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Creepy
Boss at
Work?
**STORY
ON page
28**

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Who will stop the Modi juggernaut ?

Hunt begins for a face of united opposition

(Agencies) A thumping BJP victory in the recent assembly polls, including the bell weather state of Uttar Pradesh, has once again sent the opposition scurrying for cover. The Congress has called for a broad-based grand alliance of opposition parties to defeat Prime Minister Narendra Modi and the BJP in the 2019 Lok Sabha elections. While the Janata Dal (United), the Rashtriya Janata Dal (RJD) and the Left have endorsed the idea, the big question remains: How will other regional players respond to the suggestion?



And most importantly, if the grand alliance is firmed up, who will be the Prime Ministerial face of a combined opposition? HT looks at the options:

Rahul Gandhi Being the leader of the largest opposition party, Gandhi is the strongest claimant. He has not posted huge electoral wins and has also been unable to overcome the tag of a "reluctant politician". But – given the ego battles amongst the regional satraps – Gandhi could still emerge as the consensus candidate. (Contd on page 19)

Had Amarinder asked me to serve as MLA, would have done so: Sidhu



(Agencies) Chandigarh: A day after being sworn in as minister, Navjot Singh Sidhu on Friday said if the Punjab Chief Minister Amarinder Singh had asked him to serve as an MLA, he would have done so. Allotted portfolios of local government and tourism and cultural affairs, archives and museums, the cricketer-turned-politician also (Contd on page 19)

Why was 'Sheriff of Wall Street' Preet Bharara fired by Trump ?

(Agencies) Former US Attorney Preet Bharara was investigating Health and Human Services Secretary Tom Price for alleged stock trading violations at the time that he was removed from office by President Donald Trump last week, according to a ProPublica report on Friday.

During a Senate confirmation hearing in January, Democrats charged that Price, a former Republican Congressman from Georgia, may have broken the law by making a stock purchase just before he introduced legislation that would have benefited the firm.

CNN reported in January that that Price bought between \$1,001 and

\$15,000 worth of shares last March in Zimmer Biomet Holdings Inc, a medical device manufacturer.

Days later, he introduced legislation in the House of Representatives that would have delayed a regulation that could have ultimately damaged the company, CNN said.

Senator Chuck Schumer of New York, the leader of the Democratic minority in the Senate, called on the Office of Congressional Ethics to investigate whether Price had violated the 2012 Stock Act, a law designed to combat insider trading.

Schumer said Price's Zimmer Biomet purchase may have been in violation of that law. (Contd on page 18)



(Agencies) In every multibillion dollar settlement with a big bank that peddled faulty mortgage securities, a major provision has been a requirement that the bank provide "consumer relief."

In the case of JPMorgan Chase, for instance, the nation's largest bank satisfied its requirement to provide \$4 billion in consumer relief in September by modifying and restructuring mortgages for about 169,000 borrowers — many of them the bank's own customers.

Goldman Sachs, which is not in the business of making home loans, is seeking to meet its obligation to provide \$1.8 billion in consumer relief by buying up tens of thousands of distressed mortgages at discounted prices from Fannie Mae, the government-sponsored mortgage firm, and then hiring outside firms to rework them.

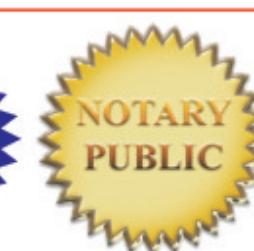
Then there is Deutsche Bank, one of the last of the global banks to settle with federal and state authorities in the United States. The bank, which agreed in January to pay a \$3.1 billion civil fine and provide about \$4.1 billion in consumer relief, is in a predicament similar to Goldman's because it does not originate mortgages. (Contd on page 18)



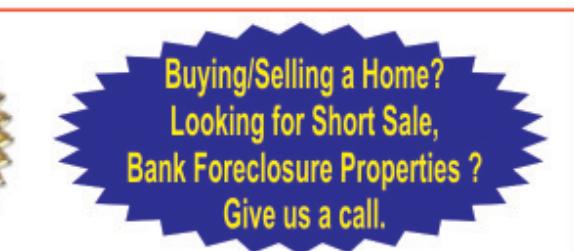
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AIA, New York Chapter's Oath Ceremony held



(Press Release) The Association of Indians in America (AIA), New York Chapter held an Inauguration / Oath Ceremony of the Newly Elected 2017-2018 Executive Committee at the Consulate General of India office located in New York. The ceremony was attended by the Chief Guest Consul General of India, Ambassador Riva Ganguly Das, Deputy Consul General Dr. Mohapatra, NYC Comptroller Mr. Scott Stringer, Manhattan Borough President Mrs. Gale Brewer, Past President Mr Sunil Modi, intro-

dents of AIA National Chapter Presidents, community leaders, Media and prominent guests from tristate area. Ceremony was invoked with the Ganesh Vandana performed by Melana Krishna of NRITYA SAAGARAM DANCE ACADEMY, And an energizing performance by students of Nartan Rang Dance Academy of Bhartiya Vidya Bhavan, after the renditions of national anthems of USA and India by Gita Setia, ITV Host. Immediate Past President Asmita Bhatia, dency. Mr. Modi expressed his full confidence that AIA's future under the new leader-

ship of Mr Gobind Munjal is bright and that the NY Chapter will further flourish. The Executive Committee was sworn in.

ATS, IALI celebrate Women's Day



ATS- Aishwaryaa, center, with IALI President Bina Sabapathy, right, and office bearers of America Tamil Sangam, ATS-3 Bina Sabapathy presenting the Nassau County proclamation to Aishwaryaa flanked by office bearers and members of IALI,

New York (By a Staff Reporter): America Tamil Sangam in association with Indian Association of Long Island (IALI) celebrated International Day of the Women in Queens on Sunday. UN Women Ambassador for Gender Equality, Filmmaker and author Aishwaryaa Dhanush Rajinikanth was the guest of honor. Bina Sabapathy, President of IALI, highlighted the role of women in India and their struggle and sacrifices for equality and nation-building. She presented a proclamation issued by Ed Mangano, Executive of Nassau County to Aishwaryaa Dhanush for her stellar role as UN Women Ambassador and promoting gender equality and pride of place for women in the society.

Dr Rajeevi Madan Raj, Long Island physician, presented Aishwaryaa with America Tamil Sangam's Excellence Award. Aishwaryaa is the elder daughter of Super Star Rajinikanth, one of the highest-paid movie stars in the world and a mass leader, and wife of National-award winning actor Dhanush. Aishwaryaa in her reply highlighted the struggle of women all over the world and the role of UN Women in mitigating their problems. John Joseph, Chairman of America Tamil Sangam, presided over the meeting and Soumya Rao, Secretary welcomed the guests that included a large number of community leaders, office bearers of IALI and prominent Tamils of the tri-state area.

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Physician speak at united nations about meditation

(Press Release) When you can go to the United Nations to hear a talk about meditation, you know something has changed in the world. On Friday, March 10, 2017, Dr. Kunwarjit Singh Duggal, guest of the United Nations Salus Well-Being Network, spoke to a packed audience in the Secretariat Conf. Room 8 on "Cultivating Inner Peace for Outer Peace." He began: "My main message here is to talk about peace. How do we achieve peace? . . . In

order to take peace to the next level, we have to find peace within ourselves first before we can go on helping the rest of society." By his own admission, Dr. Duggal is quite passionate about meditation as an intervention for many of life's challenges, whether worldly or personal – a universal paradigm. His topic on Friday, particularly timely, was "My main message here is to talk about peace. How do we achieve peace? . . . In

One telling example was an experiment done in a troubled San Francisco school district in which two 15-minute periods of quiet time were instituted for students. The results were improved test scores, attendance,



many different types of meditation, he talked about several significant studies, most focused on peace, stress and anxiety. He quoted one randomized controlled study in which people were asked to meditate each morning for 21 days straight for a short duration of time. The researchers measured cortisol (the stress hormone) levels before and after 21 days and found a significant decrease in every participant. Notable studies also found that for patients undergoing orthopedic rehabilitation those who meditated benefitted twice as much as those who were treated only with therapeutic exercise.

psychological state and tion, after which every- enhanced concentration. one had a chance to speak at the UN last These students also re- meditate for a short pe- May on "Meditation as ported increased calm- riod. The afternoon con- Medication for the Soul." ness and decreased an- cluded with a lively ques- Dr. Duggal is a Board- ger. By increasing the tion and answer session. Certified Physical Medi- calness in these stu- Dr. Duggal was at the cine and Rehabilitation dent's, their correspond- United Nations repre- Specialist and Assistant ing troubled geographi- senting the Science of Professor at Rush Uni- cal regions noted de- Spirituality, (NGO), a versity Meditation Center creased crime rates and worldwide, spiritual or- in Chicago. He lectures improved safety. Dr. ganization dedicated to extensively on medita- Duggal then presented transforming lives tion as an effective inter- the meditation technique through meditation. His father, Sant Rajinder practiced in Science of Jyoti medita- Singh Ji Maharaj, head ders.

Grand Victory celebration in New York



(By a Staff Reporter) New York- Indian American community in New York celebrated a Victory of BJP in U.P., Uttrakhand and other states. Community leaders of various organizations joined in

congratulating Modi for Landslide Victory. "Modi magic has worked again. It is the pro-poor and pro-farmer policies of the Prime Minister which has resulted in BJP's historic victory in Uttar Pradesh," said Jagdish Sewhani, president of American India Public Affairs Committee. "This is also an endorsement of the demonetisation policy of the Prime Minister. This shows people have full faith in him," he added. This is vote for Development. People are happy with performance of Prime Minister Modi , said Mr Sewhani Dr Shashi Shah, president AIA, Mr Gobind Munjal, Nagendra Gupta , Ravi Bhopalpur also spoke at the function

Jubilant crowd in USA welcomes Capt. Amarinder Singh's party's landslide victory in the Punjab Vidhan Sabha Elections.



(Press Release) New York. A large crowd of the Indian National Overseas Congress, USA officials, members and supporters welcomed the long-awaited news of Capt. Amarinder Singh's party's landslide victory (77/117) in the state elections in Punjab. Led by Harbachan Singh, Secretary-General of INOC, USA, loud chants of "Congress Party Zindabad, and Capt. Amarinder Singh Zindabad," resonated in the hall where a large gathering had assembled. He congratulated the gathering and announced, "Congress party has

scored a phenomenal success. The vibrant Congress spirit is fully focused again. There is no stopping now." Singh, who congratulated party president Sonia Gandhi and each MLA for his or her victory, was addressing the assembly in the absence of George Abraham, Chairman and Mohinder Singh Gilzian, President of INOC, USA. who were both in Punjab to welcome the election results.

Tejinder Singh Gill, Senior Vice President, Karamjit Singh Dhaliwal, Vice President, and Jasvir Singh Nawanshr, President



of Punjab Chapter of INOC, USA greeted the crowd and thanked everyone for their hard work and expressed full confidence in the great leadership of Capt. Amarinder Singh. They believed that the enthusiasm which Capt. Amarinder Singh witnessed in New York during his last visit strengthened his resolve to fight harder for the people. It was acknowledged that Mohinder Singh Gilzian and Tejinder Singh Gill had spent considerable time meeting people in Punjab. Others had kept in touch with their relatives and friends from here.

UP Rejects Minority Appeasement, Fake Secularism

**Mohandas Pai**

over India as being anti-Hindu, a fact which AK Antony acknowledged in his report on the failures of the Congress in the 2014 elections. Overall, a refreshing change, votes and their love of overcomes stale-old securalism, glossing over narratives and seeking new ones based on growth and development.

For all political parties in India, the message is clear: create a new narrative based on the aspiration of citizens, with the youth being the majority, if you want to be politically relevant. The old tired ideas of caste, socialism, povertytarian policies, false securalism, anti-Hindu tirade, minority

Election 2019 is near and unless they change, their future is bleak.

The SP-Congress combine canvassed on their old ideas of caste, Muslim securalism, glossing over the bad administration, gross corruption and appeasement policies that

the SP used. They projected Akhilesh and Rahul as the new youth leaders, along with Dimple and Priyanka to bring in balance, but the electorate was not convinced of their bona fides. Of course Mayawati played the same old Dalit card, retaining her committed voters, but failing

to attract new voters. The future won over the past, for the electorate was fed up of the failures of the past. The BJP gave the hope of a bright future and Hope won handsomely.

The media from Delhi once again created a negative narrative in their own image, reflecting their own biases and prejudices. They openly showed their

hostility to the NDA and PM Modi. Instead of being objective and reporting on the change on the ground, they projected their own prejudiced views as that of the electorate. They were playing up the demonetization issue, as if people were angry and upset, forgetting that the poor saw it as a blow against the cronies and black marketeers and corrupt contractors. Yes, the poor suffered, but the poor were happy that the corrupt were hit more! Vicarious pleasure at the slights they had suffered for long- and in PM Modi, they saw their champion. The BPL LPG scheme seems to be a big hit for women. Once again, the Delhi Media, consumed by their own hatred for the BJP, missed the biggest shift in political preferences in India.

