYSTEM TO SUIT ITS INTERESTS AND AUTHORITARIAN PREFERENCES", DESCRIBING THIS DYNAMIC AS "THE MOST COMPREHENSIVE AND SERIOUS CHALLENGE TO US NATIONAL SECURITY". THE STRATEGY SAYS CHINESE RHETORIC ABOUT AND "COERCIVE ACTIVITY" TOWARDS TAIWAN, WHICH BEIJING HAS VOWED TO TAKE CONTROL OF, BY FORCE IF NECESSARY, IS A DESTABILISING FACTOR THAT RISKS MISCALCULATION AND THREATENS PEACE IN THE AREA. AS FOR RUSSIA, IT SAYS THE "ACUTE THREAT" POSED BY MOSCOW HAS BEEN MOST RECENTLY DEMONSTRATED BY ITS INVASION OF UKRAINE. THOUGH THE STRATEGY TRIES TO PORTRAY THE US TIES IN THE INDO-PACIFIC AS THE MOST IMPORTANT ONE, YET INDIA AS A WHOLE IS MENTIONED IN THE STRATEGY ONLY FIVE TIMES AND THAT TOO IN THE CONTEXT OF THE INDO-PACIFIC, AND THERE TOO IT REFERS TO CHINA'S CAMPAIGNS TO ESTABLISH CONTROL OVER THE EAST CHINA SEA, TAIWAN STRAIT, SOUTH CHINA SEA, AND DISPUTED LAND BORDERS SUCH AS WITH INDIA.

based on America's unparalleled comparative advantage in building partnerships, coalitions, and alliances to strengthen deterrence, while using diplomacy to de-escalate tensions, reduce risks of new conflicts, and set a long-term foundation

However, it clearly states that the United States will not allow foreign or regional powers to jeopardise freedom of navigation through the Middle East's waterways, including the Strait of Hormuz and the Bab al Mandab, nor tolerate efforts by any country to dominate another, or the region, through military build-ups, incursions, or threats. But if we scrutinise the strategy in a little more detail then we realise the emerging contradictions present in the strategy. When the strategy declares the U.S. commitment to support countries "that subscribe to the rules-based international order", will it include those OPEC countries which recently snubbed the U.S. demands for increased oil production?

When it talks about "military build-ups" then does it really mean that the US will halt its longstanding efforts to advance its partners' "military build-ups" in the face of the threat from Iran? Further how could the US achieve the Israeli "dominance" of the

Hamas and Hezbollah?

Further the strategy lays stress on U.S. diplomacy to reduce tensions "wherever possible", will it translate into normalising ties with Syrian President Bashar al-Assad, or meeting with Hezbollah leader Hassan Nasrallah?

All this double talk on various regional and global issues and inherent contradictions of the strategy leads on to surmise that it is more of a document to placate the American public and not aimed at really achieving or changing substantially the US polices on these issues.

Overall the National Security Strategy 2022 comes out as a bit of disappointment though perhaps packaged coherently for the

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CANADIAN PROVINCE WANTS INDIAN NURSES, TO SET UP OFFICE IN B'LURU

TORONTO: To address acute labour shortages in its healthcare sector, Newfoundland and Labrador will set up a recruitment office in Bengaluru to bring internationally trained and registered nurses to the Canadian province. "There's still, you know, an incredible need for nurses here, and if you look at the demographics it's only going to get worse," Newfoundland and Labrador Premier Andrew Furey said addressing a news conference last week. "Our government and dedicated partners are taking bold action to address the staffing issues facing the healthcare system in our province, as we compete with other jurisdictions to attract and retain health care professionals at this critical time," Furey said. The recruiting team will meet graduate nurses who have the academic credentials to qualify for licenses in Canada. According to local media reports, nurses are struggling with burnout due to overtime, and more than 600 jobs lie vacant. The nurses' union in the province says 40 per cent of its members are facing 24-hour shifts and high rates of workplace injury and violence. They say they'll leave the profession if

conditions don't improve. Furey said they chose Karnataka as it has more than 100 nursing schools with training similar to Newfoundland and Labrador's, Immigration Minister Gerry Byrne told reporters that the recruitment effort will be modelled after the province's satellite office in Poland, which was set up to attract Ukrainians fleeing Russian attacks. According to Statistics Canada, the province experienced the least growth via immigration in Atlantic Canada from 2016 to 2021, and welcomed only 0.3 per cent of all landed immigrants in Canada in that period. More than 1.3 million new immigrants settled permanently in Canada between 2016 and 2021, but less than 4,000 of those immigrants settled in Newfoundland and Labrador. Meanwhile in India, government data shows a sharp rise in the demand for Indian nurses post Covid from several countries like Ireland, Malta, Germany, the Netherlands, Finland, the UK, and Belgium. After the Philippines, India ranks second in the number of nurses working abroad for brighter job opportunities, better salaries, and other benefits.

ACCUSED ARRESTED IN BB GUN DISCHARGE AND PROPERTY DAMAGE

Region of Peel – On June 24, 2022, an unknown man attended a restaurant in the area of Dixie Road and Mayfield Road in the City of Brampton, where he discharged a BB gun shattering the drive through window.

After a lengthy investigation investigators from the 21 Division Criminal Investigations Bureau identified the man responsible. On November 8, 2022, a search warrant was executed at a Brampton address. Police have arrested and charged Jaskarandeep GARCHA a 20-year-old Brampton man with:

Mischief over \$5000

Possession of a Weapon for a Dangerous Purpose

Police have seized two BB' guns and a quantity of BBs'. The accused was released on an undertaking and will appear in the Ontario Court of Justice, Brampton on January 12th, 2023.

Police would like to remind the public that although BB' guns are legal to possess, great care should be used when using them. As shown below, BB guns are almost impossible to tell the difference from a real firearm.

Anyone with information is asked to call investigators at the 21 Division Criminal Investigation Bureau at 905-453-2121, extension 2133. Information may also be left anonymously by calling Peel Crime Stoppers at 1-800-222-TIPS (8477).

TRUDEAU ACCUSES CHINA OF POLL INTERFERENCE

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And efforts were also made to "co-opt and corrupt" former Canadian officials in a bid to gain influence within political circles, the BBC reported citing the Global News report.

The attempted interference is believed to have targeted both major political parties -- Trudeau's Liberal party and the opposition Conservative party. However, it is unclear whether the operation was successful.

The reports also come after authorities said they were investigating accusations that China had opened unofficial "police" stations on Canadian soil. Last month, Royal Canadian Mounted Police said they were investigating reports of "criminal activity in relation to so-called 'police' stations", which have also been reported in a number of European countries...

CANADA'S EMPLOYMENT RISES BY 0.6% IN OCTOBER; UNEMPLOYMENT **RATE STANDS AT 5.2%**

CONTD. FROM PAGE 1

Employment increased among both men and women in the core working ages of 25 to 54 in October. It was little changed among men and women aged 15 to 24 and those aged 55 and older. Employment rose in six provinces, with gains concentrated in Ontario and Quebec. Year-over-year growth in the average hourly wages of employees remained above 5% for a fifth consecutive month in October, rising 5.6% (+\$1.68 to \$31.94) compared with October 2021 (not seasonally adjusted). After declining 0.6% in September, total hours worked increased 0.7% in October. Compared with October 2021, total hours worked were up 2.2%. In October, nearly two-thirds (64.3%) of employees with wages above \$40.00 per hour had received a raise in the previous year, compared with half (50.1%) of those with wages of \$20.00 or less per hour (population aged 15 to 69; not seasonally adjusted). More than one in three (35.3%) Canadians aged 15 and older lived in households citing difficulty meeting financial needs in October, up from one in five in October 2020 (not seasonally adjusted). More than 1.7 million Canadians had hybrid work arrangements in October (population aged 15 to 69; not seasonally adjusted).

'CANADA MIGHT ENTER MILD RECESSION, WARNS GOVERNMENT IN **ITS 2022 FALL ECONOMIC STATEMENT**

The Canadian government has released its 2022 Fall Economic Statement, warning that the country is likely to enter a mild recession in the first quarter of 2023.

The Department of Finance has developed a "downside scenario" that considers the impact of more persistent inflationary pressures and further tightening in monetary policy, leading to a "hard landing" in the economy, Xinhua news agency reported, citing the statement. In the downside scenario, CPI inflation stays above 3 per cent until the first quarter of 2024, about six months longer than in the September 2022 survey, before reaching 2 per cent by the end of 2024.

In response, short-term interest rates reach 4.5 per cent in the first half of 2023 and are up by 0.7 percentage points over the entire forecast horizon. As a result, Canada enters a mild recession in the first quarter of 2023. For 2023 as a whole, real GDP declines by 0.9 per cent. "This is a challenging time for millions of Canadians. It's important that I'm honest with Canadians about the challenges that lie ahead," Deputy Prime Minister and Minister of Finance Chrystia Freeland said in the parliament on Thursday. "Interest rates are rising as the central bank steps in to tackle inflation. That means our economy is slowing down." The Department of Finance surveyed a group of private sector economists in early September 2022. The average of private sector forecasts has been used as the basis for economic and fiscal planning since 1994. Private sector economists projected real GDP growth at just above zero for the next several quarters. Since the private sector survey was conducted in early September, global economic and financial conditions have continued to deteriorate, and the balance of risks to the growth outlook are tilted to the downside, with growth more likely to come in below the survey, the statement said.

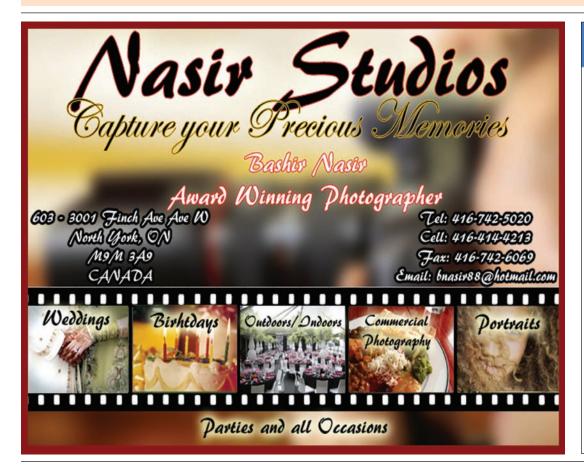
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Model: R-8168M

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- White, Black & Stainless Steel

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CITY OF BURLINGTON COMPLETES DEAL TO PURCHASE ROBERT BATEMAN HIGH SCHOOL

The City has completed a purchase agreement and land exchange transaction with the Halton District School Board (HDSB) involving the Robert Bateman High School property. In the agreement, the City purchased the Bateman property for \$29.6 million, while the HDSB purchased a City owned property near Burlington Central High School, which includes the high school football field and running track, for \$21.7 million. The difference in price of \$7.9 million will be debt financed, with annual debt payments recovered from the City's capital reserve funds. This acquisition would push forward key objectives laid out in the City of Burlington's 25-year strategic plan. Key pillars of this Plan include making Burlington a City that grows through attracting talent, good jobs and economic opportunity to the community.

Within the Bateman space, the HDSB will retain a long-term interest at the school to accommodate the Gary Allan Learning Centre. And as previously announced, Brock University will offer their Teachers Education and Applied Disabilities Studies Programs and will be developing professional and continuing studies specifically to the needs of Burlington. In addition to the partnership with the HDSB and Brock University, the City has partnered with other institutions, ensuring that there is an adaptive reuse strategy for the Bateman site and to create a sustainable community hub which will include community rooms, a triple gym and the existing

City pool. The Burlington Public Library will relocate its Appleby Line branch to this location to develop a place for learning and education and the relocation of TechPlace, a hub led by Burlington Economic Development, where the tech community can connect, develop and grow their business.

Public engagement will take place in early 2023 to seek community feedback on possible uses for the remaining space.

Quick Facts

In June 2021, HDSB trustees approved a plan to declare the former Robert Bateman High School facility surplus to its needs and retain an interest in a portion of the facility to relocate the Burlington Gary Allan Learning Centre.

In June 2021, the City of Burlington announced that an expression of interest would be submitted to the HDSB to purchase the Robert Bateman site through a partnership with Brock University.

In December 2021, Council provided direction to staff to submit a formal offer to purchase the Robert Bateman High School site.

In Feb. 2022, the HDSB accepted the City's offer to purchase the Robert Bateman High School site.

On Feb. 3, 2022, Burlington City Council endorsed next steps to advance the potential acquisition of the Robert Bateman High School site from the HDSB.

IMMIGRANTS SUCCESSFUL AT FINDING JOBS IN CANADA: SURVEY

Immigrants in Canada, including Indians, have been successful in finding jobs, and are filling up gaps in the country's labour force, according to a new survey released by the national statistical agency. Immigrants who arrived in Canada over the past five years had an employment rate of 70.7 per cent, a higher rate than October 2019, pre-pandemic, the Labour Force Survey data 2022 released by Statistics Canada said. It found that over 62 per cent of immigrants aged 15 and over are employed. According to the 2021 census data on immigration, 23 per cent of Canada's population is an immigrant. Between 2016 and 2021, immigrants accounted for about 80 per cent of Canada's labour force growth.

At least 119,000 full-time positions filled, pushing the rate of full-time employment by 3 per cent over October 2021, and job rise for both genders occurred mainly in the core working age group of 25-54 years old. Most new employment occurred in Ontario, Quebec, Prince Edward Island, Newfoundland and Labrador, Saskatchewan, and Manitoba, the survey showed.

APPLY FOR GUELPH'S COMMUNITY GRANT FUNDING BY DECEMBER 1

Applications to the City of Guelph's Community Grant program are now open. Not-for-profit organizations are invited to apply for funding to support the work they do to improve community well-being by December 1. Eligible organizations can apply for funding that supports operating costs, events, special programs or projects, or for small capital items that support the quality of life of Guelph residents. Applicants have an option of up to three years of funding for operational grants or one-year project grants.

Grant applications are evaluated based on the:

benefit it will have on the lives of Guelph residents

community's support for your organization and its programs, projects and events

sustainability and need for funding

New in 2023: additional funds to cover City fees

Apply for a community grant in four easy steps:

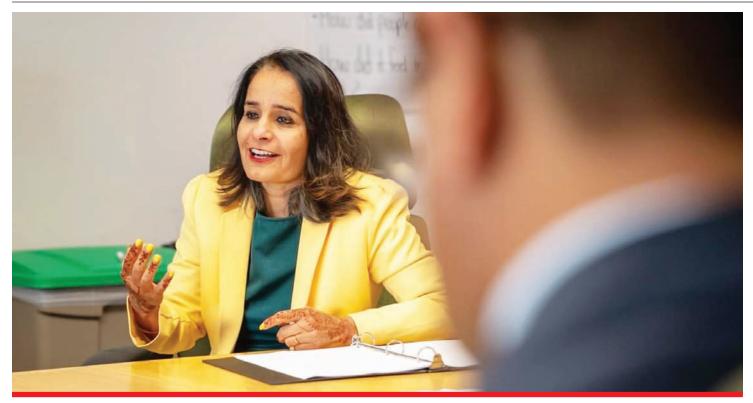
Included in the Community Grant application this year, is an opportunity to receive additional funds if your organization pays City fees as part of your operations or project. In the application, you will be asked to describe the City fees that your organization pays and you will be automatically considered for the additional funds.

Read the application guide to learn grant requirements, eligibility, and selection criteria. Choose which grant to apply for (operational or project) and download and complete the appropriate grant application.

Write a cover letter.

Submit completed applications with cover letter and the organization's financial statements to communitygrant@guelph.ca by Thursday, December 1 at 4 p.m.

Applicants must meet all criteria in the City of Guelph's Community Grant Policy to be eligible. All funding is subject to City Council budget approval. Learn more, register and apply online at guelph.ca/grants.



PUNJAB-ORIGIN LAWMAKER RACHNA SINGH MADE HISTORY BY ADDRESSING BRITISH COLUMBIA'S LEGISLATURE IN PUNJABI

Rachna Singh, a Punjab-origin Parliamentary Secretary for anti-racism initiatives in Canada's British Columbia, has made history by addressing the legislature in Punjabi.

In her address, Rachna Singh recognised the sacrifices made by the supporters of a Punjabi speaking region in India. She not only thanked the Canadian government for giving opportunities to the Punjabi language to

The MLA from Surrey-Green Timbers who is the daughter of a renowned Punjabi scholar Raghbir Singh Sirjana, made a brief introduction in the house in her mother tongue on Tuesday.

The occasion was the Punjab Day, when the present day state of Punjab came into being on November 1, 1966.

supporters of a Punjabi speaking region in India. She not only thanked the Canadian government for giving opportunities to the Punjabi language to grow in a foreign land, but also expressed her support to the indigenous peoples, who have been struggling to keep their mother languages alive since the time of colonialism in the country. Rachna Singh, who spent initial years of life in Chandigarh, is the granddaughter of the prominent Punjabi playwright, the late Tera Singh Chann.

PM MODI VISITS INFLUENTIAL RADHA SOAMI SECT IN PUNJAB

Ahead of addressing two election rallies in Himachal Pradesh, Prime Minister Narendra Modi on Saturday visited the highly influential sect Radha Soami Satsang Beas in Punjab and met spiritual head Gurinder Singh Dhillon. This was the Prime Minister's first visit to the dera, situated some 45 km from Amritsar.

The visit assumes significance as it comes ahead of the Himachal Assembly polls, scheduled on November 12. With its mass base in Punjab's Amritsar, Jalandhar, Patiala, Muktsar, Kapurthala, Kotkapura and Fazilka districts, the Radha Soami Satsang Beas has the maximum following in neighbouring Himachal Pradesh and Haryana too. The sect doesn't come out openly, but it believes in an internal appeal to vote for a particular party. Radha Soami Satsang Beas has played crucial role for the pro-people initiatives of the government, including efforts in tackling the Covid-19 situation by motivating people for vaccination. Over the years, it has attracted millions of followers across the world and amassed properties in India, the US, Australia, and Europe.



TALE OF TWO OF THE MOST POWERFUL STAR-CROSSED MEN

It is ironical that two of the most powerful men in the world are besieged and beleaguered as they dominate the headlines here one an elected official, US President Joe Biden and the other an out and out capitalist - the world's richest man with blue sky between himself and his challengers, centi-billionaire Elon Musk.

Both appear to be under the cosh, President Biden has two high powered support acts - ex Presidents Barack Obama and Bill Clinton with their star power - who are trying desperately to prop up his sagging fortunes as they criss crossing America for the tumultuous and bitterly contested midterms.

The sprint to the finish here has polarised the Democrats vs the Republicans even further as three Presidents go hell for leather giving clarion calls of Democracy is under threat. As candidates make the final push, Obama said democracy is on the ballot in Pennsylvania. Former President Donald Trump is all set to announce his presidential run for 2024 on November 14. Voters are bristling with anger over all encompassing hurting economic issues and the killer inflation biting into incomes with spiralling rents, grocery and energy prices. Main Street is battening down the hatched as mortgages are soaring into the stratosphere. Almost in parallel, the Elon Musk hyper act is caught in a brutal maelstrom. The Chief Twit has gone ballistic sacking Twitter employees as he loses \$4 million a day. The sacked staff's legal insurrection is only part of his problems for he doesn't want any rub off on his mothership Tesla. However, he is unrelenting.

On Friday he tweeted: "Regarding Twitter's reduction in force, unfortunately there is no choice when the company is losing over \$4M/day". Musk added: "Everyone exited was offered 3 months of severance, which is 50% more than legally required". However, workers are disputing this saying that they have been given between one to three months severance.

With the bird roiled, the twitter baggage has spread to India where the new week broke with news that Twitter India has sacked 90 per cent of its staff. Since Elon Musk took over the platform, the company has been revising its plans, and job cuts have played a large part in this process. According to Bloomberg, more than 90 per cent of its staff in India have been fired over the weekend. Major advertisers have pulled out and it remains to be seen how the Tesla and SpaceX owner will cauterise the damage. The wound though is deep and grievous for the moment. There is already talk that Musk may retract on sackings, re-hiring some who have been given pink slips rudely. Not only has this generated unsavouriness, but shares in his electric vehicle maker have dipped by more than 35 per cent, and closed down just 3.6 per cent for the day on Friday, amid a market rally that followed a volatile week.

