



**MY SPEECH IS NOT VISIBLE IN MEDIA UNLIKE PM MODI'S: RAHUL GANDHI IN SHILLONG | P12**



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**JANHVI PENS NOTE FOR SRIDEVI: 'I STILL LOOK FOR YOU EVERYWHERE MUMMA' | P20**

# SOUTH ASIAN MidWeek NEWS WEEKLY

Tuesday, February 21, 2023
www.southasiandaily.com
Vol 23 Issue 08, Phone 647-272-8182, 905-670-3687

## GRAND SUCCESS OF Y MEDIA TEAM'S LIVE ON LOCATION AT IKEA ETOBICOKE ON SATURDAY FEB 18TH



**DETAILS ON PAGE 5**

## RAM MANDIR IN CANADA DEFACED, INDIAN CONSULATE GENERAL DEMANDS PROMPT ACTION

The Consulate General of India in Toronto has strongly condemned the incident in which a Hindu temple in Canada's Mississauga was defaced with anti-India graffiti, and has also called for prompt action. "We strongly condemn the defacing of Ram Mandir in Mississauga with anti-India graffiti. We have requested Canadian authorities to investigate the incident and take prompt action on perpetrators," the consulate tweeted.

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## PM TRUDEAU COMMENTS ON THE REPORT OF THE PUBLIC ORDER EMERGENCY COMMISSION



The Prime Minister, Justin Trudeau, issued the following statement on the report of the Public Order Emergency Commission: "When we invoked the Emergencies Act, we were clear that it included the launch of a public inquiry to look at how and why we got there, and ensure transparency and accountability. "Today, I welcome the report from the Honourable Paul S. Rouleau, Commissioner of the Public Order Emergency Commission, and I thank the Commission for its important, thoughtful work."

**CONTD. ON PAGE 9**

## CANADA WELCOMES RECORD 226,450 INDIAN STUDENTS IN 2022



**TORONTO, (IANS)** With 226,450 students, India has become the top source of new international students entering Canada in 2022, according to data released by the Immigration, Refugees and Citizenship Canada (IRCC). The North American nation set an immigration record by welcoming 551,405 international students from 184 countries in 2022. India was closely followed by China and the Philippines with 52,165 and 23,380 students, respectively. In 2021, a total of 444,260 new study permits took effect, an increase from the 400,600 in 2019. In 2019, there were 637,860 international students in Canada -- a number which decreased in 2020 due to the Covid-19 pandemic, and rebounded in 2021 to a total 617,315. India was also among the top 10 source countries of international students already living and studying in Canada as of December 31, 2022, with 319,130 students. According to IRCC, most new study permits are now being processed within the 60-day service standard in Canada. The country, which processed an all-time high of 4.8 million visa applications in 2022, remains a top destination for Indian students due to the standard of education, lower costs, obtaining work, and immigration opportunities post-graduation. Foreign students contribute more than \$15.3 billion annually to the economy, according to the Canadian government.

## CANADA'S INFLATION DROP TO 5.9 PERCENT



The Consumer Price Index (CPI) rose 5.9% year over year in January, following a 6.3% increase in December. Prices for cellular services and passenger vehicles contributed to the deceleration in the all-items CPI. However, mortgage interest cost and prices for food continue to rise. In January, prices rose 4.9% on a year-over-year basis excluding food and energy and 5.4% excluding mortgage interest cost. In both cases, year-over-year price growth slowed compared with December. The headline CPI grew at a slower pace year over year in January (+5.9%) compared with December (+6.3%) due to a base-year effect. This is because the monthly increase in January 2023 (+0.5%) was smaller than the monthly increase in January 2022 (+0.9%). In January 2022, mounting tensions amid the threat of a Russian invasion of Ukraine coupled with supply chain disruptions and higher prices for housing put upward pressure on prices. On a monthly basis, the CPI rose 0.5% in January 2023 following a 0.6% decline in December. Higher gasoline prices contributed the most to the month-over-month increase, followed by a rise in mortgage interest cost and meat prices. On a seasonally adjusted monthly basis, the CPI rose 0.3%.

**CONTD. ON PAGE 9**

## ONTARIO REDUCING WAIT TIMES FOR PUBLICLY FUNDED SURGERIES AND DIAGNOSTICS

**TORONTO** — The Ontario government introduced the Your Health Act, 2023, which outlines the province's next steps in its plan to reduce wait times for surgeries, procedures and diagnostic imaging, while enabling its new "As of Right" rules to automatically recognize the credentials of health care workers registered in other provinces and territories.

**CONTD. ON PAGE 7**

## US WARNS CHINA ON RUSSIA

**MUNICH, (IANS)** The US has recently begun seeing "disturbing" trendlines in China's support for Russia's military and there are signs that Beijing wants to "creep up to the line" of providing lethal military aid to Russia without getting caught, the media reported. The officials would not describe in detail what intelligence the US has seen suggesting a recent shift in China's posture, but said US officials have been concerned enough that they have shared the intelligence with allies and partners at the Munich Security Conference over the last several days, the CNN reported.

## 59% OF LONG COVID PATIENTS SUFFERED ORGAN DAMAGE A YEAR LATER: STUDY

**LONDON, (IANS)** Organ damage persisted in 59 per cent of long Covid patients a year after initial symptoms, even in those not severely affected when first diagnosed with the virus, according to researchers, led by one of an Indian-origin. The findings, published in the Journal of the Royal Society of Medicine, confirmed that 29 per cent of patients with long Covid had multi-organ impairment, with persistent symptoms and reduced function at six and 12 months. About 59 per cent of long Covid patients had single organ impairment 12 months after initial diagnosis.



**Y MEDIA EXCLUSIVE - CHANNEL Y TEAM TALKS TO MR. MIKE SPERANZINI - MANAGING DIRECTOR, CADILLAC CANADA. AT THE MEDIA DAY OF CANADIAN INTERNATIONAL AUTO SHOW 2023. WATCH FULL INTERVIEW ON CHANNEL Y (ROGERS 857, BELL FIBE 828 & TELUS 2418)**



**MIRZA NASEEM BAIG OF AMJ ALONG AHMADIYYA MUSLIM COMMUNITY'S DELEGATION WITH PREMIER DOUG FORD, MPP DEEPAK ANAND AT QUEENS PARK.**



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GRAND SUCCESS OF Y MEDIA  
TEAM'S LIVE ON LOCATION AT  
IKEA ETOBICOKE ON  
SATURDAY FEB 18TH

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Y MEDIA'S VALENTINE DAY CONTEST  
WINNER MR KAPIL DHINGRA ALONG  
WITH THIS FAMILY AFTER ENJOYING  
THEIR DINNER AT ANOKHI BRAMPTON



Y MEDIA AT GREAT PUNJAB  
SUPERMARKET'S  
GRAND OPENING IN MALTON

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AMJ (AHMADIYYA MUSLIM JAMAAT)  
YOUTH ASSOCIATION CANADA DONATES  
TO EDEN FOOD FOR CHANGE



04



Y MEDIA TEAM WITH MR  
BHUPINDER SINGH (OWNER -  
INSURANCE TIGER) AT THEIR  
SCARBOROUGH HEAD OFFICE



## CAR SHOPPING WITH BIG BRANDS STARTS AT THE AUTOSHOW

**TORONTO, Ont.** — With two showrooms at the Metro Toronto Convention Centre stocked with the latest cars, trucks and SUVs from some of the world's biggest automotive brands, the Canadian International AutoShow is the ideal starting point for the car-buying journey.

It is a one-stop chance to explore vehicle options available in an experiential setting — connect with product experts, weigh your options, get an up close look at the car, have a seat to see how you fit in it and, for some of the EVs that are currently in the market, you can even take it for a test drive. And if you like what you see, you can place an order.

"We are attracting record crowds because people want to see what the leading auto manufacturers are offering," says Jason Campbell, General Manager of the AutoShow. "At a time when global supply challenges make it difficult to keep a car lot fully stocked, at the AutoShow you see what is in the marketplace all in one spot."

Canadian automotive shoppers are liking what they see. For the third day in a row, the AutoShow set an attendance record with 50,524 coming to kick tires at the Convention Centre, making it the largest Family Day crowd to ever attend the AutoShow.

These potential car consumers are enjoying the latest product lineups from big manufacturers, including many cars that are hard to find outside of the AutoShow.

\* Across its Chevrolet, GMC, Buick and Cadillac brands, General Motors is pulling out all the stops on its move to electrification. It has more than 20 electric vehicles at the AutoShow this year, a significant jump from the one it had in 2020. The EV lineup includes the Chevrolet Silverado, Equinox, Blazer and Bolt, GMC Sierra Denali, Hummer SUV and SUT and the Cadillac LYRIQ. Enjoy the driving experience of the LYRIQ, Bolt and Bolt EUV on the EV Test Track.

\* The all-new Buick Encore GX has made its global debut at the AutoShow, and the Buick Wildcat EV concept introduces exciting artificial intelligence, biometrics and aromatherapy technologies. The Wildcat is designed to detect an elevation in driver heart rate and automatically adjust vehicle settings to calm them down. When Zen Mode is activated, it will dim the cabin lights, disperse calming aromatherapy scents and activate massaging seats.

\* Beyond its EVs, Chevrolet has introduced the latest member of its SUV family, the all-new 2024 Trax, plus the all-new 2023 Colorado and the Oshawa-built Silverado HD. For those seeking some muscle under the hood, there is a selection of Corvettes and Camaros to peruse.

\* The 2023 Cadillac Escalade — the most powerful full-size SUV ever — can be found at the Cadillac booth along with the most track-capable cars in Cadillac history, the CT4-V and CT5-V Blackwing.

\* Check out the Hyundai IONIQ 5, the Automotive Journalists Association of Canada Utility Vehicle of the Year, and a pre-production model of the IONIQ 6, alongside the full lineup of Hyundai vehicles, from all-electric to gasoline powered. Try out the IONIQ 5 or the Kona at the EV Test Track.

\* For the first time in Canada, get a look at the 2023 Dodge Hornet (the

fastest compact utility vehicle in the market), 2023 Alfa Romeo Tonale and the 2023 Jeep Wrangler Rubicon 20th anniversary edition. In total, Stellantis Canada is displaying eight Jeep models, nine Ram trucks and the new Grand Wagoneer — as well as a Dodge Challenger Hellcat.

\* See the all-new Toyota Grand Highlander for the first time in Canada at the AutoShow, showcased along with the all-new 2023 Prius Prime, GR Corolla, Sequoia and the all-electric bZ4x — and a full roster of their cars and trucks. Take the RAV4 Prime and bZ4x for a spin on the EV Test Track.

\* The first all-electric Lexus, the RZ, is on the AutoShow floor, alongside the fully redesigned 2023 RX. The plug-in hybrid NXP is available for a test run on the EV Test Track.

\* Nissan is highlighting its latest addition to its EV lineup, the ARIYA, its most advanced production vehicle ever with 490 kilometres of driving range on a single charge. It is also showcasing its popular models — Rogue, Murano, Sentra, Pathfinder, Frontier — and the sporty Z, its most anticipated new sports car.

\* Alongside the debut of the refreshed 2024 Seltos, Kia is showing a full lineup of electric, plug-in hybrid, hybrid and gasoline vehicles — including the Stinger, Telluride, Forte, Niro, Sorento and Sportage. The Niro and EV-6 are available to drive at the EV Test Track.

\* The all-new redesigned Subaru Crosstrek can be seen for the first time in Canada at the AutoShow. Along with its regular roster of cars and utility vehicles, Subaru is also showcasing its all-electric Solterra — which is also available for test runs on the EV Test Track.

\* One of the newest entries in the consumer automotive market in Canada, the Vietnam-based Vinfast is showcasing four vehicles from its all-electric lineup: the all-new VF6 two-row compact eSUV, the VF7 midsize eSUV, the VF8 eSUV and the luxury VF9. Test drive the VF8 at the EV Test Track. The AutoShow continues until February 26th. Guests are reminded that peak hours are between 1 p.m. and 4 p.m. Tickets are discounted \$6 after 6 p.m.

For more information or to buy tickets, please visit [autoshow.ca](http://autoshow.ca). Media accreditation to the 2023 AutoShow is now online and can be requested at [autoshow.ca/media-registration](http://autoshow.ca/media-registration).

Stay connected with the Canadian International AutoShow on Instagram @autoshowca, Twitter @autoshowcanada and Facebook / autoshowcanada.

**About the Canadian International AutoShow, presented by The Toronto Star** Celebrating its 50th year, the Canadian International AutoShow features more than 650,000 square feet of exhibits, displays and attractions spanning the North and South Buildings of the Metro Toronto Convention Centre. With an annual attendance in excess of 330,000, the Canadian International AutoShow is not only the largest automotive expo in Canada, it is also the country's largest consumer show. A leader in lifestyle, technology and all things automotive, it is a showcase for the latest cars, trucks, SUVs, concept cars, exotics, classics, muscle cars, electric and alternative fuel vehicles.

## CANADA URGES NORTH KOREA TO CEASE RECKLESS PROVOCATIONS

Mélanie Joly, Minister of Foreign Affairs, today issued the following statement on the latest missile launches by North Korea:

"North Korea continues to violate United Nations Security Council resolutions. Its most recent missile launches, including the February 18, 2023, launch of an intercontinental ballistic missile that landed in Japan's exclusive economic zone, and the February 20 launch of two short-range ballistic missiles that landed in the East Sea, are acts of aggression that threaten regional and international peace and security. "Canada urges North Korea to engage in good-faith diplomacy and cease these reckless provocations.

"As part of its commitment under the Indo-Pacific Strategy, Canada will continue collaborating with our partners in the North Pacific region and elsewhere to strengthen regional stability in the Korean Peninsula."



AMJ (AHMADIYYA MUSLIM JAMAAT) YOUTH ASSOCIATION CANADA DONATES TO EDEN FOOD FOR CHANGE.

## POLYCULTURAL: HELPING INDIVIDUALS AND COMMUNITIES FOR 50 YEARS



Celebrating its 50th anniversary this year, Polycultural Immigrant and Community Services has helped thousands of newcomers, immigrants, and refugees make Canada their home.

Polycultural is a charitable, non-profit, community-based agency that assists youth, seniors, women, and families integrate into life in Canada.

Between 2021 and 2022, Polycultural's Afghan Initiative program supported over 7,000 Government-Assisted Refugees that were brought to Canada under the emergency evacuation initiative. The team worked with Immigration Refugees and Citizenship Canada, and regional and local partners to address the needs of the Afghan refugees, including providing accommodation, orientation, and facilitating access to healthcare. They have also served newcomers from Ukraine, China, India and many other parts of the world.

"Polycultural is a valuable resource for any newcomer, refugee or immigrant settling in Canada," said Marwan Ismail, Executive Director of Polycultural. "We are here to help individuals and communities have an equal opportunity at being productive members of Canadian society, and to really feel a sense of community. We have seen great success in what we do and demand for our services is higher than ever given the continued waves of newcomers coming from all parts of the world."

The organization has seven convenient locations across the Greater Toronto area - Mississauga, Toronto, Etobicoke, two in Scarborough, and a newly opened branch in Orangeville. Each location offers a variety of programs including, settlement services, employment assistance, language classes, and youth and senior programs. It currently serves clients in over 20 languages including Cantonese, Mandarin, Dari, Farsi, Hindi, Punjabi, Ukrainian, Polish, and more. Monthly events at the various branches range from My Pathways to Employment, Women in Food and Customer Service, Sewing and Knitting Club, and Multicultural Women's Program. Other services such as one-on-one counseling, childcare, and overall support integrating into Western society is what makes Polycultural's services personalized and impactful for its clients.

For convenience, Polycultural has launched their own app designed with program info accessible in one place. The free Polycultural App is available for download wherever apps are sold.

For more information on the services and programs provided, visit: [polycultural.org](http://polycultural.org)

## PAMA LAUNCHES EXHIBITION REFRESH IN 2023

**BRAMPTON**— Starting in 2023, the Peel Art Gallery, Museum and Archives (PAMA) is bringing an exciting new vision to its museum with the first refresh of its core exhibitions since 2012.

The new exhibitions will stay true to the museum's primary purpose — to share the stories of the Peel Region. Using the guiding principle "Nothing About Us, Without Us", the revamped galleries will bring an even stronger focus to the people and communities of Peel.

**What does this mean for visitors?**

Over the next year, the PAMA Museum and Art Gallery will launch three brand-new core exhibitions that highlight objects from its permanent collection, many of which will be on view for the first time. The introduction of more hands-on and technology-driven activities throughout the museum galleries will provide a host of new ways for visitors of all ages to be inspired and make connections to the Region's past and present.

**PAMA core exhibition reopening schedule:**

**Spring 2023**

· Behind the Bars: The History of the Peel County Jail will feature new research and stories from the jail's 100+ year history, plus interactive learning stations.

**Summer 2023**

· Yours to Discover: Sights/Sites of Peel Region will explore Peel Region's landscape through artworks from PAMA's permanent collection and digital mapping.

**Fall 2023**

· Stories of Home: Community and Belonging in Peel is a new exhibition that will forefront personal stories and engaging activities about Peel's settlement and immigration history.

**2024**

· Move/Build/Grow will consider how businesses, artists and industry have made an indelible impact on the landscape and history of Peel.

· Beginning in 2023 an Indigenous Advisory Committee will be working to redevelop and reposition a new exhibition centring Indigenous voices, culture and history, opening in late 2024

In addition to a wealth of programs and events for children, youth and adults, PAMA has a full exhibition schedule for visitors to enjoy in 2023:

Opening Feb. 18 - Peel County Jail

Opening Feb. 18 - Generations Lost: Healing the Legacy of Residential Schools

On now to April 10 - Facing Claude Cahun and Marcel Moore

On now to May 14 - We Are Hockey

On now to May 31 - UN/COVERINGS: Mennonite & Muslim Women's Heads and Hearts

Opening April 1 - Sikh Heritage Month Community Exhibition - Celebrating 10 Years"

Opening April 29 - ? | sheeshe 'ch there? | a crack in the mirror

Opening April 29 - Pamila Matharu: SOME TOTAL

Opening June 3 - Iron Willed: Women in STEM

Opening Sept. 30 - Floating: Amanda McCavour and Jannick Deslauriers

Opening late fall - Our Voices, Our Journeys: Black Communities in Peel

# GRAND SUCCESS OF Y MEDIA TEAM'S LIVE ON LOCATION AT IKEA ETOBICOKE ON SATURDAY FEB 18TH

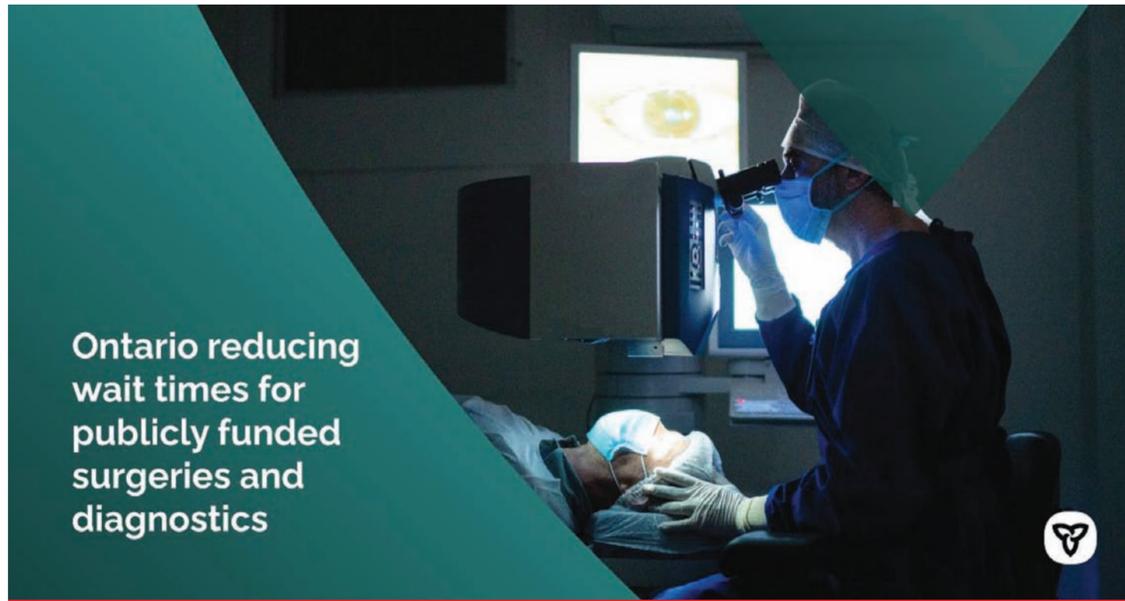


Y Media Group's LIVE on location at IKEA Etobicoke on Saturday, Feb 18th was a grand success. The Team was LIVE on location from 1-5 PM where participants enjoyed the radio contest, lucky draws, and games conducted by Team Y Media. It was a Family Day weekend special event hosted by Y Media Group and IKEA Etobicoke that had something special planned for every age group. Families not only got a chance to enjoy themselves together and make special memories but took advantage of the special in-store discounts, and IKEA gift cards. Amidst the fun of games, and joy of discount, it was the Y Media bumper \$250 cash prize that stole the limelight. Thanks to you, our audience, for joining us at our LIVE on-location and making it a grand success. For full coverage, watch Channel Y and Y Plus, read midweek newspaper, go to our website Southasiandaily.com and tune into Radio Y (FM91.9)



# Y MEDIA GROUP AT THE 2023 CANADIAN INTERNATIONAL AUTOSHOW, GET AN EXCLUSIVE SNEAK PEEK OF THE 2023 AUTO SHOW





Ontario reducing wait times for publicly funded surgeries and diagnostics

## ONTARIO REDUCING WAIT TIMES FOR PUBLICLY FUNDED SURGERIES AND DIAGNOSTICS

**NEW LEGISLATION OUTLINES NEXT STEPS IN PROVINCE'S PLAN TO CONNECT PEOPLE TO CONVENIENT CARE, CLOSE TO HOME**

CONTD. FROM PAGE 1

"With the Your Health Act, Ontario is boldly breaking with a status quo that has stifled innovation and struggled to respond to growing challenges and changing needs," said Sylvia Jones, Deputy Premier and Minister of Health. "Instead, our government is being bold, innovative and creative. We're making it easier and faster for people to connect to convenient care closer to home, including and especially the surgeries they need to maintain a high quality of life."

Based on feedback from frontline partners, the Your Health Act, 2023 will, if passed, enhance guardrails to integrate community surgical and diagnostic centres into the health system, enhance quality standards and oversight while protecting the stability of doctors, nurses and other health-care workers in public hospitals and other health-care settings. The legislation will also, if passed, put into law that people will always access insured services at community surgical and diagnostic centres with their OHIP card and never their credit card, consistent with the Canada Health Act.