PM Modi carried the day in UP through his personal charisma and his message of inclusive growth. He drew massive crowds who lapped up his every word, giving a massive 325 seats and 42% of the popular vote, something not seen for the last 40 years. This has been

a personal triumph for him, needs a new economic agenda, a big vision and bold leadership to make it an engine of growth for India. For PM Modi, this is certainly a vote of full confidence, possibly emboldening him for more radical reforms for India. Fiscal 2017-18 promises to be a year of growth and jobs, possibly showing the benefits of massive investments in the last 2.5 years.

Overall, UP is rich in water and fertile land. It can be the agricultural basket of India, growing enough to feed the entire country. It lacks infrastructure, urban centres, industries and good universities. The new government needs to show growth and jobs by 2019 to keep the momentum if the BJP wants to come back to power in 2019. The BJP has made the right statements that as the elections are over, they will work for the benefit of all. The priority for the new government is clear. Peace and Justice dominates the agenda. Rule of Law should be enforced and Goonda Raj dismantled. Women and the poor should feel safe again.

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It's not just Trump, it's the economy

As world leaders wonder whether Donald Trump will launch trade wars on China and Mexico, undermine NATO, and aggressively antagonise much of the Muslim world, it has become increasingly clear that the poor state of the US economy should concern outsiders almost as much as the new president's ill-defined foreign policy plans. The United States is still home to the world's largest consumer market, and Donald Trump is likely to stimulate growth. But that won't solve the US economy's underlying issues, and that's a problem for the entire global economy.



The headlines tell a misleading story. The US stock markets continue to scale record heights. Trump's speech before Congress recently sent stocks soaring even higher on hopes that a plan to sharply reduce corporate taxes and spend \$1 trillion to upgrade US infrastructure will jump-start US growth. Billionaire investor Warren Buffett recently predicted more boom to come, and backed his opinion with new investment. He's right that US equities have room to run, but that won't help middle class voters who have lost their purchasing power, and in many cases their jobs, in recent years — the voters who cheer Trump's pledge to "make America great again." The loss of manufacturing jobs over the past generation has taken a particularly heavy toll in the United States. As Nicholas Eberstadt pointed out in a powerful recent article for Commentary magazine, "per capita growth in America has averaged less than one per cent a year" from 2000 to 2016, a sharp decline from the 2.3% annual growth the US enjoyed from 1948-2000. In addition, Trump is right that the official US unemployment rate is deceptive because it does not include the growing numbers of working-age Americans who have stopped actively looking for work. Not coincidentally, addiction to drugs, both legal and illegal, has spiked over the past generation. Eberstadt cites a study conducted in 2016 by Alan Krueger, former chairman of the President's Council of Economic Advisors, which found that nearly half of all male working-age Americans who have dropped out of the economy now take pain medication daily. Among these legions of the disaffected there is demand for system-upending change. Trump has promised to deliver it.

Yet, debt-wary lawmakers will ensure that Trump's promises to invest historic sums to upgrade substandard US roads, bridges, ports, and airports will take longer than he expects and produce a smaller package than promised. Further, the new president won't deliver on the most ambitious of his plans to sharply cut the corporate tax rate. In fact, Congress won't accomplish much of anything until Trump and the Republican Party leadership find a way to credibly end the Obama healthcare programme without stripping millions of voters of their health insurance, assuming that's possible. Trump will spend much more on the Pentagon, though the new money won't change his opinion that the US military might should be used exclusively to advance narrowly defined US security and commercial interests. Trade won't be back on the agenda anytime soon. Mega-deals with Asian and European partners are dead. Potential deals with Britain and Japan will take years to negotiate. Other agreements are unlikely, at least for now.

It's also inevitable that, in the US as elsewhere, more jobs will be lost to advances in automation and the expansion of artificial intelligence in the workplace. A 2015 study conducted by Ball State University found that automation and related factors, not trade, accounted for 88% of lost manufacturing jobs. In addition, artificial intelligence is reducing the number of — and changing the skill sets needed for — a fast-growing number of service sector jobs. More than half of jobs in the retail sector could be lost, and two-thirds of jobs in the finance and insurance sectors are likely to disappear when computers are able to understand speech as well as humans do, according to the study. That might be the biggest obstacle to Donald Trump's plans to put middle and working class voters back to work.

Economic frustration will make the US an even less predictable international actor, because Trump has persuaded his core supporters that outsiders — China and Mexico, in particular — are to blame for "stealing" US jobs and that some allies are free-riding on US military support. If the real US economy continues to generate growth and wealth without jobs, and more working class Americans feel left behind, Trump's search for scapegoats will become an even more important part of his foreign and trade policies.

What Modi Has Mastered That Others Haven't - As Yet

It was said of Mexican generals in the 19th century that they were always fighting the last war. It is typical of political analysis in Delhi that many of its practitioners — and this writer too has periodically been guilty of such shortcomings — are forever analyzing the previous election and the previous decade's politics. It is impossible to walk away from the elections in Uttar Pradesh, Punjab, Manipur, Goa and Uttarakhand without that sentiment. In particular, the obsession with caste, sub-caste and gotra-level labels led reporters and pundits who criss-crossed Uttar Pradesh in the past three months to completely miss the big picture. It is not as if caste and identity have ceased to matter; not at all. The BJP's success owes much to the rainbow coalition it built of the upper castes and urban middle classes, the non-Yadav OBCs and sections of Dalits. The BJP has done this before: in the early 1990s, under the leadership of Kalyan Singh; a broad coalition was stitched together then in the context of the emotive Ayodhya movement.

This time it has occurred in a more "normal" political environment, with largely bread-and-butter issues and the politics of hope and aspiration motivating voters. It throws up the tantalizing prospect that the BJP's 2017 template is that much more sustainable. To look for the party's success simply through the prism of identity, of religion and caste, is not enough. These may have played a role, but there is surely an extra something that contributed to winning every phase and every sub-region in Uttar Pradesh.

Mayawati in 2007 and Akhilesh Yadav in 2012 too won majorities in Uttar Pradesh; they too reached out to incremental voters from a solid caste-defined base. Yet, they were both Chief Ministerial candidates. The fact that Modi has been able to do it without a nominee from his party, and simply by asking voters to keep their faith in him, is remarkable. This has drawn comparisons with the Indira Gandhi and Jawaharlal Nehru eras — in terms of the political and electoral appeal of an overwhelming national leader.

Frankly, rather than history, it would be advisable to place the Modi surge in a contemporary framework. This has been an unusual set of state elections that has led to national parties forming governments in all five states — from three, previously. It indicates that the regional political awakening India experienced from the late 1980s, combining in North India with Mandalisation and Dalit empowerment projects, has reached a certain plateau.

National parties are proving to be resilient and improvising. They are managing to push back regional parties by either offering autonomous, regional leaders themselves — as even the Congress high command was forced to do with Amarinder Singh in Punjab — or, as in the case of the BJP, honing their electoral strategies in the quest for new geographies and fresh social constituencies. In the Uttar Pradesh and North India of the early 1990s, the BJP Hindutva-ised the so-called Backward Classes.



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NYPD says Trump's budget would gut New York's counterterrorism efforts, make the city less safe

(Insider Bureau) The New York City Police Department says that President Trump's proposed budget, which includes sweeping cuts across the government, would gut "critical" efforts to fight terrorism in the nation's largest city.

Police say the funding cuts would hit everything from intelligence analysis to active-shooter training. The blunt assessment was delivered by the top law enforcement officer in Trump's hometown, who leads an agency tasked with

defending the city against terrorism—and, more recently, protecting Trump Tower since it became a de facto "White House north" while first lady Melania Trump and her son, Barron, are living there.

"Under the president's proposal, nearly all federal funding to the NYPD would be eradicated," James P. O'Neill, the New York City police commissioner, said at a briefing Thursday afternoon. "This funding is absolutely critical. It is the backbone of our entire counter-terrorism

apparatus." The Trump administration has defended its budget cuts as necessary and say they follow through on the president's messaging throughout the campaign. But O'Neill's criticism appears to undercut two pillars of Trump's candidacy and the early days of his presidency, as Trump has portrayed himself as a defender of law and order and a strong protector of national security. In O'Neill's telling, the president's new budget strips out pivotal money needed to

keep New York safe. "It is the cornerstone of effective city's intelligence analyst preparedness and prevention program, active-shooter training against terrorist threats, and provided to tens of thousands of officers and the department's do to keep this city secure," bomb squad. That last group was O'Neill said. "Everyone who lives directly involved in responding to in, works in, and visits New York a recent terrorism threat, O'Neill City, this money's critical to noted, pointing out that after a keeping everybody safe." He pressure-cooker explosive added: "Simply put, we cannot afford to cut corners in fighting the bomb squad safely removed a terrorism." O'Neill described the second device that did not explode. federal funding that would be lost Authorities later said that the man as "essential" to numerous accused of that bombing hoped to aspects of the NYPD's counter-stage a suicide attack in the city.

White House confirms Trump-Xi meeting on the cards



(Insider Bureau) White House Press Washington: A meeting between US President Donald Trump and his Chinese counterpart Xi Jinping was being planned, the White House has said, while emphasising that its purpose would be to defuse tensions over the Korean Peninsula. "Planning is ongoing for a visit between President Trump and President Xi at a date to be determined. We're not ready to confirm that, and we will have more details,"

Spicer stated that any meeting between the US President and China would

necessarily cover a broad range of topics of mutual concern. Secretary of State Rex Tillerson this week is headed to a three-nation Asia tour that would take him to Japan, Korea and China, he said. "As we go forward, we will have additional details on both the timing and the location of that when we go forward. The State Department Acting Spokesman Mark Toner said North Korea would be a major topic of discussion with China. The Secretary understands that China feels differently certainly with respect to THAAD," Spicer said. "I think part of the discussions he's going to have when he's in Beijing are hopefully going to be geared towards easing some of those concerns, but also in making very clear that we're taking these

actions in an effort to deal with an increasing threat and that we have to do more, we have to look at new ideas, new ways of dealing with North Korea," he said. Tillerson will be travelling to Tokyo, Seoul, and Beijing this week on his first trip to Asia as Secretary of State. He will arrive in Tokyo on March 15, and continue on to Seoul on March 17, and then head to Beijing on March

18, a senior State and repeated disregard for multiple UN Security Council resolution violations which expressly prohibit its ballistic missile and nuclear programmes," the official said. "And we will defend our friends and allies, the Republic of Korea and Japan, and we will seek to work collaboratively to the maximum extent possible with important partners such as China," the official said.

Trump says new healthcare plan will drive insurance costs down

(Insider Bureau) Washington: President Donald Trump said that the new healthcare plan proposed by Republican lawmakers will ensure that medical insurance costs begin to come down in "a little while".

Trump said that the GOP proposal will push health insurance costs "down, down, down," adding that "more competition and less regulation will finally bring down the cost of care" within one or two years.

Trump met at the White House with several "victims" of the Affordable Care Act — known as 'Obamacare' — signed in 2010 by Barack Obama and he expressed frustration because, in his judgment, the press is making it look "wonderful", Efe news reported.

"So the press is making it (Obamacare) look so wonderful that if we end it, everyone's going to say, 'Oh, remember how great Obamacare used to be? Remember how wonderful it used to be? It used to be so great?'" the President told reporters.

"It's a little bit like President

Obama. When he left, people liked him. When he was here, people didn't like him so much," Trump said, adding his prediction that in any event the ACA will collapse.

The President promised that under the plan proposed to replace Obamacare, Americans will be able to select the healthcare plans they want and the doctors they want to treat them.

Obama had promised that if Americans liked their then-current healthcare plans they would be able to retain them under his reform, but Trump said that that never proved to be the case.

The president also said that the current healthcare system only helps a "small" number of people, a reference to the approximately 20 million Americans who have acquired healthcare coverage under Obamacare. Two House committees last week approved the Republican proposals to eliminate Obamacare, a move that he has called the first of three phases whereby the current system will be replaced.

Trump will donate his salary 'by year's end'

(Agencies) Washington: Donald Trump will donate his annual presidential salary of USD 400,000 to charity by year's end, spokesman Sean Spicer said — and he even wants the media he often criticizes to help him choose a worthwhile cause. "The president's intention is to donate his salary at the end of the year," Spicer told reporters



yesterday at his daily briefing. "He made a pledge to the American people." "He kindly asked that you all help determine where that goes," he continued — a rather unusual statement from a White House that has made hostile confrontation with

the media a near-daily occurrence. "The way that we can avoid scrutiny is to let the press corps determine where it should go," Spicer said with a hint of irony, perhaps in reference to past media scrutiny of Trump's donations and the management of his family foundation. Several times during his presidential

campaign, the billionaire businessman said he did not plan to take a salary, save one dollar, the legal minimum. In the past, Herbert Hoover and John F. Kennedy also donated their presidential salaries to charity.