By way of comparison, the Nasdaq Composite is down by about 18 per cent over the same time frame. Musk first announced he had agreed to buy Twitter on April 25, 2022. Tesla shares closed that day at \$332.67, and closed today at \$207.47 capping his first full week of Twitter ownership.

Musk spoke at the 29th annual Baron Investment Conference on Friday, where hedge fund investor Ron Baron -- who is now a Tesla, SpaceX and Twitter shareholder, and who is generally bullish on Musk's businesses -- asked the CEO about juggling new responsibilities, CNBC reported.



TALKS WITH RUSSIAN FOREIGN MINISTER TO FOCUS ON REGIONAL CONCERNS, GLOBAL SITUATION: JAISHANKAR

MOSCOW, (IANS) External Affairs Minister S. Jaishankar on Tuesday said that bilateral talks with his Russian counterpart Sergey Lavrov will address the overall global situation as well as specific regional concerns. In his opening remarks at his meeting with Lavrov, Jaishankar - who earlier in the day arrived in Moscow on a two-day visit to Russia - said that "there have been strong and continuing contacts between our governments at various levels".

"Our meeting is devoted to assessing our ties, exchanging perspectives on global situation and what it means to our respective interests. "Covid, trade difficulties have taken a toll on global economy. We are now

seeing consequences of Ukraine conflict on top of that," he added.

"Where bilateral ties are concerned, our objective is to fashion a contemporary, balanced, mutually beneficial and long-term engagement," Jaishankar said on the meeting.

"There are more perennial issues of terrorism and climate change, both of which have a disruptive impact on progress and prosperity," he noted. He further added that India and Russia engage each other in increasingly multi-polar and re-balanced world.

"We do so as two polities who have had exceptionally steady, time-tested relationship," Jaishankar stated.

Prior to this, Jaishankar had last visited Russia in July 2021 followed by the visit of Lavrov to New Delhi in April this year.

FOUR INDIAN AMERICANS WIN ELECTION TO CONGRESS, ANOTHER LEADING (LD)

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He took out loans to buy a company he worked for, Chemir, and built it from a \$150,000 company to one with a revenue of \$14 million before selling it for \$26 million, according to his LinkedIn page.

He next started Avomeen Analytical Services, a chemical testing laboratory. He sold the majority stakes in it in 2016 and, according to his campaign bio, retired to get involved in public service to answer "the call to fight for social, racial and economic justice". Running in a constituency that covers a chunk of a city that is overwhelmingly African-American, Thanedar stressed in his campaign that he grew up in poverty in a family of ten in India and worked in odd jobs to support his family after his father retired.

"I'll never forget what it's like to live in poverty, and I'll never stop working to lift Detroit families out of it," he wrote on his campaign site. Thanedar will be the seventh Indian-American to be elected to the House. Chennai-born Jayapal, 57, who was first elected in 2016 from Washington State, is the senior whip of the Democratic Party in the House and the chair of the influential leftist Congressional Progressive Caucus. She has been a strong critic of Prime



Minister Narendra Modi and the Bharatiya Janata Party.

Khanna, 46, is also a member of the Congressional Progressive Caucus, and Fox News reported that he is exploring a presidential run in 2024.

He is close to Bernie Sanders, the leftist Senator who has unsuccessfully sought the Democratic Party's presidential nomination.

> Politico reported that top leaders from Sander's camp have urged him to seek the Democratic Party nomination if President Joe Biden does not run again.

> A second-generation Indian American, he was born in Philadelphia and has a law degree from Yale University.

> Krishnamoorthi, 49, who was born in New Delhi is politically a centrist and was a technology entrepreneur. He has worked with former President Barack Obama's campaigns for Senator and President.

> A second-generation Indian American born in Elks Groce, California. Bera, 57, is a doctor.

Japan's lower house passes infectious disease law revision

TOKYO, (IANS) Japan's Lower House of parliament has approved a bill to revise the infectious disease prevention law to prepare for future pandemics. The bill was approved on Tuesday at a Lower House plenary meeting by a majority vote from members of the ruling Liberal Democratic Party and the main opposition Constitutional Democratic Party of Japan, Xinhua news agency reported. The revision to the law asks prefectural Japan's governments to compile plans to respond to infectious diseases, including the number of hospital beds to be secured, and all medical institutions to accept talks with local governments to sign related agreements. Key hospitals would also be obliged to provide medical services, including fever outpatient services for people with suspected symptoms, and support for other institutions. The bill is expected to be enacted after being passed by the Upper House during the current extraordinary parliamentary

session running until December.

INDIAN-AMERICAN ARUNA MILLER **ELECTED MARYLAND'S LT GOVERNOR**



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The Lieutenant Governor is the state's highest official following the Governor and assumes the role when the Governor is out of state or incapacitated. The Lieutenant Governor also becomes the Governor should the Governor die, resign or be removed

Soon after the polling closed on Tuesday evening, Moore and Miller were declared elected against their Republican challengers.

Both President Joe Biden and Vice President Kamala Harris had campaigned in favour of Moore and Miller.

In winning the Lieutenant Governor race in Maryland, Miller overcame a last-minute stiff opposition from her distracters who accused her of courting Hindu nationalists, a charge she denied. In fact, her popularity among Indian-Americans in Maryland is bipartisan. Some of the top Trump and Republican supporters came out in support of her and raised funds. Prominent among them include Jasdip Singh Jassee.

"Maryland, tonight you showed the nation what a small but mighty state can do when democracy is on the ballot. You chose unity over division, expanding rights over restricting rights, and hope over fear. You chose Wes Moore and me to be your next Governor and Lieutenant Governor," Miller said in her victory speech. Miller was born in Andhra Pradesh before migrating to the US along with her parents. "Ever since I came to this country in 1972, I've never stopped being excited for the promise of America. I will never stop fighting to make sure that promise is available to everyone. And this promise begins with a commitment to deliver a Maryland where we leave no one behind," she said.

NORWAY PRINCESS QUITS ROYAL DUTIES FOR ALTERNATIVE MEDICINE



OSLO: Norway's Princess Martha Louise on Tuesday relinquished her royal duties in order to focus on her alternative medicine business with her fiance, a self-proclaimed shaman.

The 51-year-old princess' relationship with Durek Verrett, a popular Hollywood spiritual guru, caused waves in Norway after the African-American "sixth-generation shaman" suggested in his book "Spirit Hacking" that cancer was a choice.

He also sells a \$222 medallion on his website dubbed a "Spirit Optimiser", which he claims helped him overcome Covid-19. A poll in September found 17 percent of Norwegians now have a lower opinion of the generally popular royal family, nearly all citing the princess and the shaman as the reason.

In a video posted to Instagram on Tuesday, the princess said she was stepping down "in order to bring calm to the Royal House". The palace said the princess was "relinquishing the role as royal patron and will not be representing the royal house at the present time". However, "in accordance with the king's wishes, the princess will keep her title".

King Harald, speaking to the press later with Queen Sonja by his side, said he was "sorry" the princess would no longer represent the royal family. "She's very good at it," he said.

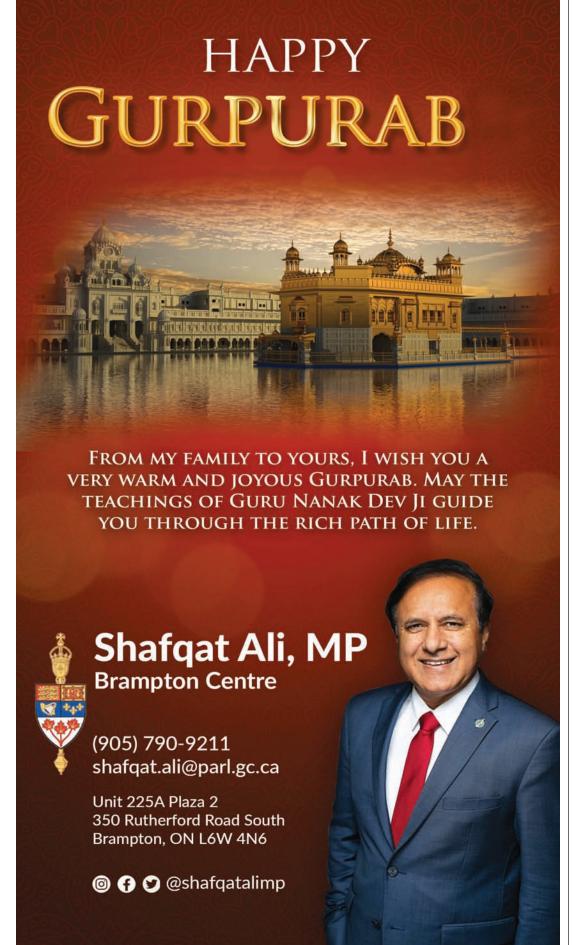
Martha Louise, who claims to be able to speak with angels, lost her honorific "Her Royal Highness" title in 2002 when she chose to work as a clairvoyant.

UKRAINIAN PREZ TO JOIN G20 BALI SUMMIT: SPOKESMAN



Ukrainian President Volodymyr Zelensky will join the G20 upcoming summit in Indonesia's Bali, Ukrainian state media reported, citing the presidential spokesman Sergii Nykyforov. "In some format, of course, Volodymyr Zelensky will take part in the G20 summit," Nykyforov said on Tuesday.

Most likely, the Ukrainian leader will join the summit in the online format, the Spokesman added as quoted by Xinhua news agency report. The 17th G20 Heads of State and Government Summit, which is scheduled for November 15-16, will focus on the theme "Recover Together, Recover Stronger".





WILL MAKE ALL-OUT EFFORTS TO MAKE PADDY STRAW BURNING FREE BY NEXT YEAR: PUNJAB CM

Punjab Chief Minister Bhagwant Mann on Friday said the state government The Chief Minister said the government has already encouraged farmers will leave no stone unturned for making state free from paddy straw burning by coming year. Interacting with the mediapersons here, the Chief Minister, accompanied by his Delhi counterpart Arvind Kejriwal, said the state government is working on a multi-pronged strategy and has already roped in agriculture experts and the farmers unions for working out a viable solution for this problem. He said already the government has given 1.20 lakh machines for the in-situ management of the paddy straw. Mann said this is problem of the entire north India, and the Union government must intervene for joint resolution of this matter by all aggrieved states.

The Chief Minister said the state is encouraging the farmers to adopt crop diversification. However, he said the Union government must give them remunerative minimum support price (MSP) for these crops.

Mann said this will help encouraging the farmers adopt alternate crops and solving this problem.

The Chief Minister said the farmers get time of 10-12 days between harvesting of paddy and sowing of wheat. He said in lack of any viable alternative, the farmers rely on a matchstick to solve the problem. Mann said if the Centre provides solution for it, then the farmers will

never burn the paddy straw.

after thousands of panchayats had passed resolutions for not burning paddy straw. The country feels proud that in any year bumper crop has been produced.

However, Mann said "we forget that this has also enhanced the production of paddy straw too".

The Chief Minister said in Puniab, farmers cultivate paddy on 75 lakh hectares out of which the paddy straw is burnt over only on 40 lakh hectares.

He said the remaining farmers never indulge in such practice, which pollutes environment. Mann said the state government has set up a plant of bio energy production in Sangrur, adding more such plants will be set up across the state. The Chief Minister reminded that Punjab farmers had played a major role in making the country self-reliant in food production. He said they had submitted a detailed solution for the paddy straw burning by offering to jointly pay financial assistance to farmers worth Rs 2,500 in lieu of not burning paddy straw. However, he said instead of accepting this proposal, the Centre had "blatantly refused" to bail out the farmers. Likewise, Mann said in order to provide a viable solution for management of paddy straw, a large number of investors wanted to come to the state and set up bio energy plants.

OUR MANTRA OF ONE EARTH, ONE FAMILY, ONE FUTURE IN G20 WILL PAVE PATH FOR GLOBAL WELFARE: PM MODI AT LAUNCH



Prime Minister Narendra Modi on Tuesday unveiled logo, theme and website of India's G20 presidency. Emphasizing, that India has led the world with initiatives like One Sun, One World, and One Grid in conserving renewable energy, PM Modi said India's mantra of One Earth, One Family, One Future in G20 will pave a path for global welfare. At the launch, He also said that it is matter of pride for all Indians and that it will bring India forward," PM Modi added.

greater glory for all Indians. "India has led the world with initiatives like One Sun. One World, and One Grid in conserving renewable energy. Our mantra of One Earth, One Family, One Future in G20 will pave a path for global welfare," said PM Modi and

added, "I congratulate countrymen on historic occasion of India's G20 Presidency. 'Vasudhaiv Kutumbakam' is signature of India's compassion to world. Lotus portrays cultural heritage & faith of India in bringing world together." "After independence, we commenced a journey to the heights of development, it includes the efforts of all the governments in the last 75 yrs, every govt and citizen had put in the efforts to take

ANYONE CAN LEAD CONG IN HIMACHAL, NEW LINE OF LEADERSHIP READY: SURJEWALA

The Congress has said that a new line of leadership has emerged in Himachal Pradesh and anyone can lead the party after the election results are announced. Claiming that the party was headed towards a two-third majority in the electionbound state, Congress general secretary Randeep Surjewala said Chief Minister Jai Ram Thakur would have difficulty in saving his own seat. Commenting on the potential challenge being faced by the Congress in the absence of stalwart Virbhadra Singh, who was a six-term chief minister, Surjewala said change is the law of nature. "A new line of leadership has



already emerged in the Congress and anyone can lead the party," he told reporters at a press conference here. The Congress general secretary said the party was fighting the assembly polls under a collective leadership and the victory of the party would be the victory of each Congressman.

On AICC general secretary Priyanka Gandhi Vadra being the face of elections in the hill state, he said, "She is our national leader and is spearheading the campaign. All other senior leaders are campaigning. Ours is a collective leadership." Asked about Rahul Gandhi's absence from the poll canvassing scene in the state, Surjewala alleged that the Bharatiya Janata Party (BJP) is afraid of the Gandhi scion.

CONGRESS PLANS TO LAUNCH BHARAT JODO YATRA 2.0 FROM EAST TO WEST BEFORE 2024 POLLS

Aiming to regain lost electoral ground, Congress is planning to launch a march similar to the ongoing Bharat Jodo Yatra between the eastern and western regions of the country before the 2024 Lok Sabha polls. Congress leader Vibhakar Shastri, who is Bharat Jodo Yatra's in-charge for Rajasthan, said a rally from East to West is also proposed. "A road map is being prepared. It will be done before the Lok Sabha elections," he told reporters here. The Congress leader said the ongoing foot march will enter the state in the first week of December and a massive rally is planned at Malakheda in Alwar district.

He said the Bharat Jodo Yatra is "completely non-political" and is aimed at reducing the gap between the rich and poor, creating harmony in the country and raising issues such as inflation and unemployment. Shastri said Bharat Jodo Yatra's route for the state will be finalised on Tuesday.

"It was initially a 21-day plan, but there could be some changes as Rahul Gandhi will address election rallies in Gujarat," he said.

The yatra will enter Rajasthan from Jhalawar and cover Kota, Dausa and Alwar among other cities. Contradicting Shastri's remark that the ongoing yatra was non-political, Congress chief for Rajasthan Govind Singh Dotasra said foot march is against "eight years of the BJP's misrule at the Centre". He said former Congress president Rahul Gandhi had been raising his voice against this "misrule" and mounting pressure on the Union government.

Bharat Jodo Yatra faces legal trouble

The Congress on Monday said it was pursuing all legal remedies at its disposal after a court in Bengaluru directed Twitter to block its official handle and that of its Bharat Jodo Yatra over alleged music copyright infringement. The party said it was not present during the proceedings and has not received the order.

GOVT ALLOWS SALE OF ELECTORAL BONDS FOR 15 EXTRA DAYS DURING YEAR OF STATE POLLS

Centre on Monday amended the electoral bonds scheme through a gazette notification, facilitating their sale for 15 extra days during the "year of general elections to the legislative assembly of states and Union territories with legislature".

Prior to the amendment, only an additional period of 30 days was allowed to be specified by the Centre in the year of general elections. Now under the Electoral Bond Amendment Scheme 2022, which came into being after the issuance of the gazette notification, an additional period of 15 days will be allowed in those years that have state elections also. "An additional period of fifteen days shall be specified by the Central government in the year of general elections to the legislative assembly of states and Union territories with legislature," the gazette notification stated.

These bonds are sold four times a year during January, April, July and October for 10 days as notified by the government. Electoral bonds allow political parties to accept money from donors whose identities are kept anonymous. They are sold in multiples

SHIV SENA LEADER SUDHIR SURI SHOT **DEAD OUTSIDE AMRITSAR TEMPLE**

of Rs 1,000, Rs 10,000, Rs 1 lakh, Rs 10 lakh and Rs 1 crore.

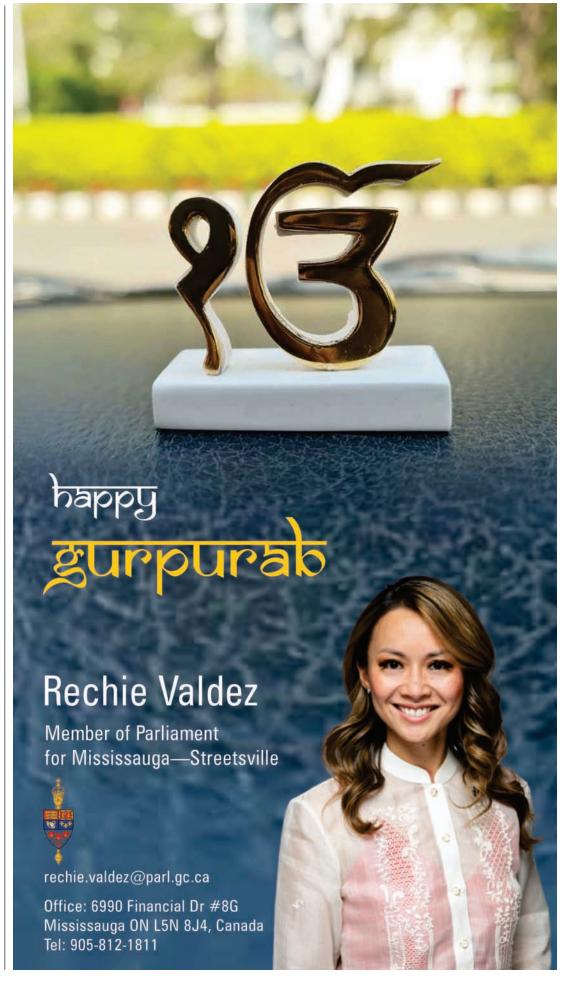
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"Sudhir Suri was shot outside Gopal Mandir during an agitation. He sustained bullet injuries and was rushed to hospital and died," the Commissioner of Police told the media. CCTV showed the presence of police on the spot at the time of the incident. Eyewitnesses shared the details of how the incident occurred. According to police, five shots were fired at Suri after which he collapsed. He was taken to a hospital where he succumbed to injuries. As per local media, the crowd apprehended the suspected attacker and handed him over to the police. The suspected attacker has been identified as Sandeep Singh.

'KEJRIWAL IS DEAR TO PEOPLE AND BJP HAS PROBLEM WITH IT,' DELHI CM'S NEW TWEET IN AAP VS BJP

Delhi chief minister Arvind Kejriwal on Tuesday hit out at the Modi government saying BJP has a problem with him because he's dear to people. Taking to Twitter, Kejriwal said, "before the Punjab polls, PM Modi said Kejriwal is a terrorist, and the Home Minister ordered an inquiry, but what happened?"