### INTEGRATION WITH HOSPITALS AND OTHER HEALTH-CARE SETTINGS TO REDUCE WAIT TIMES

If passed, the Your Health Act, 2023 will require applicants to outline how the new community surgical and diagnostic centre will promote connected and convenient care, including its capacity to improve patient wait times and improve patient experiences, as well as its plans to integrate with the health system. The legislation will also, if passed, require centres to provide a description of current linkages with health system partners and how the centre will maintain and improve those linkages to promote optimal patient care pathways. Ontario Health will also ensure that these centres are included in regional health system planning, including connection and reporting into the province's wait times information system and participation in regional central intakes, where available. Community surgical and diagnostic centres will also coordinate with local public hospitals to accept patients that are being referred, ensuring people get the surgery they need as quickly as possible.

### QUALITY AND OVERSIGHT

As the province expands the types of surgeries and procedures being done in the community to include hips and knees and orthopedics, it will ensure the new community surgical and diagnostic centres have in place the highest quality standards with strong oversight. The Your Health Act, 2023 will, if passed, enable the province to designate one or more expert organizations as inspecting bodies of the centres. To be completed before hips and knees and orthopedics are expanded to community surgical and diagnostic centres, these expert organizations will work with Ontario Health and the Ministry of Health to establish, maintain and publish quality and safety standards and establish schedules for regular inspections of the centres. The province is working with its frontline partners to determine what organizations are best positioned to serve as inspecting bodies and is exploring several options, including continuing the role of regulatory colleges to ensure continuity of the existing quality assurance programs. By naming inspecting bodies, the government will ensure flexibility to appoint additional or alternate inspecting bodies in the future to support system change as required.

The Your Health Act, 2023 will also, if passed, require centres applying for a licence to provide details of its quality assurance and continuous quality improvement programming, including policies for infection prevention and control. These details will be considered against the quality standards set by the expert organizations designated as inspecting bodies.

If an individual believes they did not receive the highest quality care, the Your Health Act, 2023 will, if passed, also mandate that every community surgical and diagnostic centre must have a process for

receiving and responding to patient complaints. This process will include the documentation of all complaints and the timely response and actions taken by the centre. If patients are not able to have their complaints addressed at the centre, they will be able to seek help from the patient ombudsman.

The Your Health Act, 2023 will also, if passed, include community surgical and diagnostic centres under the oversight of Ontario's patient ombudsman. The province also expects the patient ombudsman to report on any patient complaints and will adjust quality and oversight controls as needed to be responsive to these concerns.

### PROTECTING STABILITY OF DOCTORS, NURSES AND OTHER HEALTH-CARE WORKERS

The legislation will, if passed, mandate several components of a proposed centre's application to protect the stability of doctors, nurses and other health-care workers at public hospitals and other health-care settings. This includes the requirement to submit a detailed staffing model, including evidence of its sustainability and the specific model for staffing anaesthesia delivery, given specific concerns about the global availability of these professionals. The centres will also be required to provide a description of how it consulted with health system partners, including public hospitals, in the development of its application, including any endorsements, which will be considered before any licence is granted.

If passed, the Your Health Act, 2023 will lead to a requirement that physicians employed by community surgical and diagnostic centres must also have privileges to do the same work in a hospital. This will ensure that anyone seeking emergency care at a hospital will be able to receive the urgent treatment they need. The legislation will also, if passed, enable Ontario Health and the Ministry of Health to require centres to report on their compliance with these health care workforce protections.

### PAYING WITH YOUR OHIP CARD, NOT YOUR CREDIT CARD

Consistent with the Canada Health Act, the Your Health Act, 2023 will, if passed, reinforce that people always receive insured services using their OHIP card, never their credit card. If passed, no centre will be allowed to refuse service to someone because they choose not to purchase upgrades, such as an upgraded cataract lens, and people cannot pay an additional fee to receive services faster than anyone else. The Your Health Act, 2023 will also, if passed, require centres to transparently provide this information upfront and ensure there is a mechanism to address people's concerns.

### FIRST-IN-CANADA "AS OF RIGHT" RULES AND STRONGER DATA PROTECTIONS

The Your Health Act, 2023 will, if passed, enable the recently announced "As of Right" rules that allow health care workers registered in other provinces and territories to immediately start working and caring for people in Ontario without having to first register with one of Ontario's health regulatory colleges. These changes will help health-care workers overcome bureaucratic delays that have made it difficult to practice in Ontario.

The legislation will also, if passed, strengthen protections for personal health information and data as the province puts in place new models to better inform policy and program planning to improve services. These changes will support improvements to the health care system by integrating data while enhancing privacy protection, transparency and accountability for organizations that collect and use data.

Your Health: A Plan for Connected and Convenient Care will put Ontarians back in charge of their health, making it easier and more convenient to navigate care at every stage of their life, providing more ways to receive care closer to home, and ensuring that people will be able to get the care they need faster, when it can have the greatest impact to their health.

## BOW VALLEY COLLEGE WELCOMES GOVERNMENT OF ALBERTA SEAT EXPANSION FOR INTERNATIONALLY TRAINED NURSES

Bow Valley College is proud to partner with the Ministry of Advanced Education and Ministry of Health to offer an additional 120 seats in its Practical Nurse Diploma program to internationally educated nurses (IENs). The expansion of the program and bursary will help realize the dreams of talented healthcare professionals who choose to make Alberta their home.

"Boosting the number of seats for nurses with foreign credentials is recognition that they have the knowledge and skills. They need a pathway to bridge those attributes to practice in Alberta," says Michael Crowe, Vice President, Academic, Bow Valley College. "This support will help remove barriers for students who want to embark on that journey and get to the frontlines of a rewarding career."

Increasing 120 seats will create opportunities for waitlisted IEN students at Bow Valley College.

"This is a program that is in-demand, with job prospects in an in-demand field," says Janet Yorke, Dean of Health and Wellness, Bow Valley College. "Providing them quality training to practice the professional standards of Licensed Practical Nurses in Alberta will help support nursing shortages."

According to the Ministry of Advanced Education, any IEN students living in Alberta who are enrolled in Bow Valley College's approved bridging program can apply for the bursary. Available in the 2023 - 2024 academic year, the support provided to students will be determined based on their program, tuition costs, and licensing and program fees.

"Empowering students to concentrate on their studies with fewer financial pressures such as tuition and other living expenses will be life-changing," says Crowe. "We look forward to working with the Ministry to get these capable nurses into the labour market and begin their career in Alberta."

The Ministry of Advanced Education says its IEN funding will see eligible students access up to \$30,000 over five years. The minimum amount for eligible IENs is approximately \$8,000. The bursary requires recipients to complete a year of nursing in Alberta for every \$6,000 disbursed.

Learn more about Bow Valley College's Practical Nurse Diploma for Internationally Educated Nurses.

From left to right: Robyn Stewart, associate professor and BCN coordinator, Uche Nechi, BCN graduate, Demetrios Nicolaidis, minister of advanced education, Zaldy Patron, Philippine consul general, Jason Copping, minister of health, Chad London, provost and VP Academic MRU, Lynn Connell, vice-president, learner experience at Bow Valley College and Jennifer Mah, dean of health studies at NorQuest College.

### About Bow Valley College

Calgary and region's only Comprehensive Community College - with 14,000 full- and part-time students, Bow Valley College helps Open Doors - Open Minds to in-demand jobs in Calgary, Alberta, and Canada. Our graduates contribute to the digital economy, careers in business, TV & film production, and serve on the frontlines of healthcare and social services. Bow Valley College invests in three applied research pillars: educational technology, social innovation, and health.

## ONTARIO RELEASES 2022-23 THIRD QUARTER FINANCES

**TORONTO** - The government released the 2022-23 Third Quarter Finances, to provide an update on Ontario's economic and fiscal outlook since the release of the 2022 Ontario Economic Outlook and Fiscal Review.

Overall, the report shows that despite global geopolitical conflict, high inflation, rising interest rates and ongoing supply chain challenges, Ontario's economy continues to be resilient, with real gross domestic product (GDP) estimated to have increased by 3.7 per cent in calendar year 2022.

"While today's update is positive, Ontario and the rest of the world continue to face ongoing economic and geopolitical uncertainty," said Peter Bethlenfalvy, Minister of Finance. "Though the road ahead may not be easy, our government's Plan to Build is a responsible and prudent approach to getting Ontario through the challenges of today while planning for tomorrow."

The 2022-23 Third Quarter Finances show the government is projecting a deficit of \$6.5 billion in 2022-23, an improvement of \$6.4 billion compared to the Province's last published fiscal update. Revenues in 2022-23 are projected to be \$9.6 billion higher than forecast, mainly reflecting stronger than expected taxation revenues as a result of higher net tax assessments for 2021 and prior years, based on new information from the Canada Revenue Agency (CRA) received since the 2022 Ontario Economic Outlook and Fiscal Review. Ontario, similar to other provinces, incorporates updated information received from the CRA in its regular financial updates.

Overall program expense in 2022-23 is projected to be \$188.6 billion, \$3.4 billion higher than forecast in both the 2022 Budget and the 2022 Ontario Economic Outlook and Fiscal Review. Increases in program expense are primarily due to significant one-time costs associated with ongoing land and land-related claims with Indigenous communities where Ontario is in active negotiations, claims are accepted for negotiation or are under review. This additional spending has been partially offset by existing contingencies within the fiscal plan, and savings.

"Our government is taking a targeted approach to deliver on our Plan to Build while laying a strong fiscal foundation for the province's future generations," said Minister Bethlenfalvy. "We will continue to be transparent with the people of Ontario by providing regular updates on the province's economic and fiscal situation."

The government plans to provide its next update as part of the 2023 Budget on or before March 31, 2023.

### Quick Facts

\* Other program expense increases since the release of the 2022 Ontario Economic Outlook and Fiscal Review include spending related to reopening of colleges following the easing of public health restrictions and resulting additional on-campus activity, the government's commitment to support the City of Toronto to address a portion of its 2022 operating deficit with up to one-third of the city's projected COVID-19 pressures, and additional funding for prevention and containment of COVID-19 at long-term care homes. These expenses have been partially offset by additional third-party revenues from colleges, savings and the drawdown of existing contingencies within the fiscal plan.

## PM TRUDEAU SPEAKS WITH PRESIDENT OF TÜRKIYE RECEP TAYYIP ERDOAN

Prime Minister Justin Trudeau spoke with the President of Türkiye, Recep Tayyip Erdoğan. Prime Minister Trudeau expressed his condolences to the people of Türkiye for the loss of lives. His thoughts are with those who are injured and displaced as a result of the February 6, 2023, earthquake.

The Prime Minister offered Canada's steadfast support in the recovery efforts and noted Canada's commitment to provide airlift for the transport of NATO humanitarian supplies to Türkiye. Prime Minister Trudeau informed the President that the Canadian Armed Forces also stand ready to provide any additional support to Turkish authorities, if required. President Erdoğan thanked Prime Minister Trudeau for Canada's assistance to date, including \$20 million in humanitarian assistance and a significant contribution of supplies to support the International Federation of Red Cross and Red Crescent Societies (IFRC) operations in Türkiye, which is being used to respond rapidly to urgent needs. Prime Minister Trudeau indicated more financial assistance from Canada and Canadians would follow the previously announced funds. President Erdoğan thanked the Prime Minister for the generosity of Canadian support.

Prime Minister Trudeau and President Erdoğan reaffirmed their commitment to the cooperation between Canada and Türkiye as long-standing NATO Allies and strong bilateral partners.



# INDIA FOR WORLD PEACE

D.C. PATHAK

One of the great foreign policy feats of Prime Minister Narendra Modi is that he stood upfront on the military conflict between Russia and Ukraine -- sparked by the launch of Russian military operation in February 2022 to support the Russian-speaking eastern provinces of Ukraine against the alleged suppression of their rights by Ukraine -- and took a line that both sides had concerns which should be resolved through peaceful negotiations. The US-led West joined the fray in support of Ukraine amid appeals from President Volodymyr Zelensky for grant of NATO membership to Ukraine and the conflict went on to assume the proportions of a 'war' with no end in sight. The US and its allies are merely supplying arms, ammunition and sophisticated war material to Ukraine, creating an impression that they were conducting a 'proxy war' against Russia.

It is possible that the US saw in its strategy a parallel with the anti-Soviet armed campaign in Afghanistan that had ultimately led to the withdrawal of the Soviet army and the demise of the USSR.

However, it is becoming increasingly clear that Vladimir Putin's Russia is not getting worn down and it is Ukraine that is taking the real hit in terms of loss of life and assets.

President Putin has referred to the effectiveness of tactical nuclear weapons, but clearly not betrayed any desperation about using them in this conflict. He is still pursuing the original aim of protecting the eastern provinces of Ukraine closely identified with Russian interests and has again gone on record to claim that he wants to end the conflict.

The total scene around this military confrontation of geopolitical significance suggests that it is still not an irreversible case for return to peace. What is needed is a credible global level mediation acceptable to both sides.

It is noteworthy that beyond the UN that faced resolutions critical of Putin in the Ukraine-Russia conflict, India's position as a possible mediator acceptable to both sides, has been acknowledged more than once by the unbiased sections of the international community.

Prime Minister Modi became the first world leader to call for cessation of hostilities and recourse to peaceful negotiation to resolve the Ukraine-Russia conflict. He told the Russian President that 'this is not an era of war', and subsequently voiced India's firm opposition to use of nuclear weapons when there were speculations about possible induction of tactical nuclear missiles by Putin to achieve his goal in the war with Ukraine.

These responses made India the sane voice in the world and established Prime Minister Modi as a global counsel on issues of war and peace.

Modi has spoken to the two Presidents more than once and has kept up hopes in the prospects of return to peace sooner than later.

The success of India's foreign policy in the Modi regime can be measured by the fact that India's friendly bonds with Russia do not come in the way of the deep and natural strategic friendship of India with the US, which was the hallmark of convergence between the two largest democracies of the world and - what is even more significant - by the fact that US President Joe Biden and Putin both understood India's geopolitical position.

Interestingly, Putin now taking decisions on the readings of his own intelligence



set up would be doing so with much greater confidence since he has a first-hand experience of the flaws and strong points of the latter and perhaps could see things in the wider global perspective even better than before.

Any attempt at mediation between Russia and Ukraine can hope to succeed only if the background of the conflict is clearly understood and steps recommended to establish lasting trust among the two neighbours accordingly. When the Cold War ended consequent on the dismemberment of USSR and the termination of the Warsaw Pact, the emergence of East European states as independent nations, besides the rise of Central Asian Republics (CARs), left the residual Soviet Russia as a much smaller empire.

The US-led West might have done well to work for peaceful coexistence between Russia and its neighbours. Certainly, a high-pitch combative alliance like NATO did not hold the earlier ground as American hostility towards Russia did not have to exist at the level of the Cold War era.

In fact, in the unipolar world order, the US was expected to work for world peace while militarily safeguarding American interests across the globe.

Former US President Donald Trump treated Russia at par with European nations and seemed to have little problem with Putin - he was in the process able to deal with China on a stronger note of military and economic deterrence. The advent of Biden Presidency saw a reversal of US attitude towards Russia - this could be in part because of the controversy that the crucial Presidential poll had left behind on the issue of Russian 'interference' in the American elections.

Biden declared Russia as the prime adversary for the US and underlined the trans-Atlantic alliance with Europe in a manner that underscored the continued use of NATO as a deterrent against Russia.

Putin's action against Ukraine gave Biden a justifiable ground for confronting Russia.

The Ukraine-Russia conflict precipitated in February 2022 as Putin ordered 'military operation' in eastern Ukraine, ostensibly to safeguard the rights of the Russian speaking population there in the face of a simmering agitation continuing in those parts.

The situation rapidly worsened because of the declared policy of Zelensky to seek NATO membership to militarily respond to Russia and the decision of the US-led West to join the Ukrainian side by pumping in arms and ammunition into Ukraine.

The backdrop of the continuing tension between Russia and Ukraine going back to the annexation of Crimea by Russia in 2014 - with the West beginning the spell of sanctions on Russia to express its support to Ukraine then - is also linked to the aggravation of the Russia-Ukraine military conflict this time.

The development regarding Crimea - a territory of vast strategic import for Russia on the Black Sea - had preceded an anti-Russia uprising there in which Islamic fundamentalists blessed by the West had played a major part. Significantly, Putin also supported Syrian President Assad in the 'civil war' precipitated by Islamic militants against him - with US backing.

Russia might have been specially sensitive to the 'destabilisation' of Crimea because of what the USSR had experienced in Afghanistan - perhaps Putin considered it legitimate to get the territory 'back to Russia' since it was earlier 'gifted' by Nikita Khrushchev to Ukraine internally, according to some authentic accounts. The whole point is that there was no push back on the part of the

West from the Cold War confrontation even after the USSR had collapsed in 1991 and international Communism on which it rested, had ended.

An international team of negotiators, including Indian representatives, can start a dialogue with Ukraine and Russia with their consent.

As mentioned earlier, mediators have to acknowledge the security concerns of the two warring nations and try to find their redressal in a mutual peace agreement that neighbours with different governance models could adhere to.

An immediate ceasefire pending a negotiated settlement would be necessary and supply of armament and ammunition to Ukraine from outside would have to be halted.

Restoration of democratic government in Ukraine based on 'one man one vote' and equal rights for all citizens regardless of language, community and region is extremely important.

Ukraine must declare that it is not seeking NATO membership. Lifting of sanctions against Russia may be considered consequent on a withdrawal of Russian troops from Ukraine to their side of the border.

An effective peace pact between Russia and Ukraine governing their future relationship should be the final outcome of the mediation.

The US would do well not to create a geopolitical situation where Russia and China would jointly deal with the West and accelerate the reemergence of Cold War between two matching powers.

This will, among other things, impede the processes of international economic cooperation already set in motion. The virtual summit between Putin and Xi Jinping on December 30 reaffirmed that Russia-China strategic friendship is deepening further and blamed those who were, according to them, instigating the Cold War mentality.

The meeting acquires special significance in the backdrop of the ongoing Russia-Ukraine military conflict. The polarisation between the US-led West and China-Russia combine will no more be totally 'ideological', considering the 'Sinicization of Marxism' initiated by Xi Jinping and the emphasis placed on Russian national pride by Putin, and this would minimise the possibility of internal differences cropping up among them over claims on Marxist-Leninist thought.

The two countries shared a system of dictatorship that opposed the US - and this in fact would act as the more important binding element for them.

As far as India is concerned, Indo-Russia friendship is one reason why China at least pretends that it wants to maintain good relations with India.

India has to watch out against China continuing to practice its 'two steps forward one step backward' policy in spite of such pretences.

In the final analysis, the US and Europe should work to return to democracy in all countries that were once a part of the USSR. This will be a useful long-term strategy for the US to maintain its geopolitical hold and global acceptability. Enlargement of the democratic order can be an effective counter to Chinese expansionism and Russia's possible strategic aim of bringing back the former USSR territories under its influence.

This provides an additional non-military route for the US for maintaining its supremacy as the leader of the democratic world.

Prime Minister Modi's mandate that 'this is not an era of war' in fact strengthens Biden's hands. India must continue to press for a peace negotiation between Russia and Ukraine without any preconditions being set by either side.

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CHIEF EDITOR & CEO  
yudhvir@southasiandaily.com  
647-272-8182

**GURPREET SINGH LOONA**  
CONTENT EDITOR

**DR. PUSHPINDER BRAR**  
CONTRIBUTING WRITER

**SIA LAKHANPAL**  
**REBECCA TANDON**  
**POOJA LUTHRA**  
REPORTERS

**SUNIL VERMA**  
GRAPHICS DEPARTMENT

**IMRAN MAHMOUD**  
PHOTOGRAPHERS

**BASHIR NASIR**  
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## PM TRUDEAU COMMENTS ON THE REPORT OF THE PUBLIC ORDER EMERGENCY COMMISSION

CONTD. FROM PAGE 1

"The report of the Public Order Emergency Commission states that the very high threshold to invoke the Emergencies Act was met. The Commissioner found that what we experienced last year was a national emergency that threatened the security of Canadians. Our job as a government is always to keep people safe, and invoking the Emergencies Act was the necessary thing to do to protect people.

"In our country, everyone has a right to protest peacefully - that's a fundamental right that our government will always defend. In Ottawa, people are used to political activity and protests on Parliament Hill, but as the Commissioner said, 'Lawful protests descended into lawlessness culminating in a national emergency.' Streets were blockaded in our capital for weeks, causing serious harm to families and small businesses. At the borders in many places across the country, the blockades were damaging our economy and endangering public safety. For example, the blockade at the Ambassador Bridge between Windsor, Ontario, and Detroit, Michigan, hurt trade with the United States, thousands of peoples' jobs, and critical supply chains. And at Coutts, Alberta, guns were found at the blockade. There was a real risk that people promoting ideologically motivated violent extremism could act out, or that they could inspire lone wolves to act out against their fellow citizens.

"The situation was volatile and out of control, and the federal government needed to step in to uphold the rule of law and protect people and our

economy. We did not want to have to invoke the Emergencies Act - it is a measure of last resort. But there were real risks to personal safety, to livelihoods, and equally, the risk of losing faith in the rule of law that upholds our society and our freedoms. Responsible leadership required us to restore peace and order. The Emergencies Act provided us with more tools to safely bring the illegal blockades and occupations to an end.

"The report provides an objective account of what happened last year, and recommendations to prevent this type of situation from ever arising again. We can all agree that it should never have come to this. And we should all agree that there are lessons here for everyone involved: law enforcement agencies, all orders of government, and elected officials. Within the next year, our government will issue a comprehensive, public response to the Commissioner's recommendations.

"There's a reason why Canada is one of the most successful democracies in the world: we work at it. We recognize that democracy is the responsibility of all of us together.

"Canadians have been through a lot over the past few years. Many have been stressed, faced real financial challenges, and lost loved ones. We need to pull together and focus on what lies ahead. As Canadians, let's continue to be there for one another, let's listen to and respect each other - even if we don't agree - and let's continue to build a better future for everyone."

### PM TRUDEAU COMMENTS ON THE REPORT OF THE PUBLIC ORDER EMERGENCY COMMISSION

The Prime Minister, Justin Trudeau, today issued the following statement on the report of the Public Order Emergency Commission: "When we invoked the Emergencies Act, we were clear that it included the launch of a public inquiry to look at how and why we got there, and ensure transparency and accountability.

"Today, I welcome the report from the Honourable Paul S. Rouleau, Commissioner of the Public Order Emergency Commission, and I thank the Commission for its important, thoughtful work.

"The report of the Public Order Emergency Commission states that the very high threshold to invoke the Emergencies Act was met. The Commissioner found that what we experienced last year was a national emergency that threatened the security of Canadians. Our job as a government is always to keep people safe, and invoking the Emergencies Act was the necessary thing to do to protect people.

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### RAM MANDIR IN CANADA DEFACED, INDIAN CONSULATE GENERAL DEMANDS PROMPT ACTION

CONTD. FROM PAGE 1

Brampton Mayor, Patrick Brown, called it a potential hate crime and said that this type of hate has no place in Peel Region.