(Agencies) NEW YORK – Should a chimpanzee be treated as a person with legal rights? That's what attorney Steven Wise tried to convince a state appeals court in Manhattan on Thursday. Wise, who represents the Florida-based Nonhuman Rights Project animal advocacy group, argued that two chimps named Tommy and Kiko should be freed from cages to live in an outdoor sanctuary. Wise has been trying for years, unsuccessfully, to get courts to grant the chimps habeas corpus in order to, he says, free them from unlawful imprisonment.

He says the apes, which didn't appear in court, deserve a better quality of life. If the court agrees, they would be sent to live with

New York court to determine if chimp is legally a person

others of their species on one of 13 islands amid a lake in Fort Pierce, Florida, that comprise the Save the Chimps sanctuary.

A five-judge panel will issue its ruling in the coming days or weeks.

Kiko's keeper, Carmen Presti, says he's not giving up the chimp.

He and his wife rescued the deaf chimp 23 years ago from a life of performing at state fairs and in the television movie "Tarzan in Manhattan." Kiko is believed to have lost his hearing when he was beaten by a trainer, and has medical problems requiring

constant attention. "If he's taken away, he could die without his family to give him the special care he needs, and to bring him into the house to play," says

Presti, of Niagara Falls, New York, where he runs the nonprofit Primate Sanctuary, whose rescue animals are part of a youth educational program.

Tommy was caged at a trailer lot in Gloversville, outside Albany.

His keeper, Patrick Lavery, calls all the lawsuits "a ridiculous thing." He told The Associated Press on Wednesday that he had temporarily cared for

Tommy to spare him from being euthanized, then donated him to an out-of-state facility in September 2015. Lavery declined to provide further details, saying he didn't want to draw more attention to the chimps' legal drama.

Wise's Coral Springs, Florida-based Nonhuman Rights Project has a history of litigation linked to chimps that started in 2013, when a lawsuit on behalf of Kiko was first filed in state Supreme Court in Niagara Falls and in Fulton County on behalf of Tommy. The same year, another suit named Hercules and Leo

— chimps being used for anatomical research at Stony Brook University on Long Island. They're now at a Louisiana research facility, Wise said.

In 2014, an Albany appellate court ruled that Tommy was not legally a person because chimps cannot have duties and responsibilities. Wise countered by citing primate pioneer Jane Goodall's court brief in which she says chimps do carry out duties and responsibilities in animal family settings and that apes have complex cognitive abilities allowing them to make choices.

US man tries to burn Indian Americans' store



(Agencies) Washington: A man in Florida tried to burn down a convenience store owned by Indian-Americans because he thought the owners were Muslims, officials said.

Richard Lloyd, 64, told the police officials that he wanted to "run the Arabs out of our country" so he pushed a dumpster in front of the Port St. Lucie store

on Friday and set the contents on fire, St. Lucie County Sheriff Ken Mascara said in a news release posted on Facebook. The fire was put out quickly and didn't cause much damage since the store was closed and protected by security shutters.

Lloyd told detectives he assumed the owner was a Muslim and that angered him because of "what they are doing in the Middle East," Mascara said.

"It's unfortunate that Lloyd made the assumption that the store owners were Arabic when, in fact, they

are of Indian descent," the sheriff said.

He said Lloyd's mental health will be evaluated and the state attorney's office will decide if this was a hate crime, CNN reported on Sunday.

Lloyd was charged with first-degree arson and booked into the St. Lucie County Jail in lieu of a \$30,000 bond.

According to CNN affiliate WPEC, Lloyd told investigators he tried to buy a bottle of Tropicana orange juice at the store a few days ago but was told they didn't have any. He was also upset because he assumed the store employee was a Muslim, WPEC said, citing the investigative report.

Lloyd told investigators he planned to burn the building because he "was doing my part for America," WPEC said.

Last month, Indian engineer Srinivas Kuchibhotla was shot dead and his friend Alok Madasani was injured

U.S. Military Denies Reports It Bombed Mosque in Syria

(Agencies) WASHINGTON — The United States military said that it had carried out an airstrike against a meeting of Qaeda militants on Thursday in Syria and that a number of the extremists had been killed. The American military statement came as Syria activists reported that a mosque had been bombed and that scores of innocent civilians had been killed and wounded. A spokesman for the United States Central Command said the American aircraft had struck a nearby building, but did not hit the mosque. "We did not target any mosques," said Col. John J. Thomas, a spokesman for the Central Command, which has responsibility for American military missions in the Middle East.

"What we did target was destroyed. There is a mosque within 50 feet of that building that is still standing." But one local activist,

Mohamed al Shaghel, said the people who had been struck had "no affiliation with any military faction or any political side." "I passed by the hospital," he said. "I was told that about 50 were killed and 50 wounded. Rescuers are still looking for bodies under the rubble." The Syrian Observatory for Human Rights said the airstrike took place in Al Jinah, a village between the cities of Idlib and Aleppo. It said 42 people had been killed, most of them civilians, and described the attack as a "massacre." Local activists posted photos on Twitter of what appeared to be the fragments of an American-made Hellfire missile, suggesting that different types of aircraft were used in the attack. It could not be verified where the photo was taken or if the fragment came from the attack.

US stocks mixed amid rate hike concern



(Agencies) New York, March 14 (IANS) US stocks wavered and ended mixed, as Wall Street mainly awaited a possible interest rate hike from the US Federal Reserve on Wednesday. On Monday, The Dow Jones Industrial Average was down 21.50 points, or 0.10 per cent, to 20,881.48. The S&P 500 rose 0.87 points, or 0.04 per cent, to 2,373.47. The Nasdaq Composite Index gained 14.06 points, or 0.24 per cent, to 5,875.78., Xinhua news agency reported. Traders generally anticipated the Federal Open Market Committee to raise interest rates at the conclusion of its two-day

monetary policy meeting later this week.

Market expectations for a March rate hike were around 95.2 per cent, according to the CME Group's FedWatch tool.

"This Wednesday, the Federal Reserve Bank is expected to raise the fed

funds rate to a range of 0.75 per cent to 1 per cent. They might even say that it's written in stone after February's rather strong employment data," said the President of Sarge986 LLC Stephen Guilfoyle.

US total nonfarm payroll employment increased by

235,000 in February, well above market consensus of 188,000, the Labor Department announced Friday. The unemployment rate was little changed at 4.7 per cent.

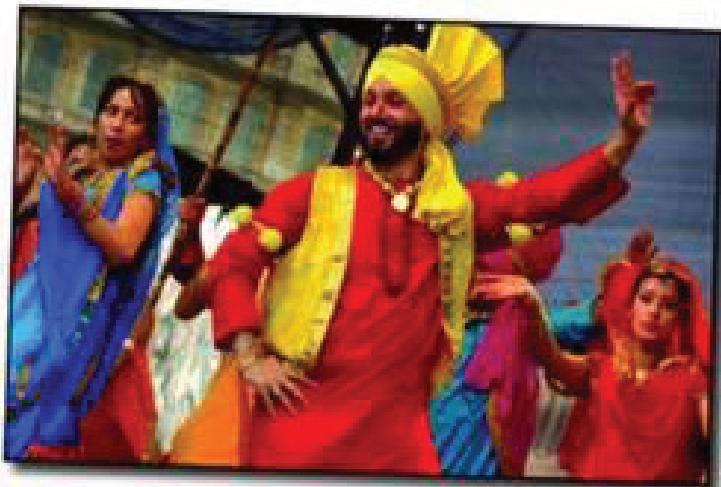
After Friday's jobs report, market expectations for a March rate hike sharply increased.

The CBOE Volatility Index, often referred to as Wall Street's fear gauge, decreased 2.66 per cent to end at 11.35 on Monday.

US stocks wavered in a tight range for the last week, as Wall Street assessed the possibility of a March rate hike amid economic data.

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'Marion for president'

Internet goes wild over the 'stylish' daughter of 'BBC interview dad' as she becomes a fashion icon



(Agencies) When Marion Kelly swaggered into the room as her father gave an interview on South Korean politics, a star was born.

The four-year-old became an internet sensation when she appeared in the background of Robert E. Kelly's BBC interview last week.

And her legion of fans across the world continues to grow after her appearance at a press conference with her family - as she has been hailed as a style guru.

Sucking on a lollipop and looking bored, the youngster was the epitome of cool, and this has not gone unnoticed.

Images of Marion wearing a

trenchcoat and glasses were shared widely on Twitter, alongside comments urging her one day to stand for 'president of the world'.

David Llewellyn wrote: 'If she isn't President of Earth by the time I'm 80, I'll be bitterly disappointed.'

Another Twitter poster quipped: 'BBC interview kid has just been cast as Commissioner Gordon in the new Batman movie.'

Another offered tips on how to 'steal her look'.

Another comment branded her 'boss of us all'.

Linda Keating pondered: 'What kind of wonderful, magical little one rocks an entrance AND

a trench coat? This one! #ImWithLittleHer'.

She stole the show at a press conference, in which her father spoke out to tell trolls that his wife had not used too much force in dragging them away - and addressed 'racist' assumptions she was his nanny.

Marion was followed into the room by baby brother James before wife Jung-a rushed in and quickly ushered them out in a 'comedy of errors' clip that has been viewed millions of times over the world.

Today he said he wanted to 'clear up rumours' sparked by the hilarious clip, telling a press conference: 'My wife Jung-a did not use too much force in

removing the children from the room. People asked this.'

'Our children were not hurt... we normally do not treat our children the way you saw in the clip.'

He added: 'We would like to clear up some of the rumours and controversies around the video. Yes, the woman in the video is my wife, not my nanny.'

Prof Kelly, 44, also revealed he was so anxious after the 'disaster' that he had apologised to the BBC and thought his career as an interviewer was over.

The hilarious footage went viral on Friday after Professor Robert Kelly, questioned about South Korea's president, Park Geun-hye, being ousted from

power was eclipsed by Marion, aged four, who performed a comical dance in the background.

She was followed by little brother James, aged just nine months, who swept in to the study in a fast-moving baby walker. Moments later a stressed-out Jung-a skidded into the room and grappled the children out of shot.

Sitting alongside his wife and two children today, with Marion sucking a lolly and James munching on a rusk, Prof Kelly was keen to defend his wife against mean-spirited comments. He said: 'It is quite apparent in the video that she is frantically trying to salvage the professionalism of the interview.'

Scientists unearth 1.6 billion-year-old fossils in India

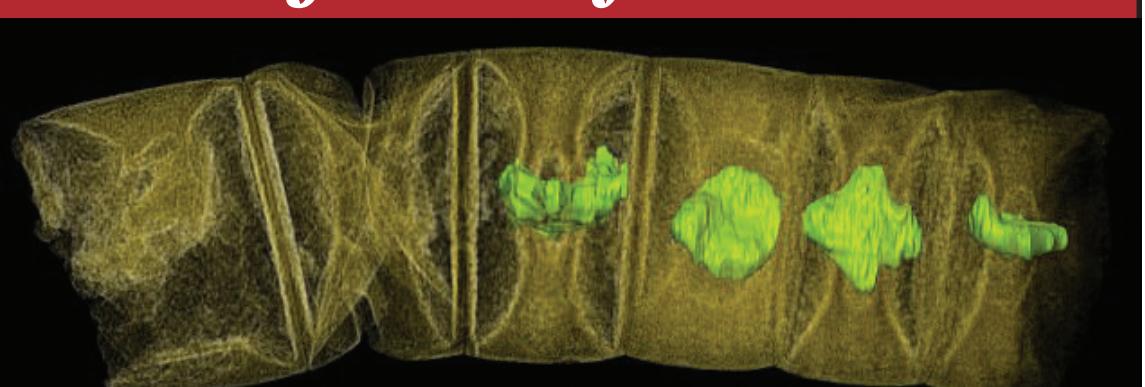
which could be the first ever plants on Earth - and lead experts to reassess our own Evolution

(Agencies) Fossils that could represent the earliest known plants have been unearthed in India - a discovery which could alter scientific theory on the origins of life cycles on Earth.

The 1.6 billion year old fossils that look like red algae were discovered in the central state of Chitrakoot by researchers from the Swedish Museum of Natural History.

It's a landmark discovery that could force scientists to reassess the timing of when major lineages in the tree of life first appeared on Earth.

Researchers on Tuesday described the tiny, multicellular fossils as two types of red algae, one thread-like and the other bulbous, that lived in a shallow marine environment alongside mats of bacteria.



Until now, the oldest-known plants were 1.2-billion-year-old red algae fossils from the Canadian Arctic.

The researchers said cellular structures preserved in the fossils and their overall shape match red algae, a primitive kind of plant that today thrives in marine settings such as coral reefs but also can be found in freshwater environments. A type of red algae known as nori is a common sushi ingredient.