"Now before Gujarat/Delhi MCD elections, they are saying Kejriwal is corrupt... If Kejriwal is a terrorist or corrupt, then arrest him," he said. "Kejriwal is neither a terrorist or corrupt... he's dear to people and BJP has a problem with this," the Delhi CM said in a tweet. Earlier, Kejriwal said whatever happened to the victims of the Morbi footbridge collapse can happen to anybody in the BJP-ruled Gujarat and sought to know why the owners of the private firm that renovated the ill-fated carriageway were not booked for the tragedy. Stepping up campaigning for the December 1 and 5 Assembly polls, he urged the people of Gujarat to give a chance to his outfit Aam Aadmi Party (AAP) to rule the state for five years.





NIRAV MODI TO BE EXTRADITED TO INDIA, AFTER HE LOSES APPEAL IN UK COURT

The High Court in London on Tuesday ordered diamond merchant Nirav Modi's extradition to India to face charges of fraud and money laundering, amounting to an estimated USD 2 billion in the Punjab National Bank (PNB) loan scam case.

Lord Justice Jeremy Stuart-Smith and Justice Robert Jay, who presided over the appeal hearing earlier this year, delivered the verdict.

The 51-year-old businessman, who remains behind bars at Wandsworth prison in south-east London, had been granted permission to appeal against District Judge Sam Goozee's Westminster Magistrates' Court ruling in favour of extradition last February. The leave to appeal in the High Court was granted on two grounds – under Article 3 of the European

Convention of Human Rights (ECHR) to hear arguments if it would "unjust or oppressive" to extradite Modi due to his mental state and Section 91 of the Extradition Act 2003, also related to mental ill health.

Modi is the subject of two sets of criminal proceedings, with the Central Bureau of Investigation (CBI) case relating to a large-scale fraud upon PNB through the fraudulent obtaining of letters of undertaking (LoUs) or loan agreements, and the Enforcement Directorate (ED) case relating to the laundering of the proceeds of that fraud. He also faces two additional charges of "causing the disappearance of evidence" and intimidating witnesses or "criminal intimidation to cause death", which were added to the CBI case.

AMIT SHAH CHAIRS HIGH-LEVEL IB MEET TO ASSESS INTERNAL SECURITY SITUATION IN COUNTRY

Union Minister Amit Shah is chairing a high-level meeting of Intelligence Bureau (IB) officers across the country in New Delhi on Wednesday. The meeting is being conducted to discuss the state of internal security in

the nation, threats of terrorism, and the need for coordination between federal and state agencies.

According to reports, the day-long meeting started around 11 AM and will culminate at 5 PM.

"The Home Minister will take stock of the overall internal security scenario, intelligence gathering network and other aspects needed to be addressed so that robust internal security is ensured in the country," an official from the home ministry stated.

The official further stated that the meeting is anticipated to cover issues like continued terrorist threats and global terrorist organisations, financing of terrorism, narco-terrorism, the relationship between organised crime and terrorism, the illegal use of cyberspace, and the movement of foreign terrorist fighters. According to reports, the meeting will also lay emphasis on how to improve cooperation and synergy between the federal and state security agencies to address the constantly evolving security concerns. Reportedly,



the meeting is likely to see the attendance of top officers from all across the nation who are concerned with matters relating to intelligence. Ajay Kumar Bhalla, the Union Home Secretary, and Tapan Deka, the head of the IB, would be among the top officials present at the meeting.

KARNATAKA HIGH COURT SETS ASIDE LOWER COURT ORDER TO **BLOCK CONGRESS, BHARAT JODO YATRA TWITTER HANDLES**

The Karnataka High Court on Wednesday set aside an order of a designated economic court, ordering the blocking of Congress and Bharat Jodo Yatra Twitter handles. The development comes after a suit filed by MRT Studios claimed 45 seconds of its copyrighted music from 'KGF Chapter 2' movie was used in a 'Bharat Jodo' song by the Congress party.

Soon after, the Congress party agreed to remove the clip that used the copyrighted song before noon on Wednesday from all its social media accounts. Earlier, the high court asked the party to provide screenshots of the Twitter handle and the other social media accounts before the contentious material was removed.

"We are of the opinion that prayer deserves to be allowed to set aside impugned order, subject to appellant taking down offending material," the high court said. The Division bench of Justices G Narendar and Justice PN Desai heard the petition by the Congress in an emergency hearing on Tuesday evening. Senior advocate Abhishek Singhvi argued the case for the party challenging the lower court's Monday order.

Allowing the appeal, the HC said, "Appeal is allowed in part, subject to appellants (INC) removing it from their social media accounts. This order shall not come in the way of the plaintiff making any request to the court to protect their copyrights."

Before that, the senior advocate in his arguments pointed out that the Commercial Court had no urgent reason to pass the interim order and unless it stayed Twitter would take down the party's accounts.

He submitted that the party was ready to take down the 45 seconds of the that the blocking order was right. alleged clip which infringed on MRT's copyright.

To block Twitter accounts for the 45-second clip has ulterior motives, he the copyright and was ready to remove the content from its Twitter handles told the court. The alleged infringed music clip was on the Twitter handle

from October itself but the copyright owner filed the petition on November 2 which was heard on November 5 and the lower court gave the order on November 7. An ex-parte injunction was passed without issuing notice or recording reasons, he told the division bench.

The senior advocate also saw "ulterior motive," in the action taken in the suit. "There is no commercial purpose in using the audio clip. A disproportionate order could not be passed by blocking the national party accounts and affecting my freedom of expression, even when the Bharat Jodo yatra is ongoing," he claimed.

The advocate for MRT Studios also made the submissions contending

The HC however, noted that Congress was agreeing that it had breached and not to use it. "It is punitive action," the HC said.

RAM MANDIR WILL BE COMPLETED BY DECEMBER 2023; CONSTRUCTION WORK HALFWAY DONE: ADITYANATH

Construction work of the Ram Temple in Ayodhya will be completed by the end of 2023, Uttar Pradesh Chief Minister Yogi Adityanath said on Tuesday. The chief minister further said the work has crossed the halfway mark.

A resolution for the construction of the temple was first passed by the BJP in Palampur, Adityanath said, as he campaigned for party candidate Trilok Kapoor in the constituency ahead of the Himachal Pradesh Assembly elections.

"Today, I am delighted to inform you from this place that the construction work of the Ram temple in Ayodhya has crossed the halfway mark and by the end of 2023, a grand temple will be constructed after a wait of more than 500 years," Adityanath said addressing a rally in Palampur. He attributed the construction of the temple, "a historic work" to the decisive and strong leadership of Prime Minister Narendra Modi.

The chief minister also campaigned for Lokendra Kumar, the BJP candidate from the Anni constituency. Addressing a rally there, he said India's graph on the global stage is rising and today, no problem in the world can be resolved without its

involvement. India has become the world's fifth largest economy surpassing Great Britain, he said. "It was India that gave free ration to crores of poor people across the country during the pandemic while the BJP workers provided them help. Where was the brother-sister duo of the Congress then," he said at the rally referring to Rahul Gandhi and Priyanka Gandhi Vadra.

"Congress is only restricted to one family and concerned about them while for Narendra Modi and the BJP, the people of India are their family," he said. Hailing Himachal Pradesh as the "land of bravehearts" as several youngsters from the state are in the armed forces, Adityanath said,"You all would be happy to know that today our enemies cannot dare to look at us."

And it is so because the bravehearts of the country "conducted surgical strikes inside enemy areas", Adityanath, who has been campaigning

extensively across the hill state, told the gathering.

Adityanath said all landmark decisions such as the construction of the Ram temple, abrogation of Article 370 and surgical strikes, would not have been possible under the Congress rule as it doesn't care for such issues. Making a pitch for BJP to retain power in the state, the Uttar Pradesh chief minister said under the "double engine" government of the party, the state has witnessed all-round development.

BJP WILL NOT RETURN TO POWER IN 2024, POLITICAL SITUATION **CHANGING FAST, SAYS MAMATA**



BJP will not return to power in 2024, West Bengal Chief Minister Mamata Banerjee said at a rally adding the political situation of the country is changing fast. Banerjee is likely to visit Jhargram district on November 15 to celebrate the birth anniversary of tribal freedom fighter Birsa Munda, an official said on Wednesday.

She may also virtually inaugurate some stretches of new roads from the venue. The chief minister may also hold a meeting in Binpur block 2 in Belpahari area before returning to Kolkata the same day, the official at the secretariat said. Born on November 15, 1875, Birsa Munda was a tribal freedom fighter who led a movement against the British in the then Bengal presidency. Following his arrest, he died in jail on June 9, 1900.

INDIA TO RECEIVE ITS LAST RAFALE FIGHTER JET BY DECEMBER 15



India will receive its 36th and final Rafale fighter jet from France by December 15 (Thursday) completing the delivery of all the aircraft it had signed for in an over Rs 60,000 crore deal inked in 2016.

"The last aircraft will arrive in India around December 15. The aircraft was used for developing the India-specific enhancements in the Rafale fleet of the Indian Air Force," senior defence officials told media. India had signed a deal for 36 of these planes and 35 of them have already arrived and are stationed at Ambala, Haryana and Hashimara in West Bengal. The officials said the 36th aircraft with RB tail number has been provided to the Indian side by France with all its spares and other parts replaced as it was being used for developmental activities.

Meanwhile, the Indian Air Force has also started upgrading the planes to the highest standards and has been equipped with all India-specific enhancements.

The Rafale is a 4.5-generation aircraft and has helped India regain its supremacy over Indian sub-constituent skies with long-range air-to-air and air-to-ground missiles along with advanced radar and electronic warfare capabilities. The French firm Dassault Aviation is also involved in the maintenance of the aircraft whose serviceability is over 75 per cent.

The Rafale was inducted swiftly into the Indian Air Force at the peak of the conflict with China and had started operating over Ladakh within a week of its arrival in the country. The IAF also quickly fired and operationalized the long-range Meteor air-to-air missiles as well as the Scalp air-to-ground missiles. The IAF has also added the HAMMER missile to the Rafale's arsenal as it was required for carrying out precision attacks at shorter distances.

GADKARI HEAPS PRAISES ON MANMOHAN SINGH: 'INDIA INDEBTED TO FORMER PM FOR ECONOMIC REFORMS'



Union Minister Nitin Gadkari on Tuesday said the country is indebted to former prime minister Manmohan Singh for the economic reforms. India needs a liberal economic policy with the intention to provide its benefits to poor people, Gadkari said while speaking at TIOL Awards 2022 event. The economic reforms started by Singh as the finance minister in 1991 gave a new direction to India as it ushered in a liberal economy, he added.

"Liberal economy ke karan desh ko nayee disha mili, uske liye Manmohan Singh Ka desh reeni hai (The country is indebted to Manmohan Singh for the liberalisation that gave a new direction)," Gadkari said.

He recalled that he could raise money to build roads in Maharashtra when he was a minister in Maharashtra in the mid-1990s due to economic reforms initiated by the former prime minister. Gadkari asserted that liberal economic policy is for farmers and poor people. The awards function was organised by a portal 'TaxIndiaOnline'. He also said China is a good example of how liberal economic policy can help in the development of any country. To accelerate economic growth, he said India will need more capex investment. The road transport and highways minister said the NHAI is also raising money from the common man for the construction of highways. Gadkari said that his ministry is constructing 26 green expressways and he is not facing a shortage of money. According to him, the toll revenue of NHAI will soar to Rs 1.40 lakh crore by the end of 2024 from Rs 40,000 crore per annum currently.



NORTH KOREA FIRES YET ANOTHER 'UNSPECIFIED BALLISTIC MISSILE' TOWARDS EASTERN SEA: REPORTS

In yet another provocative move, North Korea reportedly fired an "unspecified ballistic missile" towards the East Sea on Wednesday. The latest launch by Pyongyang comes amid an ongoing record-breaking missile testing campaign for the last few months, AFP reported citing South Korea's military. According to Japan's military, which detected the launch, the missile flew about 250 kilometres at a maximum altitude of 50 kilometres. The relatively low trajectory seemed to align with the flight characteristics of some of North Korea's newer short-range weapons designed to evade missile defences, it added. Earlier on November 3,

North Korea fired at least six missiles into the sea, including an intercontinental ballistic missile. It also triggered evacuation warnings and halted trains in northern Japan, adding to a recent barrage of weapons tests that has escalated tensions in the region. The ICBM test was followed by launches of two short-range ballistic missiles in the morning, drawing swift condemnation by North Korea's neighbours and the United States, which reacted by extending ongoing joint air force exercises with South Korea. The South Korean and Japanese militaries said North Korea later fired three more short-range missiles into waters off its eastern coast.

COVID-19 LOCKDOWNS HIT CHINA ECONOMIC POWERHOUSE GUANGZHOU

A surge in COVID-19 cases has spurred lockdowns in the southern Chinese manufacturing hub of Guangzhou, adding to financial pressure that has disrupted global supply chains and sharply slowed growth in the world's second-largest economy.

Residents in districts encompassing almost 5 million people have been ordered to stay home at least through Sunday, with one member of each family allowed out once per day to purchase necessities, local authorities said on Wednesday (November 9).

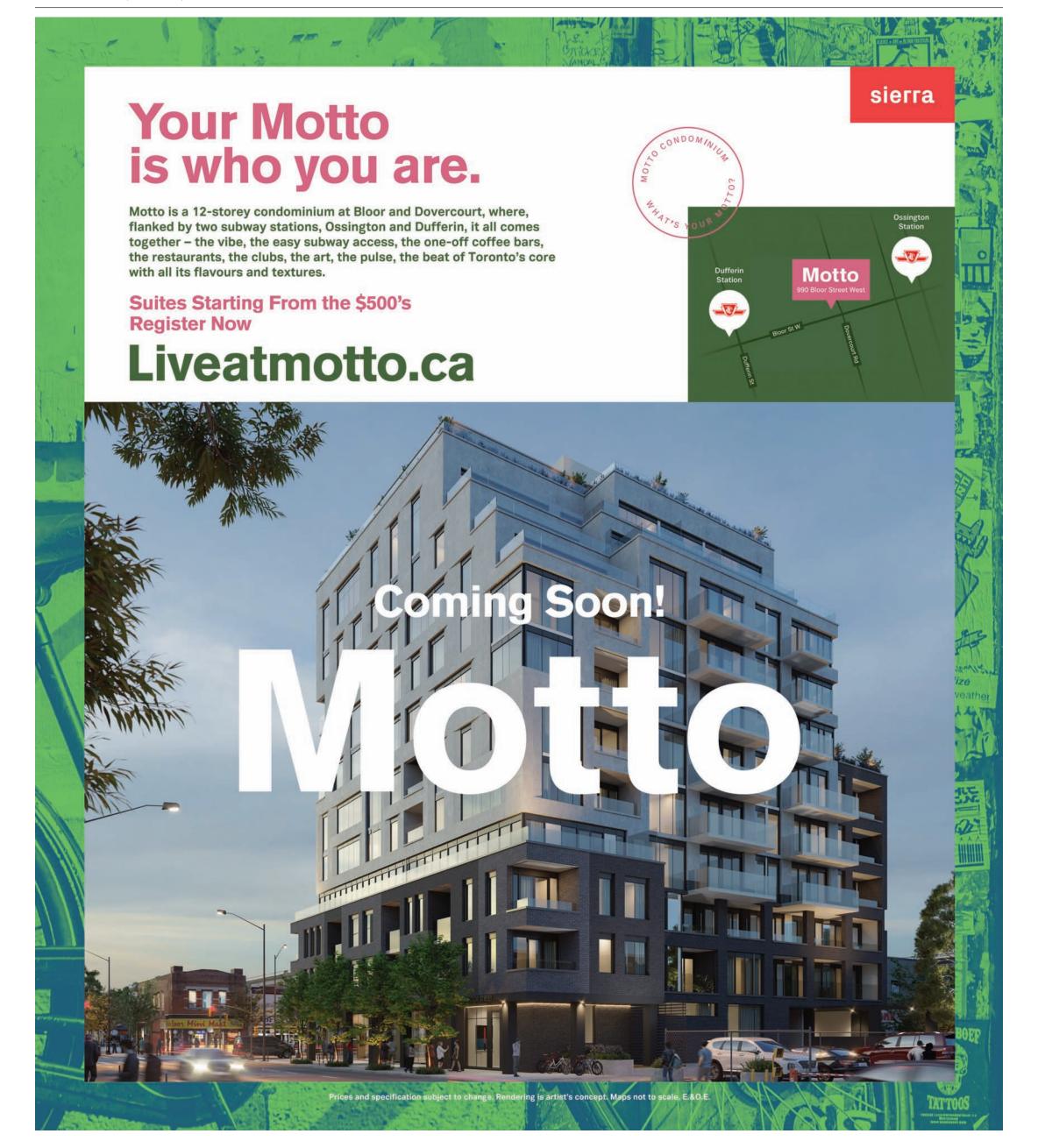
The order came after the densely populated city of 13 million reported more than 2,500 new cases over the previous 24 hours. Public transport has been suspended and classes halted across much of Guangzhou, while flights to Beijing and other major cities have been canceled, according to state media. China has retained its strict "zero-COVID" policy despite relatively low case numbers and no new deaths. The country's borders remain largely closed and internal travel and trade is fraught with ever-changing quarantine regulations.

DONALD TRUMP TO MAKE 'VERY BIG ANNOUNCEMENT' ON NOVEMBER 15

Former US President
Donald Trump on
Tuesday said that he will
make a "very big
announcement" next
week on November 15,
AFP reported. Reports
say that the former US
president is expected to
jump into the 2024 race
for the White House. "I'm
going to be making a



very big announcement on Tuesday, November 15 at Mar a Lago," he tells crowd in Ohio. Trump is predicting America's destruction if his fellow Republicans don't deliver a massive electoral wave on Tuesday. Democrats, led by President Joe Biden and two other former presidents, are warning that abortion rights, Social Security and even democracy itself are at stake. Three of the six living presidents delivered dire closing messages Saturday in battleground Pennsylvania entering the final weekend of the 2022 midterm elections, but their words echoed across the country as millions of Americans cast ballots to decide the balance of power in Washington and in key state capitals. Polls across America will close on Tuesday, but more than 39 million people have already voted. On Sunday, Biden was set to campaign in suburban New York, while Trump was headed to Florida. "If you want to stop the destruction of our country and save the American dream, then on Tuesday you must vote Republican in a giant red wave," Trump told thousands of cheering supporters as he campaigned Saturday in western Pennsylvania, describing the United States as "a country in decline." Earlier in the day, Biden shared the stage with former President Barack Obama in Philadelphia, the former running mates campaigning together for the first time since Biden took office. In neighboring New York, even former President Bill Clinton, largely absent from national politics in recent years, was out defending his party.

















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IT'S A GIRL! ALIA-RANBIR WELCOME THEIR FIRST CHILD INTO THIS WORLD

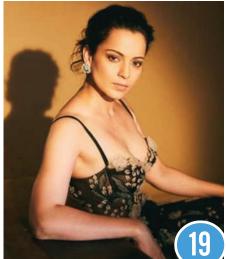
ALIA BHATT AND RANBIR KAPOOR ON SUNDAY WELCOMED THEIR FIRST CHILD, A HEALTHY GIRL, INTO THIS WORLD. EARLIER IN THE DAY, THEY WERE SEEN ARRIVING AT THE H.N. RELIANCE FOUNDATION HOSPITAL IN GIRGAON, MUMBAI. MOTHERS-IN-LAW NEETU KAPOR AND SONI RAZDAN WERE WITH ALIA BEFORE SHE WAS WHEELED INTO THE LABOUR ROOM. ALIA AND RANBIR HAD TIED THE KNOT ON APRIL 14 AT AN INTIMATE CEREMONY AND ONLY RECENTLY, ALIA HAD HER BABY SHOWER WITH FRIENDS AND FAMILY MEMBERS. THE COUPLE HAVE HAD A SUCCESSFUL YEAR WITH 'GANGUBAI KATHIAWADI' SEALING ALIA'S WELL-DESERVED REPUTATION AS A TALENTED ACTRESS AND 'BRAHMASTRA' REVIVING RANBIR'S FLAGGING CAREER GRAPH. ALIA ALSO MADE NEWS BECAUSE OF HER HOLLYWOOD FORAY WITH THE GAL GADOT-STARRER HEART OF STONE, SET TO BE RELEASED IN 2023. THE NEWBORN CHILD WILL THEREFORE TRULY BE THE CROWNING GLORY FOR AN EVENTFUL YEAR FOR THE COUPLE. IN JUNE, ALIA TOOK THE WORLD BY SURPRISE BY ANNOUNCING HER PREGNANCY WITH A PICTURE FEATURING RANBIR ON HER INSTAGRAM HANDLE. SHE HAS ALSO LAUNCHED A LINE OF MATERNITY WEAR NAMED EDAMAMA.