"I am saddened to hear of the hate motivated vandalism at the Ram Mandir Temple in Mississauga. Unknown suspects spray painted the walls on the back of the temple. This type of hate has no place in Peel Region." "The @PeelPolice & @ChiefNish are taking this potential hate crime very seriously. 12 Division has carriage of the investigation & they will find those responsible. Religious freedom is a Charter right in Canada & we will do everything we can to make sure everyone is safe in their place of worship", he tweeted. Recently, a similar incident had occurred in the Gauri Shankar Mandir, in the Greater Toronto Area (GTA), which was defaced with anti-India graffiti during the end of last month.

### CANADA'S INFLATION DROP TO 5.9 PERCENT

CONTD. FROM PAGE 1

**Consumers pay more at the pump in January compared with December**

Gasoline prices contributed the most to the month-over-month increase in the all-items CPI, rising 4.7% in January. The price increase was related to refinery closures in the southwestern United States following winter storm Elliot. On a year-over-year basis, prices for gasoline rose 2.9% in January, decelerating slightly from a 3.0% increase in December.

**Consumers pay less for cellular services**

Cellular service prices fell 7.9% on a year-over-year basis in January, following a 2.5% increase in December. Some Boxing Day sales remained available into January, leading to a decline when compared with the same month a year earlier.

**Year-over-year passenger vehicle prices increase at a slower rate**

Year over year, consumers paid 6.2% more for passenger vehicles in January following a 7.2% increase in December. This slowdown in price growth is partly attributable to a base-year effect, caused by a 0.9% month-over-month increase in January 2022

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## LOCAL PARTNERSHIP EXPANDS ACCESS TO HIGH QUALITY IN HOME CARE

**MISSISSAUGA, ONTARIO**— Trillium Health Partners (THP) and CANES Community Care are pleased to be collaborating to deliver a new community-based program to support patients transitioning from hospital to home sooner. Called THP@home, the new program offers time-limited support that allows patients complete their recovery at home, or wait safely at home for longer-term community-based services, such as ongoing home care or admission to long-term care.

THP@home is a partnership with THP and CANES Community Care that allows patients who no longer require hospital care to return home sooner with the support of community care providers. With dedicated Care Navigator support to oversee each patient's transition plan and recovery after discharge from the hospital, THP@home offers a variety of supports based on unique patient needs. This includes connections with community support services such as transportation or meal delivery, coordinating with the patient's family physician or helping them get connected to a physician if they don't have one, and setting up safe and appropriate in-home care.

THP@home offers a system of care that helps patients feel confident they can go home safely from the hospital, supported by a home and community care system that's there when they need it. THP@home offers a combination of direct care services based on the assessed requirements for each patient, which might include a personal support worker (PSW), clinical nursing care, and rehabilitation supports such as physiotherapy and occupational therapy. The THP@home Care Navigator remains connected to and involved with patients after they leave the hospital, checking in and adjusting the care plan and services as needed. "THP continues to work with partners to find locally-driven solutions to meet the care needs of the community we serve," said Stephanie Joyce, Senior Vice President, Patient Care Services and Health System Integration. "The hospital is a place to get medically stable; home is

where you get better and truly recover. THP@home is another way for us to provide people with the care they need to get home from the hospital sooner—which is what our patients tell us they want—and helps ensure hospital beds are available for the sickest patients who need them most" "CANES Community Care is pleased to partner with Trillium Health Partners to launch the new THP@home program. We believe this much needed service in the community will support patients as they transition home from the hospital and will reduce their recovery time in the comfort of their own home," noted Gord Gunning, CEO, CANES Community Care. "We expect that with the appropriate community supports and in-home care that hospital readmissions will be reduced." Brampton resident Mrs. G was the first patient to complete the THP@home program in December 2022. When she came to the Credit Valley Hospital Emergency Department, Mrs. G was living at home, but due to back pain, her independence, her mobility, and her ability to care for herself was compromised.

"When I heard about this program it just made my day. I didn't want to stay in the hospital and I want to be in my home", said Mrs. G. Following assessment by the hospital and coordination with the THP@home Care Navigator, Mrs. G was identified as an ideal candidate for the program. Daily PSW visits, in-home physiotherapy, nursing care and equipment rental were quickly put in place, and Mrs. G was able to avoid a longer stay in the hospital.

THP@home Care Navigators meet with patients that would benefit from the program while they are still in hospital to fully explain the program and what to expect when returning home. Not everyone is an eligible candidate for THP@home. THP@home works closely with many partners, including Home and Community Care Support Services. If you are not admitted to the hospital and you or a loved one require home care, please speak with your family physician or other primary care provider for a referral or contact Home and Community Care Support Services directly at 310-2222.

## PEEL POLICE MAKE ARRESTS IN A SERIES OF 14 ARMED PHARMACY ROBBERIES

**REGION OF PEEL** - Peel Regional Police have charged two young persons in connection to a series of fourteen armed pharmacy robberies throughout the Region of Peel.

It is alleged that between December 2022 and January 2023, the suspects committed fourteen armed robberies in Peel Region, with six occurring in Brampton and eight in Mississauga. On Tuesday, January 24, 2023, the suspects were arrested and charged in Toronto following an investigation known as Project Mayhem. On Monday, February 6, 2023, and Tuesday, February 21, 2023, both suspects were brought to the Region of Peel to appear in the Ontario Court of Justice in Brampton to answer to additional charges.

A 14-year-old male youth and a 15-year-old male youth from Toronto are charged with 84 criminal charges, including Robbery, Wearing a Disguise, and Breaching a Court Order. Both youths were on a form of conditional release for previous alleged robbery-related offences. This is an ongoing investigation, and investigators anticipate they may lay further charges.

A general provision of the Youth Criminal Justice Act (Y.C.J.A.) prohibits the release of the name of a Young Person, and, therefore, the identity of the Young Persons charged in this investigation is protected.

Anyone with information regarding this incident is asked to contact investigators with the Central Robbery Bureau at (905)453-2121 ext. 3410. Information may also be left anonymously by calling Peel Crime Stoppers at 1-800-222-TIPS (8477), or by visiting peelcrimestoppers.ca.

## INDO-CANADIAN MAN PLEADS GUILTY TO SMUGGLING MIGRANTS INTO US

**TORONTO, (IANS)** Indo-Canadian Rajinder Pal Singh, who admitted to receiving more than \$500,000, for coordinating a human smuggling ring moving migrants into the US via Canada, has pleaded guilty to the charges, the media reported.

Singh was arrested in Washington in May last year.

According to CBC News, during a plea agreement hearing in the US District Court, Western District of Washington at Seattle, Singh pleaded guilty to "conspiracy to transport and harbour certain aliens for profit and conspiracy to commit money laundering".

His sentencing is scheduled for May 9. In October last year, The Fifth Estate reported that Singh had become a "person of interest" in the Manitoba RCMP investigation into the tragic freezing death of the Patel family on the Canada-US border in January 2022. On January 19, 2022, the bodies of three-year-old Dharmik Patel; his 11-year-old sister, Vihangi Patel; their mother, 37-year-old Vaishali Patel; and their father, 39-year-old Jagdish Patel; were found in a snow-covered field east of Emerson, about 100 km south of Winnipeg. The US investigators had surveillance of Singh discussing possibly moving migrants through Manitoba, according to The Fifth Estate. "The wiretapped conversations took place in January 2022, around the same time the Patel family was being moved from the Greater Toronto Area to the remote border area south of Winnipeg," said the report. "Singh played a key role in the non-citizens smuggling conspiracy" and "prior to the unlawful entry of the non-citizens into the US, he would coordinate with members of the conspiracy who housed the non-citizens in British Columbia," read the plea agreement.



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(905) 415-6868

### MISSISSAUGA / DIXIE PARK

1550 SOUTH GATEWAY, UNIT 113,  
MISSISSAUGA (SOUTH OF EGLINTON / EAST OF DIXIE)

(905) 238-3198



## MASKED BANDIT BEING A NUISANCE IN YOUR NEIGHBOURHOOD? LEARN HOW TO SAFELY MANAGE RACCOONS ON YOUR PROPERTY

Raccoons are found everywhere in Mississauga and have adapted to urban living. They are intelligent, curious and clever animals who play an important role in our ecosystem. They help with the population control of insects and other small rodents, disperse seeds for plants and they are nature's clean-up crew - eating remains of dead animals.

These nocturnal, fuzzy animals sport a black mask that covers their eyes, grey-brown fur, a pointed snout with a black nose and a ringed bushy tail. They can weigh between 14 to 23 lbs. While most animals use sight, sound or smell to look for food, raccoons rely primarily on touching. Raccoons are very good with their paws, which contain sensitive sensory receptors. They can differentiate between objects by touching things without seeing them at night.

In the winter, raccoons don't hibernate. They mostly sleep in their den, waking up to rummage for food. If you see a raccoon in your yard during the day, it's normal. Raccoons can be active throughout the day, especially during certain times of the year.

Raccoon mating season generally falls between January and June. Females have a 65-day gestation period and usually give birth in the spring to around five kits. The kits stay in the den until they are eight to 10 weeks old, and will stay by their mother's side for more than a year. Mother raccoons are the only caregiver for the kits, raising them alone. Often, mother raccoons venture out of the dens to scavenge for food for themselves. It is not unusual for babies to be left unsupervised and alone. Mississauga Animal Services recommends leaving baby wildlife alone. If after 24-hours the mother does not return, Mississauga Animal Services can be contacted.

Raccoons are omnivores. They will eat just about anything, including insects, rodents, amphibians and dead animals. They are also known for sifting through garbage bins and looking for tasty treats. Ensuring proper garbage disposal, rinsing recycling and securing bins can prevent them from sifting through the garbage.

They are usually found in forested areas but make homes in neighbourhoods, on properties that have sheds and under decks. It is not unusual to see a raccoon during the day, to see them scavenging in neighbourhoods or at night when there is very little human activity.

Raccoons do have known predators like owls, hawks, foxes and coyotes. However, most of the time, it is a disease, infection or getting hit by a vehicle that put them at risk of getting hurt, injured or dying.

Annually, Mississauga Animal Services receives hundreds of calls about raccoons on private and public property. Last year, more than 644 inquiries were received about raccoons. Animal Services can respond to and investigate any inquiries involving sick, injured, distressed or deceased animals. They can't help if an animal has decided to call your property home or if they are being a nuisance on your property. It is recommended to contact a licensed and reputable wildlife removal company if you have concerns about nuisance wild animals.

Signs that a raccoon is possibly sick are lethargic behaviour, discharge in the eyes and them moving slowly, stumbling or wandering aimlessly. Signs that a raccoon is injured include blood, exposure of bone, limping or lethargic behaviour.

Raccoons are always looking for food, shelter and water. They can be hard to get rid of, especially if they find a comfortable, warm and inviting place to build a den.

Raccoons aren't the best roommates. They can cause a lot of damage and frustration to homeowners - often getting into garbage bins and leaving behind a big mess, destroying vegetable and herb gardens, digging up lawns in search of grubs, and in some cases, ripping up property to find shelter (e.g. roof and exhaust vents, plumbing, eaves troughs, soffits, chimneys, siding, sheds, porches and decks).

If you see a raccoon on your property or find one lurking around your home:

- \* Avoid physical contact
- \* Don't approach, disturb, scare or threaten a raccoon
- \* Avoid feeding or petting
- \* Don't intentionally try to hurt it
- \* Call a licenced and reputable wildlife removal company that

can safely capture it and relocate it within one kilometre

- \* Keep pets indoors
- \* If the raccoon looks sick, distressed or injured - call Mississauga Animal Services at 905-896-5858 immediately
- \* Ensure you vaccinate your pets against rabies and distemper
- \* If you are bitten or scratched:
  - \* Wash the wound immediately with soap and water and apply antiseptic
  - \* Seek medical attention from a healthcare provider or local hospital as a rabies vaccine may need to be administered
  - \* Call the Region of Peel (Peel Public Health) to report the incident

Make your property inhospitable for raccoons

Lighting and sounds

The first step is learning where the raccoon spends most of its time. Raccoons are nocturnal, so they prefer dark and quiet places. If a raccoon spends a lot of time in your yard, add bright lighting (e.g. floodlights or motion-activated lights) and sounds like a talk radio on an outdoor speaker. Check your garbage

Put out green bins, recycling and garbage bins or bags on the morning they are picked up. This will help ensure that raccoons can't get into them or won't try to tip them over. Raccoons are very savvy creatures and have learned over time how to open up garbage and green bins to access food scrapes. It's best to avoid putting them out the night before. Ensure garbage bins are fitted with tight and secure lids. Where possible, store garbage and waste bins in an enclosed space like your garage or shed. Secure the point of entry

In some cases, if a raccoon has moved into your home or is living on your property, it is important to ensure they can't return to their den once they have been removed.

For many raccoons, building a den is an investment - a lot of time and effort is spent choosing a location safe from predators and close to food and water. They also have food stored in their dens - so keeping them out is crucial. Hiring a wildlife control company can be helpful as they can secure entry points to prevent wildlife from accessing your home.

Remove food sources

Remove any food sources that make an easy meal like pet food or bird feeders. This way, raccoons won't have a consistent food source to rely on. Constant feeding, even if done unintentionally, can change their normal behaviours. While raccoons aren't usually a threat to people, they can become a nuisance or act boldly when people interfere by feeding them. The City asks all residents not to feed wildlife, especially raccoons. This creates a long-term problem for both the wildlife and Mississauga neighbourhoods. If a resident is caught feeding wildlife or intentionally leaving out food for animals, they could face fines from \$300 to \$100,000. Trapping raccoons

In Ontario, it is also illegal to trap and relocate an animal more than one kilometre from where it was captured. In addition, trapping wildlife can leave young raccoons orphaned, injured or spread diseases such as rabies.

Using body-gripping traps is illegal and poses a significant risk to public safety. Implementing traps in any urban environment will pose a more significant danger to the public than the raccoons themselves.

Rabies and other illnesses

While raccoons look cute, they can get aggressive and carry a variety of diseases like rabies and distemper. Raccoons, bats, foxes, coyotes and skunks are rabies vectors and can contract the disease.

If you see a raccoon that looks sick, disoriented or aggressive, it could be infected with canine distemper, raccoon roundworm, trichinosis, feline parvovirus or rabies.

While the risk of humans and pets contracting rabies is low, the disease can be fatal if left untreated. Residents are reminded to protect themselves and their pets from exposure and contact with all wild animals, including raccoons.

Rabies treatment is most effective when exposure first happens. The rabies vaccine must be administered before any symptoms appear.

If you see a raccoon that is sick, injured or in distress, contact Mississauga Animal Services at 905-896-5858.

## BRAMPTON'S PROPOSED 2023 BUDGET BUILDS A FOUNDATION FOR THE FUTURE

**BRAMPTON, ON** - The City of Brampton's draft 2023 Budget is now available for input, ideas and feedback.

The proposed budget highlights many key city building projects and community safety and wellbeing priorities, all while keeping the tax rate increase below inflation levels, at a proposed 2.9 per cent on the city portion of the tax bill. The budget includes a record \$134 million contribution to reserves, while building on and continuing the support for historic healthcare investments, including a second hospital and a new cancer care centre.

To deliver existing City programs and services, keep infrastructure at sustainable levels and prepare for future growth, the City's proposal to the Budget Committee is a 2.9 per cent property tax increase for City services. If approved, the 2023 property tax bill will show a 2.9 per cent property tax increase for City services, 2.8 per cent for Region of Peel services and 0 per cent for School Boards for a total of 5.7 per cent. The total property tax increase would be \$321 on the average household residential property in Brampton.

Each year, the City of Brampton's annual budget identifies priorities, goals and initiatives that ensure that the City is investing in the priorities that matter to residents. A recent tele town hall saw residents indicate that healthcare, low taxes, community safety, and recreation were key priorities for their tax dollars.

### Key highlights in the proposed 2023 Budget

Community Infrastructure

- \* \$492 million investment in Capital projects
- \* \$21 million over three years toward downtown revitalization
- Healthcare
  - \* Continuation of the hospital levy to support the construction of a second hospital for Brampton and a new cancer care centre
  - Transit
    - \* \$210M towards the electrification of Brampton's new third transit facility as well as the electrification retrofit of Brampton's existing Sandalwood transit facility
    - \* \$15.4 million for Züm service expansion along the Chinguacousy Road corridor

Community Safety & Emergency Services

- \* Over \$650,000 to deliver the Community Safety Action Plan
- \* \$8 million toward new fire equipment and vehicles
- \* 24 new full-time firefighters

Sport & Recreation Investments

- \* \$24 million to redevelop the Howden Recreation Centre, including the construction of a new sports field
- \* \$9 million to develop cricket, soccer, tennis fields and buildings at Gore Meadows

The proposed 2023 City of Brampton Budget documents can be found here.

### Have your say on the 2023 Budget

Members of the public are invited to continue to engage throughout the budget process as the city hosts a series of telephone town halls, ward-specific coffee chats and a business roundtable.

Those partaking will have the opportunity to share their thoughts on community priorities, ask questions of City staff and offer ideas as Mayor and Councillors work through the 2023 Budget.

### Save the dates

- \* Ward Coffee Chats - February 21, 22, 23, 24, and March 2, 2023
- \* Virtual Business Roundtable - February 23, 2023 at 8 am
- \* Telephone Town Hall #2 - February 25, 2023 at 12 pm

Further details are available at [www.brampton.ca/budget](http://www.brampton.ca/budget) and on the City of Brampton's Twitter, Facebook and Instagram.

### Budget 2023 timeline

Deliberations will begin on February 27, 2023, with budget approval planned for March 9, 2023.

For more information on the City of Brampton's 2023 Budget, visit [www.brampton.ca/budget](http://www.brampton.ca/budget).

## MAGNA INTERNATIONAL EXPANDS IN BRAMPTON WITH ADVANCED MANUFACTURING INVESTMENT CREATING 560 NEW JOBS

**BRAMPTON, ON** - Magna International is expanding its already impressive footprint within the City of Brampton.

The company announced today it will be opening a 490,000 sq. ft. facility at 100 Ace Dr., a new, state-of-the-art build by Panattoni Developments.

This investment by Magna, the largest of six investments announced today by the company, will create 560 new advanced manufacturing jobs in Brampton.

The City's Economic Development team has worked tirelessly to offer a concierge service to remove red tape and expedite this investment, promoting it with site selectors and investors on a national and international scale. Magna International will be manufacturing battery trays for electric vehicles at the site, bolstering the city's world-class innovation and advanced manufacturing sectors. This builds on the City of Brampton's ongoing support of our well-established automotive and parts manufacturing sector, including the Stellantis assembly plant, which will begin retooling and modernizing toward the company's electric vehicle future at the end of 2024. This investment further cements the company's strong commitment to growth in the region, adding to the already impressive footprint of seven existing facilities, employing more than 2,000 people in Brampton.

### Quotes:

"There is so much momentum here in Brampton and this is further proof of that. The fact this facility will be focused on the burgeoning electric vehicle market only adds to that momentum and bolsters our City's reputation as a leader in innovation and advanced manufacturing. As Magna makes new investments across Canada, we are excited that they are expanding for the long term here in Brampton by opening an eighth location in our City that will create 560 new manufacturing jobs."

- Patrick Brown, Mayor, City of Brampton

"The City of Brampton's manufacturing sector continues to solidify its position in the electric vehicle revolution by attracting new investment and growing our businesses in the automotive supply chain. With the electrification of the Brampton Stellantis assembly plant and Magna's new facility to build battery component trays for electric vehicles, Brampton is the right place to invest in jobs of the future."

- Gurpartap Singh Toor, Chair, Economic Development; Regional Councillor Wards 9 & 10

## WHY SPAYING OR NEUTERING YOUR PET MATTERS IN THE LONG RUN

Getting a new pet? In addition to getting a pet licence, don't forget to spay or neuter them to give them a healthy start.

Spaying and neutering pets, like cats and dogs, stop them from reproducing or having unwanted offspring. They both involve surgical procedures that remove reproductive organs. While surgical procedures have risks, the overall benefits outweigh the risk.

Animal shelters, like the Mississauga Animal Shelter, are housing strays and unwanted pets like cats, rabbits and dogs. Spaying and neutering reduces unwanted litters and limits the number of pets entering shelters or rescue centres. There has been an overwhelming number of cats, dogs and rabbits to care for at the Mississauga Animal Shelter - many abandoned by their owners who couldn't take care of unwanted litters. Last year, 293 cats, dogs and rabbits were spayed/neutered by the City's partner vet clinics. Twenty-three of the cats spayed/neutered were part of the Trap-Neuter-Return-Management (TNRM) program. The TNRM program manages the feral cat population (unowned domestic outdoors cats that avoid human contact).

Spaying and neutering pets can also reduce behavioural issues associated with the mating instinct:

- \* reducing aggressive behaviours like biting and attacking
- \* lessening the need to mark territory
- \* stopping the need to roam, guard or spray
- \* decreasing excessive barking, yowling, meowing
- \* reducing mounting activity
- \* preventing your pet from giving birth to an unwanted litter
- \* stopping female animals from going into heat
- \* lessening mess to clean up as spaying pets stops them from having their period

In many cases, having your pet spayed and neutered can also lower their chances of reproductive health problems or illness (e.g. uterine infection, tumours, risk of ovarian, uterine, mammary, testicular cancer, pyometra and prostate issues). While spaying or neutering a pet may resolve certain behaviour concerns, it may not always cure them all.



## JAISHANKAR ON OPPOSITION'S CRITICISM ON CHINA: 'THEY HAVE SOME PROBLEM UNDERSTANDING WORDS BEGINNING WITH 'C''

Taking a swipe at Rahul Gandhi who has been targeting the government over China's aggression on the LAC in eastern Ladakh, External Affairs Minister S Jaishankar on Tuesday said that it is not the Congress leader but Prime Minister Narendra Modi who sent the Army to the Line of Actual Control as a countermeasure to troop deployment by China. In an interview with ANI's special podcast, Jaishankar said the Modi government had increased the budget by five times to ramp up border infrastructure. In an interview with ANI's special podcast, Jaishankar said the Modi government had increased the budget by five times to ramp up border infrastructure. "If I would have to sum up this China thing, please do not buy this narrative that somewhere the government is on the defensive...somewhere we are being accommodative. I ask people if we were being accommodative who sent the Indian Army to the LAC (Line of Actual Control). Rahul Gandhi did not send them. Narendra Modi sent them. We have today the largest peacetime deployment in our history on the China border." "We are keeping troops there at a huge cost with great effort. We have increased our infrastructure spending on the border five times in this government. Now tell me who is the defensive and

accommodative person? Who is actually telling the truth? Who is depicting things accurately? Who is playing footsie with history?," added Jaishankar. When asked about Rahul Gandhi's opinion that he doesn't know foreign policy, Jaishankar quipped, "If he has superior knowledge, wisdom, I am always willing to listen." "They must have some problem understanding words beginning with 'C'. It's not true. I think they are deliberately misrepresenting the situation...This govt is serious about border infra," Jaishankar to ANI on Congress saying neither PM nor EAM mentions the word China. Noting that he belongs to a family of bureaucrats and that the political opportunity as a union minister came as a bolt from the blue in 2019, External Affairs Minister S Jaishankar on Tuesday said that his father Dr K Subrahmanyam was removed as Secretary, Defence Production, by former Prime Minister Indira Gandhi soon after she came back to power in 1980 and he was superseded during the Rajiv Gandhi period with someone junior to him becoming the Cabinet Secretary. "My father was a bureaucrat who had become a secretary but he was removed from his secretaryship. In 1980, when Indira Gandhi was re-elected he was the first secretary she removed...He saw his career in bureaucracy stalled. He was superseded in Rajiv Gandhi period," Jaishankar said.