'We almost could have had

sushi 1.6 billion years ago,' joked Swedish Museum of Natural History geobiologist Therese Sallstedt, who helped lead the study published in the journal PLOS Biology.

Earth formed about 4.5 billion years ago. There is evidence indicating life first appeared in the form of marine bacteria roughly 3.7 to 4.2 billion years ago. Only much later did plants and subsequently animals appear in the primordial seas.

'Plants have a key role for

life on Earth, and we show here that they were considerably older than what we knew, which has a ripple effect on our appreciation of when advanced life forms appeared on the evolutionary scene,' Sallstedt said. The fossils were found in phosphate-rich sedimentary rocks. The thread-like fossils contained internal cellular features including structures that appear to be part of the machinery of photosynthesis, the process used by plants to convert sunlight into chemical energy.



(Agencies) With thousands of street children becoming victims of the Capital's drug trade, the Delhi government is now planning to open dedicated juvenile drug rehabilitation centres in six major Delhi hospitals.

According to a government official, 30 beds have been earmarked for juvenile drug addicts at PT Madan Mohan Malviya Hospital, GB Pant Hospital, Deen Dayal Upadhyay Hospital, Ambedkar Hospital, Lal Bahadur Shastri Hospital and Institute of Human Behaviour & Allied Sciences (IHBAS).

The official also confirmed that attendants will be provided for each child.

As such there is no comprehensive programme



Dedicated drug rehab units for Delhi city kids after research shows children as young as 12 using HEROIN

launched by the commission 30-bedded government for prevention, rehabilitation centre at the treatment and Delhi Urban Shelter rehabilitation of drug Improvement Board (DUSIB) building in Tilak Vihar.

'An intersectoral co-ordination committee for comprehensive response for drug abuse prevention and rehabilitation services in Delhi has been formed to look after the program for juvenile drug abuse.'

The Government has also planned to

At present, there are three government hospitals such as RML, AIIMS and IHBAS with OPD for rehabilitation clinics for juveniles including one polyclinic at Tilak Vihar.

There are about seven



Meet the 'mermaid baby'

Heartbreaking images show the plight of a 10-month-old whose legs are bound together and is blind in one eye



right eye and has a deformed face.

Doctors are unable to determine its gender due to the rare form of Sirenomelia - frequently referred to as 'Mermaid's syndrome' in which limbs are fused together.

Better known as 'Kwan', her parents, of Kananchaburi, in Thailand, were also told she had a severe cleft palate.

Her case was brought to people's attention on social media by the man previously known as 'Supermonk'.

It's not known if this combination caused the baby's problems but, with only the grandmother working, the family find it hard to get the proper medical treatment.'

Doctors will aim to correct

Kwan's cleft palate before they operate on her limbs when she grows older.

Currently, she is being treated at Srirat Hospital in Bangkok, meaning her family often have to travel 75 miles just to see her.

Mr Bhin made a donation of 30,000 Thai baht (£700) to help pay for their living costs during the ordeal. A local TV company also donated 10,000 baht (£230) to assist.

Mr Bhin added: 'This will help the family in the short term but they will need more help as Kwan's treatment will take a very long time - maybe the people seeing this can also help.' Medical historian Dr Lindsey Fitzharris previously told the MailOnline that the condition occurs when the umbilical cord fails to form two arteries.

(Agencies) These are the heartbreaking pictures of a 'mermaid baby' whose legs are bound together.

Jermkwan Krathumnat, 10 months old, is also blind in the

government opioid substitution treatment centres (OST) in the Capital. Officials also pointed out the scarcity of psychiatrists and lack of trained clinical psychologist in the government hospitals.

The move comes after Mail Today reported the government survey on 70,000 street children being a victim of drug abuse.

The survey reported that out of 70,000 children, about 20,000 children consume tobacco, 9,450 children are addicted to alcohol, 7,910 use inhalants while cannabis are used by 5,600 children.

Consumption of heroin was reported to be consumed by 840 and pharmaceutical opioids and sedatives consumed by 210 children each. The government has made provisions for basic amenities for street children and safer environment for prevention of substance abuse with interventions to focus on enhanced contact with friends and safety networks, an official said.

Aroosa adds Pak flavour to Capt's show

(Agencies) Chandigarh: The excitement levels of special guest from Pakistan Aroosa Alam, who was invited for Captain Amarinder Singh's oath-taking ceremony, were so high that she was among the first to reach Raj Bhawan, where Captain Amarinder Singh was sworn in as the Chief Minister of Punjab on Thursday in Chandigarh. While talking to the media, Aroosa said that



she had come to the event specially to congratulate "Maharaja Sahib" (Captain Amarinder Singh) who came back to power after ten years. "I hope that Punjab will grow under his leadership in the coming years and I wish him all the best," said the veteran journalist from Pakistan. However, the media also questioned her on she being the cynosure of all eyes in 2012 Vidhan Sabha elections which Congress lost and even now. Replying to the questions in a lighter vein, Aroosa laughed and said that it was all because of the media. "Yeh toh bas aap logon ki meharbani thi. (It was all because of you)," said Captain's close friend. On being asked about Indo-Pak relations and if she would initiate in bringing both countries together, she said that she would not because she was not a politician. "I am here just to congratulate Captain Amarinder Singh," she said.

(Agencies) Delhi police have blown the lid off a nexus between some insurance firm employees, authorised centres and auto-lifters that is resuscitating scrapped cars and putting them back on the roads.

The racket came to light when the police department's teams found that more than 35 per cent of the carjackers held in the city are bringing smashed vehicles - discarded by their owners - back to life.

Every day more than 100 automobiles are being stolen in Delhi. According to data for last year, among the 2,09,519 vehicles stolen, 28,409 were two-wheelers, 8,198 were cars and 2,037 were other vehicles. Only 4,473 stolen vehicles



his men, Delhi police chief Amulya Patnaik discussed the fact that motor vehicle theft is getting more organised in the city every day and maximum such offences take place in the dark hours, particularly around midnight. The top cop instructed officers to keep a tight vigil on vehicular movement in the city and at the outskirts of the Capital. Theft cases should be considered as priority cases, he reportedly said in the meeting. 'The only solution to curb vehicle theft is to make it a non-cognisable offence,' said an officer. 'And insurance companies should stop providing claims for stolen vehicles.'

Zombie cars return to Delhi's roads as police uncover criminal nexus of carjackers bringing smashed vehicles back to life

were recovered and 5,069 auto-lifters were arrested. Cops have also noted a steep rise in the purchase and sale of damaged and second-hand cars on OLX and other online marketplaces. Teams have been formed by the auto-lifter gangs who ask the members to watch out for major accidents happening in and around the Capital,' said an officer.

'Also, they are being asked to look for damaged cars with the help of insurance companies and authorised centres where the owners approach for accident claim.' The gang members keep an eye out for such cases and then, with the help of insurance workers, they contact the car owners and offer them attractive prices.

The crooks introduce chassis numbers on the documentation procured for the scrapped one. After giving rebirth to provide them the engine and chassis numbers as part of legal documentation.

A gang member is then assigned the task to steal a vehicle of the same model and colour from Delhi. They then change the engine and

chassis number after the deal is finalised

■ Another member or unit is then assigned to steal the same model with the same colour as the scrapped vehicle

■ Once the auto-lifters steal the car, they change the engine and chassis number in papers

■ Members introduce themselves as scrap dealers who are provided with the engine

and chassis number after the deal is finalised

■ Another member or unit is then assigned to steal the same model with the same colour as the scrapped vehicle

■ Once the auto-lifters steal the car, they change the engine and chassis number in papers

■ Delhi Police commissioner Amulya Patnaik said theft cases in the Capital should be considered as priority cases

Muslim women and RSS on the same page over triple talaq

ONE MILLION Indian Muslims back plea to end controversial divorce system



(Agencies) Over a million is the liaison from the Muslims from across the Sangh's side who 'guides' country - mostly women - the MRM - has also called have signed a petition for a nationwide discussion moved by RSS-affiliated on the issue that involves Muslim body Muslim Rashtriya Manch (MRM) against the practice of triple talaq. The Muslim body - RSS community as well as the pracharak Indresh Kumar

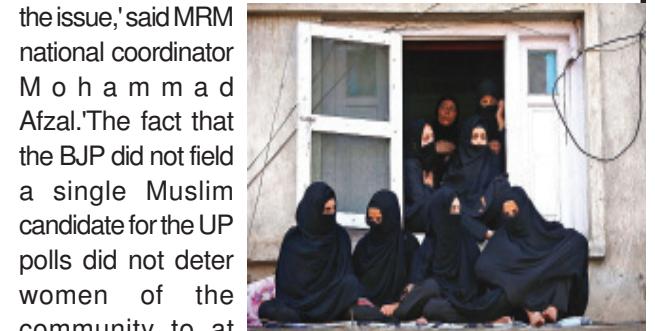
state and the government must come and sit together to start a debate on this so that Muslim women can claim a human status,' the organisation told media. As the party itself puts it, one of the major contributing factors, as it claims, in its victory was a definite support from Muslim women who were moved by the party's stance on triple talaq as a repressive practice that needed to be done away with.

'Three factors, I suppose defined our victory in the UP polls: First was Ujjwala scheme that provided LPG cylinders to poor women; second was construction of



to be the stronghold of least in part vote for the party,' orthodox Ulema - suggest claimed another functionary that the party and the of the MRM on conditions of central government need to anonymity.

heed the voice of the Muslim women. 'Their traditional clergy of the support in polls is a tacit community needed to approval of the BJP's stand on wake up.



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Giving up fast, marriage plan dissipated Sharmila's support?

(Agencies) Imphal: The roller coaster ride of human rights activist Irom Sharmila Chanu continues after her maiden foray into electoral politics in her native state of Manipur proved a damp squib. An ordinary girl staying in state capital Imphal, Sharmila was catapulted to international limelight when she began her fast-unto-death on November 4, 2000, to demand the repeal of the Armed Forces (Special Powers) Act, 1958, that many consider draconian. For the next 16 years, she was force fed on a drip. National and international recognition for her fight against the law soon followed, earning her the "Iron Lady of Manipur" moniker.

South Korea honoured her with its highest civilian award. The cash component of awards

bestowed on her was considerable but Irom donated all that to public causes. All through her much-publicised fight against the AFSPA, national and state politicians appealed to her to give up her fast and offered her a role in politics. However, she stood her ground and continued her struggle with grit and determination. The anti-climax to her stoic struggle came after she decided to end her indefinite fast on August 9, 2016, and expressed her wish to contest the 2017 assembly elections so as to ride to power and oversee the revocation of AFSPA. The decision was received with mixed feelings. She also announced in February 2017 her plan to get married and that seems to have further alienated her supporters, including women.

It was reported in the media that Desmond Coutinho, an NRI originally from Goa, and Sharmila were in love for a long time. He visited Imphal to be alongside her whenever she was presented in a local court to face charges of attempted suicide. On one occasion, Coutinho was beaten up by angry women activists in the court premises after he held Sharmila's hand inside the courtroom. "In Manipur, this is socially not acceptable," a woman activist had said at the time. Since then, Coutinho had stopped coming to Imphal, but Sharmila's supporters seemed to disapprove of her plan to give up her struggle. There were media reports that her changed strategy to enter electoral politics did not go down well with many activists. Members of Sharmila

Kanba Lup, a pressure group named after her, flayed her for what it termed "abandoning the cause".

The group was later dissolved. Her women supporters — who had set up a Save Sharmila Group — stopped extending her support. Earlier, human rights activists undertook token fasts in her support. Whenever she was produced in court, her supporters rallied to convey that she was not alone in her fight. But once she was set free after being discharged by an Imphal court, people did not allow her to stay anywhere in the city, due to which she again took refuge at the high-security special ward at the Jawaharlal Nehru Institute of Medical Sciences that was her home for the last 16 years. Later, she was allowed to stay in an



ashram near Imphal. During campaigning in Thoubal constituency — where Sharmila took on then Chief Minister Irom Ibobi Singh — several women wept on seeing her. She sounded confident of her electoral win. Bare-footed, she pedalled around the constituency, about 35 km away from Imphal, to connect to the voters. However, the feisty activist polled less than 100 votes in the two constituencies she contested from, finally proving that she was not cut out for politics.

Dalai Lama describes himself as 'son of India'



develop tolerance among mankind and inculcate the habit of forgiveness. "Today's system of education is making us a consumer. The traditional mode of education was good," he said at Rajgir that is known globally for the Nalanda University, a historic seat of learning. The new Nalanda University, which has come up near the historic site, is also drawing international attention.