KATRINA KAIF REVEALS THE MOST PRECIOUS THING AT HER HOME, **ANSWER WILL LEAVE YOU AWESTRUCK**



KATRINA KAIF RECENTLY WENT LIVE ON HER INSTAGRAM ACCOUNT AND REVEALED THE MOST PRECIOUS THING IN HER HOME. HERE'S WHAT THE ACTRESS HAS TO SAY.

KANGANA RANAUT GIVES THUMPS UP TO ELON MUSK'S **DECISION OF CHARGING \$8 FOR VERIFIED TWITTER ACCOUNTS**



KANGANA RANAUT CAME IN SUPPORT OF **ELON MUSK'S DECISION OF CHARGING \$8** FOR VERIFIED TWITTER ACCOUNTS.

SAPNA CHOUDHARY IN TROUBLE! CHARGES FRAMED **AGAINST HARYANVI DANCER IN** CHEATING CASE



ACCORDING TO THE FIR, A DANCE PROGRAMME WAS TO BE HELD BY SAPNA CHOUDHARY AND OTHER PERFORMERS ON OCTOBER 13, 2018 FROM 2 PM TO 10 PM.

JANHVI KAPOOR SAYS HER GLAM IMAGE ON SOCIAL MEDIA HELPS HER PAY HER EMIS; 'HOPEFULLY IF I LOOK CUTE...'



While most of Janhvi Kapoor's Bollywood outings so far had her essaying middle-class characters, her off-screen image is quite in contrast with that. From alluring shots to curated photoshoots, her Instagram handle is glamorous right from the word go. In her recent interaction with Galatta Plus, Janhvi admitted that she has been often told that this contrast makes it difficult for the audience to accept her in non-glam roles. The actress said, "I have been told things like these. 'The kind of films that you are doing are of a certain beat and your social media presence is quite a contradiction. It will make people harder to buy as those characters if they keep seeing you in this get up'. I am trying to protect myself from being calculative like that. It might throw people off to see me in a Manish Malhotra saree and then in a kurta in a film. But that is my job, my art." Janhvi said he wants to be as real and authentic about it as possible and added, "I'm not that person in real life. That's the point of being an actor." Speaking about her glam image on social media, which is drastically different from her onscreen one, the Roohi actress explained that she wants to have fun on social media and maybe to get more brands on board to help 'pay EMIs with more ease'.

HUMA QURESHI DELIVERS HER THIRD CONSECUTIVE FLOP BOLLYWOOD FILM WITH DOUBLE XL



Huma Qureshi, who made her Bollywood debut with Anurag Kashyap's Gangs Of Wasseypur franchise in 2012, has come a long way in her career. With her strong performances in various films, moviegoers soon started counting her among the most talented newcomers in the Hindi film industry. After a critically-acclaimed debut, she played meaty roles in various big films including Ek Thi Daayan, Badlapur, and Dedh Ishqiya. She earned favourable reviews for almost all of her performances, however, she hasn't yet established herself as a bankable star even after spending a decade in the industry. While she has been making waves on the OTT front with Shubhash Kapoor's hit SonyLIV series Maharani, her recent theatrical releases have flopped badly at the box office.

'WE CERTAINLY DON'T WANT TO SEE AN INDIA VERSUS PAKISTAN FINAL' - JOS BUTTLER



With little over 24 hours to go for the second T20 World Cup semifinal, the England captain Jos Buttler has started playing his mind games and vowed that his team does not want to see an India vs Pakistan final. Butlter's England and India are set to collide in the semifinal of the T20 World Cup on Thursday (November 10) at the Adelaide Oval. The English team is struggling with injuries to Dawid Malan and Mark Wood as Buttler is optimistic about their involvement on Thursday.

"We certainly don't want to see an India versus Pakistan final and we will try to spoil their party. They are a good team," said Buttler.

"We have got to the point where we wanted to be. Everyone is excited about playing in the semifinal. Obviously, we are really excited about the match against a great Indian team. We like to be in such a situation," the England skipper said while asked about his team's performance.

BABAR & RIZWAN GUIDE PAKISTAN TO WORLD CUP FINALS

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BABAR AZAM AND MOHAMMAD RIZWAN NOTCHED UP THEIR THIRD T20 WORLD CUP CENTURY STAND.

I DETAILS ON PAGE 25





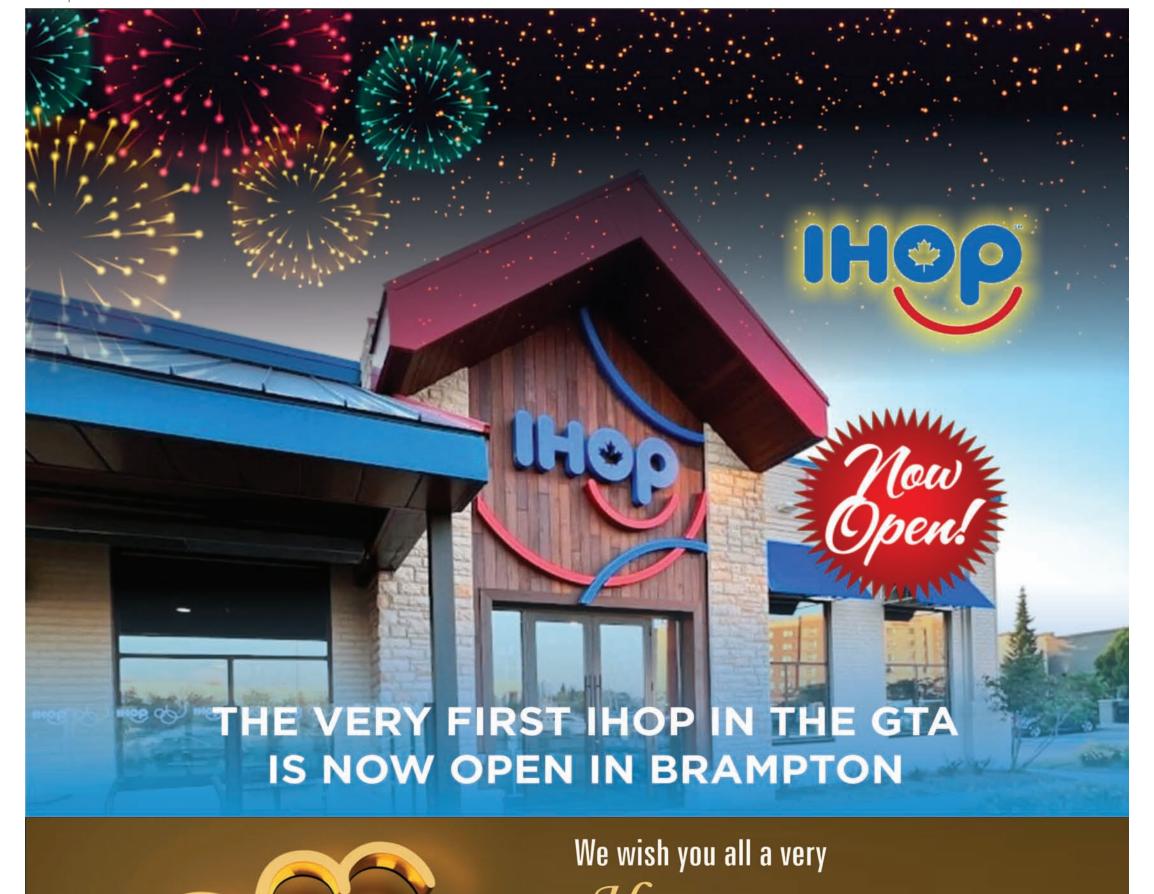




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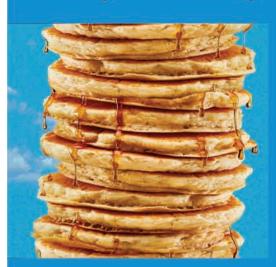




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AS ALIA BHATT-RANBIR KAPOOR WELCOME BABY GIRL, BOLLYWOOD ACTORS' CHILDHOOD PICS GO VIRAL

Alia Bhatt and Ranbir Kapoor have welcomed their first child, a baby girl, into this world. Soon after the happy news was shared, childhood photos of the two actors went viral on social media. Alia Bhatt with her mom Soni Razdan. The actress looks cute as a button as she goofs around with her mom. Alia Bhatt is one of the most p[opular actresses on social media and her fans love the adorable munchkin that the actress was as a kid. A fan compiled childhood photos of Alia Bhatt into this collage. Seems like not much has changed. Alia shared this throwback photo from her childhood days on her social media saving that even as a kid she used to love going to the beaches.

Seems like Ranbir Kapoor was a troublemaker as a kid. A Twitter user compiled a collage with a number of photos from the Bollywood actor's childhood. The photo features Ranbir's parents and actors Rishi Kapoor, Neetu Singh and her sibling among others. A then-and-now photo of Ranbir Kapoor with her mom Neetu Kapoor. While the first one is from Ranbir's wedding to Alia Bhatt earlier this year, the second one is a memorable throwback photo of the doting motherson duo. Born to Rishi Kapoor and Neetu Singh, Ranbir Kapoor is Hindi cinema's legend Raj Kapoor's grandson. Here's a throwback photo of them having a great time together.

KANGANA RANAUT GIVES THUMPS UP TO ELON MUSK'S DECISION OF CHARGING \$8 FOR VERIFIED TWITTER ACCOUNTS

The daunted actress of Bollywood Kangana Ranaut came in support of the new Twitter owner, Elon Musk's decision to charge \$8 a month to get verified accounts. Calling the social media platform as intellectually and ideologically motivated she termed it as the "best" and said that anybody who has an Aadhar card "must get" a verified blue tick. She took to get Instagram stories and penned a long note in support of Musk's decision. "Twitter is the best social media platform that is there right now, it is intellectually/ ideologically motivated not about looks or lifestyle, I could never understand the idea of verification that some selected few get, as if others don't have an authentic existence, for example, I will get verified but if my father wants a blue tick then 3-4 clowns will dismiss his very identity as if he is living some illegal life...everyone who has an Adhaar card must get varied simple as that," Kangana wrote on her Instagram. The Dhaakad actor's remarks came following Elon Musk's controversial takeover of Lately, Ranaut's Instagram stories have been cascading her fan's requests to retrieve the actor's suspended account. In May 2021, Kangana's Twitter account was 'permanently suspended for repeated violation of Twitter rules. The suspension came after the actress had made an incendiary post, claiming that the victory of the Mamata Banerjee-led All India Trinamool Congress in the Assembly election of West Bengal had led to violence.



KAMAL HAASAN, MANI RATNAM TO REUNITE AFTER 35 YEARS?



The 'GOAT' of the south industry, Kamal Haasan and Mani Ratnam are set to come back together after a gap of 35 years. The duo surprised their fans by announcing their reunion for a yet to titled Tamil project. As the legendary actor will be turning 68 on 7th November, the announcement was made on the eve of his birthday. Haasan took to Twitter to share the news and fans called it the most unexpected announcement. The film will be jointly produced by Haasan and Ratnam and will have music by none other than AR Rahman. Kamal Haasan shared the announcement video on Twitter on Sunday evening, writing, "Here we go again!" The yet-untitled film has been tentatively dubbed KH 234, signifying it is Kamal's 234th film. Kamal Haasan and Mani Ratnam had last worked together in the critically-acclaimed Nayakan, which was released in 1987. A story about the rise of a Tamil gangster in Mumbai. The film has been widely celebrated as one of the greatest Indian films ever made. As soon as the actor posted the announcement, fans just can't hold their excitement to watch the blockbuster Jodi's venture again. The most common reaction to the announcement was fans calling it 'unexpected announcement'.

FOUR HAR HAR MAHADEV SHOWS CANCELLED AFTER RUCKUS AT PUNE

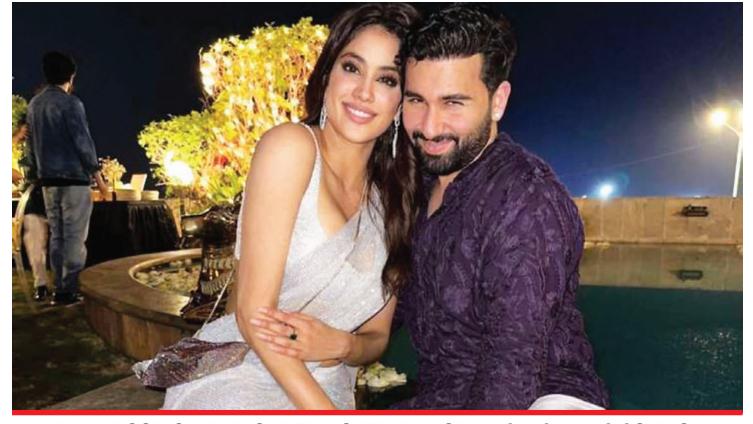


Abhijeet Deshpande's directorial and Sharad Kelkar-starrer Har Har Mahadev is in the middle of a controversy with the storyline and characters of the periodic drama. The members of the Maratha outfit stalled the screening of the Marathi film at the theatre in Pune over the alleged "distortion of history" on Monday. Now, four shows have been cancelled after the members of the Sambhaji Brigade stalled the screening of the film and warned the theatre owner. This is not the only place where the screening of the film was stalled. NCP leader and former minister Jitendra Awhad allegedly led activists to stall the screening of the film at the multiplex in Thane later on Monday night.

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JANHVI KAPOOR ON RUMOURED BOYFRIEND ORRY, SAYS 'HE IS SOMEONE...'

Janhvi Kapoor recently treated fans to enthralling pictures from the beach with her friend Orry aka Orhan Awatramani. He knows how to be in the limelight with his social media presence, appearance at Bollywood parties, dinner outings and more. Orry often made an appearance on Janhvi's Instagram post and the duo seem to be quite close. Earlier, Janhvi had posted pictures from their New York holiday. Not just this, Orry was also present with Jahnvi in Europe when she was shooting for her film 'Bawaal' with Varun Dhawan and he also attended the screening of the actress' recently released 'Mili'. Now talking about her equation with him, Janhvi revealed that she has known Orry for years and he is fun to be around. The actress told News18, "I have known Orry for years now and he is someone who I not only have so much fun with, but he's had my back for a long time, and I have had his back. It feels like home when he is around, and I trust him a lot. I think it's rare to find friends who will stand up for you the way he stands up for his friends. He is a great guy." Meanwhile, the blue-eyed boy of Bollywood was photographed arriving at the screening of Janhvi Kapoor's latest release Mili. The young social activist donned tonal casuals, a solid beige Tshirt, off-white cargos and two-toned sneakers to the screening event. He also met Janhvi's father, filmmaker Boney Kapoor there.

MILI BOX OFFICE COLLECTION DAY 1: JANHVI KAPOOR'S FILM PERFORMS BETTER THAN DOUBLE XL BUT IS STILL POOR!

Mili Box Office Collection Day 1: While Phone Bhoot opened to poor numbers, Janhvi Kapoor's Mili and Sonakshi Sinha and Huma Qureshi's Double XL fared worse. According to trade reports, Mili and Double XL would have performed much better on streaming platforms. However, the problem is the streaming giants want a theatrical release, for more leverage, which did not work in Janhvi Kapoor's and Sonakshi Sinha's favour.

The survival thriller was released alongside Katrina Kaif's supernatural-comedy and Huma Qureshi and Sonakshi Sinha's Double XL. All of them are in different genres and the storyline of each is very different from the other but none was able to register a great opening Box Office opening.

According to Box Office India, "Mili and Double XL opened to horrible collections with Mili being better of the two. Mili and Double XL are both female orientated films and both in that concept / content zone which sometimes had takers before the pandemic but its a huge struggle today. These films are now for streaming but the problem is the streaming giants want a theatrical release so the films are just released for the sake of it when it is known they will not collect."

Janhvi Kapoor on Mili's Box Office clash with Phone Bhoot

Talking about BO clashes with Phone Bhoot and Sonakshi Sinha-Huma Qureshi's "Double XL", Janhvi said, "It is exciting because after a long films are different from each other. Obviously, I hope the audiences straight 20 days inside a freezer in minus 15 degree temperature.



like my film the most. But objectively speaking, all the movies look exciting, wish them all the best."

About Janhvi Kapoor's Mili

Janhvi Kapoor's Mili is a survival thriller about a woman trapped inside a freezer fighting for her life. Directed by Mathukutty Xavier and produced by Janhvi's father Boney Kapoor. The film stars Janhvi, Sunny Kaushal and Manoj Pahwa. A remake of the director's own 2019 Malayalam film Helen, the film follows Mili Naudiyal, played by time audiences will have to choose among three films. For a long 🛮 Jahnvi, a nursing graduate who races against time to stay alive after time, there were no movies being released in theatres. All the three she is stuck in a freezer. Janhvi said that she shot for the movie for

ABHISHEK BACHCHAN ON BOX OFFICE VS OTT: WE ARE TOO **OBSESSED WITH COLLECTIONS AS OPPOSED TO CONTENT**

Actor Abhishek Bachchan says the film industry has long been "obsessed" with box office numbers but the influx of OTT has put the spotlight on content. The 46-year-old actor, who made foray into the digital space with the psychological thriller series "Breathe: Into the Shadows", said streaming platforms have given Indian stories an opportunity to shine on the global stage. Termed as the crime thriller, Jr Bachchan will be seen essaying the role of Dr. Avinash Sabharwal. "When OTT platforms came into being, everybody was accessible to anybody at the push of a button. We have a larger audience now and better reach. You can watch shows in every language - be in Indian or foreign. There is a huge appetite for Indian story telling. Good content will always work no matter the medium. Fortunately, digital platforms do not put out numbers. It keeps the focus on content. We have become far too obsessed about collections and money as opposed to the content," says Abhishek Bachchan as quoted by PTI. At the event, the actor was joined by "Breathe: Into the Shadows" season two co-stars Amit Sadh, Naveen Kasturia, Saiyami Kher and director Mayank Sharma.

Abhishek Bachchan on Breathe 2

The actor said it's one of the toughest task to flesh out an engaging thriller. "It's a very difficult genre to execute because thriller is a rarity. For me, it was the character that drew me to the project. I loved Mayank's writing. That is integral to a good thriller. It wasn't superficial at all. If you are not emotionally invested, it goes to waste. Mayank has done a great job," he



said. The series, produced by Vikram Malhotra and Abundantia Entertainment, will premiere on Prime Video on November 9. Sharma has also co-written the new season with Arshad Syed, Vikram Tuli, Priya Saggi and Abhijeet Deshpande.

About Breathe 2

Peppered with high-octane action sequences, Breathe 2 showcases how remorseless J (Abhishek A Bachchan) has returned from where he left off to complete the unfinished task of catching the remaining 6 victims. Kabir, played by Amit Sadh, is seen going all out to catch hold of J and his actions. The second season of the psychological thriller has become even darker and the mystery has gone deeper.