## AUSTRALIAN PM'S INDIA VISIT NEXT MONTH, LIKELY TO WATCH IND VS AUS 4TH TEST WITH PM MODI IN AHMEDABAD



Australian Prime Minister Anthony Albanese is set to make his maiden trip to India in March to further advance bilateral relations with India. He is also expected to visit Ahmedabad with PM Modi to witness the 4th test match between India and Australia.

Albanese who will be on his maiden trip to India will hold discussions on a range of issues including trade, investment and critical minerals with PM Modi. People familiar with Australian PM Albanese's itinerary said that he is expected to arrive in India on March 8 and he and PM Modi are likely to travel to Ahmedabad to witness the fourth cricket Test match

between India and Australia. India and Australia fourth test match will begin on March 9 in Ahmedabad.

Last week, External Affairs Minister S Jaishankar had visited Australia to set the ground for his visit to India.

Albanese also tweeted about meeting Jaishankar in Australia.

"It was wonderful to meet with @DrSJaishankar his morning ahead of my trip to India next month. We discussed our strategic partnership, economic opportunities and the people-to-people ties that enrich our nations," he tweeted.

## 'FORGET MUSLIMS.. CENTRE IS MAKING BJP RASHTRA IN JAMMU-KASHMIR': ALLEGES PDP CHIEF MEHBOOBA MUFTI

PDP president Mehbooba Mufti again hit the Centre for not appointing the top officials from the indigenous Dogra community and asserted that the incumbent government was willing to make "BJP rashtra". While addressing a conference in Jammu on Saturday, PDP Chief alleged that the Bhartiya Janata Party-led government did not want to make the valley a Muslim-majority authority but wanted to instil the concept of "BJP rashtra". "Those who are living in an illusion that the BJP is making the lives of Muslims miserable are not the reality. But they (BJP) are intentionally ignoring the indigenous Dogra community. They are only willing to make "BJP rastra", she said. During the conference, Mufti raises grave questions about the appointment of lieutenant governor and other top positions in the valley. "Jammu's demography has changed. Where are the Dogras? Why isn't our Governor (LG) from the Dogra community? Why aren't those at important posts like DG and SP from the Dogra community?" she asked. "The one who stays with them is fine, but the one who does not stay with them, they will make his condition worse than Muslims. Those who think this is their community, it is not theirs but it is Godse's community. This is the community which did not take any part in the freedom struggle," she added.



## ARMY'S FIELD HOSPITAL TREATS OVER 3,600 QUAKE-HIT PEOPLE OF TURKEY

The Army's 60 Para Field Hospital, which was sent to Turkey's Hatay province to help the earthquake-affected people, has treated over 3,600 survivors during their fortnight-long stay there.

The 99-member team of the Agra-based Army unit, which was sent to Turkey within hours after the announcement of disaster relief response, returned to India on Monday along with the last NDRF team. The Army team and 151-member NDRF team along with dog squads were deployed in Turkey under 'Operation Dost' for rescue and medical operations.

The defence ministry, in a statement issued on Monday, said the Indian Army Field Hospital has treated 3,604 persons, provided emergency medical care and performed four major surgeries, 63 minor surgeries, 343 minor procedures, including 87 Plaster of Paris applications for treating fractures. According to the Defence Ministry, the medical team, which included various specialist medical officers and paramedics, set up their hospital at Iskenderun, Hatay Province, on February 8 and this included a fully-functional Trauma Care Centre.

"The team included medical specialists, surgical specialists, anaesthetists, orthopaedics, maxillofacial surgeons and community medicine specialists for rendering medical assistance to the earthquake survivors," the defence ministry said, adding that a lady medical officer was also sent to attend to female patients.

It added that the Army's Field Hospital provided dental treatment to 242 patients and carried out 283 precautionary X-rays on trauma victims. It said that 14 patients were admitted and 97 patients were treated in the hospital, adding that 1,159 lab investigations were carried out.



## AAP'S SHELLY OBEROI ELECTED DELHI'S NEW MAYOR, AALEY MOHAMMAD IQBAL AS DEPUTY



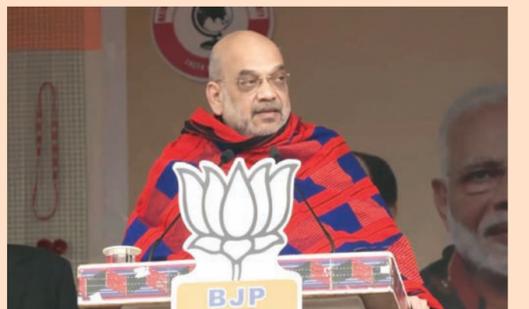
After much delay since the high-stakes civic polls in Delhi, the voting procedure completed for the election of a new mayor today (February 22) following a Supreme Court order. Aam Aadmi Party (AAP) candidate Dr Shelly Oberoi and Aaley Mohammad Iqbal have been elected as the new mayor and deputy mayor of Delhi. Earlier, the municipal house began at around 11:30 am on Wednesday during which the election to the posts of mayor, deputy mayor and six members of the standing committee began. The exercise to hold elections to the top post is being carried out after three failed attempts. Last week, Delhi Lt Governor VK Saxena gave his nod to convene the municipal House for holding the mayoral election following the apex court order. The top court on February 17 (Friday) ordered the issuance of a notice within 24 hours for convening the first meeting of the Municipal Corporation of Delhi (MCD) to fix the date of elections for the mayor, the deputy mayor and the members of the standing committee of the civic body. The electoral college for the election of mayor comprises the 250 elected councillors, seven Lok Sabha and three Rajya Sabha MPs from Delhi and 14 MLAs. The Delhi Assembly Speaker has nominated 13 AAP and one BJP member to the House. The total number of votes in the mayoral polls are 274. The numbers game favours the AAP, which has 150 votes against the BJP's 113.

## MY SPEECH IS NOT VISIBLE IN MEDIA UNLIKE PM MODI'S: RAHUL GANDHI IN SHILLONG



Congress leader Rahul Gandhi on Wednesday addressed his maiden election rally in poll-bound Meghalaya. The former Congress president's rally will be held at Malki Ground in Shillong. "My speech is not visible in the media as the media is controlled by 2-3 big industrialists who have links with PM Modi. We can't even express ourselves in the media anymore," Congress MP Rahul Gandhi said "You also know the history of TMC, you know the violence that takes place in Bengal...You're aware of their tradition, they came to Goa & spend huge amount of money as their idea was to help BJP. TMC's idea in Meghalaya is to ensure that BJP comes to power," Rahul Gandhi said. "I asked PM about his relationship with Adani. I also showed a picture in which Mr. Adani & PM are sitting in Adani's aircraft and PM Modi is relaxing as if it is his own house. PM Modi did not answer a single question regarding it," added, "He asked me a question and said why is my name Gandhi and not Nehru? I gave the speech in Parliament and then you notice that PM Modi is all over the television when he gives his speech but my speech is nowhere to be seen."

## AMIT SHAH IN NAGALAND: 'HOPEFUL AFSPA WILL BE REMOVED IN NEXT 3-4 YEARS'



Union Home Minister Amit Shah Tuesday said that he is hopeful that the controversial Armed Forces (Special Powers) Act (AFSPA) will be removed across Nagaland in the next three-four years. Shah was speaking at an election rally in Tuensang, a town in the northeastern part of Nagaland. He said that there are some issues related to the development and rights of eastern Nagaland and they will be addressed after the polls. Shah added that Naga peace talks are underway, adding that he hoped that the initiative taken by Prime Minister Narendra Modi to bring lasting peace to the northeastern state will bear fruit.

The Home Minister also claimed that there has been a 70 per cent dip in violent incidents, a 60 per cent reduction in deaths of security forces, and an 83 per cent dip in civilian deaths in the northeast region under the BJP rule.

In April 2022, Shah announced the withdrawal of AFSPA from several districts across Assam, Nagaland and Manipur. He said the move is the "result of the improved security situation and fast-tracked development due to the consistent efforts and several agreements to end insurgency and bring lasting peace in Northeast" by the Government. The state is set to go to polls on February 27. Counting of votes will be held on March 2.



## JOE BIDEN IN POLAND: US, ALLIES 'WILL NEVER WAVER' IN UKRAINE

President Joe Biden warned of "hard and bitter days ahead" as Russia's invasion of Ukraine nears the one-year mark, but vowed that no matter what, the United States and allies "will not waver" in supporting the Ukrainians. A day after his surprise visit to Kyiv, Biden used a strongly worded address in neighboring Poland to praise allies in Europe for stepping up over the past year and to send a clear message to Russian President Vladimir Putin that "NATO will not be divided, and we will not tire." "One year ago, the world was bracing for the fall of Kyiv," Biden said before a crowd of thousands outside Warsaw's Royal Castle. "I can report: Kyiv stands strong. Kyiv stands proud. It stands tall and, most important, it stands free." With Russia and Ukraine each preparing spring offensives, Biden insisted there will be no backing down from what he's portrayed as a global struggle between democracy and autocracy — though polling suggests American support for ongoing military assistance appears to be softening.

"Democracies of the world will stand guard over freedom today, tomorrow and forever," Biden declared. The US and allies will "have Ukraine's back." Biden's speech came a day after his unannounced trip to Kyiv, where he met with Ukrainian President Volodymyr Zelenskyy and walked the city streets as an air raid siren blared.

Last year, weeks after Russian forces began their attacks on Ukraine, Biden delivered a harsh condemnation of Putin from the gardens of the castle. Speaking Tuesday to a crowd that included Polish citizens and Ukrainian refugees — and millions more following in Ukraine, Russia and around the world — he made his case that Putin's war has been a

failure. "When President Putin ordered his tanks to roll into Ukraine, he thought we would roll over. He was wrong," Biden said.

The president also declared "the democracies of the world have grown stronger" while the world's autocrats — including Putin — have become weaker. "Autocrats only understand one word — no, no, no," Biden said. "No, you will not take my country. No, you will not take my freedom. No, you will not take my future." Biden was using the trip to prepare allies for an ever-more-complicated stage of the war and to reassure allies in the region that the US was committed for the long haul. He met Tuesday with Moldovan President Maia Sandu — who last week claimed Moscow was behind a plot to overthrow her country's government using external saboteurs — and with his host Polish President Andrzej Duda.

"We have to have security in Europe," Biden said at the presidential palace. "It's that basic, that simple, that consequential." He described NATO as "maybe the most consequential alliance in history," and he said it's "stronger than it's ever been" despite the Russian leader's hopes that it would fracture over the war in Ukraine. Duda praised the American president's visit to Kyiv as "spectacular," saying it "boosted morale of Ukraine's defenders." He said the trip was "a sign that the free world, and its biggest leader, the president of the United States, stands by them." On Wednesday, Biden will meet again with Duda along with other leaders of the Bucharest Nine, the easternmost members of the NATO military alliance. Ukraine is not a member. While Biden was in Poland, Putin announced that Moscow would suspend its participation in the last remaining nuclear arms control pact with the United States.

## MARKING ONE YEAR OF UKRAINE WAR, PUTIN EXITS NUCLEAR DEAL WITH US



President Vladimir Putin on Tuesday delivered a nuclear warning to the West over Ukraine, suspending a bilateral nuclear arms control treaty, announcing new strategic systems had been put on combat duty and warning that Moscow could resume nuclear tests. Speaking nearly a year to the day since ordering an invasion that has triggered the biggest confrontation with the West since the depths of the Cold War, Putin said Russia would achieve its war aims and accused the West of trying to destroy Russia.

Cautioning the United States that it was stoking the war into a global conflict, Putin said that Russia was suspending participation in the New START Treaty, the last major arms control treaty between Moscow and Washington.

It limits the number of nuclear warheads the world's two biggest nuclear powers can deploy and is due to expire in 2026.

"I am forced to announce today that Russia is suspending its participation in the Strategic Arms Reduction Treaty," Putin told his country's political and military elite.

## CHINA SAYS 'CERTAIN COUNTRIES' MUST STOP SAYING 'TODAY UKRAINE, TOMORROW TAIWAN'



China is "deeply worried" about the escalation of the Ukraine conflict and the possibility of the situation spiralling out of control, China's foreign minister Qin Gang said on Tuesday.

Beijing, which last year struck a "no limits" partnership with Moscow, has refrained from condemning Russia's invasion of Ukraine. The United States has warned of consequences if China provides military support to Russia, which Beijing says it is not doing. "We urge certain countries to immediately stop fuelling the fire," Qin said during a speech, adding that these nations must also "stop hyping up 'today Ukraine, tomorrow Taiwan'". "We stand firmly against any form of hegemony, against any foreign interference in China's affairs," he said.

Also on Tuesday, China released a paper on the Global Security Initiative (GSI), President Xi Jinping's flagship security proposal which aims to uphold the principle of "indivisible security", a concept also endorsed by Russia. On Monday, China's top diplomat Wang Yi called for a negotiated settlement to the Ukraine war during a stopover in Hungary ahead of a visit to Moscow.

Beijing has refrained from condemning Moscow's operation against Ukraine or calling it an "invasion" in line with the Kremlin, which describes the war as a "special military operation" designed to protect Russia's own security.

US Secretary of State Antony Blinken warned on Saturday that the United States was very concerned China is considering providing "lethal assistance" to Russia, which he told Wang "would have serious consequences in our relationship."

"There are various kinds of lethal assistance that they are at least contemplating providing, to include weapons," Blinken said in an interview with NBC News, adding that Washington would soon release more details. Any Chinese weapons supplies to Russia would risk a potential escalation of the Ukraine war into a confrontation between Russia and China on the one side and Ukraine and the US-led NATO military alliance on the other.

## IRANIAN FOUNDATION OFFERS LAND TO SALMAN RUSHDIE'S ATTACKER



An Iranian foundation has praised the man who attacked novelist Salman Rushdie last year, leaving him severely injured, and said it will reward him with 1,000 square metres of agricultural land, state TV reported on Tuesday through its Telegram channel.

Rushdie, 75, lost an eye and the use of one hand following the assault by a 24-year-old Shi'ite Muslim American from New Jersey on the stage of a literary event held near Lake Erie in western New York in August. "We sincerely thank the brave action of the young American who made Muslims happy by blinding one of Rushdie's eyes and disabling one of his hands," said Mohammad Esmail Zarei, secretary of the Foundation to Implement Imam Khomeini's Fatwas. "Rushdie is now no more than living dead and to honour this brave action, about 1,000 square metres of agricultural land will be donated to the person or any of his legal representatives," Zarei added. The attack came 33 years after Ayatollah Ruhollah Khomeini, then Iran's supreme leader, issued a fatwa, or religious edict, calling on Muslims to assassinate Rushdie a few months after "The Satanic Verses" was published. Some Muslims saw passages in the novel about the Prophet Muhammad as blasphemous. Rushdie, who was born in India to a Muslim Kashmiri family, has lived with a bounty on his head, and spent nine years in hiding under British police protection.

## HOW NORTH KOREA COULD USE PACIFIC OCEAN AS A 'FIRING RANGE' TO PERFECT ITS MISSILES

If North Korea follows through on its threat to turn the Pacific Ocean into a "firing range", it would allow the isolated and nuclear-armed state to make technical advances in addition to signalling its military resolve, analysts said. North Korea launched two short-range ballistic missiles (SRBMs) on Monday, after firing a massive Hwasong-15 intercontinental ballistic missile (ICBM) on Saturday. Like most North Korean tests, those missiles all fell in the Sea of Japan, which is known as the East Sea in both Koreas. But Kim Yo Jong, the powerful sister of leader Kim Jong Un, threatened on Monday to go further, saying North Korea's use of the Pacific as a "firing range" would depend on the behaviour of U.S. forces. "This type of testing would have technical value as well as communicate the credibility of their nuclear deterrent," said Ankit Panda of the U.S.-based Carnegie Endowment for International Peace. So far North Korea has fired three variants of the Hwasong-12 intermediate range ballistic missiles (IRBMs) over Japan and into the



Pacific Ocean. The last such launch, in October 2022, flew a record distance for any North Korean missile. There have been no reports of damage or casualties from launches over Japan, but international organizations have criticized Pyongyang for conducting such tests with no warning to civil aircraft or

ships. North Korea has never launched an ICBM on anything but a lofted trajectory, which sends missiles high into space rather than on the lower and longer flight paths that they would follow in real use. Pyongyang says it does this out of concern for the safety of its neighbours. "This is a concerning

threat and a credible one: North Korea likely seeks to technically validate its longer-range missiles through testing into the Northern Pacific, as it has done with the Hwasong-12 in the past," Panda said. The Hwasong-15 and Hwasong-17 ICBMs are the main candidates for this type of testing, he added.

## CHINA IN QUANDARY AS PAKISTAN FACES DEBT DEFAULT AFTER STEEP FALL IN FOREX RESERVES

Watching warily Pakistan plunging into the worst economic crisis with prospects of defaulting on foreign loans, China which holds Islamabad's largest debt on Monday said it backed measures taken by its "all-weather friend" to tide over the disastrous situation and hoped it will, in the end, pull through. Pakistan's current account deficit shrank 90.2 per cent to USD 0.24 billion in January from USD 2.47 billion in the same month last year, according to the data shared by the State Bank of Pakistan (SBP) on Monday, as import restrictions continue to persist amid a balance of payments crisis that has brought the country on the verge of default. Compared to December's USD 0.29 billion, the deficit decreased by 16.55 per cent, the Dawn newspaper reported on Monday. The deficit was recorded as import restrictions continue to persist amid a balance of payments crisis that has brought the country on the verge of default, it reported. Analysts say Pakistan's economic crisis coming close to that of Sri Lanka's and perhaps followed by deeply indebted African nations is turning out to be a crisis of sorts for China itself as it doled out huge loans criticised by many as predatory in nature with demands to write off could have consequences for Beijing's own slowing down the economy. Cash-strapped Pakistan was optimistic that China will not allow it to go down the Sri Lanka way of declaring complete insolvency. According to the International Monetary Fund (IMF) data, China holds roughly USD 30 billion of Pakistan's USD 126 billion in total external foreign debt. This is thrice its IMF debt (USD 7.8 billion) and exceeds its borrowings from the World Bank and Asian Development Bank combined, according to Dawn's report. In a stunning remark on Sunday, Pakistan's Defence Minister Khawaja Asif said Pakistan has already defaulted. "You may have learned that Pakistan is going bankrupt or that a default or meltdown is taking place. It has already taken place. We are living in a bankrupt country," he said. Asked for its reaction to Asif's remarks, the Chinese Foreign Ministry, in a written response to PTI here, said China sympathises with Pakistan. "As an all-weather strategic cooperative partner and "hard-core" friend, China sympathises with Pakistan's current difficulties and supports Pakistan in taking active measures to deal with it", it said. "China is and will continue to firmly promote China-Pakistan mutually beneficial cooperation and provide all necessary support for Pakistan to achieve stability and sustainable development", it said but did not provide any details.

"We believe that Pakistan will be able to overcome difficulties and achieve stable economic and social development", it said. China is already in quandary about how to extend support to Sri Lanka which has already defaulted on its USD 51 billion external debt which included a 20 per cent loan owed to China. After India, last month issued a letter to the IMF giving required assurances for Sri Lanka to get the USD 2.9 billion bailout package, China's EXIM Bank has issued a letter granting Colombo a two-year moratorium on repayment and agreeing with the IMF's extended fund facility (EFF) amid doubts that it may not be enough for it to secure the loan. On Monday, Chinese Foreign Ministry spokesperson Wang Wenbin told the media here that the Export-Import Bank of China in its letter to the IMF said that it is going to provide an extension on the debt service due in 2022 and 2023.