(Agencies) RAJGIR: Tibetan spiritual leader the Dalai Lama described himself as a "son of India" and hailed the secularism prevailing in the country. "I am living in India for the past 58 years and hence, I am a 'son of India'," the noble laureate said in his speech after inaugurating an international seminar on Buddhism in Bihar's Nalanda district. "In the field of secularism there is no other country like India," the Dalai Lama said. "When I was in Tibet my thoughts were narrow. But when I moved out of my homeland and came to India, I developed a broader thought about Tibet as well as about the entire world," he said. The religious leader said the Nalanda school of thought was an important aspect of Buddhism. "Whatever I am today is due to the Nalanda thoughts", he said. President Pranab Mukherjee is scheduled to attend the seminar on March 19. The Dalai Lama stressed that good education would help

No good or bad terrorists, they are only terrorists

(Agencies) New Delhi: There are "no good or bad terrorists" but just terrorists, Union minister V K Singh has said, while warning that well-qualified people globally are falling for radicalisation which is a matter for worry. "So far as India's stand is concerned, we have been very clear. There are no good or bad terrorists but only terrorists. And that is why we say, terrorists have no caste, religion or colour," he said.

"They just have one philosophy,

to cause damage, create panic, how to get publicity for themselves and attain what their ideology says," Singh said, in a veiled reference to Hizbul Mujahideen militant Burhan Wani who was killed by security forces in an encounter in Jammu and Kashmir in July last year. Addressing a gathering late last evening at an ongoing three-day counter-terrorism conference here, the former Army chief also said lessons drawn from previous terror attacks in India and abroad,

can be used to devise a more robust response system. "Israel has learnt from its experiences of terror attacks to come up with a robust response system.

"We in India too have had our experience, including the infamous Mumbai attack (26/11), and it is said that it serves as a lot of 'inspiration' for various terror groups to replicate it anywhere else around the world. So, we need to be vigilant," he said.

"And, we can draw lessons from response mechanism of countries not just in the Middle East but also other ones, which have had such situations and dealt with it," he said.

Flagging the issue of radicalisation, Singh said, "Well-to-do and well-qualified people were also falling into the ideological trap of terror groups like the Islamic State." "These ideologies have crept not just into the Middle East but also into many countries all over the world. Therefore, we need a great deal of efforts to deradicalise people to stop them from getting to terrorists or aiding them," he said.

The Minister of State for External Affairs said India has proposed a counter-terrorism framework in the UN, which "some countries have supported, and a few others have differed on".

"We hope that we can reach a common understanding so that we can combat this threat which affects all of us," he said.

Pak, Bangla, SL released 3,300 Indian fishermen in last 3 yrs: Govt

(Agencies) New Delhi: A total of 3,293 Indian fishermen were released by Pakistan, Sri Lanka and Bangladesh in the last three years. As per details provided by Minister of State for External Affairs V K Singh while replying to a question in Rajya Sabha, Sri Lanka released a maximum of 1,753 Indian fishermen followed by 930 by Pakistan during 2014-2016. Bangladesh had apprehended 610 Indian fishermen during the period and it released all of them. In the last three years Pakistan had caught 1,121 Indian fishermen out of which it released 185 in 2014, 335 in 2015 and 410 in 2016. Those released in 2016 included the fishermen arrested in previous years. Sri Lanka had apprehended 1,531 fishermen in three years and those released by it included those who were arrested in previous years also.

"The government attaches the highest



priority to the safety, security and welfare of Indian fishermen," Singh said. To a separate question, he said a total of 5,190 journalist visas were issued in 2014 while the figure in 2015 was 4,591 and in 2016, it was 3,851. Replying to another query, Singh said 6.04 lakh people from Uttar Pradesh were given emigration clearance between 2014 and 2016 under the Emigration Check Required category of passport holders. He said 2.79 lakh people from Bihar were given emigration clearance under the category

in the same period. As per the Emigration Act, 1983, (ECR) categories of Indian passport holders, require to obtain "Emigration Clearance" from the office of Protector of Emigrants (POE), Ministry of Overseas Indian Affairs for going to some countries. These countries include United Arab Emirates (UAE), Saudi Arabia, Qatar, Oman, Kuwait, Bahrain, Malaysia, Libya, Jordan, Yemen, Sudan, Afghanistan, Indonesia, Syria, Lebanon and Thailand.

Inching towards nuclear war?

It's terrifying. North Korea's use of missiles threatens a new global flashpoint which could suck in South Korea, China, Japan and the US



USS CARL VINSON
EA-18G Growler
The EA-18G Growler is the US Navy's newest electronic attack aircraft and can disrupt and jam an enemy's electronic systems (20+)

F/A-18 Super Hornet
Faster than the speed of sound at 1,370mph, the £46m Super Hornet carries laser-guided bombs and heat-seeking Sidewinder missiles (40+)

E-2C Hawkeye
Known as the 'eyes of the fleet', the Hawkeye is an airborne early warning aircraft and a command and control to direct fighter jet missions (4+)

dynasty that has ruled the Communist northern half of Korea since 1948, exchange bluff for action and, one day, deploy his small but lethal nuclear arsenal?

That terrifying possibility moved a step nearer this month when, without warning, Kim Jong-un ordered a salvo of missiles to be fired towards his other nervous neighbour, Japan.

The latest in a series of escalating acts of provocation by the North Korean dictator this year saw three (non-nuclear) missiles land in Japanese waters. North Korean media, which released photographs of the launch 'supervised' by a delighted Kim Jong-un, said the missiles had been aimed at American bases in Japan.

International condemnation was swift and wide-ranging, with the Japanese prime minister, Shinzo Abe, describing the launch as a 'new level' of threat. The U.S. appears to be losing patience.

On Tuesday, it ratcheted-up the pressure further with the deployment to Korean waters of the super-carrier USS Carl Vinson. The 100,000-ton Nimitz-class carrier, with 40-plus F-18 fighters on board, and a powerful

escort of cruisers and destroyers, is the ultimate 'big stick' expression of American power—and a provocation to paranoid minds in the North Korean capital, Pyongyang.

Sources in South Korea are claiming the heightened military presence—which includes moving in 'Grey Eagle' attack drones—is part of a U.S. plan to 'decapitate' North Korean leadership and demolish key military facilities. Ostensibly, Vinson is there to take part in the annual U.S.-South Korean joint military exercises—codenamed 'Foal Eagle' and 'Key Resolve'—involving 300,000 South Korean personnel and 20,000 Americans.

This act of allied solidarity was met, as usual, with blood-curdling threats from Pyongyang. It warned of 'merciless ultra-precision strikes from ground, air, sea and underwater' in retaliation.

As the Vinson berthed in the South Korean port of Busan, U.S. Secretary of State Rex Tillerson, on a tour of the region, warned that the 'diplomatic and other efforts of the past 20 years to bring North Korea to a point of denuclearisation have failed'.

The United States, said Tillerson, had provided \$1.35 billion in assistance to

Pyongyang to encourage it to abandon its nuclear programme, but to no effect. A 'new approach' was required—but what that might be, he refused to say.

President Donald Trump has stated that 'every option was on the table' when it comes to North Korean aggression. While the phrase was meant to reassure, many Japanese, and South Koreans worry that the Americans are contemplating pre-emptive strikes on North Korean military sites—which would indeed place them in the crosshairs of retaliatory attacks.

In unusually graphic language, China, North Korea's reluctant patron, has warned that the communist state and the U.S. are like 'two accelerating trains' speeding towards a head-on crash. The rhetoric may not be misplaced. If World War III is to break out anywhere, then it will probably be in this febrile region. North Korea is intent on developing nuclear-tipped missiles that can hit the States. Large areas of Japan and all of South Korea are already in range. Its nuclear arsenal numbers

some 20 Hiroshima-size atomic bombs.

At 8.30 in the morning, rush hour is in full swing in the South Korean capital Seoul, home to some 25 million people. The North-South border, is hopelessly vulnerable to a mass sneak attack of the kind now taking place, as hundreds of

thousands of North Korean troops, and thousands of tanks, pour out of innumerable underground bunkers built within miles of the Demilitarized Zone between the two countries.

Those commuters crammed into the underground system are the lucky ones—initially, at least. When the missile hits, they are protected from the blinding light of the 20-kiloton detonation. But above ground, in the area centred on the Yeouido financial district, all is destruction. Buildings up to a mile from Ground Zero have been vaporised or reduced to rubble. Some 70,000 people are dead, killed by the heat and the blast wave. Many more will succumb to radiation burns and radioactive fall-out over coming days.

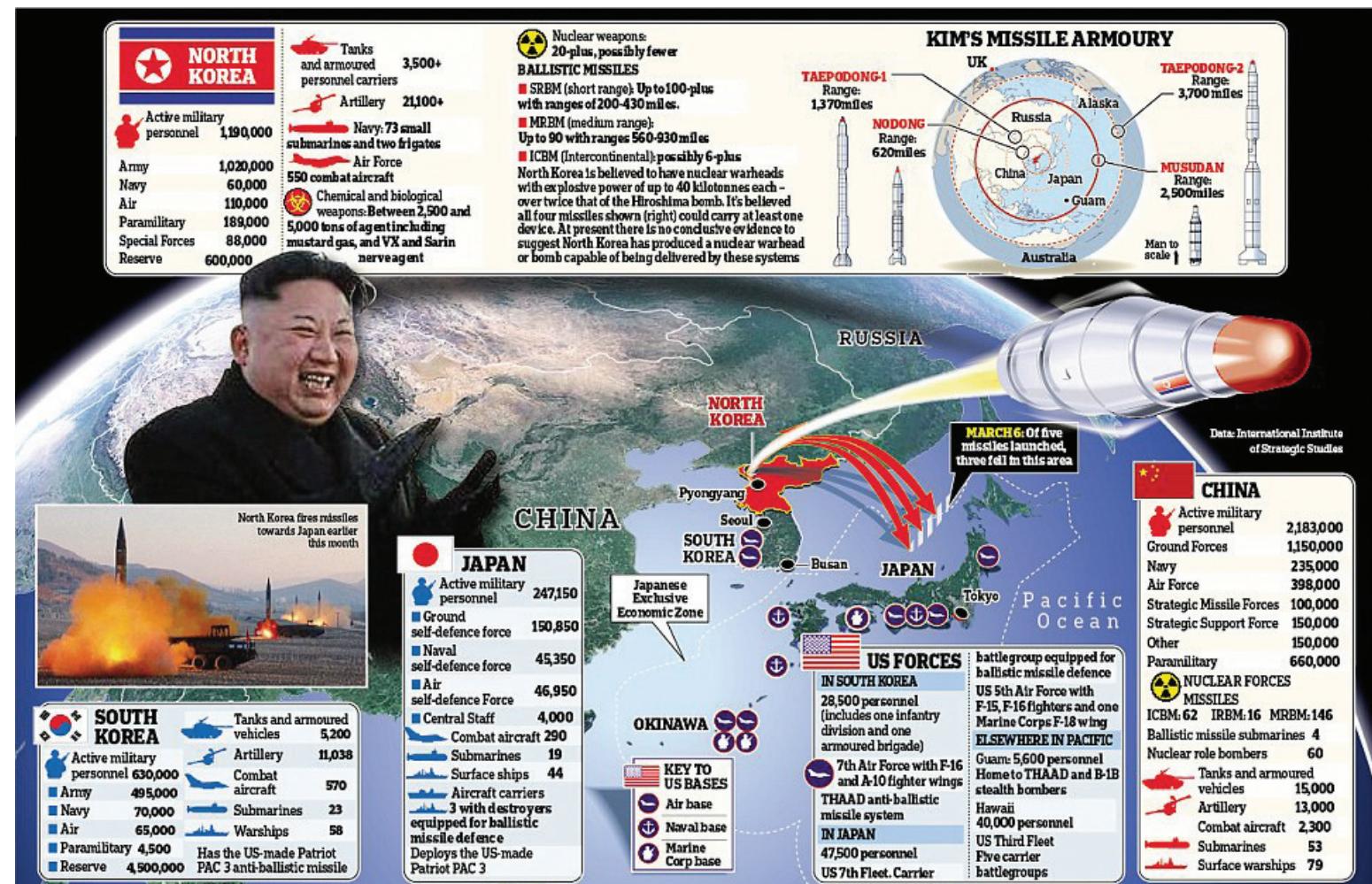
Could such a scenario ever come to pass? Will Kim Jong-un, latest incarnation of the cult

The nuclear nightmare that has long bedevilled South Korea—America's key ally in the region and one of the world's most dynamic economies—has become reality.