AMITABH BACHCHAN URGES FANS TO WATCH UUNCHAI, SAYS 'HAATH JODTE HAIN HUM AAPKE'

Amitabh Bachchan, who is gearing up for the release of his upcoming film, Uunchai, recently hosted his co-stars Anupam Kher, Boman Irani and Neena Gupta on his popular quiz show Kaun Banega Crorepati. During the show, Big B requested the public to watch their film and asked them to visit the theatres to watch it. In the special episode of Kaun Banega Crorepati with the whole Uunchai team in attendance, the superstar said, "Theatre jakar, ticket khareed kar picture dekhne ka jo maza hai vo kujh aur hi hota hai. Kripya karke jaiyega theatre mein humari tasveere dekhne, aajkal badi maramari chal ri hai, koi ja hi nahi raha hai theatre mein. Haad jodte hain hum aapke, ticket lekar jaiyega (Going to theatre and watching the film gives a different joy. Please go in theatres to watch us, there is a problematic



situation going on, people are not ready to go theatres these days. I join my hands and request you to watch our movie in theatres)." During the show, Neena Gupta made a lighthearted comment about ticket prices dropping from Rs.300-400 to Rs.150 and urged Amitabh to update the audience about this as well. Speaking about the film, Sooraj Barjatya's marks his return to the big screen after 7 years. His last project was Salman Khan and Sonam Kapoor starrer Prem Ratan Dhan Payo in the year 2015. The film features a stellar star-cast which includes Anupam Kher, Boman Irani, Neena Gupta, Danny Denzongpa, Parineeti Chopra, and Sarika. The movie was filmed in Nepal, Mumbai, Agra, Delhi, Lucknow, and Kanpur. It is set to be released on November 11. Meanwhile, apart from Uunchai, the actor recently appeared in the slice-of-life film, Goodbye. It also starred Rashmika Mandanna, Pavail Gulati, Sunil Grover, Ashish Vidyarthi, Sahil Mehta, Elli AvrRam, Shivin Narang, Shayank Shukla, Arun Bali, and Abhishekh Khan.

RAKHI SAWANT FILES POLICE COMPLAINT AGAINST SHERLYN **CHOPRA, ACCUSES HER OF BLACKMAILING POWERFUL MEN**



Rakhi Sawant and Sherlyn Chopra have been engaged in a war of words for quite some time. After accusing each other of several things while interacting with the paparazzi and sharing videos on Instagram, Rakhi Sawant has taken the legal route. She has filed a police complaint against the latter for making derogatory remarks. Sherlyn, who earlier filed a police complaint against #MeToo accused filmmaker Sajid Khan, had recently engaged in a war of words with Rakhi for coming out in support of Sajid and Raj Kundra. Reportedly, she made fun of Rakhi Sawant a few days ago by mimicking her in front of the paparazzi and even made several personal allegations against her. On Saturday, after filing a complaint against Sherlyn along with her lawyer in Mumbai's Oshiwara Police Station, Rakhi spoke to the media and said that because of Sherlyn's remarks, her personal life has been affected a lot as her boyfriend has started questioning her. "I am really sad to say that due to the comments made by her about me there has been turmoil in my life. Because of her, my recent boyfriend has asked me 'whether there is any truth in what Sherlyn is saying', do I really have 10 boyfriends'. She just came and said whatever she wanted to in the media and now I have to pay for it," she said. Rakhi and her lawyer stated that they have filed a case against Sherlyn and that Rakhi is talking "on the basis of evidence". While interacting with the media they even played alleged videos of Sherlyn Chopra. Rakhi also alleged that Sherlyn "blackmails powerful men for money". Sajid was mired in the #MeToo controversy in 2018 after nine women from the industry - who worked with him on his various projects - had accused the filmmaker of sexually harassing them. Along with Sherlyn, actresses including Saloni Chopra, Aahana Kumra and Mandana Karimi, levelled the allegations against him.

SAPNA CHOUDHARY IN TROUBLE! **CHARGES FRAMED AGAINST** HARYANVI DANCER IN CHEATING CASE



A court in Lucknow has framed charges against famous dancer Sapna Choudhary and four other accused in connection with a cheating case. The court of Additional Chief Judicial Magistrate Shantanu Tyagi has framed charges under section 406 and 420 of the Indian penal code. Choudhary and other accused were present in the court at the time of hearing. The court fixed December 12 as the next date of hearing.

Besides Choudhary, other co-accused Junaid Ahmed, Ivad Ali, Amit Pandey and Ratnakar Upadhyay were also present.

The FIR in the matter was lodged by Sub-Inspector Firoz Khan with Aashiyana police station on October 14, 2018. According to the FIR, a dance programme was to be held by Sapna and other performers on October 13, 2018 from 2 pm to 10 pm. The tickets were sold at the rate of Rs 300 per person. Thousands of people had purchased the tickets but when they reached the place they found that the programme had been cancelled. It was alleged that despite the programme being cancelled the persons were not returned their money.

Thereafter, they started creating ruckus at the place. The police had then registered a case in the matter and after investigation filed a charge sheet against Choudhary and others.

ANUSHKA SHARMA'S HILARIOUS BIRTHDAY POST FOR VIRAT KOHLI FEATURES CRICKETER IN 'EVERY STATE AND FORM'



Virat Kohli turns 34 on November 5! On the celebratory occasion, his wife and actress Anushka Sharma chose his best angles and photos to wish him in a hilarious birthday post. On Saturday, the actress took to her social media and shared a couple of pictures of Virat and wrote, "It's your Birthday my love, so obviously, I chose your best angles and photos for this post. Love you in every state and form and way." In the photos, Virat is captured in many hilarious poses and angles. Well, the cricketer was all hearts as he reacted with a laughing emoji alongside showering love with a couple of hearts. For Virat's Birthday, Anushka picked some of the goofiest clicks of the cricketer, who is currently in Australia for the ongoing T20 World Cup tournament. In one of the pictures, the actor is also posing with his daughter Vamika, however, Anushka chose to hide her daughter's face with a heart.



KATRINA KAIF REVEALS THE MOST PRECIOUS THING AT HER HOME, ANSWER WILL LEAVE YOU AWESTRUCK

Katrina Kaif and Vicky Kaushal's whirlwind romance is something that the whole nation is a fan of. The couple tied the knot in December last year, and since then, they have been head over heels in love. The couple doesn't talk much about their relationship, but what little they do say makes waves on the internet. Katrina recently went live on Instagram ahead of the release of her upcoming film, Phone Bhoot, and revealed the most precious thing she has at home. During the live session, a fan asked about Katrina Kaif's most precious thing at home. The actress paused for a moment before answering with a smile, "The most precious person I have at home is my husband." The answer left the 'Vickat' fans awestruck, and they jammed the live chat with heart emoticons. However, in response to the same question subsequently, Katrina stated, "the precious things I have will be my books." Earlier, the couple made headlines when

Vicky helped Katrina sit comfortably inside the car at Ramesh Taurani's Diwali bash. Before closing the door of the car, the Masaan actor lifted her saree and checked that she was safe inside. This moment was definitely the highlight of the evening, and it left fans gushing over the couple. Meanwhile, on the work front, Katrina Kaif is gearing up for the release of her upcoming film Phone Bhoot, alongside Ishaan Khatter and Siddhant Chaturvedi. The film is directed by Gummeet Singh and is set to hit theatres on November 4, 2022. The horror comedy also stars Jackie Shroff and Sheeba Chaddha in supporting roles. It is produced by Farhan Akhtar and Ritesh Sidhwani under their own production house, Excel Entertainment. On the other hand, Vicky Kaushal is currently shooting for Meghna Gulzar's Sam Bahadur. The actor also has Govinda Naam Mera and Laxman Utekar's yet-to-be-titled film in his kitty.

'RAJESH KHANNA WOULD DRIVE AWAY, WOMEN WOULD PUT SAND IN THEIR MAANG': JANHVI KAPOOR SAYS THEY 'WOULDN'T DO IT FOR ANYONE TODAY'

Actor Janhvi Kapoor reacted to the assertion that 'Bollywood celeb worship culture' is dead in this age of social media stardom. The actor said that her father, producer Boney Kapoor, has told her stories about what true stardom used to be like back in the day, and that this shift in culture might inspire filmmakers to focus on stories and not stars. In an interview with Galatta Plus, Janhvi was asked what she thinks about the claim that 'everybody is a star in this age of Instagram' and that 'people keep moving on'. She said, "I think it's accurate. But I don't think it's a bad thing at all. People keep saying that they want to become stars, but your profession is to be an actor. There was a phase in our cinema where aspirational icons and aspirational cinema really... I remember papa telling me stories about how Rajesh Khanna's car would drive away and women would take the sand and put it in their maang. I don't think they would do that for anyone today." Janhvi emphasised that this is not a bad thing. She added, "Our job description is to tell stories, to move people with our performances. I think that that can be divorced from our personality... I think the only dent that this might cause in our industry is that the opening that a star guaranteed might not be the same. Janhvi made her acting debut with the 2018 film Dhadak. She has since starred in Zoya Akhtar's film in the anthology



Ghost Stories, the war drama Gunjan Saxena: The Karqil Girl, the horror comedy Roohi, the crime comedy Good Luck Jerry and most recently, the survival thriller Mili. Up next, she'll be seen opposite Varun Dhawan in director Nitesh Tiwari's Bawaal.

ROBERT DOWNEY JR DEBUTS HIS NEW BALD LOOK AFTER HIS KIDS SHAVE HIS HEAD

With Robert Downey Jr, it's I love you 3000-even without the hair. The Iron Man star recently stepped out and revealed his bald new look in full, a week after his kids shaved his head. The actor's kids-Exton and Avri-had shaved his head just before Halloween upon his request for his upcoming role in the HBO limited series The Sympathizer. According to E Online, Robert Downey Jr stepped out to attend the red-carpet event from the premiere of Netflix's Sr., a documentary about his father, independent filmmaker Robert Downey Sr, at the 2022 AFI Fest in Hollywood, California on November 4. The actor sported his signature tinted glasses and debuted his shaved look on the red



carpet for the first time. He was accompanied by his wife Susan Downey. Directed by Chris Smith, the actor described the documentary on his Instagram as a film that tells the story of Robert Downey's "maverick rise in NYC, his crash, burn and redemption in Hollywood and our relationship in the aftermath." "He was a groundbreaking filmmaker. As well as my dad. It's not uncomplicated," Robert Downey Jr wrote. Sr. will debut on Netflix on December 2. The official synopsis of Sr. describes it as "a lovingly irreverent portrait of the life, career, and last days of maverick filmmaker Robert Downey Sr., whose rebellious spirit infused decades of counterculture movie-making. Sr. widens the lens from Downey's art to the life with which it was deeply intertwined, including an intimate examination of his relationship with son Robert Downey Jr."

BRITNEY SPEARS REVEALS SHE'S SUFFERING FROM INCURABLE **NERVE DAMAGE: 'IT STINGS AND IT'S SCARY'**

Pop star Britney Spears revealed that she was suffering from incurable nerve damage on the right side of her body. She took to Instagram and shared a reel of herself dancing, and penned a lengthy caption explaining her health condition. Britney said that the nerve damage has affected her sleep and dancing helps in reducing pain.Britney captioned her post, "I'm dancing in time now Victoria ... yes ... nerve damage on the right side of my body ... there's no cure except God I guess ... nerve damage is caused sometimes when you don't get enough oxygen to your brain ... your brain literally shuts down. Nerve damage causes parts of your body to go numb." She added that she wakes up three times



a week in bed with her hands completely numb. "The nerves are tiny and it feels like pins and needles from the right side of my body it shoots up to my neck and the part that hurts the worst is my temple on my head ... it stings and it's scary," she wrote. Britney continued, "The last 3 years since I got out of that place I've been in a mild unconscious state. I couldn't face it." She was referring to the medical facility she was placed in in 2019. Britney further wrote, "It's funny though when I dance I don't feel the pain. It's like my mind literally goes to a place of my inner child. And although I don't move like I use to ... I truly believe my faith in it gave me strength ... by the grace of God I finally found a medication where I actually feel oxygen going to my brain and through my neck ... my eyes are more open now and I can hold my head up correctly... I've done a good job trying to pull it off. Either way, I'm getting a lot better, I can breathe ... I feel smarter because well, Jesus I can breathe now."

AMBER HEARD QUITS TWITTER AFTER **EX ELON MUSK TAKES OVER AS CHIEF** OR IS JOHNNY DEPP THE REASON?



Amber Heard's Twitter handle has been deactivated and fans are trying to wrap their heads around why this has happened. Earlier, Elon Musk, who is believed to have dated Heard, took over as the Twitter chief. Many are wondering if he is the reason behind Heard's missing Twitter handle. Many are also speculating that the Aquaman actress must have quit Twitter due to trolling over the Johnny Depp domestic violence case, the decision of which was not in her favour, as ruled by the Fairfax, Virginia court earlier this year.

Amber Heard's Twitter handle can no longer be found. The disappearance of her Twitter account was brought to the notice of the fans by YouTuber Matthew Lewis aka That Umbrella Guy. He tweeted on Wednesday, "Amber Heard has deleted her Twitter (sic)." In another tweet, he wrote, "I'd planned a topic switch today and boom - days more material falls in lol! Lawsuits. Deleted social media. More. More. The clown car keeps moving (sic)." Many on social media have been wondering why Amber heard has deactivated her Twitter handle. Coincidentally, her rumoured ex Elon Musk has recently taken over the responsibilities of the Twitter chief. Meanwhile, she has been facing trolling on the social media platform since she has been embroiled in a court case with her ex-husband Johnny Depp. Earlier this year, Heard lost the defamation case Depp filed against her.

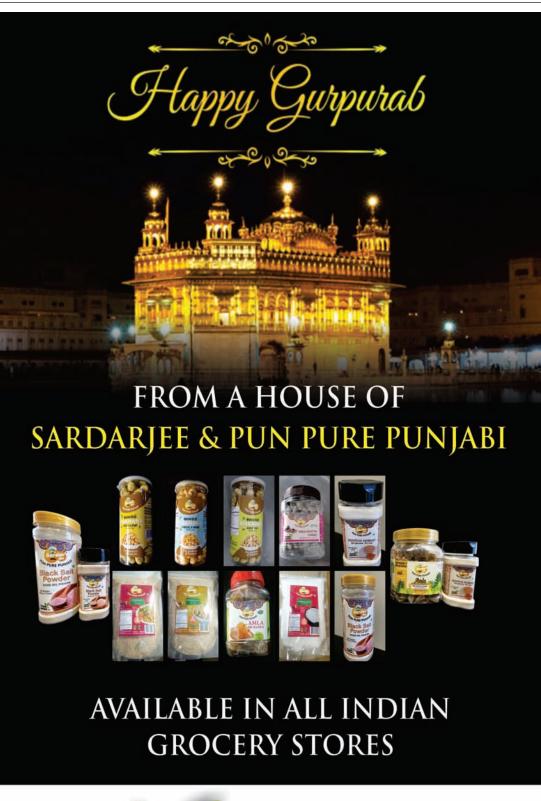
WHOOPI GOLDBERG QUITS TWITTER

Another celeb, American TV host Whoopi Goldberg has announced her exit from Twitter. Citing a chaosfilled week after Elon Musk took over Twitter, Whoopi Goldberg announced that she would no longer be on the micro-blogging site. She announced the news on her talk show The View and ironically, the clip was shared



by the team of the talk show on Twitter! According to Hollywood Reporter, Whoopi Goldberg said, "It's been a little over a week since Elon Musk took over Twitter and

this place is a mess." She added, "I'm getting off today because I just feel like it's so messy, and I'm tired of now having certain kinds of attitudes blocked now getting back on. So I'm gonna get out, and if it settles down enough and I feel more comfortable maybe I'll come back. But as of tonight, I'm done with Twitter."





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PRABHAS' SALAAR RELEASE IN LIMBO **AFTER ADIPURUSH IS POSTPONED? FANS SAY 'WAIT CONTINUES'**



After much anticipation and hearsay, Om Raut announced the postponement of Prabhas-starrer Adipurush. The mythological film based on the epic Ramayana was supposed to hit the big screens on January 12, 2023 but will now release on June 16. The news came a month after the first teaser of the big-budget movie was heavily criticised on social media for the quality of visual effects as well as its depiction of Hindu deities. While the announcement of Adipurush delay came as a huge shock to Prabhas' fans, many are worried that his other upcoming films, most noticeably Salaar from KGF fame Prashanth Neel, will also be delayed to a later date. In the latest development, Adipurush has been delayed by five months. Fans would not expect Salaar and Adipursuh to release in a gap of just three months. Salaar is slated to hit the big screens on September 28 but fans are worried that after Adipurush delay, the same will happen with the former. Like Adipurush, there are huge expectations from Salaar as it marks the first collaboration of Prashanth Neel (KGF and KGF: Chapter 2) and Prabhas.

SUPERMODEL GIGI HADID QUITS TWITTER



Supermodel Gigi Hadid has announced that she quit Twitter as it's no longer a 'safe place' for anyone after Elon Musk bought the platform for \$44 billion. On the heels of Twitter mass layoffs, the 27-year-old supermodel turned to her Instagram Story to let her 76 million followers know that she's no longer on the micro-blogging platform. "For a long time, but especially with its new leadership," Gigi wrote of Elon, "it's becoming more and more of a cesspool of hate and bigotry, and it's (sic) not a place I want to be a part (sic) of." Gigi added an apology to her fans on the platform, writing that she 'loved connecting' with them 'for a decade'.

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NEETU KAPOOR REACTS AS SHE'S ASKED WHO ALIA BHATT-RANBIR KAPOOR'S BABY LOOKS LIKE, WHAT THEY'VE NAMED HER

Ranbir Kapoor have named their newborn baby girl, Ranbir's mother Neetu Kapoor kept silent on the subject despite repeated requests for a comment, or a hint. Ranbir and Alia welcomed their baby girl in Mumbai earlier this week. Neetu visited Alia at the hospital yesterday and was asked about the name for the child. She answered, "Abhi nahin (not now)." She was also asked about Alia's health and she answered, "Fine, absolutely fine."

When Neetu Kapoor had earlier returned from the hospital, she conversed with the paparazzi and mentioned that Alia was 'first class'. When asked who the baby girl looks like, Neetu had answered, "Abhi choti hai, so abhi pata nahi. Aaj hi to huyi hai (She is too small as of now to say that. So, I don't know. She was just born today)." Alia Bhatt welcomed her first child with Ranbir Kapoor earlier this week, and box office, and her film Darlings was received warmly on streaming.

While there's been much speculation around what Alia Bhatt and had shared a joyful announcement just a while after her delivery. Her post had read, "And in the best news of our lives, our baby is here, and what a magical girl she is. We are officially bursting with love, blessed and obsessed parents, love love love Ranbir and Alia."

> Bollywood celebrities including Deepika Padukone, Sara Ali Khan, Madhuri Dixit, Riteish Deshmukh, Akshay Kumar, Kiara Advani, Anil Kapoor, Sonam Kapoor, Shreya Ghoshal, Kareena Kapoor and Kartik Aaryan, among others, congratulated the couple. Alia's family had penned emotional posts as well. Her mother Soni Razdan wrote, Oh happy day! So much gratitude to life for this amazing wonderful blessing of a gift. Thank you all for your wishes of love. Our collective cup runneth over..." It has been a fulfilling year professionally for Alia as well, as her films RRR, Gangubai Kathiawadi, and Brahmastra were successful at the

SAMANTHA RUTH PRABHU BREAKS DOWN AS SHE SPEAKS ABOUT BATTLING MYOSITIS: 'I'M IN A DIFFICULT POSITION, I HOPE TO SURVIVE THIS'

Ahead of the release of Yashoda, Samantha Ruth Prabhu kicked off movie promotions with a series of media interactions. On Monday,



post. Samantha is suffering from an auto-immune disease called myositis. A couple of weeks ago, she revealed her struggle with the illness. She's not letting her health problems come in the way of her professional commitments. While she always enlisted the services of voice artists for dubbing her lines in movies, she wanted to change that practice for this film. "For me, dubbing in Telugu was a bit difficult as I come from Chennai. Every artist wants to dub for themselves after giving everything to their performance. I always had that wish but now I have also developed confidence about my hold on the Telugu language. I worked on it," Samantha said in an interview with celebrity TV anchor Suma. But, Samantha's health condition and her ongoing treatment added to her challenges, "It was difficult time for me when I did the dubbing for Yashoda. Given that the release date was announced already, I had to dub in a very difficult health condition.