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Country Harvest Grain Bread 2.0kg Reg: \$3.99 <b>\$3.67</b> pk	Deep Fried Chicken Leg Reg: \$2.99 <b>\$1.99</b> ea	One (Item Combo) / Noodle With One Dish Reg: \$3.99 <b>\$6.99</b> order	Fresh Strawberry 1lb Reg: \$1.99 <b>\$1.97</b> box	Fresh English Cucumber Reg: \$1.99 <b>2 FOR \$2.57</b>
Fresh Cassava Reg: \$1.99 <b>97¢</b> lb	Fresh US Tomato 5x6 Reg: \$1.99 <b>\$1.27</b> lb	Fresh Crown Broccoli Reg: \$1.99 <b>\$1.37</b> lb	Fresh Red Seedless Grape Reg: \$2.99 <b>\$1.57</b> lb	Fresh Grape Fruit (Blasting Juice) Reg: \$2.99 <b>\$1.97</b> ea
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Al Safa Halal Uncooked Chicken Seekh Kebabs 10pcs 300g Reg: \$11.99 <b>\$7.97</b> ea	Al Safa Halal Uncooked Chicken Seekh Kebabs 10pcs 300g Reg: \$11.99 <b>\$9.97</b> ea	Tasty Brand Fish Ball 100g Reg: \$1.99 <b>\$1.97</b> ea	Five Harbour Seafood Meatballs Reg: \$4.99 <b>\$3.97</b> ea
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Red Rain Energy Drink 250ml Reg: \$1.99 <b>\$1.97</b> ea	Del Monte Summer Crisp Whole Kernel Corn 3.41kg Reg: \$2.99 <b>\$1.97</b> ea	Six Fortune Instant Stir Fry Noodles 400g Reg: \$3.99 <b>\$1.97</b> ea	Teddy Bear Tamarind Sweet & Sour Candy 150g Reg: \$2.99 <b>\$2.57</b> ea	St. Mary's Banana Chips 142g Reg: \$3.99 <b>\$2.97</b> ea
Redpath Dark Brown Sugar Reg: \$3.99 <b>\$2.97</b> ea	Maggi Masala 2-Minute Noodles 200g Reg: \$3.99 <b>\$3.27</b> ea	Cool Running Jasmine Green Tea 200g Reg: \$4.99 <b>\$3.97</b> ea	Maggi Coconut Milk Powder Mix 500g Reg: \$5.99 <b>\$3.97</b> ea	Eagle Brand Chickpeas 4lb Reg: \$5.99 <b>\$4.97</b> ea
Heinz Tomato Ketchup 1L Reg: \$4.99 <b>\$4.97</b> ea	Nescafe Rich Instant Coffee 12pk Reg: \$12.99 <b>\$4.97</b> ea	Horlicks Take A Moment Malty Goodness Beverage Mix 12pk Reg: \$12.99 <b>\$5.97</b> ea	Nutella Ferrero B-Ready Crispy Wafers Filled With Hazelnut 12pk Reg: \$6.99 <b>\$5.97</b> ea	Nutella Original Hazelnut Spread With Caco 725g Reg: \$8.99 <b>\$5.97</b> ea
PTI Kola Channa (Dish) Chick Peas 4Lb Reg: \$7.99 <b>\$6.97</b> ea	Goya Masarica Instant Corn Masa Flour 1.8kg Reg: \$8.99 <b>\$7.97</b> ea	Eagle Brand Pigeon Peas (Toor Dal) 4lb Reg: \$9.99 <b>\$7.97</b> ea	Aman's Seed Pressed Mustard Oil 1L Reg: \$10.99 <b>\$8.97</b> ea	Nestle Original Milk 1.4kg Reg: \$12.99 <b>\$9.97</b> ea

**MEAT**

Chicken Feet Reg: \$3.49 <b>\$2.49</b> lb	Fresh Beef Hind Shank Reg: \$3.99 <b>\$3.29</b> lb	Frozen Mutton Leg Reg: \$5.49 <b>\$4.49</b> lb
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**DAIRY**

Zabita Halal Original Chicken Wieners 450g Reg: \$2.99 <b>\$2.47</b> ea	Silani Mozzarella Cheese 260g Reg: \$4.99 <b>\$3.27</b> ea	Imperial Margarine 427g Reg: \$4.99 <b>\$3.47</b> ea	Bear's Dairy Milk Biscuits 375g Reg: \$4.99 <b>\$5.77</b> ea
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Mom Made Roti / Paratha 300g Reg: \$2.49 <b>\$1.97</b> pk	Mixed Berry / Pumpkin Braided Strudel Reg: \$2.99 <b>\$1.97</b> pk	Schoff Foods Lemon Loaf Cake 390g Reg: \$2.99 <b>\$1.97</b> pk	New Krunch Roti 12pcs 500g Reg: \$2.99 <b>\$2.57</b> pk	Tid Bits Indian Desserts Reg: \$4.99 <b>\$10.97</b> pk
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Fresh Red Seedless Grape Reg: \$2.99 <b>\$1.57</b> lb	Fresh Grape Fruit (Blasting Juice) Reg: \$2.99 <b>\$1.97</b> ea	Fresh Black Flg Rpcs Reg: \$4.99 <b>\$4.97</b> pk	Fresh Columbia Mangosteen Reg: \$7.99 <b>\$4.97</b> lb

**MEAT**

Live Dungeness Crab Reg: \$19.99 <b>\$7.97</b> lb	Taza Family Pack Plain Parathas 20pcs Reg: \$8.99 <b>\$6.97</b> ea	Gonestoga Free Run Omega-3 Large Brown Egg 1dozen Reg: \$6.99 <b>\$5.97</b> ea	Rubicon 100% Natural Organic Coconut Water 1L Reg: \$4.99 <b>\$3.97</b> ea
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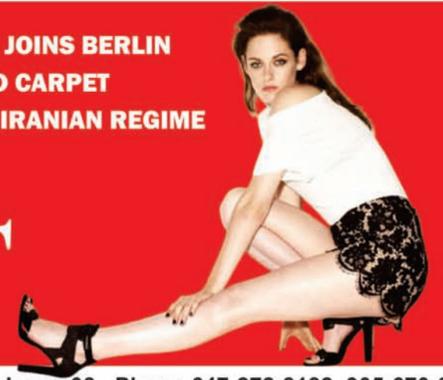
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Zabita Halal Original Chicken Wieners 450g Reg: \$2.99 <b>\$1.97</b> ea	I Can't Believe It's Not Butter! 427g Reg: \$3.99 <b>\$2.97</b> ea	Armstrong Melts Slices Cheese 24pcs 450g Reg: \$7.99 <b>\$2.97</b> ea	Silani Shredded Cheese 340g Reg: \$7.99 <b>\$5.97</b> ea	Astro Original Plain Yogurt 750g Reg: \$3.99/ea <b>2 FOR \$7.00</b>
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## 'HEERAMANDI' TEASER PROMISES COMPELLING PERIOD DRAMA SURROUNDING COURTESANS



AFTER MAKING COLOSSAL SPECTACLES FOR THE SILVER SCREEN, DIRECTOR SANJAY LEEA BHANSALI IS SET TO TAKE OTT A NOTCH HIGHER WITH HIS UPCOMING EPIC SERIES 'HEERAMANDI'. NO POINTS FOR GUESSING, THE SERIES WILL BRING BACK THE SIGNATURE SLB AESTHETICS. THE FILMMAKER UNVEILED THE TEASER OF THE HIGHLY ANTICIPATED STREAMING SERIES ON SATURDAY IN MUMBAI. THE TEASER INTRODUCES THE VIEWERS TO THE WORLD OF 'HEERAMANDI' AND THE CENTRAL CHARACTERS OF COURTESANS PLAYED BY ACTRESSES ADITI RAO HYDARI, MANISHA KOIRALA, SONAKSHI SINHA, RICHA CHADHA, SHARMIN SEGAL, AND SANJEEDA SHEIKH WITH AN INDIAN CLASSICAL SCORE PLAYING IN THE BACKGROUND. THE SERIES EXPLORES THE CULTURAL REALITY OF HEERAMANDI, A DAZZLING DISTRICT, THROUGH THE STORIES OF COURTESANS AND THEIR PATRONS SET AGAINST THE TUMULTUOUS BACKDROP OF THE INDIAN FREEDOM STRUGGLE OF THE 1940S. NETFLIX'S CO-CEO TED SARANDOS, AND BHANSALI CAME TOGETHER IN MUMBAI TO EXCHANGE INSIGHTS ON THE EXPANDING WORLD OF INDIAN AND GLOBAL STORYTELLING ON SATURDAY.

## SHEHNAAZ GILL SAYS SHE DOESN'T BELIEVE IN MARRIAGE ANYMORE



Shehnaaz Gill is candid and honest on her celebrity chat show, Desi Vibes with Shehnaaz Gill. In the latest episode with Taaza Khabar actor Bhuvan Bam, the Punjabi singer and actress opened up about how she has lost interest in the institution of marriage and said that she is single. Shehnaaz also opened up that she's working in full force in this phase of her life to be financially independent. As Shehnaaz and Bhuvan discussed work and life, the former spoke in Hindi which can be translated as, "You never know what happens in life, you should be prepared for everything. Right now I have things to do and I'm doing it. In the future too, I'll try to keep working. But if I'm not able to get work, I should have enough savings so I don't have to beg for money in the future. Just for that I shouldn't end up marrying someone." Shehnaaz further added that she doesn't believe in the institution of marriage as of now and would like to continue working instead. She said, "Mujhe shaadi vagerah mein believe nahi hai abhi (I don't believe in marriage as of now). I have to get ahead in my life and do a lot of things, and I want to save the money that I earn, I don't want to just waste it."

## PRIYANKA DROPS ADORABLE PHOTOS WITH DAUGHTER MALTI MARIE CHOPRA JONAS, NETIZENS SAY 'HEARTWARMING'



Priyanka Chopra wished all her fans a good morning with some cute and adorable photos of her daughter Malti Marie Chopra Jonas. It's the first time that the actress has revealed her daughter's face by herself, before this at that recent Hollywood Walk of Fame event for the Jonas Brothers, Malti Marie's face was revealed to the world. However, even after that, Priyanka and Nick did not share Malti's face on their Instagram posts. But today PeeCee took to her Instagram handle and dropped pictures with her daughter. In the first photo, Priyanka held Malti close and clicked a selfie from the top, showing her cute face and pink onesie. In a second picture, she seemed to be in bed with a shirtless Nick, holding Malti close to her while hiding her face with her hand. The actress seemed to cherish the joy of resting next to her little one and captured a sleeping Malti in a no-makeup look. She captioned the post, 'Days like this', with a red heart emoji.

## KANGANA HAS HER OWN LIST OF 'DESERVING' WINNERS BEFORE 'NEPO MAFIA' TAKES 'EVERYONE KA HAQ'



KANGANA ALSO OBJECTED AGAINST SUCH AWARDS AND ALSO SHARED HER OWN LIST OF WINNERS SHE THINKS ARE DESERVING.

## JANHVI PENS NOTE FOR SRIDEVI: 'I STILL LOOK FOR YOU EVERYWHERE MUMMA'



JANHVI TOOK TO INSTAGRAM, WHERE SHE SHARED A THROWBACK PICTURE OF HER TALKING TO HER MOTHER.

## MEGAN FOX RETURNS TO INSTAGRAM, ADDRESSES CHEATING ALLEGATIONS



THE ACTRESS RETURNED TO INSTAGRAM ON SUNDAY TO SET THE RECORD STRAIGHT AMID VARIOUS REPORTS THAT HER FIANCE WAS UNFAITHFUL.

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## INDIA'S MAGIC IN DELHI REMAINS UNHINDERED, BEAT AUSTRALIA TO GRAB WORLD NO.1 SPOT



RAVINDRA JADEJA PICKED UP CAREER-BEST FIGURES OF 7 FOR 42 DURING 2ND TEST AGAINST AUSTRALIA. | DETAILS ON PAGE 25

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## KANGANA HAS HER OWN LIST OF 'DESERVING' WINNERS BEFORE 'NEPO MAFIA' TAKES 'EVERYONE KA HAQ'

**MUMBAI, (IANS)** After Ranbir Kapoor, Alia Bhatt and Varun Dhawan were named for major honours at the Dadasaheb Phalke International Film Festival, actress Kangana Ranaut objected to the same on her social media. She posted her own list of "deserving" winners and claimed that the 'nepo mafia' snatches everyone's right. Kangana took to Instagram Stories and shared her own list of winners. She wrote, "Awards season is here before nepo mafia snatches every one ka haq (right) let me clarify this year's Best actor - Rishab Shetty (Kantara) Best Actress- Mrunal Thakur (Sita Ramam) Best film - Kantara Best director- SS Rajamouli (RRR) Best supporting actor - Anupam Kher (Kashmir Files) Best supporting actress- Tabu (Bhool Bhulaiya)."

"Yeh log jayein ya nahi awards inhi ke hain (the awards belong to them no matter they attend them or not)... filmi awards have no authenticity, after I finish work here, I will make a proper list of all those I feel are deserving... stay tuned ... thanks."

She added: "Life of nepo insects use parents name and contacts, do papa ji chaploosi to get work, agar koi self made aaye uska career sabotage kardo, if someone anyone, anyhow survives and complains about continues harassment they face, unko bikau mafia PR se jealous or mad bolke dismiss our discredit kardo..."

"Yehi, yehi toh tumhari kartootein hain that I am determined now to destroy you all... one can't just indulge in the beauty of life when there is so much evil around... Shrimad Bhagwat Geeta says destroying evil is the prime goal of Dharma."

On Monday, Ranbir Kapoor and Alia Bhatt won the Best Actor and Best Actress award at the Film Festival. Alia was named for the honour for her spectacular performance in 'Gangubai Kathiawadi', Ranbir was feted with the award for playing the lead in 'Brahmastra Part One: Shiva'. Varun Dhawan also won the Critics Best Actor award for his performance in the film 'Bhediya'.

## BHAWEEKA FINDS IT CHALLENGING TO SHOOT WITH PROSTHETIC BABY BUMP



**MUMBAI, (IANS)** 'Baalveer Returns' actress Bhaweeka Chaudhary, who is now seen playing the role of Nandini in the new show 'Maitree', finds it challenging to shoot daily with a prosthetic baby bump. Still, regardless of the discomfort and long hours of the shoot, she says she makes every effort to give her best.

She said: "To be honest, it is not very comfortable to shoot with a prosthetic baby bump, because it takes a lot of time to fix the bump and with someone's help only it can be removed as well. In fact, this is the first time I am playing the role of a pregnant woman, so I wasn't really sure how I would feel or look with it."

The actress has worked in TV shows such as 'Swaran Ghar', 'Baalveer Returns', 'Humkadam', and many more.

She added how the role is helping polishing her acting skills: "Doing such meaningful scenes is really helping me to get into the skin of my character and hone my acting skills. It's altogether a very unique experience and I can only wonder how it must feel in real life."

The show is a reflection of true friendship and childhood bonds between two friends living in the city of Prayagraj. Their mothers feel that their friendship will continue after marriage. However, there is a twist in the story and it will be seen if things go as expected even after marriage or if destiny has something else in store for them.

'Maitree' airs on Zee TV.

## RYAN REYNOLDS CALLS HIS HOME A 'ZOO' AFTER WELCOMING FOURTH CHILD WITH BLAKE LIVELY

**LOS ANGELES, (IANS)** Hollywood star Ryan Reynolds has labelled his home a "zoo" following the latest arrival in his family. The 'Deadpool' star, 46, and Blake Lively "announced" their fourth child to the world on Super Bowl Sunday as the actress shared a snap of her minus her baby bump, reports mirror.co.uk. While she didn't officially say she had given birth, fans were quick to jump on the post to congratulate the pair.

And now Ryan, who is co-owner of Wrexham AFC along with Rob McElhenney, has admitted he's loving life as a "six" after confirming his wife had given birth. While he didn't reveal the tot's gender, he gushed over how excited they were at their brood growing. Speaking to CNBC's Power Lunch, Ryan told hosts Tyler Mathisen and Kelly Evans: "Look, we wouldn't do this four times if we didn't love it. Everybody's doing great. Everybody's actually doing fantastic." Ryan and Blake, 35, were already parents to James, 8, Inez, 6, and Betty, 3, and he continued to joke: "If we haven't figured it out by now, I think we'd be in deep, deep trouble. But, yeah, it's a zoo over here."

The actor then touched upon how the news broke about their latest arrival, saying his wife never actually made an announcement. Discussing the image which was shared to the Gone Girl actress' Instagram account of the pair standing alongside Ryan's mum, Tammy, he said: "We didn't make a birth announcement. We just posted a photo and the media sort of did what it does." Blake had recently mocked her hubby after his rollercoaster of emotions while watching his Wrexham side draw against Sheffield United in the cup. Before they lost the replay, Wrexham were moments away from a monumental victory before the Blades grabbed a late equaliser. Speaking about the reactions of her man, Blake his since joked she paid to watch him "experience crippling anxiety live."

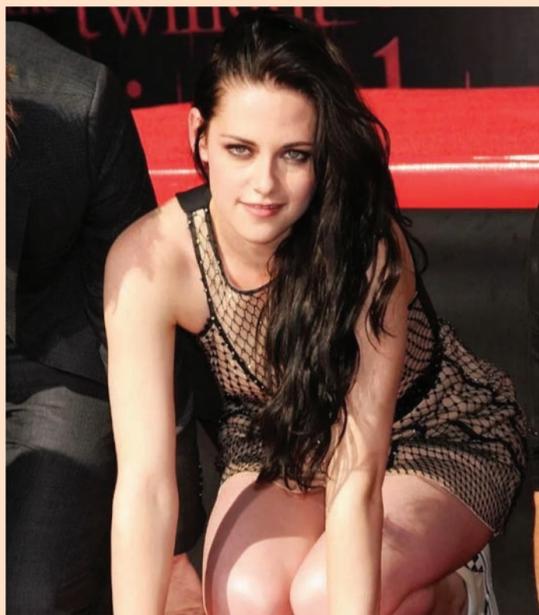


## KRISTEN STEWART JOINS BERLIN FILM FESTIVAL RED CARPET PROTEST AGAINST IRANIAN REGIME

**LOS ANGELES, (IANS)** The Berlinale red carpet became a protest platform against the Iranian regime when a group of Iranian filmmakers and talents, joined by jury President Kristen Stewart, chanted "Women, Life, Freedom!" They also demanded the release of imprisoned journalists and an Iranian rapper, reports 'Variety'.

Actress Golshifteh Farahani, who is also on the jury; "Holy Spider" actress Zar Amir Ebrahimi; and "The Siren" director Sepideh Farsi were among dozens of Iranian film professionals participating in the protests hosted by Berlinale co-directors Mariette Rissenbeek and Carlo Chatrjian.

Protesters with signs demanded freedom for female Iranian journalists Niloofar Hamedi and Elaheh Mohammadi who are behind bars, accused of "conspiring against national security" for being the first to report on Mahsa Amini's death, and for the release of dissident Iranian hip hop artist Toomaj Salehi who has been accused of spreading propaganda and could face the death penalty. As per 'Variety', the Berlin red carpet protest was preceded by a panel on 'The Role of Cinema and the Arts in the Iranian Revolution' with panellists including Ebrahimi and Farsi who both spoke about their hope that the current wave of protests sparked by the death of Amini, while in police custody for not wearing a head veil properly, could topple the current Iranian regime.



## SRK: I'LL NEVER RETIRE FROM ACTING, WILL HAVE TO BE FIRED



**MUMBAI, (IANS)** Bollywood superstar Shah Rukh Khan, whose latest release 'Pathaan' created a tizzy at the box-office, said that he will never retire from acting - he will have to be fired from it! Shah Rukh on Monday treated his fans to a question and answer session, where one asked him about who will be the next big thing after he retires.

SRK replied: "I will never retire from acting...I will have to be fired...and maybe even then I will come back hotter!!"

Talking about when he first saw himself on screen, the star said: "I get awkward seeing myself in screen." A user asked him about his favourite car from his line-up and the one he would never sell, SRK told the user that all the news about his luxury cars is "bogus". "Actually I don't have any cool cars...except Hyundai of course. All social media articles about luxury cars I allegedly have are bogus."

## HIGH COURT BANS RELEASE OF HANSAL MEHTA'S 'FARAAZ' IN B'DESH



**DHAKA, (IANS)** The Bangladesh High Court on Monday banned the promotion and screening of "Faraaz", a film directed by Indian filmmaker Hansal Mehta, in the country's cinema halls and online platforms.

Based on the real-life terrorist attack that ravaged a Dhaka cafe in 2016, 'Faraaz' is a hostage drama starring Juhi Babbar, Aamir Ali, Zahan Kapoor and Aditya Rawal, among others.

After hearing a writ petition, the high court bench of justices Md Khasruzzaman and Md Iqbal Kabir delivered the order to ban the screening of the film in Bangladesh.

The writ petition was filed by Ruba Ahmed, the mother of Abinta Kabir who was killed by militants in the attack on the Holey Artisan cafe on July 1, 2016. The Secretary of the Ministry of Information and Broadcasting has been made the defendant in the writ petition.

The film is yet to be approved by the Bangladesh Film Censor Board. On January 19, Ruba Ahmed had raised the same demand to stall the release of the film in Bangladesh claiming that it could tarnish the reputation of Bangladesh.

Later, the petitioner's lawyer, Ahsanul Karim said the petition was filed to stop projecting the film on cinema halls in Bangladesh as well as on online platforms, Dhaka Tribune reported. "The footage in the movie shows two militants talking, one of whom was or is in a relation with Abinta. Her dress up was shown in such a way that educated families in our civilised society would never wear. The character of the girl was degraded in the movie," said Karim, according to Dhaka Tribune. "Also, the movie showed the failure of the law enforcement officers which poses serious questions about our sovereignty. For these reasons, this movie should not be shown on any platform in Bangladesh," Karim added.

## SRK: I'LL NEVER RETIRE FROM ACTING, WILL HAVE TO BE FIRED



**NEW DELHI, (IANS)** Actors Jacqueline Byers and Christian Navarro's upcoming horror movie 'Prey for the Devil' is set to release on February 24, exclusively on Lionsgate Play.

The quality of the narrative is enhanced by the stellar onscreen performances from a talented cast comprising Jacqueline Byers, Colin Salmon, Christian Navarro, Lisa Palfrey, Nicholas Ralph and Ben Cross. The much-anticipated thriller is set to release in India exclusively on Lionsgate Play on February 24. Sharing his thoughts about the film, director Daniel Stamm said: "Ann is on a journey that comes with an intriguing backstory. I wanted to really ground the movie in her point of view... It's a non-stop thriller and psychological drama. What really hooked me about the character was that she loved her mother so much. "Ann needed her to be possessed and not abusive, she had to put her mom's disturbing behaviour on demonic possession, which I thought was a beautiful thing for the character. If Ann learns at St. Michael's that demons don't exist, that would be even worse for her than having to face one." Christian Navarro, playing an important role in the movie, added: "I've been lucky enough to be a part of a few projects with strong female leads. 'Prey for the Devil' was the first time I had seen this genre accessed this way, with a woman as the lead, as an exorcist taking the helm of the ship. I was very attracted to that. I have three younger sisters and I am always interested in telling those kinds of stories."



## JANHVI PENS NOTE FOR SRIDEVI: 'I STILL LOOK FOR YOU EVERYWHERE MUMMA'

**MUMBAI, (IANS)** As the coming February 24 will mark fifth death anniversary of veteran actress Sridevi, her daughter and actress Janhvi Kapoor penned an emotional note and said that she still looks for her "mummaa". Janhvi took to Instagram, where she shared a throwback picture of her talking to her mother. The picture seems to be from an event. "I still look for you everywhere mumma, still do everything I do hoping I'm making you proud. Everywhere I go, and everything I do -

it starts and ends with you," Janhvi captioned the image. Sridevi passed away on February 24, 2018 in Dubai. She died due to accidental drowning in bath tub. She was in Dubai for attending a family function. Sridevi's last big screen outing was in the 2017 film 'Mom', for which she also earned a National Award, posthumously. Janhvi is now gearing up for the release of 'Bawaal', which also stars Varun Dhawan. She will also be seen in 'Mr. & Mrs. Mahi'

## SAIYAMI SHARES NOW-SHELVED ACTION SEQUENCE WITH 'GOT' ACTOR CONAN STEVENS FROM 'WILD DOG'

**MUMBAI, (IANS)** Actress Saiyami Kher, who was recently seen in the webseries 'Faadu', recently took to her social media to share an action sequence that she filmed with the 'Game of Thrones' actor Conan Stevens. Conana played the character of Gregor Clegane in the series. Sharing the video on her Instagram, she wrote in the caption, "Here is my action audition reel for the universe! Two years ago, I did a film called Wild Dog. Besides LOVING the experience of working with the one and only Nagarjuna Garu, I also got to be a part of this incredible action sequence. If you aren't a Game of Thrones fan, meet the 7 foot 4 inch mountain - Conan Stevens who played a character called Gregor Clegane". The scene is from her film with Nagarjuna called 'Wild Dog'. The actress also shared an interesting anecdote that the scene finally didn't make the cut because of covid. The sequences of Saiyami pertaining to this scene before and after this were shelved due to the pandemic restrictions. The actress worked with a French stunt director for this impeccable high octane action scene. She further mentioned in her caption, "If you are a GoT fan, what do you think would have happened if I had fought the epic battle with The Mountain instead of The Viper? Unfortunately, after we filmed this sequence, the pandemic hit. And Conan couldn't come back to India to complete the shoot. Regardless, I'm glad I have the memory of filming this. So, just waiting now for the universe to give me a full-on action film soon". Meanwhile, on the work front, the actress will be seen playing a paraplegic sportsperson in R Balki's 'Ghoomer'.