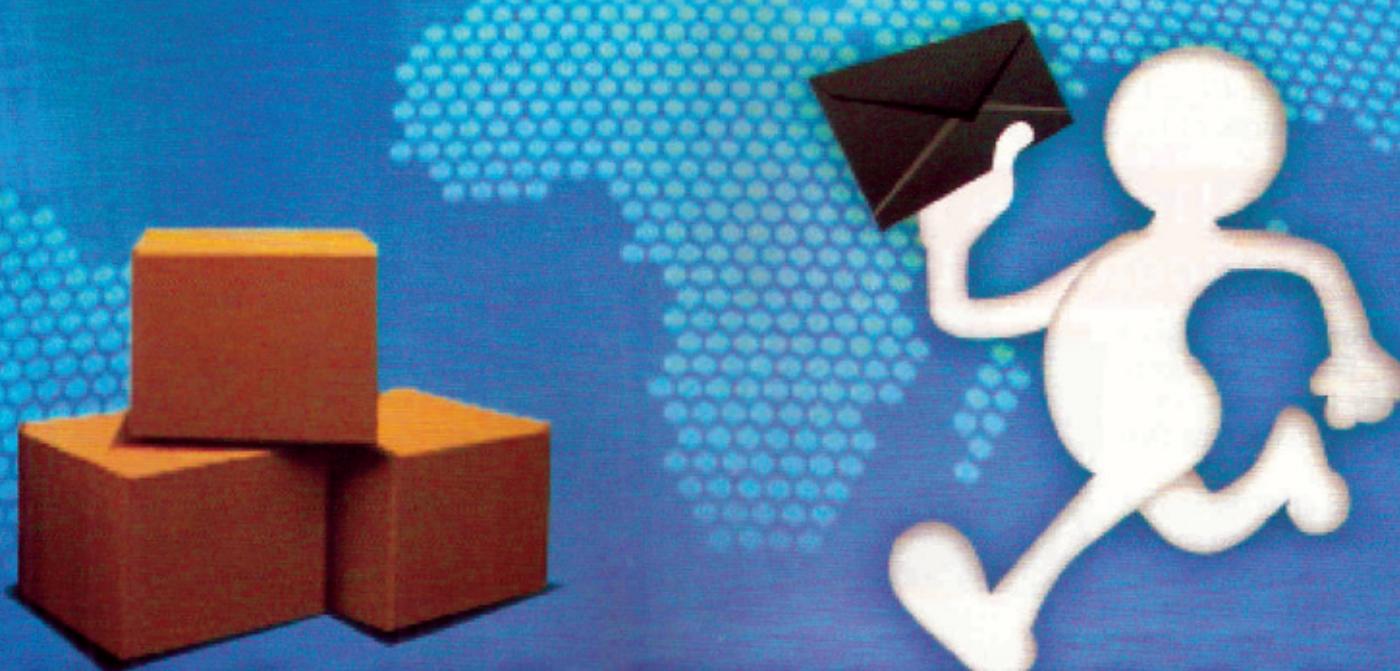
North Korea, most rogue of rogue nations, has struck. The nuclear explosion, similar in size to that which levelled Hiroshima, signalled the start of a blitzkrieg-style ground invasion intended to swiftly overwhelm its richer, more advanced neighbour.

A second atomic warhead, inbound on a crude Rodong rocket, has been successfully intercepted by America's THAAD (Terminal High-Altitude Area Defence) anti-ballistic missile system. But Seoul's torment is only beginning as hundreds of North Korean heavy guns rain down shells on the capital, many containing Sarin nerve gas.

The city, bunched up against



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Why was 'Sheriff of Wall Street' Preet Bharara ' fired by Trump ?

'It may be that this trade was illegal,' Schumer said on the Senate floor on Tuesday afternoon.

The Trump transition team said at the time that the stock purchase was directed not by Price but by a broker and that the congressman himself did not become aware of the stock buy until well after the legislation was introduced.

Bharara, who gained a reputation as an anti-corruption crusader during his tenure at the helm of the US Attorney's Office for the Southern District of New York, was also investigating Price's stock trades at the time that he was abruptly told by the

Justice Department to tender his resignation.

He was one of 46 US attorneys—all of them holdovers from the Obama administration—who were told to go last week.

It is standard practice for newly installed administrations to dismiss Justice Department prosecutors that are inherited from the previous presidency.

But Bharara's dismissal was unexpected since then-President elect Trump personally asked him to stay on as US attorney shortly after his November 8 election victory.

Bharara met with Trump at Trump Tower in Manhattan on November 30. At the end of the

meeting, he told reporters that he had agreed to the president-elect's invitation to remain in his post.

When the Justice Department asked Bharara and 45 other US attorneys to resign, Bharara refused.

Shortly afterward, Bharara was fired. Bharara announced his dismissal on his Twitter account.

'I did not resign,' Bharara tweeted last weekend. 'Moments ago I was fired.'

'By the way, now I know what the Moreland Commission must have felt like,' he said in a second tweet.

The Moreland Commission was a committee of inquiry created by New York Governor Andrew Cuomo in 2013.

The commission was tasked with investigating political figures and organizations in New York for alleged violations of state laws regarding campaign finance and fundraising.

In a controversial move, Cuomo disbanded the committee in March 2014, prompting Bharara to announce that he would investigate the commission's targets as well as Cuomo's office.

A number of top associates linked to Cuomo were indicted

and convicted in federal court.

Bharara's position has been taken up on an interim basis by his former deputy, Joon Kim, though Trump is likely to nominate a replacement within weeks.

One possible candidate for the post is Marc Mukasey, a lawyer who represents former Fox News chief Roger Ailes.

This is potentially significant because Bharara's former office was also in the middle of investigating Fox News for allegedly failing to inform shareholders about settlements made with former employees who accused Ailes of sexual harassment.

How 'Consumer Relief' After Mortgage Crisis Can Enrich Big Banks

The German bank, like in practices that may hard to know because the Goldman, has the option make them money?" Mr. of going out and buying Rheingold said. "It doesn't distressed mortgages feel great."

from Fannie Mae or the But, he acknowledged, Department of Housing "there is some real social and Urban Development utility to it."

and then either slashing Still, Deutsche Bank the total amount of debt faces a hurdle in finding owed or reducing monthly takers among hedge fund payments for borrowers. and private equity firms

But Deutsche Bank because those firms might negotiated another path to be required to provide meeting its consumer documentation of their relief obligation: In some efforts.

instances, the bank can In all settlements, a get credit for lending decision to award a bank money to other firms — credit for providing even hedge funds and consumer relief to a private equity firms — that borrower is determined by already are in the an independent monitor. business of buying soured Deutsche Bank's monitor mortgages with an eye is Michael J. Bresnick, a toward revamping them. partner with the law firm

One criticism of Venable in Washington consumer relief who is a former federal settlements — especially prosecutor. Settlement those involving Goldman monitors, who issue and Deutsche Bank that periodic progress reports, effectively empower them to buy mortgages or provide loans to other firms — is that they come with the terms of the consumer relief provisions.

Ira Rheingold, The rub could come if executive director of Mr. Bresnick asks a National Association of hedge fund or private Consumer Advocates, said equity firm to provide him the consumer relief documentation of its efforts requirements in the in working with borrowers, mortgage settlements which could be a deal-were, in essence, creating breaker given the public policy through penchant for secrecy enforcement measures. among the billionaire And that, he said, is an money managers who run imperfect solution.

"Do I love this is the firms. way we are now making Deutsche Bank could public policy that Goldman still make it attractive and Deutsche will be able enough for hedge funds to comply with consent and private equity firms by orders for wrongful providing dirt-cheap behavior and then engage financing. For now, it is

bank is still in the process of determining exactly how it will comply with the consumer relief portion of its settlement.

Mr. Bresnick is not expected to issue his first progress report until summer.

A Deutsche Bank spokesman declined to comment on its plans for complying with the consumer relief requirement.

No explanation was given in the settlement documents for why Deutsche Bank can get consumer relief credit "for loans that serve as collateral for financing arrangements." But it may be because the bank is less prepared than, say, Goldman, to do the vetting necessary to scoop up distressed mortgages.

Oldman, which has bought more than 22,000 loans from Fannie Mae since settling with federal authorities in April 2016, had been buying soured mortgages for at least a year.

The Wall Street firm has been one of the largest buyers of distressed mortgages sold by Fannie Mae over the past year. Goldman's acquisition of soured mortgages — many of which were issued before the 2008 financial crisis — is starting to rival

that of Lone Star Funds, a large private-equity firm that has been one of the biggest buyers of delinquent mortgages from banks and from the size-fits-all modification

Department of HUD. Bloomberg News reported in January that one firm that Deutsche Bank could lend money to in order to meet its consumer relief obligation would be Lone Star, which operates its own mortgage servicing firm, Caliber Home Loans.

Christina Pretto, a spokeswoman for Lone Star, declined to comment on possible talks with Deutsche Bank, but added that as "a matter of general principle, we are committed to working closely with families to enable them to remain in their homes."

Over the past two years, Caliber has emerged as one of the nation's fastest-growing mortgage firms in writing mortgages and in servicing mortgages. Today, most of the acquired by Lone Star and by other firms. Caliber's rise was the subject of an article in The New York Times last year.

Caliber is also one of a handful of firms writing so-called nonprime mortgages: loans to borrowers with spotty credit histories that are nonetheless considered substantially better than the subprime mortgages that helped fuel the financial crisis.

Caliber is facing several investigations into its handling of distressed mortgages after offers borrowers a one-size-fits-all modification

that reduces mortgage payments for five years, which then revert to the original amount. Financing from Deutsche could be important to Lone Star, which until now has largely fueled its mortgage operation with a combination of investor equity, the issuance of bonds backed by nonperforming loans and a \$482 million loan from the Canada Pension Plan Investment Board to Caliber.

As for Goldman, it has been buying mortgages through a two-decade old mortgage entity called MTGLQ Investors, a reference to mortgage liquidation that describes some of its past activities.

Today, most of the soured mortgages that buys, is beginning to accumulate foreclosures Fannie Mae are being outsourced to mortgage servicing firms like Ocwen Loan Servicing, Rushmore Loan Management Services and Shellpoint Mortgage Servicing, which work with borrowers to revamp the mortgages.

In all, Goldman has bought delinquent mortgages with unpaid balances totaling more than \$5 billion. Most of those loan pools have been bought at prices ranging from 70 cents to 80 cents on the dollar, according to Fannie Mae.

Eric D. Green, the monitor in the Goldman subsidiary have been in Florida, Illinois and New Jersey. Those home sales have totaled about \$121 million for the firm, RealtyTrac says.

Who will stop the Modi juggernaut ?

His obvious disadvantage is his unacceptability among the masses. The Congress vice president might even be forced to play second fiddle to any other popular leader. The possibility of Gandhi nominating a party colleague cannot be ruled out.



The humiliating defeat in Punjab and Goa may have dampened the spirits of the Delhi chief minister, but not his ambitions of emerging as a pan-Indian leader. Seen as a leader who could give a tough fight to Modi, Kejriwal shares a good equation with West Bengal chief minister and Trinamool Congress president Mamata Banerjee, Janata Dal (United) chief Nitish Kumar and some Left leaders as well. He is among the first of the next-gen leaders to have made a mark by playing on the theme of "aspirational India". But, after the initial burst of popularity, his image as a potential challenger to Modi has been considerably weakened.

Had Amarinder asked me to serve as MLA, would have done so: Sidhu

said he will continue doing his television show.

"There were a lot of discussions on Sidhu will become this and that ... I am thankful to the people for their wishes and intentions. But I always kept away from this," he told reporters after assuming office.

On speculation about him being made the deputy chief minister, Sidhu said, "Had the Captain (Amarinder) asked me to serve by being an MLA, I would have done that too."

"I am happy with anything and everything that Captain sahib, Rahul ji and Priyanka ji think and deem fit for me. I have come to put the state on the right track and not fulfill any private interest," he asserted.

Speculation was rife that Sidhu would be made the deputy chief minister in the present dispensation. However, he

Nitish Kumar



With established credentials of a politician who can deliver good governance, Nitish Kumar has the best chance to emerge as the face to challenge Modi in the 2019 elections. After the success of the "Bihar model" — when the RJD-JDU-Congress combine defeated the BJP in the 2015 assembly elections — Kumar is considered a potential Prime Ministerial candidate. On the flip side, he lacks the support base of a dedicated cadre and is not seen as a team player.

Mulayam Singh Yadav



The grand old sire of the socialist ideology, Mulayam can also be considered a compromise candidate for the leadership job in a proposed alliance. Yadav has the struggles of his past in his favour, but has been devastated by a double whammy of circumstances in

recent months.

His image and status first took a hit when his son Akhilesh replaced him as the Samajwadi Party chief. The subsequent drubbing of the Samajwadi Party at the hands of the BJP in the recent UP assembly elections appears to have done him in further. But politics — like cricket — is a game of glorious imponderables.

Mamata Banerjee



The feisty West Bengal chief minister has the spirits and courage to match Modi's firepower. She is today one of the rare Indian politicians who have a strong mass base support. She also has had stints as a cabinet minister at the Centre. But — to her disadvantage — her appeal has remained restricted to West Bengal. But, if circumstances so warrant, the Opposition camp might well be tempted to field Mamata against Modi.

Mayawati



the show for the whole night. I will take a flight at three in the morning and will reach here at 5am, and go to office at 7am."

He emphasised that the new Congress government in Punjab would have to work with a positive intent for the first six months.