But, I'm a bit adamant. Once I committed to dub for myself, I wanted to do it. I'm glad I did it," she added. In Yashoda, she plays a surrogate mother who fights back a crime syndicate of medical professionals. And she noted that she could identify with the struggles of Yashoda. "When I select a character naturally I would have seen something of me in it. Yashoda comes from humble beginnings with big dreams. I'm also like that. She is determined just like me. In this film, Yashoda faces a lot of difficulties and fights and survives them. I'm right now in a

difficult position. I hope to survive as well," she added. Samantha broke down while talking about her experience with her illness. "Some days are good, and some days are bad. There are days when I feel like I can't take one more step further. And there are days when I look back, I feel surprised that I have come so far. I'm here to fight. I'm not the only one, I know that. There are a lot of people who are fighting many battles. We win in the end," she added.

BONEY KAPOOR TAKES A DIG AT ACTORS WHO COMMIT ONLY '25 DAYS' TO A FILM, BUT CHARGE FULL SALARIES: 'THE THOUGHT PROCESS IS DISHONEST'

Film producer Boney Kapoor unleashed a passionate rant against 'dishonest' actors who mount projects as per their convenience, without any thought about the level of commitment different films need. In an appearance on The Kapil Sharma Show alongside his daughter, actor Janhvi Kapoor, Boney Kapoor said that he doesn't want to name anybody, but said that films cant be successful if the thought process, 'from the first moment', is



dishonest. He said, "These days, there are some heroes who select films in which they have to work for only 25 days, but get paid their full quote. The intention right from the beginning is wrong. I don't want to name the actors, but there are quite a few actors... They weigh projects on the basis of how many days they'll have to commit."

As Boney Kapoor continued his rant, Janhvi sat beside him in

silence. He added, "Their entire set up is based on convenience. The heroine must be available, the director must be available. How will the film turn out any good? From the first moment, the thought process is dishonest. Until the time

people aren't honest, regardless of whether they're an actor or a director or a producer, movies will not work." The clip from The Kapil Sharma Show was shared on Reddit, where people tried to guess who the producer was talking about. "I think he's right about actors, most likely referring to Akki here, who are just spitting out meaningless movies several times a year. I'm like 15 Akki movies behind but don't think I'm missing anything," one person wrote in the comments section. Another person added, "I think it's Akshay he's talking about. I guess the '25 din' is a nod to his famous dialogue '25 din mein paisa double'. And when Kapil started with 'Aaj kal toh movie nahi project bante hai, movie rights itne ke bik jayenge, music rights itne ke...' I thought it was a nod to Brahmastra or BB2." Others said that Boney himself is a part of the problem. "This guy is literally surviving on remakes for decades... Importing South remakes to Bollywood and now by even exporting bollywood remakes to south... And he's speaking about sincerity and easy bucks," one person wrote, while another person pointed out that he has cast his own children in his films. Boney's most recent production is the survival thriller Mili, which debuted to moderately positive response last week, but failed to perform at the box office. Meanwhile, Akshay has starred in four theatrical flops in 2022 alone, not counting the direct-to-streaming release Cuttputlli. In an interview with The Times of India, he responded to criticism about a perceived lack of commitment by saying that an eight-hour shift for him is the equivalent of '14-15 hours of any other star'.

SHAH RUKH KHAN'S PATHAAN TO JOIN **SALMAN KHAN IN TIGER 3 AS ADITYA** CHOPRA DEVELOPS SPY UNIVERSE



Come Eid 2023, fans will be in for a double treat with the release of Salman Khan's Tiger 3. Shah Rukh Khan will be joining the film as Pathaan. As per sources, Aditya Chopra wants to expand the spy universe and plans to cast Salman, Shah Rukh and Hrithik Roshan (from War) in a movie together.

A source shared with us that SRK will shoot for Tiger 3 immediately after Pathaan's release in January next year. Confirming his presence, the source said, "In Aditya Chopra's spy universe, the paths of SRK, Salman and Hrithik will constantly cross to build up the grand finale of the spy universe. While Salman will be seen in Pathaan, SRK will now be seen in Tiger 3 and an extensive shooting schedule is being planned to shoot this exciting portion immediately after Pathaan's release." The source added that Pathaan and Tiger coming together will be a massively mounted sequence in Tiger 3. The crucial scene will also be a cinematic moment for the audience. "The spy universe is turning out to be deliciously thrilling because it brings the biggest superstars together in riveting, edge-of-theseat sequences that are important for the plot to move forward," added the source, not revealing much about Hrithik Roshan joining forces with the other two YRF spies. During his birthday celebrations last year, Salman Khan had teased the possibility of him and Shah Rukh Khan teaming up for another project.

"We are coming together in Tiger and Pathaan. Tiger 3 should be released by December 2022, before that Pathaan will release. Then maybe both of us will come together," he had told reporters outside his farmhouse.

Salman Khan-Katrina's Tiger 3 is helmed by Maneesh Sharma of Fan and Band Baaja Baaraat fame, while Pathaan is helmed by War director Siddharth Anand.

Salman has Kisi Ka Bhai Kisi Ka Jaan up for release this year in December, while Shah Rukh has three major releases in 2023 - Pathaan, Jawan and Dunki, and now a cameo in Tiger 3.

RRR CONTINUES ITS DREAM RUN AT JAPANESE BOX OFFICE AS IT OVERTAKES AAMIR KHAN'S 3 IDIOTS RECORD. CAN IT BEAT RAJINIKANTH'S MUTHU?



Filmmaker director SS Rajamouli's big media push in Japan for his latest blockbuster RRR seems to be paying off. The film is said to have found a lot of takers as over 1.2 lakh people have watched the movie in cinemas across Japan in the last 17 days. "The Rage of #RRRMovie's Run at Japan's Box office is unstoppable. Since the release, the film is constantly receiving lots of appreciation. We are happy to share that our film got 1,22,727 footfalls by 3rd weekend (17 days) (sic)," posted the film's official Twitter handle. The film so far has collected JPY 185 million (about Rs 10.3 crores) in its theatrical collection in three weekss, overtaking Bollywood superstar Aamir Khan's 3 Idiots (JPY 170 million). This film is emerging as Rajamouli's second consecutive hit in Japan after Baahubali: The Conclusion. The final part of the two-part epic ran for over 100 days at the cinemas in Japan, grossing JPY 300 million. However, it failed to surpass the collection record held by Superstar Rajinikanth's Muthu. The 1995 film, directed by K. S. Ravikumar, remains the biggest earner among the Indian films in Japan with JYP 400 million. RRR's strong performance in Japan has added to its total global collection, which now reportedly stands at over Rs 1200 crore. Starring Jr NTR and Ram Charan in the lead roles, RRR is set against the background of the height of British rule in India. The film, modelled on two real-life Telugu tribal leaders, narrates a fictional account of a revolt against British rule.





FREDDY TEASER: THE CURIOUS CASE OF DENTIST KARTIK AARYAN AND HIS MYSTERIOUS WORLD

it surely is engaging. The teaser showcases the story of a dentist named Dr Freddy Ginwala, whose life is a mystery. In the teaser, Kartik Aaryan's character is described as "a shy, lonely, honest, naive, innocent, nervous, truthful, repulsive, conscious and inciteful dentist." In a couple of shots, Kartik is seen treating the patients. In another shot, he is seen dancing around and also sitting with a turtle by his side. The teaser also has a silhouette shot of a dead body being dragged around (presumably by Dr Freddy). The teaser ends with Dr Freddy intensely staring at a patient and telling him: "Sorry Sir, kept

The teaser of the thriller Freddy was shared on Monday afternoon and you waiting." Sharing the film's teaser, the film's lead actor Kartik Aaryan wrote: "Welcome to the World of Freddy. Appointments open 2nd December 2022. "He accompanied the post with the hashtag #ReadyForFreddy.

Last month, Kartik Aaryan shared the first look of Freddy on social media and he wrote: "Dr Freddy Ginwala. Appointments opening soon." Other than Kartik Aaryan, Freddy also stars Alaya F. The film has been directed by Shashanka Ghosh and it has been co-produced by Ekta Kapoor and Jay Shewakramani. The film is set to premiere on streaming giant Disney+ Hotstar on December 2.



SHRADDHA KAPOOR **CELEBRATES 'BADI INSTAFAM'** AS SHE CLOCKS 75 MILLION **FOLLOWERS ON INSTAGRAM**

Shraddha Kapoor is in a full celebration mood with "chai on cheek" Reason? Well, the actress has clocked 75 million followers on Instagram. Currently, Shraddha's Insta family is 75.8 million strong. To celebrate the feat, she posted a super cute snap of herself, where she is sticking a cup of tea to her cheek. Decked up in a white tank top and sky blue shirt, the actress kept her eyes closed in a child-like manner."Celebrating 75 million with chai on cheek" badi badi Instafam, choti choti khushiyaan," she captioned the post.

Natasha Poonawalla and choreographer Alisha Singh dropped red hearts in the comment section, which was bombarded with endless praises from fans. While we are waiting to witness Shraddha Kapoor's magic, once again, on the big screen, the actress recently treated us with a guest cameo in Varun Dhawan and Kriti Sanon's song Thumkeshwari, from the film Bhediya. Sorry Kriti and Varun, but Shraddha stole the show with her sizzling appearance and jaw dropping dance moves. A few days ago, the actress had shared pictures of her Thumkeshawrl look on Instagram. Dressed in a red hot gorgeous lehenga choli and embellished juttis, Shraddha exuded queen vibes in these snaps. Don't you agree?

With her guest appearance in Thumkeshawri, Shraddha Kapoor has confirmed the much-awaited Stree's sequel. The 2018 film starred Shraddha, Rajkummar Rao, and Pankaj Tripathi in pivotal roles. Meanwhile, Shraddha Kapoor will be next seen in Animal alongside Ranbir Kapoor. Helmed by Luv Ranjan, the film marks the first collaboration of Ranbir Kapoor and Shraddha Kapoor. Touted to be a romantic comedy, Animal also stars Dimple Kapadia and marks producer Boney Kapoor's acting debut. The film is likely to hit the theatres next year.

SUSHMITA SEN STARRER TAALI WRAPS UP, ANKUR BHATIA EXPRESSES JOY ON REUNITING WITH HIS AARYA CO-STAR

Last month, we had exclusively informed you that the shoot of Taali, a film headlined by actor Sushmita Sen, had commenced in September and that it would be filmed in a start-to-finish schedule across parts of Mumbai and Pune. And now we have learnt that the shoot of the film, which is based on the life of transgender activist Gauri Sawant, has been wrapped up with its post-production work beginning almost immediately. Taali will also see actor Ankur Bhatia in a key role. Sushmita and Ankur had earlier played siblings in the critically acclaimed web series Aarya directed by filmmaker Ram Madhvani. In a first, Sushmita will be seen playing a transgender in the film. While Ankur's character is still kept under wraps, it is touted to be a special role. Reports suggest that he will be seen in a clean-shaven avatar after a long time. Sharing his excitement on shooting for Taali, Ankur says, "I have had so much fun while working on this



project. While the script was an intense hardcore one, the atmosphere on sets was super fun. And working with Sushmita again was indeed a pleasure." Aarya saw him playing a negative character with grey shades. Happy to have played a completely new character in Taali, he states, "My character was very challenging as it's a soft character, and I have never played such a role before. Even my look is very different."

TINA DATTA NOMINATES SUMBUL TOUQEER, SAYS SHE DOESN'T WANT TO LIVE IN BB HOUSE



The equations in the Bigg Boss house are continuing to change and hoW! Sumbul Touqeer Khan and Tina Datta don't seem to be friends anymore. In a new promo shared by Colors TV on their official Twitter handle, we see Tina Datta announcing that Sumbul doesn't want to stay in the house, during the nominations. Post this, we clearly see Sumbul getting disappointed as she used to be a close friend of the actress. We also see Priyanka Chahar Choudhary who was good friends with Archana Gautam called her 'Gaddar'. All this happened during the nominations task when the contestants saw the real faces of their friends. The caption along the video reads,"Nomination ne badal diya hai gharwaalon ka equation, inn badalte rishton ka kya hoga parinaam? Dekhiye #BiggBoss16 Mon-Fri raat 10 baje aur Sat-Sun raat 9.30 baje, sirf #Colors par. Anytime on @justvoot #BB16 #BiggBoss." The new promo was shared a few minutes after a different video of a rift between Sumbul and Shaleen Bhanot was posted on social media. The two had an ugly fight recently during which Shalin told Sumbul that he has neither come in the house for her nor Tina Datta, whose name was mentioned by Sumbul during the argument. Colors shared the promo and wrote, "Shalin aur Sumbul ke beech hui fight, ab kya yeh dosti kabhi ho paayegi right (a fight took place between Shalin and Sumbul, will

they be friends again)?" In the promo, a furious Sumbul tells Shalin, "Jab baat Sumbul aur Tina ki aati hai to Shalin Sumbul k liye kabhi khada nhi hota. Sabse pahle dost main thi na (Whenever its about me and Tina, Shalin never stands up for Tina. Before Tina, I was your friend)." Shalin cuts her short, "Bilkul bhi nahi, aaj batau tere ko. Main yaha kisi ke liye aaya nahi hu, na Tina ke liye, na Sumbul ke liye. Mere jo apne hain na, unke saath main khada rahta hu (Not at all. I have not come here for you or Tina. I stand by those who are mine)."

URFI JAVED TO PARTICIPATE IN MTV SPLITSVILLA X4



Bigg Boss OTT-fame Urfi Javed will now be seen as a contestant in MTV Splitsvilla X4. Although eliminated from Bigg Boss OTT in the first week, she is better known for her unique, sometimes controversial, fashion sense. She pays no heed to trolls and continue to dress as she deems fit. In a way, her growing popularity has earned her a place among contestants of MTV Splitsvilla X4, which is a dating reality show. Urfi was previously dating Anupamaa actor Paras Kalnawat. The couple had a bitter break up, but are now friends. Urfi has no qualms in sharing details about her dating phase or former relationship, as she enters the new phase to find a partner through MTV upcoming reality show. Talking about the dating reality show, Urfi says, "I have always been fond of the show. Being a hopelessly romantic person, I am excited to be part of this show." After Rannvijay bid adieu to the show, Splitsvilla X4 will now be hosted by Khatron Ke Khiladi 11 winner Arjun Bijlani along with Sunny Leone.

RIHANNA'S 6-MONTH-OLD BABY BOY IS 'MOTHER'S PRIDE' AS SINGER CALLS HIM 'FUNNY', 'HAPPY' AND 'FAT



Los Angeles: Rihanna is enjoying her motherhood. The singer, who recently released her new song 'Lift Me Up' from the 'Black Panther: Wakanda Forever' soundtrack, spoke about her six-month-old son, whom she welcomed with boyfriend A\$AP Rocky in May, reports 'People' magazine. "He is funny, he's happy -- and he's fat!" she told 'People' as she laughed. "He's amazing. It's a real cuddly stage right now," she added. According to 'People', in her upcoming fashion show 'Savage X Fenty' Volume 4, the 'Diamonds' superstar said she has featured in the "Mother Nature section". "I'm looking forward to (people seeing) it," she said while adding, "It's my first real thing that I've done since I had the baby, work-wise." 'People' further states that even though it's the fourth showcase of her 'Savage X Fenty' designs, Rihanna said that "every single show" feels as special as the first. "I love seeing new bodies, new silhouettes, new personalities, new characters, new energies," she said. "I just enjoy seeing people celebrate their body, celebrate who they are -- and they just happen to be wearing Savage. That's exciting." Amongst the new "characters" featured in the show this year are stars like Burna Boy, Avani Gregg, Cara Delevingne, Lara Stone, Lilly Singh, Sheryl Lee Ralph, Zach Miko, among others.

SHILPA SHETTY SAYS 'DON'T TAKE YOUR EYES FOR GRANTED', HERE'S HOW TO CLEANSE 'YOUR MIRROR TO SOUL'



Actress Shilpa Shetty, who is also an exponent of yoga, has urged her followers on social media to take good care of their eyes, pointing out that eyes are a gift that one should never take for granted. Penning a detailed post about computer vision syndrome, which causes dryness and red eyes, she said, "I recently read somewhere that continuous exposure to screens causes dryness and red eye; now commonly called 'computer vision syndrome'. "This information really got me worried. While we cannot avoid technology, what we can do is take proper care of our eyes by retaining adequate moisture. "Chalk out a few minutes during the day to practice the Eye Cleansing routine or the Netra Yoga. This routine helps improve vision. It also helps comfort or reduce digital eye strain, prevents eye dryness, and increases blood circulation towards the eye region, thereby improving concentration. "Take care of your eyes, my dear Insta family, it's a gift we should never take for granted." The actress also posted a video of how to do the Netra Yoga to reduce the stress on the eves.









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Mid Week Sports

BABAR AZAM & MOHAMMAD RIZWAN GUIDE PAKISTAN TO WORLD CUP FINALS

Just like that, Pakistan have qualified for the all-important T20 World Cup finals. What unfolded in Sydney was completely unexpected. In a pretty dominant fashion, Babar Azam's men have ousted the Kiwis from contention and they will now wait for India vs England clash to determine who they are up against on Sunday, November 13, 2022, at the Melbourne Cricket Ground (MCG).

Interestingly, Pakistan had defeated New Zealand in the knockouts of the 2007 T20 World Cup and they went on to face India in the finals. Similarly, Pakistan now find themselves as one of the main contenders for the World Cup. Kane Williamson had won the toss and decided to bat first. This decision certainly did not go down well as the Kiwi batsmen were rattled by the Pakistan pace battery. Finn Allen was picked up by Shaheen Afridi and his partner Devon Conway was run out by a spectacular fielding effort executed by Shadab Khan. Glenn Phillips too couldn't contribute to New Zealand's cause as he was picked by Nawaz while batting on 6 off 8 deliveries. It was skipper Williamson and Glenn Phillips that kept New Zealand in the game. Williamson scored 46 off 42 deliveries whereas Mitchell scored a gritty 53 off 35 deliveries.

Come to the second innings, it was just one-way traffic. Babar Azam and Mohammad Rizwan had been pretty dismal with the bat so far, but they changed things pretty much very quickly once they came out



to bat. The duo took the attack to New Zealand and left them clueless for answers. Babar found his ominous touch back as he scored 53 off 42 deliveries, Azam fell prey to Boult but it was way too late for them. Rizwan continued at the other end and scored another gritty fifty. Rizwan departed on 57 off 43 deliveries.

Pakistan have now qualified for the all-important finals and will take a trip to Melbourne to repeat their heroics of 2009.

Qatar minister accuses Germany of 'double standards' in World Cup criticism



Qatar's foreign minister has accused Germany of "double standards" over its criticism of the World Cup host's human rights record and has defended its summoning of the German ambassador, in a newspaper interview published on Monday.

Qatar has faced intense criticism from human rights groups over its treatment of migrant workers, who along with other foreigners

comprise the bulk of the country's population.

Qatar's foreign ministry last month summoned the German ambassador over Interior Minister Nancy Faeser's comments that a country's human rights record should be factored into whether they are selected as World Cup host. "On the one side, the German population is misinformed by government politicians; on the other, the government has no problem with us when it comes to energy partnerships or investments," said Sheikh Mohammed bin Abdulrahman Al-Thani told the Frankfurter Allgemeine Zeitung newspaper in an interview.

"We are annoyed by the double standards," he said, adding that Qatar had faced a systematic campaign against it in the 12 years since being selected to host the World Cup that he said no other country had faced. "It is ironic when this tone is struck in countries in Europe that call themselves liberal democracies. It sounds very arrogant, frankly, and very racist," he told the newspaper. Al-Thani described calls for security guarantees for minorities – which Faeser had requested as a prerequisite before agreeing to attend the World Cup – as superfluous and said German politicians should focus more on hate crimes occurring within their country's own borders.