## JAVED AKHTAR REMINDS PAKISTAN OF 26/11 TERROR ATTACK IN VIRAL VIDEO; KANGANA SAYS 'GHAR MEIN GHUSS KE..'

Bollywood lyricist and writer Javed Akhtar was recently in Lahore, Pakistan to attend the Faiz Festival 2023. The event was organized in memory of renowned Urdu poet Faiz Ahmed Faiz where Javed Akhtar interacted with the poets and also addressed the audience. A video is going viral from the festival in which the veteran lyricist can be seen reminding Pakistan of the 26/11 terror attacks. He says that the neighboring country should not feel bad if India expresses its complaints about the attackers still roaming around in Pakistan.

In the video, Javed Akhtar said, "Let us not blame each other. That won't solve issues. Jo garam hai fiza, woh kam honi chahiye. Hum toh Bambaiye log hain. Hamne dekha wahan kaise hamla hua tha. Wo log Norway se toh nahi aaye the naa Egypt se aaye the, wo log abhi bhi aapke mulk me ghum rahe hain. Toh ye shikayat agar Hindustani ke dil mein ho toh aapko bura nahi manna chahiye (The atmosphere needs to cool down. I am from Bombay and all of us witnessed the attack on Bombay. The attackers weren't from Norway, or from Egypt. They are still present in your country, so you should not be offended if an Indian complains about this)." Akhtar said in response to a person's question who urged him to take the message of peace and friendship back to India. The person asked, "You have visited Pakistan many times... When you go back do you tell your people that these are good people, they aren't just bombing us but also greeting us with garlands and love?" Javed further added, "Mehdi Hassan was a cult figure in India. When he visited India, Shabana (Azmi) hosted it, I wrote for the event which was graced by the likes of Lata Mangeshkar and Asha Bhosle. When Faiz sahab visited, it seemed like an authority was visiting... it was broadcast all over. Have you ever seen Sahir (Ludhianvi), Kaifi (Azmi) or (Ali) Sardar Jafri's interviews on PTV? It was shown in India, it happened there... So the communication blockade is from both sides and perhaps more from your side."



## TANISHAA MUKERJI: 'AGNI-DAAH' IS ABOUT SOCIAL ISSUES AND PROBLEMS AFFECTING GIRL CHILD

**MUMBAI, (IANS)** Bollywood actress Tanishaa Mukerji talked about her role in the short film 'Agni-Daah' and how it conveys an important social message and deals with the issues related to girl child in a very interesting and effective way.

She says: "The story revolves around a girl, who is adopted by a man working at the cemetery. The girl brought up in the graveyard is immune to death as she is constantly exposed to corpses. Death becomes a part of her day-to-day life. But her father's death shakes her emotionally and she finally understands the value of life."

The actress is known for her stint in 'Bigg Boss 7' and several other reality shows and movies like 'Popcorn Khao! Mast Ho Jao', 'Sarkar', 'Tango Charlie' and many more.

Sharing about her on-screen personality, she adds: "Agni-Daah' is about an abandoned girl. It takes up the narrative of the women who disconnect emotionally because of all the trauma and how when their emotions are awakened, it affects them a lot. It talks of the girl's relationship with death and the disconnect she feels because of working at the crematorium. She only understands the connection after the loss of her caring father."

Tanishaa goes on to say, "It's a conversation about a lot of social issues and problems that affect a girl child," she concludes.



## SAANVIE TALLWAR RETURNS TO TV AFTER 3 YEARS WITH 'ALI BABA: DASTAAN-E-KABUL'



**MUMBAI, (IANS)** After a gap of three years, actress Saanvie Tallwar is making a comeback on TV with the show 'Ali Baba: Dastaan-E-Kabul'. The actress is best known for her roles in shows like 'O Gujariya', 'Yeh Kahan Aa Gaye Hum', 'Vikram Betaal Ki Rahasya Gatha', 'Sufiyana Pyaar Mera', 'Qubool Hai', and many more.

Her last show was 'Chandra Nandini'.

Talking about her break from work, Saanvie said: "After my last show I decided to take a break to do theatre. I always wanted to do theatre and I never went to any acting school or took training, so finally, when I got the chance, I applied to a popular theatre academy, Stella Adler Acting Theatre, which is a 75-year-old theatre academy in the USA. And it was a dream come true for me." "I do believe that everything holds special importance in our lives, so when life gives you a chance to learn something new, you should take it. These three years of my life have surely turned out to be fruitful for me and I am happy about it," she said. Sharing about her comeback, Saanvie added further: "After three years of sabbatical from work, I am back in the frame. I have signed a new show 'Ali Baba: Dastaan-E-Kabul' and I am going to play a very important character. The plot of the story is so powerful that it prompted me to take up the show." "The audience is gonna see a different shade of me in this show and I am sure that they'll love me in this character. I am pretty excited about my comeback on TV," concluded the actress.

## HIMANSHI PARASHAR ON SHOOTING FOR 'TERI MERI DORIYAAN' WEDDING SCENE



**MUMBAI, (IANS)** Punjabi actress Himanshi Parashar, who made her debut in the Hindi TV industry with the show 'Teri Meri Doriyaan', spoke about the upcoming wedding sequence and expressed her excitement about dressing up as a bride in the show as since childhood she is fond of wearing traditional dresses and jewellery.

She shared: "As a girl, our love for jewellery dates back to our childhood when we dressed up like a bride with our friends and sisters as part of our games only. I love to wear jewellery and dressing up as a Punjabi bride has always been my thing. In my show, 'Teri Meri Doriyaan', I am in love with my wedding attire and this feels like a dream wedding."

The actress is known for her work in the Punjabi show 'Maawan Thandiyan Chawan' and also appeared in several music videos. She added further that she is loving the response of the viewers to her look and said that shooting for this entire wedding sequence will always be in her memories.

"Fans showered their love and praised me for my bridal look from the show. The cherry being compared to Kiara on her wedding day, also the fact that the wedding is compared on such a big level that people are calling us as trend setters of the TV. Shooting for this sequence will always be very close to my heart," she added. 'Teri Meri Doriyaan' airs on Star Plus.

## SHAH RUKH KHAN REVEALS WHY HIS NEXT IS CALLED 'JAWAN' AND IT IS HILARIOUS!



**MUMBAI, (IANS)** After his action entertainer 'Pathaan' turned out to be a blockbuster, superstar Shah Rukh Khan is gearing up for his next 'Jawan'. He gave a hilarious reason behind the title of his upcoming movie, directed by Atlee.

On Monday, SRK treated his fans with a question and answer session. A user said that an FIR should be filed against the star for saying that he is 57-years-old. The fan also shared a picture of the actor flaunting his well-chiselled body.

To which, SRK replied: "Please mat karo yaar. Theek hai main hi maan jaata hoon I am 30 years old. There I have now told you the truth..and that's why, even my next film is called Jawan."

A fan asked him about his book, he replied: "Not yet but after I finish final shoot of Jawan and Dunki I will get back to it."

A netizen wanted the key to a happy married life from the superstar. "Gauri has the most simple heart and mind. She has just kept us all believing in the goodness of family and love," said Shah Rukh. One asked about what keeps him occupied when he does "absolutely doing."



## SHAH RUKH KHAN'S BLOCKBUSTER ENTERS RS 1000 CRORE CLUB, BECOMES FIFTH INDIAN FILM TO ACHIEVE THE MILESTONE

Even after nearly a month in theatres, Shah Rukh Khan's Pathaan is witnessing extraordinary box office success. The film has crossed the coveted Rs 1000 crore mark worldwide and is also slowly inching towards becoming the top Hindi-language film domestically. Pathaan has been unaffected by new releases this week, Kartik Aaryan's Shehzada and Marvel's Ant-Man and the Wasp: Quantumania. On its fourth Monday, the film added another Rs 1.25 crore (all languages) to its nett collection in India, reported the industry tracker, Sacnilk. This brings the film's total Hindi-language collection in India to around Rs 499 crore. It is still some way to go before crossing the Hindi version of Baahubali: The Conclusion, which made Rs 510.99 crore. In its fourth weekend, the film added over Rs 10 crore to its total collection in the Hindi market. On Friday, it earned Rs 2.20 crore, Rs 3.25 crore came on Saturday, which was followed by a strong Sunday of Rs 4.15 crore. On Monday, Yash Raj Films shared the worldwide collections of Pathaan till Sunday. A tweet by YRF read, "#Pathaan streak continues to soar" as it shared that the film has earned Rs 996 cr worldwide. With Monday's collection adding up, the

film has zoomed past the Rs 1000 cr mark. As per Box Office Worldwide, the film's domestic gross collection is Rs 623 crore and overseas gross collection is Rs 377 crore, which brings its worldwide gross collection to Rs 1000 crore. Pathaan is the fifth Indian film to have crossed the Rs 1000 cr mark worldwide after Dangal (Rs 1968.03 cr), Baahubali 2: The Conclusion (Rs 1747 cr), KGF 2 (Rs 1188 cr) and RRR (Rs 1174 cr). It is to be noted that Pathaan has achieved the feat without being released in China. Shah Rukh Khan was eagerly waiting for Pathaan to touch the Rs 1000 cr mark. On Monday, he conducted an Ask SRK session during which he told a Twitter user about his lucky number. When the user asked him if Shah Rukh has any lucky number, the actor replied, "Right now any number above 1000 ha ha ha #Pathaan." With the massive success of Pathaan, it remains to be seen if other Bollywood superstars can regain lost glory. Recently, Kartik Aaryan who saved Bollywood from being written off in 2022 with his film Bhool Bhulaiyaa 2, has failed miserably with his latest film Shehzada. Now, Akshay Kumar, who starred in four flops last year, is returning this Friday with his film Selfiee.

## Kartik Aaryan's first film as producer fails the Monday test, stalls at Rs 22 crore

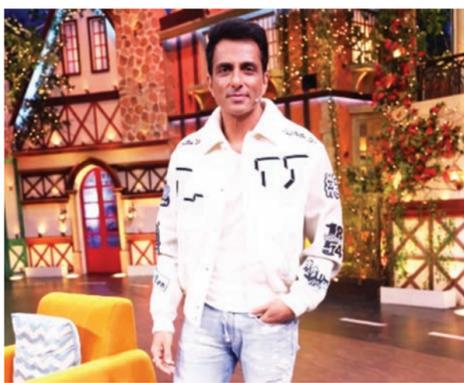
Actor Kartik Aaryan's latest release, Shehzada, failed the all-important Monday test at the box office. According to industry tracker Sacnilk, Shehzada managed to collect only Rs 2.5 crores on Monday. The film opened to lukewarm response and made Rs 6 crore on its first day of release. On the second and third day, the film earned Rs 6.65 crore and Rs 7.35 crore, respectively. The total collection now stands at Rs 22.70 crore. According to trade analyst Taran Adarsh, the film collected Rs 1.09 crore in the national chains on Monday. Helmed by Rohit Dhawan, the film also stars Kriti Sanon, Ronit Roy, Manisha Koirala, Paresh Rawal and Sachin Khedekar. Shehzada is the official Hindi remake of Allu Arjun's Telugu film Ala Vaikunthapuramulu. After Bhool Bhulaiyaa 2's success last year, Kartik was hailed as Bollywood's next big thing. Bhool Bhulaiyaa 2 was one of the very few Hindi movies that did well at the box office in 2022. The horror comedy managed to mint Rs 55 crore at the end of the opening weekend and in total,



the film collected Rs 185 crore in India. Kartik had previously starred in hits such as Luka Chuppi, Sonu Ki Titu Ki Sweeti, Pati Patni Aur Woh, and Pyar Ka Punchnama 2.

## SONU SOOD SHARES HOW CCL OPENED DOORS FOR ACTORS IN REGIONAL FILM INDUSTRY

MUMBAI, (IANS) Bollywood actor Sonu Sood has shared how Celebrity Cricket League (CCL) has helped the actors explore opportunities in regional cinema and opened new avenues for them.



He said: "Actors, no matter which industry they belong to, have one thing in common - the opportunities that came their way after participating in the Celebrity Cricket League." The 49-year-old actor and philanthropist has worked in Hindi, Telugu, Tamil and Kannada films and has given several hits like 'Yuva', 'Athadu', 'Aashiq Banaya Aapne', 'Ashok', 'Jodhaa Akbar', 'Kandireega', 'Shootout at Wadala', 'R... Rajkumar', 'Happy New Year', 'Simmba' and 'Kurukshetra'. He added: "When actors from different industries started playing together, they not only bonded together but the tournament also opened doors for them to newer opportunities, as some of them started receiving offers from other film industries across India."

"That's the beauty of CCL, it creates an environment where actors can come together and not only showcase their cricketer skills but also explore new avenues in their careers," he concluded.

The sportainment event will have eight teams and will be held in different cities. Sonu will be seen on 'The Kapil Sharma Show' along with Sohail Khan, Manoj Tiwari, Dinesh Lal Yadav, Jishu Sengupta, Binoo Dhillon, Ninja, Rajeev Pillai, Sudheer Babu, and Jiiva to promote the CCL which will begin from February 18. 'The Kapil Sharma Show' airs on Sony Entertainment Television.

## ADNAN SAMI'S CHANDIGARH TOUR WAS FULFILLING WITH AN 'INCREDIBLY CHARGED CROWD'



MUMBAI, (IANS) Ace singer and composer Adnan Sami shared his experience of performing in front of a huge crowd during a live concert in Chandigarh recently. The singer expressed his excitement after looking at the crowd and called it overwhelming. The 51-year-old singer, who recently made headlines for losing weight and deleting his social media account shared: "It was a magical night. Such an incredibly charged crowd that knew how to have a great time and gave us a memorable night. Chandigarh is all love." Adnan is known for his albums and music videos and he also has sung songs in Bollywood movies like 'Tu Sirf Mera Mehboob' in 'Ajanabee', 'Ruthe Yaar Nu' in 'Chori Chori', 'Boom Boom' in 'Boys', 'Ishq Hota Nahi Sabke Liye' in 'Jogger's Park', 'O Re Khuda' in 'Rush', 'Bhar Do Jholi Meri' in 'Bajrangi Bhaijaan', among others. He also posted a picture from his live performance in Chandigarh on his Instagram handle and wrote in the caption: "50,000 fans singing your songs and that too in tune!! What more can an Artist want?? THANK YOU CHANDIGARH!! YOU ROCKED LAST NIGHT!!"

## KARISMA KAPOOR LEARNT TO SPEAK BENGALI, ROLLED CIGARETTES FOR HER PART IN 'BROWN'

LOS ANGELES, (IANS) Bollywood actress Karisma Kapoor, whose noir-thriller show "Brown" is the only Indian show at the Berlin Series Market Selects platform, took the method acting route to play her part in the series.

The series is based on the 2016 novel "City of Death" by Abheek Barua, adapted by Digvijay Singh, Sunayana Kumari and Mayukh Ghosh and directed by Abhinav Deo, reports "Variety". It follows Rita Brown (played by Karisma), a world-weary and recovering alcoholic but ace detective in the Kolkata Police, belonging to the city's small but influential Anglo-Indian community, who is assigned to the murder case of a young woman from a well-connected family.




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## PRIYANKA CHOPRA DANCES AS HUBBY NICK JONAS SINGS ON STAGE IN LAS VEGAS

**LOS ANGELES, (IANS)** Indian actress Priyanka Chopra was seen grooving as her American pop star husband Nick Jonas performed on stage in Las Vegas. She attended Jonas Brothers' Las Vegas concert. A clip shared on a fan account shows Priyanka grooving at her place dressed in a shimmering silver dress and paired it with a black fur overcoat. Nick shared several pictures with Priyanka and some solo pictures

from the concert on Instagram and captioned it: "Vegas with you". Posting his pictures on her Instagram Stories, Priyanka wrote: "You are the wings I need to fly away." Priyanka and Nick tied the knot in 2018. They welcomed Malti via surrogacy in January last year. On the work front, Priyanka will be seen in 'Love Again' and the series 'Citadel'. She will also be starring with Alia Bhatt and Katrina Kaif in Farhan Akhtar's 'Jee Le Zaraa'.

## NIKITA RAWAL: EGG FREEZING GIVES BEST OF BOTH WORLDS - CAREER & FAMILY

**MUMBAI, (IANS)** Nikita Rawal, who was seen in 'Black & White' and 'Amma Ki Boli', said that she chose to preserve her healthier eggs for later use so that she can have best of both worlds - pursue her career and then start a family. The actress said: "In this day and age where career takes priority for all, men and women, it has become quite necessary for a step like this. It gives us an opportunity to have a choice, and have the best of both worlds. It is a great way for women to build their career and then start a family and give 100 per cent to both." She added that egg freezing is a procedure that is helpful not just for working women to opt for having kids later but also helpful for other health reasons. "I would love to start a family of my own someday and this is an amazing way to ensure that I do not have to lose out on either of the two. Egg Freezing is very important for me as you can be relaxed about when you want to plan your pregnancy and achieve other life goals in peace without worrying about the future. I would also love other women to gain an insight into the nuances of this procedure and become comfortable in approaching the prospect," she added.



honour to further my advocacy for children's rights with UNICEF India as a National Ambassador. I am passionate about the issues facing children and adolescents in India. As UNICEF's Celebrity Advocate, I have interacted with children and spoken on internet safety, cyberbullying, mental health, and gender equality. In this new role with UNICEF, I will keep up a strong voice for children's rights, especially for the most vulnerable supporting solutions for issues that impact them the most," Ayushmann said. Ayushmann was appointed as UNICEF India's Celebrity Advocate in September 2020 to advocate on ending violence against children and the broader child rights agenda. Most recently, he focused on inclusion and non-discrimination through gender inclusive sports on World Children's Day 2022 with Sachin Tendulkar, Regional Ambassador for UNICEF South Asia, and girls and boys participating in the event from across India. Welcoming Ayushman as the National Ambassador for Child Rights, Cynthia McCaffrey, UNICEF India Representative, said, "I am delighted to welcome Ayushmann Khurrana as UNICEF India's National Ambassador. Ayushmann's strong commitment over the last two years as UNICEF's Celebrity Advocate has helped amplify and drive the work of protecting the rights of children. He is one of India's biggest movie stars, and we are thrilled that he is using that powerful voice to stand with children and challenge harmful social norms and gender stereotypes."

## UNICEF NAMES AYUSHMANN AS ITS NATIONAL AMBASSADOR FOR CHILD RIGHTS



**MUMBAI, (IANS)** Bollywood actor Ayushmann Khurrana, who is known for his knack for off-beat scripts and roles, was on Saturday appointed as the National Ambassador of Child Rights for UNICEF India. As a part of his duties, Ayushmann will work with UNICEF to ensure the rights of every child to survive, thrive, be protected besides promoting their voice and agency in decisions that concern them. "It is truly an

## BRAIN TAYLOR TO DIRECT 'HELLBOY: THE CROOKED MAN', PRODUCTION TO START IN MARCH

**LOS ANGELES, (IANS)** A reboot feature of "Hellboy", titled "Hellboy: The Crooked Man", will begin production in March, Millennium Media announced Saturday. Brian Taylor, who co-directed the "Crank" films and "Gamer" with Mark Neveldine and solo directed the 2017 horror comedy "Mom and Dad," will helm the picture. Mike Mignola, the creator of the "Hellboy" comics, co-wrote the script with Chris Golden, reports 'Variety'. The story will follow Hellboy, the summoned demon turned reluctant hero, as he teams up with a rookie agent to uncover a secluded witch community in 1950s Appalachia. The script draws from the comic "Hellboy: The Crooked Man", which debuted in July 2008. Millennium Media first acquired the rights to the property in 2018. The banner had previously worked with Summit Entertainment to produce a 2019 feature adaptation of "Hellboy," starring David Harbour. Casting announcements for the upcoming reboot will be made in the coming weeks. "The Crooked Man" is a departure from all previous 'Hellboy' films where Mike Mignola and the creator of the comics will finally shepherd an authentic version of his stories and characters in film form," Millennium Media President Jeffrey Greenstein said in a statement. "This is the first in the series of films that will captivate audiences in familiar (and new) ways. Brian Taylor is an expert across the board, and I couldn't think of a better person to bring this story to life to show our audience this different and original 'Hellboy' slate of films." "Hellboy: The Crooked Man" comes from Millennium Media in association with Dark Horse Entertainment. It is a Nu Boyana Production in association with Campbell Grobman Film. Producers include Mike Richardson for Dark Horse and Greenstein, Jonathan Yunger, Les Weldon, Rob Van Norden and Yariv Lerner for Millennium. Mignola, as well as Millennium's Avi Lerner, Trevor Short, Boaz Davidson and Tanner Mobley and Campbell Grobman's Lati Grobman and Christa Campbell are executive producers. Sam Schulte will co-produce on behalf of Millennium Media.



## MEGAN FOX RETURNS TO INSTAGRAM, ADDRESSES 'BASELESS' MGK CHEATING ALLEGATIONS



**LOS ANGELES, (IANS)** Actress Megan Fox claims no third parties were involved in her and rapper Machine Gun Kelly's alleged split. The actress returned to Instagram on Sunday to set the record straight amid various reports that her fiancé was unfaithful, reports pagesix.com. "There has been no third party interference in this relationship of any kind. That includes, but is not limited to...actual humans, DMs, AI bots or succubus demons," the 'Jennifer's Body' star wrote in a statement via her Notes app. "While I do hate to rob you of running random baseless news stories that would have been much more accurately written by ChatGPT, you need to let this story die and leave all these innocent people alone now." All other posts from Fox's feed have been archived after she temporarily deactivated her account last weekend. She is also currently following zero people after previously hitting the follow button on Harry Styles, Timothee Chalamet and Eminem, the latter of whom MGK notoriously feuded with over the years. As Page Six previously reported, the rumour mill went wild with theories during Super Bowl 2023 weekend when Fox, 36, shared a cryptic Instagram post, unfollowed MGK, 32, and eventually deactivated her account. All of this occurred after the two attended Drake's show for Hollywood group's annual Homecoming Super Bowl party Friday night in Arizona and the "Bloody Valentine" rocker's performance at Sports Illustrated's The Party one night later. At the time, fans immediately speculated that MGK may have cheated on Fox, with many pointing to guitarist Sophie Lloyd.