"The first six months, we have to work with positive intent. We have to be true in our work," he said while describing Chief Minister Amarinder Singh as a father figure to him.

"Amarinder, who is like my father, told me to show positive intent of the government in the first six months," Sidhu said, adding like in cricket, the first session of the test match set the tone of the game.

The newly-inducted minister described the local government department as a "den of corruption" and asserted that he would not allow any corrupt practice.

If the opposition camp aims at recreating the political tapestry around the slogan of "haves versus have-nots", Bahujan Samaj Party leader Mayawati could well emerge the face of the struggle. Her party may well have been decimated in the 2014 parliamentary and 2017 assembly elections of UP, but her support base at the ground level has not been radically transformed.

The BSP won less than 20 seats in the just-concluded assembly elections, but secured a vote share of 22%. The BSP is also the only regional party to have some token presence in almost all states of the Hindi heartland. However, the Dalit leader lacks negotiating skills and is not considered an aligning with the Congress.

accommodating leader.

Naveen Patnaik



With a proven record of governance, the three-time Odisha chief minister Naveen Patnaik could well emerge the dark horse. He is non-controversial and is very much seen as a gennext leader. But recent setbacks in local elections show that his hold over state polity has been weakening. Also, the compulsions of state politics might prevent him from aligning with the Congress.

Digvijaya should retire from politics, says former Goa Congress MLA Vishwajit Rane

PANAJI: Former Goa legislator Vishwajit Rane on Friday stepped up his attack on Congress general secretary Digvijaya Singh and said it's time the veteran politician called it quits.

According to Rane, the Goa Forward Party had showed their intention to forge an alliance with the Congress and form the government, if Digambar Kamat was elected as the CLP leader.

Vishwajit Rane had on Thursday defied the party whip and abstained from voting during the trust vote. He later resigned from the Congress party.

"Digvijaya should now take retirement from politics. The kind of blunder he along with other Congress leaders did, cost the party its

government (in Goa) despite having a majority," Rane said, a day after he quit the party.

"I don't know whether Digvijaya really wanted to form the Congress government in Goa. Looking at his actions, it did not seem like (he did)," he said.

Rane, son of former chief minister Pratapsinh Rane, alleged that the Congress Legislature Party (CLP) meeting which was held in the party office after winning 17 seats in the Goa assembly polls was a mere "joke".

"The meetings continued for long and nothing was being decided. Entire day, media was outside the hotel and meetings continued. On the other hand, BJP held a video-conferencing with their leaders in Delhi and within no time, they cobbled up an alliance," he said.

When the BJP and alliance partners gave their letters of

support to Governor Mridula Sinha, the Congress woke up from its slumber and got into action, Rane added.

The three-time MLA also said he would be re-contesting from Valpoi constituency and reiterated that he was "open to all options" and even fighting on a BJP ticket. "Once I am elected, I will tender my support to the Manohar Parrikar-led government. We can't sit in Opposition and let the constituency suffer. People have high expectations during the next five years," he said.

Rane also rubbished the rumours that his father would be quitting the Congress.

"My father is not going anywhere. He is a loyal Congressman and he will be with them," he stressed.

The Manohar Parrikar government on Thursday proved its majority on the floor of Goa Assembly by winning the trust vote with the support of 22 legislators in the 40-member House.

Japan marks sixth anniversary of 2011 quake, tsunami



(Agencies) Tokyo: Japan on Saturday marked the sixth anniversary of the deadly earthquake and tsunami that claimed over 18,000 lives, besides provoking a serious nuclear accident.

On March 11, 2011 a quake measuring 9 on the Richter scale, and a subsequent tsunami swept the region of Tohoku, inflicting serious

damage upon the Fukushima Daiichi nuclear plant, Efe news reported. Across the country, but above all in the regions worst-affected by the tragedy, several waves of up to 20 metres will be rung at the same time, to recall the moment of the quake – with its epicentre near the province of Miyagi – which triggered the gigantic waves of up to 20 metres high. The main events are planned to pay homage to the victims. A minute of silence will be observed at 2.46 p.m., to mark the exact time the disaster struck. In many places, the tsunami siren

Those expected to participate include family members of victims from the three worst-affected provinces in the country – Fukushima, Miyagi and Iwate. As of today, 123,000 people from these provinces remain displaced as a result of the tsunami; 40,000 of these have not returned home due to high radiation levels in the area surrounding the Fukushima Daiichi nuclear plant.

New German law to curb hate speech on Facebook, Twitter

(Agencies) London: The German Justice ministry is planning to frame a new law that will force social networking sites to curb fake news and hate speech.

According to a report in DW on Tuesday, German Justice Minister Heiko Maas revealed details of a new law that will force social networks to publish a quarterly accountability report.

The report will include

information on the number and qualifications of employees responsible for deleting and blocking content that breaches Germany's hate speech and slander laws.

Under the new law, Facebook, Twitter and other social networks will be required to offer users "an easily recognisable, directly reachable, and constantly available" complaint process for days.

"prosecutable content". According to the new law, prosecutable content includes libel, slander, defamation, incitement to commit a crime, hate speech against a particular social group, and threats.

That will trigger social networking sites to take a prompt action by immediately checking the complaints and delete all illegal content within seven days. "Violating these

regulations could lead to a fine of up to \$5.3 million for the individual employee responsible for the complaint procedure, and up to the same amount for the company itself," the report quoted the bill drafted by the Justice Ministry.

"The self-commitments of the companies led to initial improvements. But these are not sufficient. Too few comments are deleted.



"And they're not being deleted quickly enough," Maas was quoted as saying.

During a test conducted in January-February this year, the Justice ministry found that that Facebook only deleted 39 per cent of offensive content reported by users, while Twitter fared even worse, with only 1 per cent of content reported by users deleted.

The test was conducted by the child protection organisation Jugendschutz.net. "Hate and incitement endanger cohesion in our country and are poison for society. It's unacceptable that companies make huge profits from social networks and at the same time slink away from their responsibility in fighting messages of hate." Manuela Schwesig, Family Minister, was quoted as saying.

Dental hygienist busted for biting husband during sex

(Agencies) An Ohio dental hygienist landed in jail for biting her husband during sex. Jennifer Rahe Hickman, 42, was arrested on Sunday at a hotel in Key West, Florida, for causing bodily harm, according to the Florida Keys News.

Key West Police responded to a call about a verbal dispute at the Southernmost on the Beach hotel. They arrived to find Hickman intoxicated on a beach chair with her eyes closed. Her husband told police that they had been drinking poolside before going to their room to have sex. According to her husband, she then became angry, saying he was using her and bit his forearm.

Police said that while under arrest, Hickman told them multiple times "I'm going to f-king kill him." She continued yelling and screaming the entire ride to

Britain's youngest mother-to-be is pregnant at age 11

Police launch investigation into the case because father is only a few years older

(Agencies) An 11-year-old girl is set to become Britain's youngest mother.

The child, who cannot be identified, is expected to give birth in the near future.

Police are investigating the case, with the father understood to be only a few years older than the mother.

Few details about the pregnancy can be made public for legal reasons and the local authority is seeking strict reporting restrictions in the family division of the High Court.

News of the case comes just weeks after Britain's youngest mother announced that she was expecting a second child more than a decade later.

Tressa Middleton, from West Lothian in

Scotland, was 12 when she gave birth to a rape by her brother. She raised the child for the first two years but Annie was taken into care as a toddler after she revealed the identity of the father to authorities.

Now 23, Miss Middleton said the decision had haunted her ever since, leading

her to spend the next few years in care before spiralling into a life of drug and alcohol abuse.

She suffered the agony of a miscarriage before a test revealed that she was expecting a baby with her fiancé Darren Young, 30, her partner of seven years.

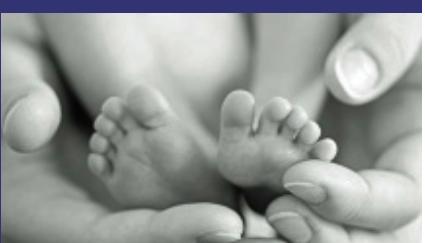
Miss Middleton, who has previously waived her right to anonymity, described the news as 'bittersweet' but said she was grateful to be a mother again.



Infant born in Pakistan with heart outside body

(Agencies) Islamabad: A baby boy was born in Pakistan with his heart outside his body, which doctors say is a rare congenital disorder. The infant's family members and officials have said that the baby's heart is outside his chest. The baby, born yesterday in Multan city, was brought to the Lahore Children Complex as facilities there were not good.

His heart is functioning properly but he will require a surgery to place it inside his body. The baby will undergo an operation and if all goes well, the child will live healthy, doctors were quoted as saying by Geo News. The rare disorder is called ectopia cordis in medical terms where the heart is located either partially or totally outside the thorax. It occurs in 5.5–7.9 per million live births



The many colours of death

While the rest of India goes ballistic with colour and music, Wardha's Hindu crematorium will come alive in the dead of night to host a unique annual Holi festival that challenges superstition

CITY SCAN



Sumedha
Raikar-Mhatre

THE fear of ghosts, thieves and serpents dominated the formative years of Mohandas Karamchand Gandhi. His autobiography speaks of his fear of sleeping without a light, and how he came to terms with irrational associations. The Mahatma's experiments with truth, still recalled as an epoch-making acceptance of the fear of the unknown, is at the core of his great grandson Tushar Gandhi's exploratory presentation, *Gandhi: Yesterday, Today, Tomorrow*, at the 21st Lokjagar Smashan Holikotsav. The one-of-its-kind, full moon night event is held every year at a crematorium in Wardha city, 81 km from Nagpur.

Aimed at humanising the mystical and feared cemetery or cremation ground, it was initiated in 1997 by a handful of anti-superstition volunteers who felt that a fun get-together at Wardha's Hindu crematorium (lining the Muslim and Christian burial grounds) would help bust the popular myth about ghosts seizing unsuspecting frequenters on new moon or full moon

nights. What was once a small-scale assembly of 15-odd Andhashraddha Nirman Samiti volunteers lighting the traditional Holi pyre is now a non-conformist, all-faith Holi celebration attended by thousands. Women, traditionally allowed inside crematorium only after death, are particularly encouraged to attend, as are children and senior citizens in what many describe as Wardha's amphitheatre.

Discarding both rang and wood-fire — central to Holi celebrations but viewed here as pollutants — Smashan Holi draws its energy from the arts. Every year, a new performing art holds centrestage — short skits, poetry recitation, keertan and devotional songs, stand-up comedy, magician tricks, mimicry and formal presentations, like Gandhi's. Last year witnessed the first ever ghazal concert rendered here by Mumbai-based Bhimrao Panchale, who called it "a spiritual high to sing for three hours in a smashan under a fully-lit March sky." Two children's birthday celebrations followed the perform-

ance, which made way for an intermission of collective pastry eating. Book and CD releases, felicitation of state-level awardees and honouring meritorious Class X students are miscellaneous features added each year.

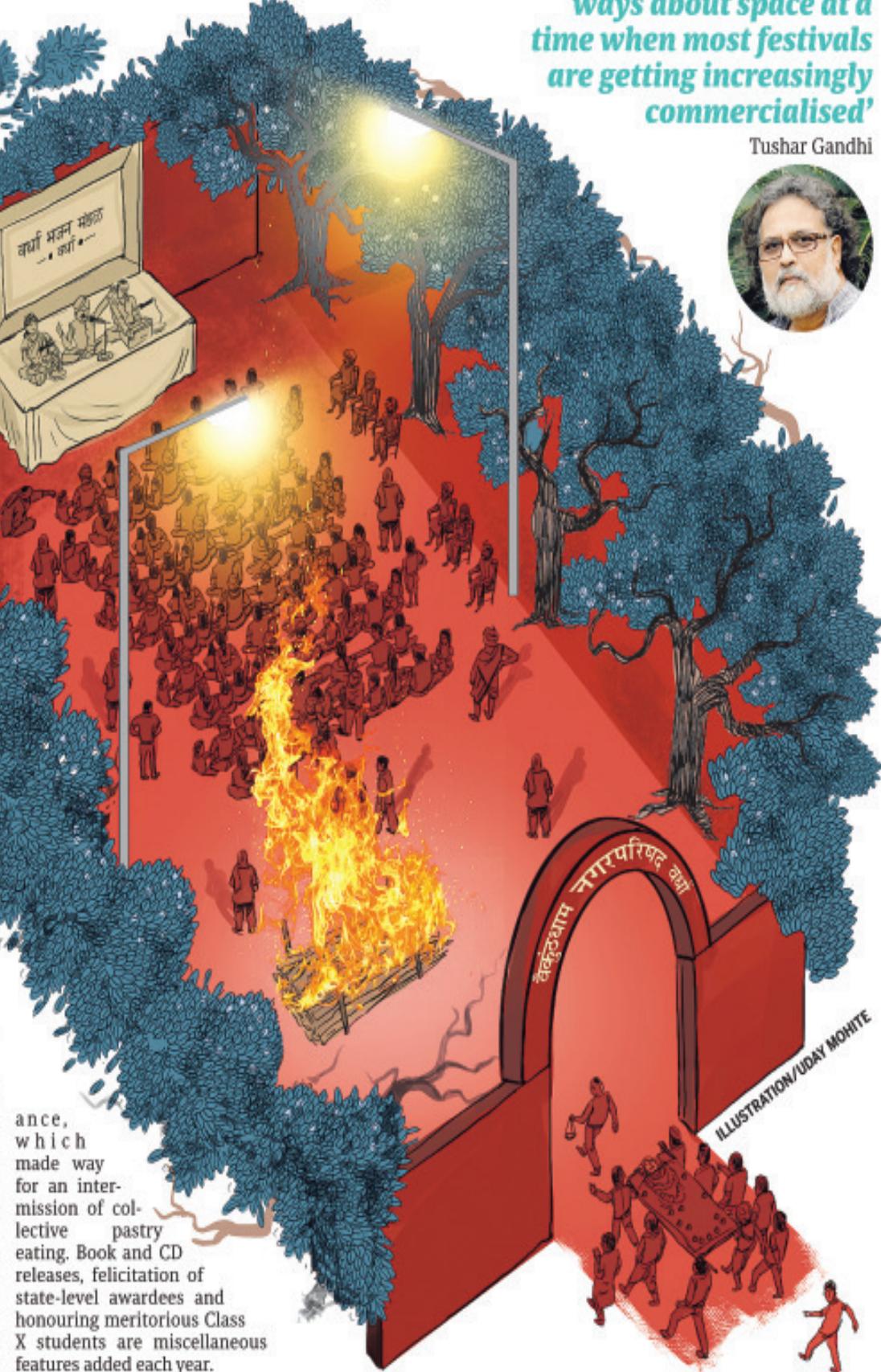
As the festival progresses late into the night, the stage is lit with halogen lamps while the foreground beams with pyres of departed souls. The pyres did shock the audience in the initial years, but slowly, the festival and the coinciding cremations became an accepted reality.