RAHUL DRAVID, ROHIT SHARMA AND VIRAT KOHLI GIVE UP BUSINESS CLASS SO THAT TEAM'S PACERS GET REST AND MORE LEG-SPACE



Cramped legs and stiff backs are an athlete's biggest pre-competition enemy, but the Indian cricket team has gone the extra (air) mile to ensure its pace bowlers stay comfortable. At a T20 World Cup that has demanded breakneck air travel crisscrossing Australia, head coach Rahul Dravid and batting superstars Rohit Sharma and Virat Kohli have given up their designated business-class seats for the quicks — Mohammed Shami, Arshdeep Singh, Bhuvneshwar Kumar and Hardik Pandya — so that they get adequate legroom. This has helped them to rest and recover between games. "Before the tournament, we decided that since the pace bowlers clock the maximum mileage on field day in, day out, they need to stretch their legs," a support staff member of the Indian team told The Indian Express on its arrival in Adelaide for the semi-final against England on Thursday. The team finished its league engagements Sunday with a win over Zimbabwe. It ended with 8 points from 5 games, topping Group 2.

ENGLAND'S MARK WOOD COMPLAINS OF 'GENERAL STIFFNESS', MISSES PENULTIMATE TRAINING SESSION



With the semifinal of the T20 World Cup is looming, England might be stuck under the threat of an injury concern to fast bowler Mark Wood. Wood complained of "general stiffness" and did not take part in the penultimate training sessions. Reports, however, suggest that his withdrawal from training is precautionary. With top order batter Dawid Malan already doubtful for the semi-final clash due to a groin injury, it will be a big blow for Jos Butler if they end up missing two of their key players. Malan sustained a groin injury in England's four-wicket win over Sri Lanka on Saturday. The former world No. 1 T20I batter hobbled off the field during the Sri Lankan innings and did not return to bat in England's run chase. Vice-captain Moeen Ali had said Malan's injury doesn't look good. Phil Salt will replace Malan if he is unable to play, according to reports.

HOPEFULLY WE CAN SHUT SURYAKUMAR YADAV, VIRAT KOHLI HAS EARNED RIGHT TO BE NEVER WRITTEN OFF: BEN STOKES



England all-rounder Ben Stokes is hopeful that his bowling attack can contain the rampaging Suryakumar Yadav in the T20 World Cup semi-final against India even though his shots have forced him to scratch his head in awe. He was also lavish in his praise for Indian legend Virat Kohli, who he thinks has "earned the right to be never written off".

England's top all-rounder is cautiously optimistic about his team's chances in the big semi-final on Thursday. "Suryakumar obviously came in and set the world alight. He is a fantastic player and plays some shots where you sort of just scratching the head sometimes. "He is in great form, but hopefully, we can try and shut him down and not allow him to get on one of his rampages," Stokes, who has been impressive with the ball, told reporters in an interaction organised by the England & Wales Cricket Board.



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5 LESSER KNOWN FACTS ABOUT VIRAT KOHLI



This year marks the 34th birthday of Padma Shri, award-winning cricketer Virat Kohli. Whether knocking the highest number of double centuries in consecutive Test series or the fastest 1,000 runs in ODIs, Kohli has a flair for setting new records. Over the years, he has recharged Indian cricket with leadership, talent, and discipline. For all the 'King Kohli' fans out there, here are five exciting and lesser-known facts about him from his biography on Audible titled Virat Kohli.

Kohli was torn between his love for Cricket and Tennis

"There was a time when Virat Kohli had to pick between his love for Tennis and Cricket, but he eventually took to cricket due to the accessibility of the sport and the encouragement of the many important people in his life." The audiobook further mentions "It was not until a few years later that he decided to pursue it professionally and make a career out of it", as mentioned by the narrator.

His father's demise changed his approach to the game

"Kohli's father (Prem Kohli) was his biggest support system and the man who had helped him take his baby steps into the world of cricket by walking him into the West Delhi Cricket Academy(WDCA), tirelessly drove him around town so that he could chase his dreams, accompanied him for various cricket matches and made him believe that it was alright to fail as long as he had the courage to try again."

Virat Kohli was deeply shocked by the unexpected demise of his father Prem Kohli, in December 2006.

"The way I approached the game changed that day. I just had one thing in my mind that I have to play for my country and live that dream for my dad," shared Kohli in the audiobook on Audible.

The author further adds that "He turned even this personal tragedy into something inspiring. The same day of his father's demise, Virat decided to continue playing a Ranji trophy match against Karnataka showing his extreme proficiency in the sport. Even after being extremely devastated by the events that transpired he was the first to report to the Feroz Shah Kotla Stadium the next day."

Sachin Tendulkar is his most looked up to icon and inspiration to pursue

Indian batsman and cricket icon Sachin Tendulkar had a massive influence on Kohli when he was a young boy mentions the audiobook on Audible. "After the Indian team had claimed the top spot in the ICC test rankings, Kohli acknowledged his (Sachin Tendulkar's) presence with a bow. Kohli also carried his hero Tendulkar on his shoulders and paraded him proudly stating how he carried a burden for the nation for 21 years... The moment was symbolic and marked the last World Cup game for him (Sachin) who was passing on the mantle to the future of Indian cricket and was a dream come true for the Indian team." shared the narrator. While talking about Virat Kohli, Sachin Tendulkar mentions "Kohli's biggest strength is to be able to analyze the situation and adjust his game. His match awareness is terrific".

He loves football and has a stake in FC Goa

Kohli showed a keen interest in the franchisee-based sports league when it first arrived in India. He started off by buying a stake in FC Goa, a team in the Indian Super League football tournament that started in September 2014. "One of their highlights each year is a celebrity football match that raises funds for charity. In September 2014, he became the co-owner of ISL Football Club FC Goa in July 2016," shared the narrator. "You can't be a complete introvert. Some might think I'm pretty young to do something like this or it is a step taken too early, but nothing is too early. If you believe in something you have to put your 100 per cent commitment to it. I want football to grow in India," Kohli said on his love for football and his intent to promote it.

While Virat Kohli is Vegan now, he was a true-blue desi foodie

"Besides cricket, Kohli's second love has always been food. Ranging from eating burgers to butter chicken to his mom's tasty delicacies, there was no cuisine he left untouched, making the most of anything scrumptious available on the streets of Delhi. He could not say no to an extra helping at dinner until he realised the need to maintain a healthy diet. Moreover, he was still a work in progress when it came to aspects such as fitness and attitude. A few journalists remember him jumping on fast food during interviews, oblivious to his dietary requirements. Away from the ground, he chose to hit the gym to get fitter, saying no to partying which people his age normally love. He developed other interests such as music and reading and was soon most comfortable in the company of a cookbook," shared the narrator.

Despite all the fame and money that he's earned, Kohli still remains true to the sport that has given him all the recognition. For cricketcrazy India, Kohli is a hero whom they can call their own and worship in the years to come.

SRI LANKA CRICKETER DANUSHKA **GUNATHILAKA ARRESTED IN ALLEGED RAPE CHARGE**



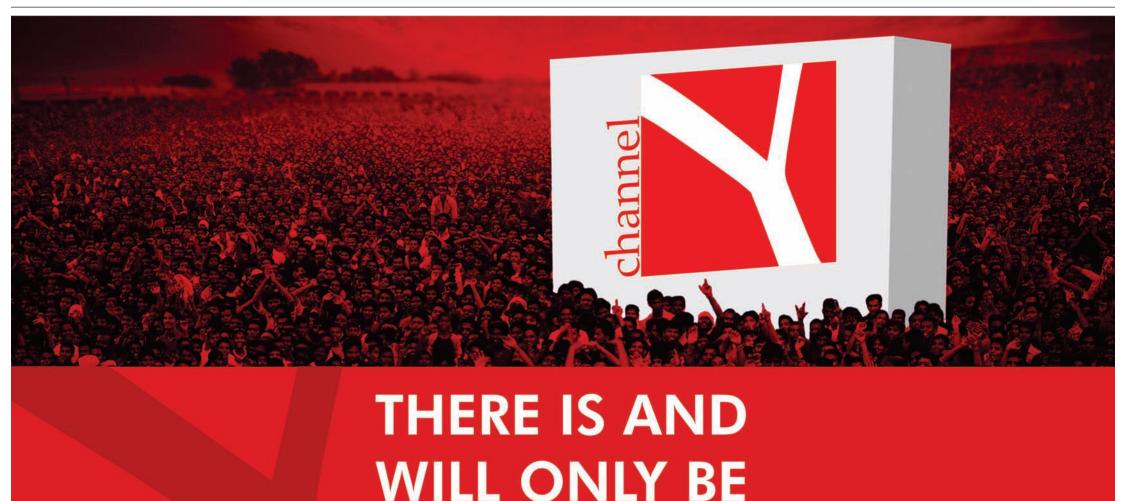
Sri Lanka cricketer Danushka Gunathilaka has been arrested by the Sydney Police in rape charges as the cricketer faces a tough timeout. The Sri Lanka cricket team exited the T20 World Cup 2022 at the Super 12 stage on Saturday (November 5) and this comes as a big blow to the team and the country. Gunathilaka is in Sydney Polices' custody while the rest of the team is on their way back home. Detectives arrested Gunathilaka on Sunday morning over the alleged sexual assault of a 29-year-old woman in Rose Bay earlier this week. Police allege Gunathilaka, 31, and the woman were communicating for a number of days via an online dating app before they met in person.

AFGHANISTAN'S MOHAMMAD NABI STEPS DOWN FROM CAPTAINCY WITH IMMEDIATE EFFECT

Afghanistan skipper Mohammad Nabi resigned from the teams's captaincy on Friday. He announced the decision through a tweet after Australia defeated Afghanistan by 4 runs in the T20 World Cup match. In the Super 12 phase, Afghanistan ended at the bottom of the Group 1 table with just 2 points. Nabi expressed disappointment at the end of Afghanistan's campaign in the mega event. "Our T20 World Cup journey came to an end, with a result that not we nor our supporters were expecting. We are as frustrated as you are with the outcome of matches," he said.

AARON FINCH IN SPOT OF BOTHER, **AUSTRALIAN SKIPPER SPEAKS ABOUT RETIREMENT**

Disappointing, blatantly disappointing, this is how Australia's World Cup campaign can be summed up. The defending champions had a golden opportunity of retaining their title back, that too on their home soil, a feat that hasn't been achieved by any international side as far as the T20 World Cup is considered. One loss to New Zealand in their opening game cost them the World Cup. The Aussies were rather dismal in the tournament as they were ousted in a very heartbreaking fashion.



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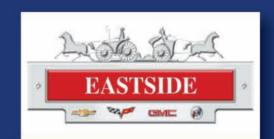
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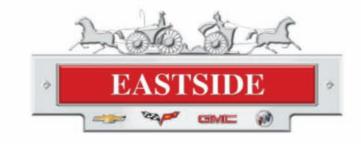
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SHWETA TIWARI MAKES JAWS DROP WITH SULTRY PHOTOS IN BLACK SATIN DRESS







SHWETA TIWARI KNOWS HOW TO RAISE TEMPERATURES! THE TV VETERAN IS LOOKING LIKE A BOMBSHELL IN A SATIN BLACK DRESS IN HER LATEST PHOTOSHOOT.

REAL ESTATE NEWS- AVERAGE HOME PRICE IN TORONTO DOWN BY 5.7%% TO \$ \$1.08M, SALES DOWN BY 49.1% IN OCTOBER FROM LAST YEAR

Despite the continued housing market transition to a higher borrowing cost environment, the average selling price in the Greater Toronto Area (GTA) found some support near \$1.1 million since the late summer. GTA home sales continued to adjust to substantially higher interest rates in October 2022, both on an annual and monthly basis. However, new listings are also down year-over-year and month-overmonth. The persistent lack of inventory helps explain why the downward trend in home prices experienced in the spring has flattened over the past three menths.

over the past three months.

GTA REALTORS® reported 4,961 sales through the Toronto Regional Real Estate Board's (TRREB) MLS® System in October 2022 - a similar number to September 2022 but down by 49.1 per cent compared to October 2021. Year-over-year sales declines were similar across major market segments. New listings were down by 11.6 per cent year-over-year and reached an October level not seen since 2010. New listings were down on an annual basis more so for mid-density and high-density home types, which helps to explain why prices have held up better in these categories compared to detached houses. "With new listings at or near historic lows, a moderate uptick in demand from current levels would result in a noticeable tightening in the resale housing market in short order. Obviously, there is still a lot of shortterm economic uncertainty. In the medium-to-long-term, however, the demand for housing will rebound. Public policy initiatives like the

recently introduced provincial More Homes Built Faster Act and strong mayor provisions will help ensure we see more homes being built to affordably meet the needs of new households," said TRREB President Kevin Crigger. The MLS® Home Price Index (HPI) Composite Benchmark was down by 1.3 per cent year-over-year in October 2022. The average selling price for all home types combined, at \$1,089,428, was down by 5.7 per cent compared to October 2021. The monthly trends for both the MLS® HPI Composite and the average selling price have flattened in recent months following steeper declines in the spring and early summer. "Home prices in the GTA have found support in recent months because price declines in the spring and summer mitigated the impact of higher borrowing costs on average monthly mortgage payments. The Bank of Canada's most recent messaging suggests that they are reaching the end of their tightening cycle. Bond yields dipped as a result, suggesting that fixed mortgage rates may trend lower moving forward, which would help affordability," said TRREB Chief Market Analyst Jason Mercer. "The housing sector has certainly been impacted by rising borrowing costs, and so too have other sectors of the economy with linkages back to housing. Housing-related spin-off benefits to the GTA economy, which average \$70,000 per transaction, will be down by close to \$3 billion this year. Associated jobs and government revenue streams will suffer as well.

THE INFINITI Q60 IS GETTING THE AXE FOR MODEL-YEAR 2023



Almost six years after its introduction, the Infiniti Q60 is being discontinued. The automaker confirmed it would end production by the end of the year, but expected to have an abundance of units for sale well into 2023, according to Car and Driver. The Q60 entered production in 2017 after being introduced at the Detroit auto show in 2015. The move to axe the car isn't a surprise to many. U.S. sales dropped from just over 10,000 units in its first year to a number in the two-thousands last year. The brand has done a few things to stoke interest. Recently, Infiniti announced a free Apple CarPlay upgrade to Canadian owners of some of its 2020-model-year-or-newer vehicles. In 2018, the brand introduced a hybrid-powered concept based on the Q60 called Project Black S. However, Infiniti backed out of production, letting languish the Formula One hybrid technology it'd used to get 563 hp from its V6.

DOES HIGH BLOOD PRESSURE LEAD TO HEART ATTACK?



High blood pressure causes plaque, a buildup of fat, cholesterol, and other substances to form in the coronary arteries that serve the heart, causing them to narrow over time. This gradual process is known as atherosclerosis. Blood clots are more likely to form as arteries harden with plaque. The flow of blood through the heart muscle is interrupted when an artery becomes blocked due to plaque buildup or a blood clot, depriving the muscle of oxygen and nutrients. A heart attack is caused by the damage or death of a portion of the heart muscle.

Steps to control high blood pressure:

Reduce your stress

Long-term emotional stress may contribute to hypertension. More research is needed to determine whether stress reduction techniques can lower blood pressure.

Stop smoking: Cigarette smoking raises blood pressure. Quitting smoking lowers blood pressure. It can also lower the risk of heart disease and improve overall health, potentially resulting in longer life.

Maintain a healthy diet: A diet rich in whole grains, fruits, vegetables, and low-fat dairy products, as well as low in saturated fat and cholesterol, can reduce high blood pressure by up to 11 mm Hg.





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onveniently located just steps from the upcoming new Bristol LRT station, Above Condos is a stunning new community by RioCan Living and Marlin Spring. Above Condos surrounds you with modern refinement, in two captivating towers of 23 and 17 storeys each. Living in one of the 577 exceptionally appointed suites, you'll enjoy access to the community's many elevated amenities. Since Above Condos is just minutes from Mississauga's downtown core, it offers an extraordinarily connected lifestyle, effortlessly close to the city's renowned shopping and dining experiences. At Mississauga City Centre, you can explore a fantastic array of the latest fashions and diverse cuisines in Square One Shopping Centre, as well as a top entertainment and cultural events.

Above Condos' location at Bristol Rd. and Hurontario St. also puts you close to some of Mississauga's premier green spaces and vast parks. Acres of serene natural beauty await, offering picture-perfect spots for picnicking, hiking, biking and more.

This community is also a commuter's paradise, being just minutes from the City Centre Transit Terminal and GO Transit. From there it's an easy ride into downtown Toronto or west along the Lakeshore Go train route. If you drive, you can easily reach Highways 401, 403, 407 and 410. The Hurontario LRT Line is what brings easy commuting to Above Condos. Offering 25 new stations spread over 19 kilometres, the LRT promises to provide 60% faster travel times than currently available.

With the new Bristol Station located next to Above Condos, you're conveniently connected with

the Eglinton LRT line, 54 bus routes, three TTC subway stations and multiple GO lines. Above Condos is an ideal community for a diverse range of residents - if you have children you'll find it amenable to ensuring they get an excellent education. Connecting with the region's wide selection of top-tier schools is easier than ever at Above Condos. These lauded centres of learning offer many different disciplines to ensure students can get ahead.

Even though Above Condos is superbly connected to the entire GTA and all its excitement, coming home is equally enticing. It's like a breath of fresh air. From the moment you walk into the expansive lobby, you're immersed in interior design that thrills. Soaring ceilings, bright natural materials and quiet, welcoming gathering spots encourage you to slow down and admire the ambiance.

Whether meeting with a friend before an evening out or simply taking a break to scroll through your social media feed, Above Condos' lobby lounge welcomes you with the perfect balance of calming natural energy and dynamic modern flair. For those looking for a great place to get into the flow of personal or work projects, the green plants and open, airy design of Above Condos' co-working space make an ideal environment for creative thinking. At Above Condos, there's no need for a gym membership, as the fitness centre is fully outfitted with the latest cardio and weights equipment. And, as part of your recovery routine after your workout, you can retreat to the amazing café lounge.

Inside your suite, you'll appreciate the curated selection of features and finishes, including 9foot smooth ceilings, contemporary built-in appliances, designer-curated quartz countertops in the kitchen and bathrooms, designer-selected light fixtures, and individual smart locks that enable keyless, secure suite entry.

RioCan Living and Marlin Spring are thrilled to be participating in the incredible growth of

By enhancing its world-class infrastructure, Mississauga is working towards achieving its Strategic Plan (2009) goal to be a "global city for creativity and innovation" by cultivating creative and innovative businesses. Collaborating to bring the vision of Above Condos to Mississauga, RioCan Living and Marlin Spring are two of the GTA's most prestigious builders. RioCan Living helps shape the places Canadians want to live. RioCan believes in building a community from the ground up takes more than bricks and mortar - it takes people, and they keep people at the centre of everything they do.

Marlin Spring is a fully integrated, award-winning real estate company. Its mission is to deliver exceptional real estate value to all its stakeholders, and it brings fresh, innovative and vibrant energy to residential real estate. For more information on Above Condos, please visit abovecondos.com



ARE MILLENNIALS AND GEN Z INFLUENCING **FUTURE TRENDS OF INDIAN HOSPITALITY?**

Millennial, and Gen Z are a cohort born between 1981 and 1996 and The rise of India's Luxury villas/homestays and wellness: The contribute to roughly 1.8 billion, equating to more than 23 per cent of the population globally. Millennials have not only changed the demographics of checking into hotels but have also influenced major aspects of the hospitality industry. They play a huge influence and are responsible to dictate many future trends and graphs of the service sector.