## SONAM KAPOOR CELEBRATES SIX MONTHS OF HER 'BIGGEST BLESSING', SHARES VIDEO



**MUMBAI, (IANS)** Bollywood actress and new mom Sonam Kapoor shared a heart warming note as her son Vayu Kapoor Ahuja turns six months old. She expressed that being a mother was the best job in the world and called her son her "biggest blessing". Sharing a photo and video of Vayu on Instagram, Sonam wrote: "6 months of my Vayu. The best job in the world.. my biggest blessing.. love you my darling boy..your papa and me couldn't have asked for more..." In the photo, the mother-son duo looked adorable as she was wearing yellow pyjamas, while Vayu looked cute in a white onesie. Sonam also shared a short video of Vayu crawling, while playing with his toys. Sonam's husband Anand Ahuja commented with heart eyes emojis and wrote: "pajama partyyyyyyy." Sonam and Anand got married on May 8, 2018 after dating for a few years. They welcomed their son Vayu on August 20, 2022.

## AJAY DEVGN'S NY FOUNDATIONS, DAUGHTER NYSA ENGAGE IN RURAL WELFARE WORK

**MUMBAI, (IANS)** Bollywood actor-filmmaker-entrepreneur Ajay Devgn has been spearheading various social-work initiatives across the country under the aegis of their social-work wing NY Foundations. These initiatives include feeding the underprivileged, vaccination camps during the pandemic, paying for medical aid, studies and providing widows in Punjab a means of livelihood. Recently, NY Foundations tied up with Shri Pradeep Lokhande of Rural Relations, an organisation that is very active on ground zero in over 200 villages across India. Ajay's daughter Nysa Devgan, who is keen to work closely in rural areas and also encourage children in primary and secondary schools to get education/recreation benefits, took the initiative to open digital libraries, distribute books and also distribute sports kits to the students of a few schools in and around Virgaon, Ahmednagar district. Nysa personally interacted with over 200 students and was impressed with their inclination towards studies and sports activities.



## 'BADE MIYAN CHOTE MIYAN' INDIA SCHEDULE WRAPS UP, CREW HEADS TO SCOTLAND

**MUMBAI, (IANS)** The first schedule of Akshay Kumar and Tiger Shroff-starrer 'Bade Miyan Chote Miyan' has been completed and now the entire team is gearing up for the next schedule in Scotland.

The film brings together two of the biggest action heroes of Bollywood, Akshay, and Shroff. Prithviraj Sukumaran joins this spectacle as he brings on board his acting prowess as the powerful antagonist. Taking to social media, producer Jacky Bhagnani, Tiger Shroff and Ali Abbas Zafar shared an image.

Jacky Bhagnani captioned it by saying: "We just wrapped the first India sched of #BMCM. A big milestone in my life and it has been emotional. This was a dream IP of my father and now we are carrying it forward." "Cant wait for you guys to watch this Spectacle in theatres.

Thank you Bade Miyan @akshaykumar, Chote Miyan @tigerjackieshroff, @therealprithvi and @aliabbaszafar for making this dream of our come true."

Tiger shared a BTS image and captioned it: "It was an honour riding alongside you bade @akshaykumar and kicking the bad guys' ass. Coming to you at the speed of light in a cinema near you."

Vashu Bhagnani and Pooja Entertainment present 'Bade Miyan Chote Miyan' in association with AAZ film, is written and directed by Ali Abbas Zafar, produced by Vashu Bhagnani, Deepshikha Deshmukh, Jacky Bhagnani, Himanshu Kishan Mehra and Ali Abbas Zafar. This Pooja Entertainment Action entertainer is set to release in cinemas in December 2023.

## Mumbai Police book SS(UBT) MLA's son in Sonu Nigam manhandling case

**MUMBAI, (IANS)** The Mumbai Police early on Tuesday booked Swapnil P. Phaterpekar, the son of Shiv Sena (UBT) MLA Prakash Phaterpekar for the roughing up of playback singer Sonu Nigam, a top official said, in what has emerged to be another 'selfie' related incident in a week. Deputy Commissioner of Police (Zone VI) Hemrajsingh Rajput said that the incident occurred when Nigam was coming out of a concert in Chembur late on Monday night.

"After the concert, Nigam was coming down from the stage when a person named Swapnil P. Phaterpekar stopped him for a selfie, when Nigam refused, he pushed the singer and two others from the steps, and one sustained injury. We have booked only one accused (Swapnil Phaterpekar) for the incident. The other volunteers came to the aid of Nigam and he was taken away from there safely," Rajput said.

Swapnil Phaterpekar, President of Sanskar Pratisthan and holding a MBA degree from London and Mumbai, allegedly ran after Nigam for clicking a selfie when the jostling took place, around 11.30 p.m, but was stopped by his security personnel. On his part, his father the MLA Phaterpekar admitted that what happened was wrong but contended that it was not a deliberate attack, but he felt guilty over it and tendered an apology on behalf of his son to the singer. Nigam later complained to the police which lodged the complaint against



Swapnil Phaterpekar invoking various sections of the Indian Penal Code and further investigations are underway. This is a second selfie-related incident that has rattled celebs in Mumbai, coming barely a week after the attack on cricket Prithvi Shaw and damaging his vehicle outside a five-star hotel late on February 15.

## VICKY KAUSHAL REMINISCES 'MASAAN' CLINCHING HIM IIFA FOR BEST DEBUT

**MUMBAI, (IANS)** The upcoming edition of the International Indian Film Academy and Awards (IIFA) is set to be hosted by Bollywood actors Vicky Kaushal and Abhishek Bachchan as it returns to Yas Island, Abu Dhabi, on May 26. For Vicky, his IIFA journey started seven years ago with his debut film 'Masaan' clinching him the Best Debut Award.

Speaking on the occasion, the 'Uri' actor said, "I feel hugely privileged, my journey with IIFA goes back by seven years to my first film, 'Masaan' when I won the Best Debut Award, followed by Best Supporting Actor for Sanju and Best Actor for Sardar Udham last year. I can't wait to be back to take centre stage as IIFA Awards host along with Abhishek Bachchan." The event will be staged at the world-class Etihad Arena. The highly anticipated two-day celebration will mark the 23rd Edition of IIFA Weekend and Awards and is dedicated to building bridges across cinemas, businesses, communities, and nations, with the theme of 'One People. One World'. Abhishek Bachchan said, "I'm ecstatic to be hosting the 23rd Edition of IIFA Awards at Yas Island, Abu Dhabi. IIFA is like family to me and it gives me immense pleasure to celebrate the very best of the extraordinary range that Indian cinema has to offer. With IIFA's gigantic global fan following, it is indeed an annual pilgrimage and an absolute honour to entertain and meet the fans there and connect with them globally. I look forward to hosting the IIFA Awards".

The IIFA will also see performances by other Bollywood A-listers like Salman Khan, Varun Dhawan, Karan Johar and Kriti Sanon.



## JANNAT ZUBAIR SAYS HER LATEST TRACK 'BABU SHONA MONA' IS 'NEW AGE MUSIC FOR GENZ'

**MUMBAI, (IANS)** TV actress Jannat Zubair, who is known for working in fictional dramas such as 'Kashi - Ab Na Rahe Tera Kagaz Kora', 'Phulwa', 'Tu Aashiqui', who also participated in stunt-based reality show 'Khatron Ke Khiladi 12', released her latest track 'Babu Shona Mona' which is curated by Zubair Rahmani, and has music and lyrics by Vibhas.

While sharing her experience of singing the track, she said: "Singing is something I have loved. 'Babu Shona Mona' is a new age sound, a track for millennials, and new age music for GenZ. My father curated the idea and the song, he knew my love for singing and always wanted me to explore the singer side in me. Today, we are just launching the audio, we will launch the video of the song very soon."

Zubair Rahmani added: "I was aware of her inclination for singing. We were looking for the right song and right time and the right platform to showcase her talent. She has had a brilliant run as an actor, I am sure that the audience will love her singer side as well."

Vibhas, who has written the lyrics and given the music to the track shared: "Jannat has ruled the hearts of many with her creative calibre, now her voice will storm the music scenes. 'Babu Shona Mona' is a song for all those who are nurturing a broken heart, not only is it a melodious track, it is comforting too." Jannat also shared pictures from the song on her Instagram handle in which she can be seen wearing a black leather outfit with chrome-dyed hair.



## 'PAASIL' DEPICTS THOSE WHO AVOID BEING PART OF WEDDING PREPS, SAYS SAPNA CHOUDHARY



**MUMBAI, (IANS)** Former 'Bigg Boss 11' contestant Sapna Choudhary, who is known for her stage performances, singing a number of Haryanvi tracks and has also item numbers in some Bollywood movies like 'Veere Di Wedding', and 'Naanu Ki Jaanu', talked about her latest track, 'Paasli', sung by Mahi Panchal and Akki Aryan.

Sapna started her career with an orchestra team from Haryana. She later started doing stage dance and made her Bollywood debut with an item number in 'Journey of Bhangoover'. Sapna played an important role in 'Nanu Ki Jaanu'.

Briefing about the wedding song which showcases her dance moves, and certain hilarious moments, she shared that it is a perfect song to be played during wedding ceremonies as it reflects the perfect scenario where there are certain members in the family who are forced to bear responsibilities.

She shared: "There is always that one person at a wedding who finds excuses to avoid the preparation, 'Paasli' is an apt description of those. I can imagine this song as a hot favourite for sangeet ceremonies. I can already see people dedicating this song to their friends and family."

The video of the song shows Sapna participating in her sister-in-law's wedding preparations, where she makes excuses to avoid household responsibilities, her husband pushes her to work, and she complains about the pain of doing all the household work despite her unwillingness.

## ABDU ROZIK BOOKS AN ENTIRE THEATRE TO WATCH SRK'S 'PATHAAN'



**MUMBAI, (IANS)** Former 'Bigg Boss 16' contestant and Tajikistani sensation Abdu Rozik booked an entire cinema hall in Mumbai to watch Bollywood superstar Shah Rukh Khan's action entertainer 'Pathaan'.

A clip shared by celebrity paparazzi, Viral Bhayani on Instagram, shows Abdu all excited and dancing to 'Jhoomo Jo Pathaan' in the theatre. He even did the hook step from the number picturised on SRK and Deepika Padukone.

He was heard saying: "Shah Rukh Sir we want to meet you, only you. We booked the whole cinema to watch Pathaan, for dancing, masti... Bohut maza hai bro."

Abdu is all set to make a debut in Hindi cinema with Salman Khan's upcoming film 'Kisi Ka Bhai Kisi Ki Jaan'. He is just 19, and is a sensation on social media. He has also lent his vocal prowess for his numbers such as 'Chota bhaijaan' and 'Pyaar'.

## ALL QUIET ON THE WESTERN FRONT' BEATS BAFTA WINS RECORD OF 'CINEMA PARADISO'



**LONDON, (IANS)** German anti-war drama 'All Quiet on the Western Front' dominated the BAFTA Awards in London on Sunday night with a record-breaking seven wins, including for Best Director, Best Film and Best Film Not in the English Language, reports 'Variety'. The tally means the World War One epic now holds the record for a film not in the English language. The previous record was held by the 1988 Giuseppe Tomatore film 'Cinema Paradiso', which won five BAFTAs. Colin Farrell-starrer 'The Banshees Of Inisherin' won the second largest number of awards of the night, including both supporting actor categories with wins for Barry Keoghan and Kerry Condon (who emerged as the correct winner after fellow nominee Carey Mulligan's name was initially called in error), 'Variety' adds. Writer and director Martin McDonagh also won for Original Screenplay and Outstanding British Film, although his swipe at the film's producer Searchlight -- when he quipped that he had landed an award for the script without any notes from the studio -- prompted a mixed response from the audience, with some possibly perceiving the comment as arrogant, 'Variety' notes.



**AUSTRALIA TO SEND SOS TO MATTHEW HAYDEN TO SOLVE BATTING WOES | P26**



**RAFAEL NADAL LAVISHES PRAISE ON MESSI, ENDORSES ARGENTINA SKIPPER FOR LAUREUS SPORTSMAN OF THE YEAR AWARD | P26**



**MASSIVE BLOW TO AUSTRALIA, DAVID WARNER RULED OUT OF SERIES | P26**



# MidWeek Sports



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## **INDIA'S MAGIC IN DELHI REMAINS UNHINDERED, BEAT AUSTRALIA TO GRAB WORLD NO.1 SPOT**

The Indian Cricket team's magic in Delhi remains unhindered as Rohit Sharma's men defeated Pat Cummins led Australia by 6 wickets in the second Test. The Indian spinners started in the first session of Day 3 as Ravindra Jadeja took a seven-wicket haul. This was followed by the batters' show at the Arun Jaitley Stadium as India chased the 115-run target to take a 2-0 lead in the four-match series.

### **India become the World No.1 Test team**

With their dominating win against Australia, the Indian team has become the World's No.1 Test team. The Men in Blue were on second place in the points table of the Test rankings before this match. But a win will take them above Australia. Notably, the ICC has not updated their rankings but according to rankings' predictor, India have gone above Australia.

### **India's magic in Delhi**

The Indian team is hugely dominant in the national capital Delhi. For 75 years, teams have found it way too difficult to defeat India in Delhi. They are unbeaten at this venue since 1987 and have lost only 6

matches here. Meanwhile, Australia have defeated India here only one time in 1959.

The Indian team was on song in the Delhi Test. They punched the Aussies after losing the toss and bowling first. Usman Khawaja guided his team to a 263-run total. The Indians were in trouble as they were 4 down for 66. But the middle order, led by Virat Kohli and Axar Patel bailed the hosts out and put them 1 run short of Australia's 263. India ran through the Aussie lineup as Ravindra Jadeja grabbed a seven-wicket haul before the batters- Cheteshwar Pujara, Srikar Bharat and Virat Kohli took them home.

### **India retains Border Gavaskar Trophy**

With this win, India will also retain the Border-Gavaskar trophy for the third consecutive time. The Indian team won the high-profile series in 2016/17 before retaining it in 2018/19, 2020/21, and now in 2022/23. There are still two matches left but even if Australia win them they will draw the series 2-2, in which case, India will still keep the trophy with them. The third match will be played in Indore on March 1.

## **WEST INDIES TOUR OF SOUTH AFRICA: SHANNON GABRIEL EARNS RECALL AS CWI ANNOUNCE SQUADS FOR LIMITED-OVERS SERIES**



The Cricket West Indies (CWI) Senior Men's Selection Panel on Monday announced the One-Day International (ODI) and T20 International (T20I) squads for the upcoming series against South Africa. West Indies' tour of South Africa begins with two Tests, between February 28 and March 12, where they will be led by Kraigg Brathwaite, before the white-ball games start. The ODIs come first, on March 16, 18 and 21, followed by the T20Is, on March 25, 26 and 28. In the ODIs, Shai Hope will have his first series as captain with all-rounder Rovman Powell appointed as the new vice-captain. In the T20Is, captain Rovman Powell will be supported by a new vice-captain in batting all-rounder Kyle Mayers. Fast bowler Shannon Gabriel has earned a recall to the ODI squad on the back of his performances during the CG United Super50 Cup last November.

## **TURKEY EARTHQUAKE: FORMER CHELSEA FORWARD CHRISTIAN ATSU FOUND DEAD, CONFIRMS AGENT**



Former Chelsea and Newcastle United forward Christian Atsu is reportedly found dead after he went missing for days after the earthquakes in Turkey. Atsu who played for Hatayspor before his tragic death was one of the star players from the Chelsea academy before heading to Turkey. The 31-year-old was residing in an apartment in the Hatay city which suffered huge damages during the quake. His club Hatayspor initially reported he was rescued "with injuries" but a day later that position changed. Nana Sechere, who is in Hatay, said they located Atsu's "exact room location" and found pairs of his shoes. The agent also said that thermal imaging cameras had shown signs of "up to five lives" beneath the rubble, but that it had not been possible to confirm those signs.

## **JYOTHI YARRAJI, ROSY MEENA SHINE AT 10TH ASIAN INDOOR ATHLETICS CHAMPIONSHIP WITH 8 MEDALS**



Jyothi Yarraji and Rosy Meena of Odisha Reliance Foundation Athletics High-Performance Center, put on strong podium performances at the 10th Asian Indoor Athletics Championship held in Astana, Kazakhstan between 10-12 February, 2023. The two girls were part of the Indian contingent that picked up a total of 8 medals, including 1 Gold, 6 Silver and 1 Bronze in a wide range of competitions that included Shot Put, Pole Vault, Long Jump, Triple Jump, 60m Hurdles, 60m Sprint, and Pentathlon. The contingent consisted of six athletes from the Odisha Reliance Athletics High-Performance Centre - Jyothi Yarraji, Rosy Meena, Amlan Borgohain, Elakkiya Dasan, Sapna Kumari and Tejas Shirse.

## **LED BY SMRITI MANDHANA, HARMANPREET'S TEAM ENTER SEMIFINALS AFTER BEATING IRELAND**



Led by Smriti Mandhana's fireworks, Harmanpreet Kaur's Team India defeated Ireland by 5 runs (DLS) to enter the semifinals of the T20 World Cup 2023. India won the toss and Harmanpreet Kaur elected to bat first. Batting first, Shafali Verma played an uncharacteristic knock of 24 off 29 deliveries, while Mandhana kept playing her shots. India accumulated 42 runs after the Powerplay. Mandhana continued to play her shots, but the other batters like skipper Harmanpreet Kaur and Richa Ghosh couldn't chip in as India faltered in the end, posting 155 in 20 overs. Mandhana eventually struck a classy, yet error-laden 87 to fire India's total up to 155. This was also Mandhana's highest ever T20I score. Chasing 156, Ireland lost two wickets in the first over itself but recovered well to post 44 after the first six overs. Rain gods though had other plans, and it started pouring down, with

Ireland still 5 runs behind the DLS par score. The match, as it turned out, did not resume and India took home the laurels. "Reaching the semifinals means a lot. We are working hard for so many years and we always want to do well. Hope we'll give our 100% against Australia. It will be a do or die game. We just want to go and play free cricket," said Kaur during the post-match presentations. Harmanpreet Kaur scripted history as she became the first Indian woman cricketer to score 3000 T20I runs. In the all-time list, Kaur stands at number four, behind Stafanie Taylor, who has 3166 international runs. Not only this, Kaur become the first and only player on the planet- across Men and Women's cricket to feature in 150 T20I games for India. Kaur played her 149th T20I against England on Sunday and shattered Rohit Sharma's record for most appearances (148) in the shortest format.

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## FORMER PCB CHAIRMAN HEAPS PRAISE ON TEAM INDIA, SAYS 'IMPOSSIBLE TO BEAT INDIA ON THEIR OWN SOIL'

Former Pakistan Cricket Board chairman and captain Ramiz Raja has claimed that it is impossible to beat the Indian team on their own soil. If it wasn't for Ravichandran Ashwin and Ravindra Jadeja on Day 3 of the second Test at Delhi's Arun Jaitley Stadium, Australia could have entertained hopes of squaring the series and reclaiming the Border-Gavaskar Trophy.

However, the spin twins managed to turn the tide in favour of the hosts as they cast a web around the Aussie batters, triggering a collapse. With the Aussies losing the plot and their wickets in a heap, the hosts were left to chase a paltry target to take an assailable lead in the series. India cantered home by six wickets to reclaim the Border-Gavaskar trophy.

In a video in his own YouTube channel, Ramiz Raja lavished praise on

skipper Rohit Sharma and his entire team. He also picked out Jadeja for special praise for a phenomenal effort with the ball in both innings. The former PCB chairman also made a mention of all-rounder Axar Patel, whose priceless innings of 74 helped India recover from a precarious position in their first innings. "The clincher was Axar Patel's knock in the first innigs. He stitched a crucial partnership with Ashwin at a time when Australia would have entertained hopes of skittling India out for a low score and taking a sizeable lead. Australia did not demonstrate the necessary mental toughness to thrive on these surfaces and there are obvious technical flaws in their batting. Their batting against spin left much to be desired. They played the wrong shots," Raja said. The former Pakistan skipper also unsparing in his criticism of Australia for failing to stand up to spin in both the innings.



## MASSIVE BLOW TO AUSTRALIA, DAVID WARNER RULED OUT OF SERIES

It all seems a repeat of the 2020-21 edition of the Border Gavaskar Trophy that was played in Australia. India, the visiting team was plagued by multiple injury concerns and now it seems that Australia are going through the same problem. India somehow managed to pull off a miraculous heist in the 2020-21 edition and outplayed the Aussies by a margin of 2-1, but this time around, the Aussies have already lost the trophy to India and all they can do now is level the series by winning the two remaining Test matches.

Before the 3rd Test match that is scheduled to be played in Indore, the Aussies have sustained a massive setback to their campaign. Star opener David Warner is all set to fly back to Australia as he has been

ruled out of the series. Warner injured his elbow and sustained a concussion in the second Border Gavaskar Trophy Test match that was played in Delhi.

While batting in the first innings the Australian left-handed batter was struck on the grille of his protective batting helmet by speedster Mohammad Siraj which came shortly after Warner had injured his elbow. Matt Renshaw had to substitute the concussed David Warner. As far as Warner's recent outing in India is considered, he has just scored 26 runs from his three completed innings. Australia have a grave challenge to address as they are missing out on their marquee players due to injury concerns.

## RAFAEL NADAL LAVISHES PRAISE ON MESSI, ENDORSES ARGENTINA SKIPPER FOR LAUREUS SPORTSMAN OF THE YEAR AWARD



Rafael Nadal and Lionel Messi might belong to two different sporting disciplines, but there is no doubt about the fact that both of them are equally great and have revolutionized their respective sporting disciplines. Messi reached the pinnacle of his career after winning the FIFA World Cup that was played in Qatar last year. The Argentina skipper himself has been extremely vocal about how he has accomplished the biggest goal of his career and he is in no mood to retire anytime soon. On February 20, 2023, Monday, Rafael Nadal and Lionel Messi both were announced as the nominees for the coveted Laureus Sportsman of the Year award for 2023. They were chosen alongside renowned sporting personalities such as French footballer Kylian Mbappe, Dutch Formula 1 driver Max Verstappen, Swedish pole vaulter Armand Duplantis, and American basketball player Stephen Curry. The spotlight has now shifted to Rafael Nadal who feels that Lionel Messi deserves the sward more than him for winning the World Cup in his fifth and probably his last attempt.

## AUSTRALIA TO SEND SOS TO MATTHEW HAYDEN TO SOLVE BATTING WOES



Batting great Matthew Hayden is ready to help Australia solve their batting woes in the ongoing Test series if asked after the visiting side was bamboozled by the Indian spinners in the first two matches, according to a report. Australia suffered heavy losses in Nagpur and New Delhi with Indian spinners, led by Ravichandran Ashwin and Ravindra Jadeja, scalping 32 of the total 40 wickets in the two Tests. Hayden, commentating on the series for host broadcaster Star Sports, said he would happily put his hand up to help Australia's debacle against Indian spinners and he would do it for nothing.