Their spending power can be attributed to professional advancement, international exposure, and higher discretionary income. The pandemic created work-from-home opportunities that led them to travel extensively, taking advantage of flexible remote working. This led to increasing in travel demand that gave a new boost of life to the hospitality industry. The pandemic created motivation to 'revenge travel' where millennials felt the urge to escape monotony, desire to explore, meet new people and make random travel plans. This has led Indian travel and hospitality professionals to tap the emerging demand by evolving and ditching the conservative approach.

Here's to how the hospitality sector can change the game, perhaps forever.

Go digital: No matter, how cliche this may sound, it's a digital boom and the new-age traveller uses the internet right from checking in to request a stay, room administration, making payments, planning itineraries, and waiting for the room to open with a digital command. The truth is that Gen-Z doesn't mind undertaking a travel excursion with no human interaction. The only way ahead is to be digitally present.

Make room for leisure-merging travel with work: Technology has blurred the boundaries between work and leisure. It's not uncommon for a coding engineer to crack codes whilst on a beach in the Maldives. The millennial beliefs in 'Work hard, party harder'. The hospitality industry needs to create more holiday spaces where business isn't compromised while on a vacation enabling work-life harmony.

Millennials and Experiential travel: Gen Z and Millenials are upbeat, moody, and spontaneous. An itinerary doesn't hold much importance because they may decide to prod an unusual region or destination rather than simply following a tour plan. Experiential travel is on the rise and travellers are looking to explore offbeat regions and immersive experiences. It can be in the form of rural tourism, culinary tourism, or adventure tourism. The crux is to create holidays that are meaningful and authentic.

pandemic spurred the demand for luxury properties and homestays that are basically weekend homes for a relaxing staycation. Travellers are seeking comfortable private accommodations that are far from the daily hustle, have a stocked kitchen, 24X7 Wi-Fi, and an on-demand staff. A homestay or private villa provides Millenials the privacy and discretion to travel with groups or solo, relax, unwind, and stride in the property without worrying about restrictions on time and space. Travel and wellness: Millennial travellers are looking for enriching experiences to achieve and maintain good health and a general sense of well-being. This definitely doesn't mean that wellness travel is confined to luxury resorts and spas. The hospitality industry as a whole can take advantage of this emerging trend by marketing your business as a way to contribute to wellness tourism and promoting communities by benefiting locals as well as tourists. It can be as simple as empowering travellers by learning a new skill set that encourages personal growth. The trend of solo travel: Solo travelling is a travel trend that strongly resonates with Gen-Z and millennials. It's a huge opportunity in the hospitality sector if they could successfully cater to this modernized segment of travelling solo. The hospitality sector could create fun and out-of-ordinary properties that reflect the vibrant and adventurous spirit of young travellers.

Exploring unique destinations: Unmatchable zeal and enthusiasm is a characteristic that defines the new generation traveller. The rebel millennials are opportunists and adventurers and want to explore unexplored destinations. The new set of travellers wants to break through the conventional shackles of travelling by being torchbearers of exploring unique destinations even if it involves risk.

The advent of social media has fuelled the desire to travel to make an impact. Travelling is no longer a behind-the-door experience, but it's the new cool for the Millenials of India. The hospitality sector can bank on the trend by expanding and investing in unique properties that can create lucrative opportunities that could prove to be a profitable investments.

The idea is to create travel experiences that are immersive, trending, transformative, and unforgettable. It's an era of adventure and adrenaline rush that also demands moments of calm and peace. Striking a balance between both is like the perfect baked cheesecake, with notes of sweet, creamy, and tangy.

(Sohail Mirchandani is the Chief Operating Officer & Co-Founder of Ekostay.)

FACE YOUR FEARS!



Ever stood on the edge, facing your fears, only to dive into a beautiful abyss amidst the serenity of nature? Bungee jumping is an activity that involves a person jumping from a formidable height while attached to a long rubber chord harnessed to the ankles. Yes, that leaves you whipped around by the elastic chord mid-air, upside down!

Face your fears

Jumping off the cantilever is not just facing the fear of heights but a lot of things in life. Gathering every ounce of courage to take the leap of faith will help you overcome every feeling of suppression. Bungee jumping is not for the faint of heart. You will have to be extra prepared mentally so that you do not panic. But getting it done will leave you with a once-in-a-lifetime memory. Face your fears and book this activity for your next vacation to overcome resentment. Rishikesh and Goa are said to be some of the best locations for bungee jumping.

Break away from the monotony:

There's a reason why adventure sports like Bungee jumping have been popular as off-site activities among multinational corporations: it increases productivity! A workforce that's been shaken out of the monotony of their routine, taken amidst nature, and been given the opportunity to undertake some selfexploration that adventure provides, only works better in the end with much higher output than before.

In fact, even IPS officers in India visit Bungee Jumping annually as part of confidence building. However never mistake thrill for danger. Select the best operator that has an exceptional safety record, the most professional practices, expert staff, and outstanding testimonials.

Make memories that last a lifetime!

Nothing lasts more than the memories you make while living life on the edge. The breathtaking view and coming back with stories are exceptional in their own way. It is a personal achievement to take the proverbial leap of faith! Bragging the experience to loved ones and posting pictures on social media is the happiest after-effect of such journeys. Every time you watch a Bungee jumping video or see an image, your personal experience will come flooding back to you as if it was just done yesterday. The memory will be right up there with others and one off the bucket list.

India has only one company so far to be certified by the Ministry of Tourism, Govt of India to be operating Bungee jumps in the country- Jumpin Heights. Incidentally, they are also the only ones to set up fixed Bungee platforms amidst a natural landscape. They have two branches - one at Rishikesh and now in Goa. To the uninitiated, it may make no sense, but those who've tasted adventure know the thrill of adrenaline and the power of standing

(Inputs shared by Niharika Nigam, Director, and Business Development at Jumpin Heights)





DOES THE RIGHT FOOD HELP REDUCE STRESS?

rediscovering, many illnesses can be treated by optimising our food habits. Diet is the most overlooked part of the stress-fighting regime but is equally equipped to manage stress as the other factors. Yes, even a chronic lifestyle condition can be prevented from soaring, provided you know what kinds of food to consume.

What is stress?

Stress is our reaction to feeling threatened by any stimuli when we find ourselves in an unpleasant or dangerous situation. The effect of chronic stress on our bodies is harmful. In the long-term, overexposure to stress can disrupt almost all body processes and put one at an increased risk of several health and lifestyle issues such as chronic headaches and migraine, anxiety and depression, digestive & sleep problems, heart diseases, high blood pressure, weight gain, etc. Given that chronic stress is a part and parcel of our lives, we cannot stop it but we can manage it by eating healthily.

Certain nutrients in food can keep stress at bay. Among the multiple ways of stress management, eating certain nutrients in food is the best. According to studies, just by being stressed, your bodily requirements for certain nutrients such as vitamins B & C, selenium, magnesium, etc. increase. Just by eating foods that are rich in these nutrients, you may be able to manage your stress levels. In fact, there are studies showing that quality nutrients taken long-term can have a positive impact on your body.

Research has also proved a relevant, decisive link between gut microorganisms, which live in our intestine, what we eat and how we ultimately feel. No wonder gut health is integral to mood, emotions, and psychological health management. So, managing stress with food is a great tactic for overall health. A well-balanced, nutritious diet is your physical and emotional requirements.

Ancient science knew something that mainstream science is the single most important element for good health. Next time you feel stressed, observe your palate and adjust it accordingly. Here are some great food options that are known to reduce stress levels:

> Dark chocolate: Is said to work in two ways - by having a chemical and emotional impact. Dark chocolate is rich in antioxidants and helps lower stress hormone levels in the body when enjoyed in moderation, as traditionally bereft of any unnecessary surplus sugar.

> Warm milk: Known to induce a good sleep-in night and aids stress management when sipped right before retiring to bed. Warm milk has a relaxing effect. Rich in calcium and vitamin D, it helps to maintain the bone and is also known as a muscle relaxant and mood stabiliser. Nuts & seeds: Teeming with magnesium, healthy fats, and nutrients; nuts and seeds act as a stress-busting snack when consumed in moderation. Almonds, flaxseed, pistachios, sunflower seeds, and walnuts are great options to choose from.

> Foods high in fibre: Fibre-rich foods are hailed as gut-friendly and may lower stress, anxiety, and depression. To add more fibre to your diet, eat adequate amounts of fresh fruits, leafy vegetables, nuts & seeds, and many more. You may also opt for whole-grain-based foods such as whole-grain breakfast cereals.

> Whole unprocessed grains: Known to provide a mood-stabilising effect by spiking serotonin (a boosting-mood hormone that decreases stress) levels. Thus, resulting in better concentration and focus. Choose healthy, unrefined carbohydrates such as unprocessed grains for better nutrition and adequate fibre intake that takes longer to digest and thus releases blood sugar gradually over a period.

> Eating healthy is the best way to relieve stress and its negative impact on our bodies. Try eating healthy and watch your food palate as per

OW LONG CAN WE ACTUALLY LIVE?

Every species, including our own, has an inherent life span that serves as a kind of upper limit on the average lifespan. According to one interpretation of life span, a population of, say, flies would congregate to the maximum achievable life expectancy that is inherent to this specific species of flies if it were maintained in ideal laboratory circumstances, cared for properly, and kept generally safe. The lifespan of all flies throughout history has been the same, regardless of location or period. This indicates that Biology offers more insightful information. There is an inherent rate of biological degradation for every species. Some species, like flies, experience this rate at a very high level and can only survive a short time; other species, like the bowhead whale, experience it at a much slower pace and can live for up to 200 years.

The average lifespan of humans is roughly 97 years. Although the theoretical limit for the human lifespan has not been exactly determined, a section of geneticists believes that it is around 150 The compensation effect of mortality years, while a niche of damage-repair scientists believe that there is no theoretical limit to the human lifespan if we manage to continuously eradicate repair as it is created.

This physiological limit is unaffected by increased healthcare services or global economic growth.

Why is there a set physiological limit?

It turns out that there is a limit to how frequently your cells can divide in order to keep you youthful and healthy. This restriction, known as the Hayflick limit, is determined by the physical length of telomeres, a unique cellular characteristic.

According to this notion, a normal human cell may only replicate and divide forty to sixty times until it can no longer divide and dies due to programmed cell death or apoptosis.

The Hayflick Limit hypothesis aided scientists in studying the impacts of biological aging on human populations from embryonic development to death, including the consequences of shortened repeating DNA sequences called telomeres on the ends of chromosomes.

Telomeres are the chromosomal end caps. They serve to maintain chromosomes snugly wrapped in a nice, tidy bundle, preventing fraying and binding to all the other small things within your cells. Telomeres are a useful feature, but they have a drawback: each time a chromosome is replicated to form another cell; the cellular copying apparatus must remove a little portion of these end caps.

Telomeres shorten over time until they are no longer present, at which point the cell stops dividing and may eventually die. This is what happens as we get older. Our skin, for example, stops regenerating, we gain wrinkles, and our bones become brittle and fragile. We simply deteriorate. The simple solution appears to be to repair the telomeres such that they never shorten, thus generating an eternal spring of youth. In reality, there is an enzyme called telomerase that accomplishes precisely that. This enzyme does exist naturally in humans, but not in the most advantageous way.

But there is a huge discrepancy

Even though our cells have a limit to how many times they may divide, many of us will never reach that limit. There are several ways to die, and only a subset of them is caused by our cells approaching the end of their lives. Until approximately a century ago, infectious illnesses like TB and influenza killed most individuals well before their telomeres ran out. However, with two developments in medicine and sanitation, it is now uncommon to hear of individuals dying from these causes, and as a result, the average life has improved substantially. People are able to endure illnesses and infections because of improved health systems.



The "compensation effect of mortality" refers to the relationship between lower mortality at younger ages and faster mortality increases as we approach the physiological limit. This is also related to a "compression of morbidity," which refers to the fact that we are now generally healthier at all ages.

For instance, compared to 1900-1924, Italian males' survival rates significantly increased between 1975 and 1999. As a result, the 80-yearold today, while substantially healthier than an 80-year-old 100 years ago, has a far greater rate of body disintegration in his or her later years.No matter how healthy we were when we were younger, the human species reaches its end of life between the ages of 90 and 95.

Overall advancements in healthcare systems make us all considerably healthier as children; but, the compensatory impact of mortality assures that the better we are, the faster we will age in the end. Nature has endowed our species with an inherent rate of biological disintegration that will allow just a handful of us to survive above the age of 97.

So, biology says that the maximum human life expectancy is somewhere around 97 years, but there is a twist: Humans seem to be unusual. If the notion of constant life span were accurate for humans, we would witness a slowing of growth in more developed nations and a convergence across all areas; yet, life expectancy continues to rise. More crucially, the survey shows that 100 years ago, the survival chance of Italian males to live another year was almost zero at roughly age 89; nevertheless, according to the theory of lifespan, it should have been nearly zero only at age 97, as

However, we typically do not reach the theoretical limit of how long we can live because we die prematurely of other diseases caused by damages caused by less-than-optimal life choices. People are now more likely to die prematurely from diseases such as cancer and heart disease. While some of these early deaths are simply the result of bad luck or poor genetics, many are avoidable via good lifestyle choices. Most of us will live to a ripe old age if we do things like quit smoking, put down fried food, and use sunscreen.

In reality, in industrialized nations, life expectancy and life span are currently moving in tandem, whereas before 1970, life expectancy was converging to a fixed life span of roughly 89, as anticipated by theory. We discovered a means to slow down the natural process of body deterioration, a truly astounding advance that no other species has accomplished. And who knows what else we could stumble along the journey? Perhaps one day we'll be able to safely harness the power of telomerase and never age. In other words, we could create our own lifespan!

HOW YOU CAN KEEP PETS WARM THIS WINTER?



As mercury levels plummet across the country, it's time for you to give your pets some extra care and protection. Winter in some parts of India can get extremely cold, hence it's best to make some quick adjustments to acclimatize your pet's routines. Here are some tips on how to keep your furry friends warm and cosy in the cold months.

Wrap them up in woolens: You just can't imagine stepping outside without a sweater in the winter. The same applies to your pets. Choose from a variety of options available for your cats and dogs. Make sure you pick the right size and keep them warm while taking them out for a walk. In case you have rabbits and birds, you can cover their cages with a shawl, leaving a little space for aeration.

Keep them hydrated: The winter season lowers your pet's want for water consumption. However, dehydration can be life-threatening for them. So, make sure their water bowls never remain empty. Keep a close eye on whether they are drinking adequate water or not. Always carry a water bottle while taking them out for walks.

Accidents indoors: Cold winters can result in unintentional urination inside the house. Take them out often to relieve themselves. Holding pee for too long can cause urinary tract infections in your pets. You can consider potty training your pets indoors. Pee pads and pee trays can be used to make sure as an option. Ipsita Gupta, pet parent of a labrador says, "During the winters, Mia sometimes ends up accidentally peeing in the house. I use a pet-friendly floor cleaner like ITC Nimyle, which is a 100% natural action floor cleaner made with neem that keeps the floors clean and also does not cause rashes on Mia's skin, unlike other floor cleaners I've used before. Activated with the Power of Neem, Nimyle also has anti-bacterial and anti-fungal properties."

THE IMPORTANCE OF A WORKOUT REGIME TO CHECK DIABETES

Physical activity or a regular workout regime is a key element in managing type 2 diabetes. Until recently studies showing the significance of exercise to manage diabetes were very less. However, now we can see that there is plenty of research highlighting the importance of exercise to manage blood glucose levels effectively.

The research indicates that participation in a regular workout regime improves blood glucose control, preventing or delaying the onset of type 2 diabetes, and boosts your body's sensitivity to insulin, countering insulin resistance.

Also, regular physical activity positively affects blood pressure, and cardiovascular health, lower harmful LDL cholesterol and triglycerides raise healthy HDL cholesterol, strengthens muscles and bones, reduces anxiety, and improves your general well-being.

How does exercise affect blood glucose levels?

Early in the exercise, the glycogen stores are utilized as fuel. Further when the glycogen stores are depleted, the muscles increase the uptake of blood glucose along with the free fatty acids released from the adipose tissues. Muscles can utilize your blood glucose without insulin

intervention when you're doing physical activity.

What type of activity helps in diabetes management?

All forms of exercise such as aerobic, resistance, or doing both in a structured workout regime has shown to lower HbA1c values in people with diabetes. Resistance training and aerobic exercise both help to lower insulin resistance, however, combining the two types of exercise proved more beneficial than doing either one alone. In a recent metaanalysis, aerobic, resistance, and combined exercise training were found to be associated with HbA1c reductions of 0.67 per cent following 12 or more weeks of training.

KNITWEAR TRENDS TO TRY FOR **WINTER 2022**

Here is a guide to the top knitwear trends for the coming sweater season. Sweaters and cardigans are tactile clothing items, and we especially enjoy wearing them in exceptionally fluffy, soft knits. Conversely, knitted vests elevate our everyday style while still making us look fashionable and trendy. But which knits are actually necessary for Fall and winter of 2022?

Oversized Knitted Vest

Vests are, in fact, in vogue for fall and winter of 2022-2023. But this season, embrace the vest in fresh configurations. Your urban winter wardrobe must-have an oversized cable knit vest worn with a miniskirt, over a minidress, or with wide-leg jeans.

Long Cardigan

With everything from a plain white T-shirt to a dress, match your new long cardigan to embrace the 90s vibes and adaptability of a chunky oversized cardigan. For a contemporary look, we adore the interaction between vintage buttons, a belt, and popular winter

Furry Cardigan

By incorporating some brushed wool cardigans into the mix, you may liven up your winter wardrobe. It meets in the middle of casual and stylish, making it a wonderful alternative for your morning coffee runs when paired with fashionable jeans.

Classy Cable Knit Cardigan

During the course of a working day, as you flit from the office to meetings, a chic cable knit cardigan will keep you looking put together. Feel especially special in styles that have a sophisticated cut and fine workmanship; they will offer your day a positive lift.





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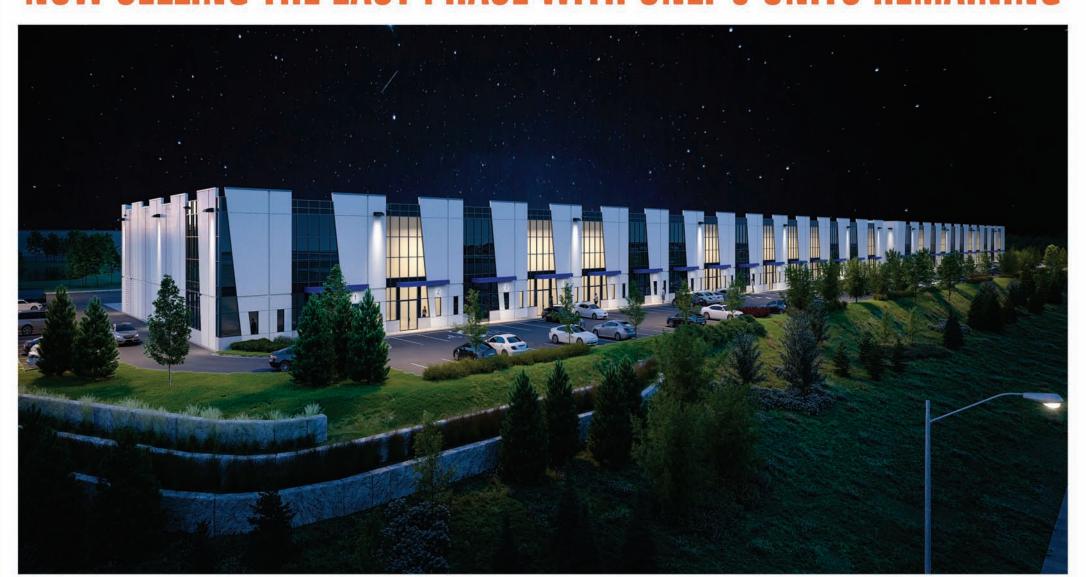
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