"One hundred per cent, at any time of the day or night, it is a given that myself -- and I'm sure I speak for anyone else that I represent that would have that kind of influence -- would 100 per cent be in," Hayden was quoted as saying by 'Sydney Morning Herald'.

"Any time I have been asked to do anything I've always said yes at any time of day," said the 51-year-old left-handed batter.

Former captain Michael Clarke has called for the visiting team management to use the expertise of Hayden, who had averaged 110 in the epic 2001 tour under Steve Waugh and was also part of the triumphant Adam Gilchrist-led team in 2004 -- the only Australia side to win a Test series in India since 1969.

Hayden said he would "definitely not" charge Cricket Australia for his time with the Australian team but wanted the governing body to give current players access to the previous generation.

"You can't alienate them (former players). If you want the creme de la creme, the very least you can do is respect them.

There should be a system if you're in the CA role, how do we get the intellectual property in our players? That's the key," he said.

### AUSTRALIA TOUR OF INDIA

TEST & ODI SERIES

- 1st TEST: 9-13 FEB - Nagpur
- 2nd TEST: 17-21 FEB - Delhi
- 3rd TEST: 1-5 MAR Dharamshala
- 4th TEST: 9-13 MAR - Ahmedabad
- 1st ODI: 17 MAR - Mumbai
- 2nd ODI: 19 MAR - Vizag
- 3rd ODI: 22 MAR - Chennai

### UPCOMING T20S, ODIS & TEST SERIES SCHEDULE

- Australia tour of India 2023 Feb, Mar
- Indian Premier League 2023 Apr, May
- India tour of West Indies 2023 Jul, Aug
- Asia Cup Cricket 2023 Aug, Sep
- Australia tour to India CWC 2023 Sep
- Cricket World Cup 2023 Oct, Nov



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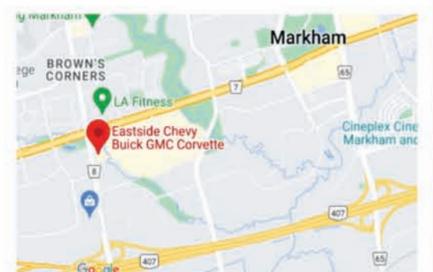
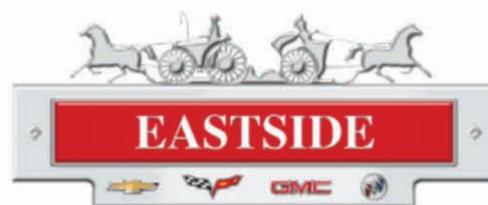


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REGIME TO CHECK DIABETES | P34



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## NORA FATEHI MAKES HEADS TURN WITH HER NEW STUNNING SHIMMERY OUTFIT



NORA FATEHI NEVER FAILS TO GRAB THE EYEBALLS, BE IT AN ITEM NUMBER OR HER SULTRY LOOKS, SHE JUST NAILS IT EVERY TIME. THE HOT DIVA HAS SHARED A SERIES OF PHOTOS IN HER STUNNING SHIMMERY OUTFIT WHICH IS QUITE RAISING THE TEMPERATURE. HAVE A LOOK.

## A RECORD-BREAKING DAY AT THE CANADIAN INTERNATIONAL AUTOSHOW



TORONTO— Automotive enthusiasts continued to flock to the Metro Toronto Convention Centre for the 50th anniversary Canadian International AutoShow, with a record-setting opening Saturday. The AutoShow welcomed 49,383 guests on its second day of the 2023 event; combined with a strong crowd on opening day, it is the largest two-day opening in the history of the AutoShow in Toronto.

"Looking around, we are seeing a lot of happy faces and a lot of bums in the seats of the new cars across the show floor," says Jason Campbell, General Manager of the AutoShow. "We have put together the pieces that make a great auto show. There is a broad collection of interesting cars here that result in those 'Ohh! Aah!' moments, and people are really enjoying it."

CONT'D. ON PAGE 32

## THIS COMMON KITCHEN INGREDIENT WILL HELP REDUCE BLOATING, RELIEVE INFLAMMATION, AND AID DIGESTION



\*According to the expert, replacing raw foods with their cooked and steamed counterparts "helps break down the foods outside the body beforehand", making it easier for the body's metabolism to process it. It aids in easy digestion and absorption of nutrients, she added.

\*Similarly, replace raw salads with warm soups or steamed salads. "You can even stew fruits like apples and berries and add a sprinkle of cinnamon, clove, and pepper to aid digestion. Always consume it warm," she suggested.

\*Do not mix fruits with any other foods. Eat it alone or leave it alone. She shared that fruits have active microbial enzymes that react with almost everything. Also, since fruits are easier to digest, they can push other solid undigested foods downwards causing indigestion, bloating and even gas.

\*Adding good fat oils to your diet lubricates your GI tract and allows foods to move smoothly through the digestive tract. "Include good fats like olive oil, avocado oil, almond oil, coconut oil, and clarified butter or ghee," she suggested.

## GTA LAGGING IN TIME IT TAKES TO GET PROJECTS APPROVED



to a report by Altus Group.

These are terrible metrics.

Toronto was ranked 18th worst on the list of 21 municipalities, followed by Pickering in 19th spot, Bradford West Gwillimbury at 20th, and Markham in 21st place. When it comes to approval timelines, Toronto was 20th on the list, and for government charges, it was last on the list in 21st place.

Not exactly the kind of scenario that you want when you're trying to bring much-needed housing on quickly.

Thankfully, there are some hopeful signs of action.

At RESCON's recent annual general meeting, Associate Housing Minister Michael Parsa reiterated that the provincial government is laser-focused on building more homes by working with industry and stakeholders to put more shovels in the ground.

With 500,000 new Canadians coming to Canada each year, most of whom will settle in Ontario, the minister indicated the government is committed to the target of building 1.5 million homes over 10 years. He also acknowledged it will require commitment from industry and all levels of government.

In 2021, Ontario had the highest number of housing starts since 1987, and 13,000 were purpose-built rental units, but he said that is not enough and government must look at bold solutions to the crisis.

When it comes to putting obstacles in the way of new housing construction, municipalities in the GTA are leading the way. The approval timeline for a project in Toronto was a whopping 32 months in 2022, up from 21 months in 2020. Presently, GTA municipalities are among the 10 lowest-ranked regions in Canada when it comes to the approval process, the time it takes to get projects approved, and government charges per square foot imposed on new low- and high-rise housing development, according



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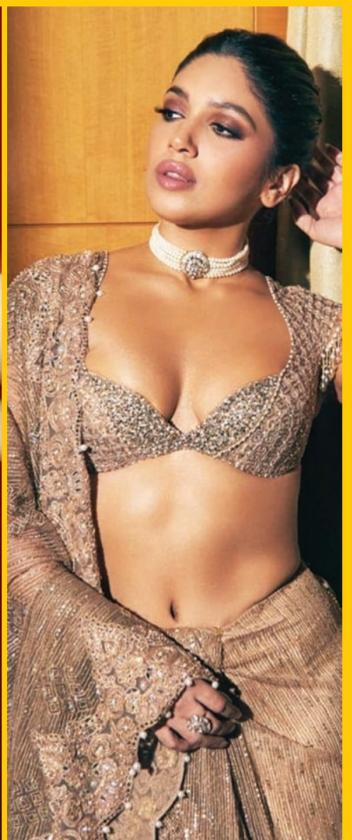
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## FROM BATHING RIGHT AFTER MEALS TO HAVING LUNCH POST 2 PM: COMMON MISTAKES TO AVOID FOR BETTER DIGESTION

We all know the role the gut plays in keeping the body healthy and the immune system strong. As such, it is extremely important to consume a gut-friendly diet. But, did you know that while a healthy diet is essential, what you do after having your meals is also equally important? "In Ayurveda, good digestion is the foundation of health and well-being. Your metabolic fire, or agni, transforms food into the nourishing essence that supports the body's function and existence. Agni governs the digestion and transformation of food into more subtle substances that nourish our bodies. A steady agni ensures your body functions properly, and an impaired agni leads to the buildup of metabolic toxins – ama, the root cause of diseases," Dr Archana Sukumaran, Ayurveda expert at Kerala Ayurveda, told indianexpress.com in an earlier interaction.

As such, Dr Dixa Bhavsar Savaliya, an ayurveda expert, took to Instagram to list some common mistakes that affect our digestive system. Sharing the tips, Dr Dixa wrote, "Avoid these 5 common mistakes in your daily routine to improve your digestion without any medicine."

### Bathing right after Meals

According to Ayurveda, every activity has a specific time period, and doing it beyond that limit can harm the body. It is suggested to not take a bath for 2 hours after having a meal. "The fire element in the body is responsible for food digestion, so when you eat, the fire elements get activated and result in increased blood circulation for effective digestion. But, when you take a shower, the body temperature goes down slows the digestion," she said. "Taking a bath immediately after meals cools down your body. A sudden drop in body temperature will dampen your agni and lead to a sluggish metabolism. Since an impaired metabolism is a major reason for all diseases, according to Ayurveda, this will lead to various diseases. Ideally, taking a bath 2-3 hours before meals would be best," said Dr Archana.

### Walking right after meals

While walking for some time after a meal is beneficial, indulging in heavy physical activities and long walks is not recommended. "Walking long

distances, swimming, exercising — all these activities are Vata aggravating and shall disturb digestion, leading to bloating, incomplete absorption of nutrition and feeling of discomfort post meals," Dr Dixa said.

Vikas Chawla, Ayurveda Expert, Vedas Cure, added, "A common misperception that needs to be disabused is that walking right after having dinner meals or breakfast supper ensures fast digestion. It is not true. Long-distance walks and exercising are physical activities which aggravate Vata dosha. This hampers nutrition absorption of meals and precipitates feelings of discomfort, pain, and bloating."

### Having lunch after 2 pm

Ayurveda recommends having lunch in the afternoon anytime between 12 to 2 pm when the sun is at its peak. "It is that time of the day when pitta is dominant, which helps digest food easily. For the same reason, Ayurveda considers lunch to be the most important meal of the day and recommends it to be moderate to heavy," Dr Dixa reasoned.

"People who go for intermittent fasting and fad diets often make the mistake of skipping lunch or eating after 2 pm to maintain long breaks between meals. But it results in patchy digestion and fat accumulation," Chawla added.

### Consuming curd at night

Many of us are habitual of adding curd to our dinner thinking that it aids digestion, however, Ayurveda suggests avoiding it at night. "Curd is sour and sweet in taste and it increases Kapha and Pitta dosha in the body. During the night, there is a natural predominance of Kapha in the body, and having curd at this time can lead to excess kapha buildup. It could also sit in the gut and make you feel constipated," said Dr Dixa.

### Sleeping right after meals

Don't sleep right after your meals; a gap of at least 3 hours between meals and sleeping time is recommended. "During sleep, the body repairs, heals, and restores while the mind digests thoughts, emotions, and experiences from the day. For this reason, Ayurveda recommends that the last meal of the day be relatively light and completed three hours bed," added Dr Dixa.

## TWO CUPS OF COFFEE VS GREEN TEA: WHICH IS GOOD FOR YOUR HEART IF YOU HAVE HIGH BP?



If you are a coffee drinker and have a blood pressure of 160/100 mm Hg or higher, then you might face double the risk of death from cardiovascular disease if you drink more than two cups of coffee daily, according to a study. But drinking green tea or just one cup of coffee did not have the same effect. The findings apply to coffee drinkers with a high blood pressure – not to people whose blood pressure is not considered severe, according to the study published in the Journal of the American Heart Association. The researchers also found that those who only drank one coffee a day and consumed green tea daily were not at greater risk of cardiovascular disease, whatever their blood pressure measurement, even though both drinks contain caffeine. The 19-year-long study involved more than 6,570 men and 12,000 women, aged from 40 to 79 at the start of research, who were chosen from the Japan Collaborative Cohort Study for Evaluation of Cancer Risk. "Caffeine has been researched over the years for its beneficial and damaging effects on heart health. This study happens to be in line with them. But all of them have favoured moderate consumption. You can expect to get around 80 to 90 mg of caffeine from an average cup of coffee and it raises BP, heart rate and constricts the blood vessels. So, in high BP patients, excessive coffee-drinking accelerates adverse events. Also, excessive coffee drinking is a surrogate marker of excessive stress that the individual undergoes at work or home. This, coupled with the physiological effects of excessive caffeine and an unhealthy lifestyle, definitely can damage heart health," says Dr Neeraj Bhalla, Senior Director, Cardiology, BLK Max Super Speciality Hospital, New Delhi. "The study corroborates what we already knew for a long time. In our nutritional advisory to heart patients and even those with hypertension, we always caution them against drinking too much coffee. Caffeine overuse increases the heart rate, blood pressure and anxiety levels and is definitely not recommended for high risk groups. Green tea, on the contrary, has very minimal caffeine content, which does not impact either the heart rate or metabolism to a damaging extent," says Ritika Samaddar, Regional Head, Department of Clinical Nutrition and Dietetics, Max Healthcare. The study's senior author, Hiroyasu Iso, MD, PhD, MPH, Director of the Institute for Global Health Policy Research, Bureau of International Health Cooperation, National Centre for Global Health and Medicine in Tokyo, Japan, and professor emeritus at Osaka University, said: "Our study aimed to determine whether the known protective effect of coffee also applies to individuals with different degrees of hypertension; and examined the effects of green tea in the same population. To the best of our knowledge, this is the first study to find an association between drinking two or more cups of coffee daily and cardiovascular disease mortality among people with severe hypertension."

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## EXPERT-APPROVED HACKS AND TIPS TO REDUCE BELLY FAT QUICKLY

Many people aim to lose belly fat, for which they go on strict diets and workout tirelessly for hours. But it must be known that belly fat is not always a result of eating unhealthy, according to experts it can also be caused by hormonal imbalance, poor lifestyle regimen, and the lack of exercise or stress. However, tweaking your diet can really help you make a difference when it comes to excess fat and even weight.

According to Garima Goyal, a registered dietitian, losing this fat is crucial because higher fat accumulation of fat in the belly area predisposes the body to various metabolic diseases such as diabetes 2 and cardiovascular diseases as it causes insulin resistance and raises cholesterol levels. "The measurement of abdominal obesity is carried out by the waist circumference. Waist circumference of more than 40 inches in men and 35 inches in women is defined as abdominal obesity," she told indianexpress.com, adding that she always advises her clients to watch their portion size, irrespective of what they are eating. "But certain other eating habits too can help to reduce abdominal fat," she added.

Following is her list of ways to reduce abdominal fat:

\*Cut down sugar: The main culprit behind abdominal obesity is a rise

in sugar intake that disturbs the metabolic balance of the body. Sugar is basically glucose and fructose, and when the fructose loads up in the body, the liver is forced to convert it into fat, which increases the abdominal and liver fat. Consuming sugary beverages is more harmful as you don't realise the number of calories you are consuming.

\*Include good quality lean protein: The single most effective thing for weight loss is adding lean protein such as eggs, fish, nuts, pulses and vegetables, and dairy products to your diet. 25-30% of protein calories aid in fat loss.

\*Have a low carb diet: As proven by various studies, low carbohydrate diets have been helpful in fat loss. Water weight also gets reduced when on low carb diet.

\*Nourish the body with high fibre foods: Fibre rich foods add to satiety as well as aid in weight loss.

"Remember that the market is saturated with weight loss products but they don't specifically focus on abdominal fat. To target your abdominal fat, you need to rewire your system from the inside. This first begins with your diet, then exercise, then cultivating a daily routine that allows you to live a healthy, balanced lifestyle," she concluded.

## EATING ALMONDS DAILY BOOSTS RECOVERY MOLECULE BY 69 PC, HELPING IN RECOVERY AFTER HEAVY EXERCISE: STUDY

Eating almonds daily has been found to support metabolic recovery following strenuous exercise by increasing beneficial fat by 69 per cent, according to a new study. The researchers concluded that daily consumption of almonds leads to a change in metabolism, downregulating inflammation and oxidative stress from exercise and enabling the body to recover faster. "We conclude

that almonds provide a unique and complex nutrient and polyphenol mixture that may support metabolic recovery from stressful levels of exercise," corresponding author Dr David C Nieman, a professor at the North Carolina Research Campus, said. The findings have been published in *Frontiers in Nutrition*. "Almonds have high amounts of protein, healthy types of fats, vitamin

E, minerals, and fibre. And the brown skin of almonds contains polyphenols that end up in the large intestine and help control inflammation and oxidative stress," said Nieman. According to the study, a randomized controlled trial showed that female and male participants who ate 57g almonds daily for one month had more of the beneficial fat 12,13-DiHOME (12,13-dihydroxy-9Z-octadecenoic acid) in their blood immediately after a session of intense exercise than control participants. This molecule, a so-called oxylipin, an oxidized fat, is synthesized from linoleic acid by brown fat tissue, and has a beneficial effect on metabolic health and energy regulation, the study said. "Here we show that volunteers who consumed 57g of almonds daily for one month before a single 'weekend warrior' exercise bout had more beneficial 12,13-DiHOME in their blood immediately after exercising than control volunteers.

### HERE'S HOW YOUR CUP OF COFFEE CONTRIBUTES TO CLIMATE CHANGE

Global coffee consumption has been increasing steadily for almost 30 years.

With a daily average consumption of 2.7 cups of coffee per person, coffee is now Canada's most popular drink. It is estimated that around two billion cups of coffee are consumed daily worldwide. This demand has led to considerable diversification in the ways of preparing coffee as well, including the creation of coffee capsules. The popularity of these capsules has divided the public opinion because this method of preparation, which uses single-use individual packaging, is harmful to the environment. As researchers working on assessing the environmental impacts of products and services, we often discuss coffee's carbon footprint. We decided to study the carbon footprint of several techniques used to prepare coffee at home, and it turns out that coffee capsules aren't the biggest carbon culprits.

## HOW SKIPPING CAN HELP YOU IN WEIGHT LOSS AND BECOME YOUR WHOLE BODY WORKOUT



Skipping workouts may not be good but skipping otherwise, as part of your workout, is very good. In fact, it may be under-rated but is the most effective drill for a full body workout. The bounce gives a massage to your lymphatic system and helps your lymph nodes drain. Also, it improves the firing of your neurons and increases synaptic connections.

### BURNS CALORIE AND AIDS IN WEIGHT LOSS

It maximises calorie-burn, causing you to lose weight. As it strengthens core muscles and tightens the abdominal area, it automatically reduces belly fat. A study in 2013 even found that those who spent 10 minutes of jumping rope daily for six weeks improved their cardiovascular fitness just as much as joggers in the same time period. Jumping rope is believed to burn up to 300 calories in 15 minutes. That is more than some more strenuous cardio exercises.

This is understandable because when you are skipping, you are working almost every major muscle group in the body. Besides, it generates heat and burns up a lot of calories to do so.

### FOR BRAIN HEALTH

Skipping is good for your brain functioning, especially if you know how to move your ropes well in various combinations, sharpening your motor ability and coordination. Boxers find a lot of combinations and recreation in skipping. It is a great kind of foot work which keeps you very agile and alert. It brings focus, attention and concentration.

## A RECORD-BREAKING DAY AT THE CANADIAN INTERNATIONAL AUTOSHOW

The 50th anniversary of AutoShow is truly about mobility reimagined.

EVs have been very popular so far this year, and the AutoShow has more electric-powered cars and trucks on the show floor than ever. But the theme is also seen in a showcase of new and innovative ways people will be able to get around.

"Electrification of mobility and urban design trends that encourage close-knit neighbourhoods have inspired innovators to explore new ways for people to get around," says Mr. Campbell. "This has resulted in some unique and interesting personal vehicles that are ideal for short commutes and urban travel, or to meet the needs of people who have mobility challenges, but still like — or need — to move about."

Among the new and innovative modes of transportation are (all of these vehicles can be found in Electric City on the 300 level of the North Building of the Metro Toronto Convention Centre, unless otherwise noted):

**Amego Electric Vehicles** — Since its founding in 2010, Amego EV has become Canada's trusted electric bicycle expert and a leader in the electric bike movement. Its purpose is to transform transportation to enhance the world. Amego focuses on selling electric bikes for transportation as a car alternative. It is showcasing its entire line of innovative electric bicycles, and is offering guests a chance to test ride their vehicles on the Micro Mobility Test Track.

**SARIT** — The latest innovation from Magna founder and Automotive Hall of Famer Frank Stronach is SARIT (Safe Affordable Reliable Innovative Transit), a game-changing micro-mobility vehicle that is fun, affordable and eco-friendly. An electric vehicle designed for a single person, SARIT is designed to help people get around safely and congestion-free. It can go anywhere a bike can go and is small enough to take advantage of city bike lanes and parking. It's also great for short urban trips, picking up groceries and running errands.

**Potential Motors** — The Adventure 1 by Potential Motors is a fully integrated compact electric off-road recreational vehicle, designed for exploring beyond where trucks can go. At just 64" wide, the Adventure 1 can access the vast network of ATV trails and remote destinations inaccessible to trucks or SUVs. Use it as camper, sleeping two comfortably with an integrated modular kitchen that folds out from under the bed with a two-burner propane stove, fridge, accessories and even a sink.

**Glückkind** — Honoured at CES in Las Vegas for innovation, Vancouver-based Glückkind has developed an AI baby stroller. The team at Glückkind — some new parents or parents-to-be — is pushing the boundaries of robotics and machine learning to improve stroller safety, usability and comfort. The Ella stroller has adaptive push and brake assistance to make walks easier — paved or unpaved, uphill or down, or even when loaded with groceries. If the baby needs a hug or to be carried, parents can activate Ella's intelligent hands-free strolling. The Rock-My-Baby mode helps little ones sleep; complete with soothing built-in white noise playback, Ella provides a nanny-like experience, empowering parents to be present and focus on their kids without compromise or distraction.

**Universal Motion** — A leading provider of accessible transportation solutions for people with mobility challenges — Universal Motion is showcasing six traditional cars and trucks that have been modified to ensure car and truck transportation is available to people living with disabilities. Providing wheelchair-accessible transportation solutions to the private market and small vehicle commercial transportation market, Universal Motion develops highly customized solutions to people's transportation and driving needs. (Find its display in the main showroom on the 800 level of the South Building of the Metro Toronto Convention Centre.)

For more information or to buy tickets, please visit [autoshow.ca](http://autoshow.ca). Media accreditation to the 2023 AutoShow is now online and can be requested at [autoshow.ca/media-registration](http://autoshow.ca/media-registration).



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## HOW 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 they 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 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.

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



Millennial, and Gen Z are a cohort born between 1981 and 1996 and 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 cliché 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'.

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## DOES THE RIGHT FOOD HELP REDUCE STRESS?

Ancient science knew something that mainstream science is 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, over-exposure 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 micro-organisms, 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

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 your physical and emotional requirements.

## 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 meta-analysis, 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.

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