As co-founder Sanjay Ingle Tigaonkar, recalls, the grieving families that come for the last rites often join the fest. None have ever complained about disturbance or disrespect. The purpose behind the festival is fully served as "we play our parts well, leaving no role for the ghosts." One year, the activists showed the 'science' behind the barefoot walk on fire, which many sadhus credit to supernatural powers. The lesson in physics was educational and also surreally entertaining in a place where bod-



'The Wardha Holi model burns bright and urges all of us to think of new ways about space at a time when most festivals are getting increasingly commercialised'

Tushar Gandhi



ILLUSTRATION/UDAY MOHITE

ies are set afire every day.

Wardha's crematorium Holi has become a vantage point for the anti-superstition campaign in the city and 100 adjoining villages. Patrons invariably become volunteers willing to do their bit — either by sprucing up the venue, bringing snacks for guests, or helping in the year-long operations to expose deceptive godmen and their exploitative practices. Often, they send tip-offs about pseudo-scientific

claims made by bogus seers and fortune-tellers. As theatre person and filmmaker Harish Ethape, among the first few to father the smashan concept, puts it, "Our Holi has given birth to a large family of friends beyond Wardha. We dip into our personal savings (last year the amount stood at ₹1 lakh). No fancy advertising, just simple publicity through handbills and word of mouth, allows us to retain our irreverent vibe."

Smashan Holikotsav rests on stakeholders from strikingly dissimilar professions. Constable Yogita Masram (35) has been singing every year since she was a teenager, much before she joined the police and was handed Holi bandobast duty. This year, she intends to present a skit on e-frauds with her col-



The iconic Bapu Kuti where Mahatma Gandhi stayed in Sevagram. PIC/WIKICOMMONS

'Our Holi has given birth to a large family of friends beyond Wardha'

Harish Ethape, theatre person

Life Style™



Poor sleep may lead to behavioural problems



(Agencies) New York: Children found that children who get an insufficient amount of sleep in their pre-school and early school years have a higher risk of poor neuro-behavioral function at around age 7," said lead researcher Elsie Taveras from the MassGeneral Hospital for Children in the US.

"The associations between insufficient sleep and poorer functioning persisted even after adjusting for several factors that could influence the relationship," Taveras said. As in previous studies from this group examining the role of sleep in several areas of child health, the current study analysed data from Project Viva, a long-term investigation of the health impacts of several factors during pregnancy and after birth.

Information used in this study was gathered from mothers at in-person interviews when their children were around 6 months, 3 years and 7 years old, and from questionnaires completed when the children were aged 1, 2, 4, 5 and 6 years. In addition, mothers and teachers were sent survey instruments evaluating each child's executive function—which includes attention, working memory, reasoning and problem solving—and behavioural issues—including emotional symptoms and problems with conduct or peer relationships, 7-year-old children when children were around 7. Among 1,046 children enrolled in Project Viva, the study team determined which children were not receiving the recommended amount of sleep at specific age categories—12 hours or longer at ages 6 months to 2 years, 11 hours or longer at ages 3 to 4 years, and 10 hours or longer at 5 to 7 years. The study, published online in the journal Academic Pediatrics, found significant differences in the responses of parents and teachers to surveys regarding executive function and behavioural problems in 7-year-old children depending on how much sleep they regularly got at younger ages.

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Leading food and beverages brands fail India's double nutrition challenge

(Agencies) No more than 12 per cent of beverages and 16 per cent of foods sold by nine leading Indian food and beverage companies were of "high nutritional quality", according to the Access to Nutrition Index India Spotlight, 2016, the first survey of its kind.

The index, created by Access to Nutrition Foundation, a Dutch non-profit, and funded by the Bill and Melinda Gates Foundation, evaluated the manufacturers' policies, practices, nutritional disclosures in India and globally. The nine companies assessed said they were committed to combat under-nutrition, but most did not produce or produced very few fortified packaged food products.

Fortification is the process of addition of micronutrients — vitamins and minerals — to foods to tackle nutritional deficiency. It is known to be an affordable and efficient way to improve micronutrient status in a population. India is facing two opposing nutritional challenges: Malnutrition and increasing obesity, especially among children.

As many as 38.4 per cent of India's under five children are

stunted, meaning low weight for height—the highest such proportion of stunted children globally — according to the National Family Health Survey, 2015-16 (NFHS-4), the latest available data.

At the same time, 135 million Indians are obese, according to a

"product-profile rating" on nutritional quality of the products and relative sales of more and less healthy products. It also assessed compliance of the nine companies to Indian nutritional labelling regulations.

"NestlÃ© India is looking closely at the areas where the Index has recommended improvements," a Nestle India spokesperson told IndiaSpend over email. "We are trying to explore possibilities of fortifying products across portfolios. Some of our existing fortified products include Masala-e-Magic and CEREGROW."

Mother Dairy did not respond to our request for

comment. The index recommended that manufacturers improve their product profile by making nutritious products more affordable to low-income consumers, be more transparent about funding to industry organisations that lobby the government and about fortifying products.

Between 2-5 per cent of products were fortified with micronutrients lacking in Indian diets, the survey found. Wheat and milk products were mainly fortified with vitamins A, D, C and iron but most manufacturers do not fortify healthy products.



2015 Indian Council of Medical Research study.

The consumption of packaged foods is increasing steadily nationwide, especially in urban areas, and the new nutrition index found that most do not address India's twin nutritional challenges.

The products of Delhi's Mother Dairy were ranked the healthiest of the nine companies assessed because 77 per cent of their sales came from drinking milk products. Hindustan Unilever and Britannia were ranked second and third. NestlÃ© India was ranked seventh. The index based what it called the

Exercise may cut side-effects of chemotherapy



(Agencies) London: Walking or jogging either three times a week for 50 minutes or five times a week for 30 minutes may help patients with advanced gastrointestinal cancer to cope better with the side effects of chemotherapy, a study has showed. Side effects of the chemotherapy may include loss of sensation, weakness, exhaustion, infections or severe diarrhoea, which often causes patients to reduce or even discontinue the programme. The findings showed that as a result of the exercise, muscle mass improved as did functional properties, such as balance, walking speed and leg strength.

Further, the toxicity of the chemotherapy could be reduced through moderate activity. "This is important because it is especially due to severe toxic effects that patients with gastrointestinal cancer often have to reduce the dose or even discontinue the chemotherapy altogether," Katrin Stucher, doctoral student at the Goethe University Frankfurt in Germany, said in a statement. Patients, who were engaged in exercise along with chemotherapy could tolerate the therapy better and experience less disease recurrence (relapses) later on. "We believe that it will make sense in future to offer patients opportunities for physical exercise during chemotherapy.



Health



Smoking pot raises risk of stroke, heart failure

(Agencies) New York: Marijuana use may lead to 26 per cent increase in the risk of stroke and a 10 per cent increase in the risk of developing heart failure, an Indian-origin researcher has found. "Like all other drugs, whether they're prescribed or not prescribed, we want to know the effects and side effects of this drug," said the study's lead author Aditi Kalla from Einstein Medical Centre in Philadelphia, US.

"It's important for physicians to know these effects so we can better educate patients, such as those who are inquiring about the safety of cannabis

or even asking for a prescription for cannabis," Kalla said. The study drew data from the Nationwide Inpatient Sample, which includes the health records of patients admitted at more than 1,000 hospitals comprising about 20 per cent of US medical centres. The researchers extracted records from young and middle-aged patients — age 18-55 years — who were discharged from hospitals in 2009 and 2010. Marijuana use was diagnosed in about 1.5 per cent (316,000) of more than 20 million health records included in the analysis. Comparing cardiovascular

disease rates in these patients to disease rates in patients not reporting marijuana use, the researchers found marijuana use was associated with a significantly increased risk for stroke, heart failure, coronary artery disease and sudden cardiac death. The findings are scheduled to be presented at the American College of Cardiology's 66th Annual Scientific Session to be held in Washington, DC from March 17-19, 2017. Research in cell cultures shows that heart muscle cells have cannabis receptors relevant to contractility, or squeezing ability, suggesting that those



receptors might be one mechanism through which marijuana use could affect the cardiovascular system. It is possible that other compounds could be developed to counteract that mechanism and reduce cardiovascular risk, Kalla said.

Tanning can contribute to skin ageing



(Agencies) New York: While some people believe tanning makes them more beautiful, this habit can actually damage their skin in the long run, leading to wrinkles and sagging skin, says a study. "Ultraviolet radiation from the sun and indoor tanning beds not only can increase your risk of skin cancer but also can contribute to skin ageing," said Arianne Shadi Kourosh from the Massachusetts General Hospital, Boston, US. "Moreover, other forms of radiation, such as heat and visible light, can negatively impact the skin, as can pollution, so protecting your skin from the environment can benefit both your health and appearance," Kourosh said in a statement released by the American Academy of Dermatology. Since both types of UV rays — long wave ultraviolet A (UVA) and short wave ultraviolet B (UVB) — can damage the skin, it is important to use a broad-spectrum sunscreen that provides both UVA and UVB protection, with an SPF (Sun Protection Factor) of 30 or higher, Kourosh said. Environmental factors can damage the skin in multiple ways, from UVB rays causing sunburns and uneven pigmentation to UVA and infrared radiation penetrating more deeply into the skin to damage existing collagen and reduce collagen production, resulting in wrinkles and sagging skin, Kourosh said.

Mocha lattes may boost your attention span: study

(Agencies) New York: Coffee lovers, rejoice! Drinking a cup of coffee and chocolate brewed together may improve your attention span, a new study has claimed. Researchers, including those from University of Georgia in the US, studied the acute effects of brewed cocoa consumption on attention, motivation to perform cognitive work and feelings of anxiety, energy and fatigue.

"Cocoa increases cerebral blood flow, which increases cognition and attention. Caffeine alone can increase anxiety. This particular project found that cocoa lessens caffeine's



anxiety-producing effects — a good reason to drink mocha lattes!" said Ali Boolani of Clarkson University in the US.

Participants were made to consume brewed cocoa, cocoa with

caffeine, caffeine without cocoa, and a placebo with neither caffeine nor cocoa. They were then asked to do tests to evaluate both cognitive tasks and mood. Participants were asked to watch as letters flashed across a screen and note when an 'X' appeared after an 'A.' They also had to point out when odd numbers appeared sequentially, and they were required to do subtraction. "The results of the tests are definitely promising and show that cocoa and caffeine are good choices for students and anyone else who needs to improve sustained attention," said Boolani.

Maternal folic acid levels may cut high BP in kids

(Agencies) New York: Babies born to mothers with cardiometabolic risk factors were less likely to develop high blood pressure if their mothers had higher levels of folate during pregnancy, a study has showed.

The study, led by researchers from Johns Hopkins University in the US, showed that mothers with cardiometabolic risk factors — including hypertensive disorders, diabetes and pre-pregnancy obesity — were more likely to have children with higher systolic blood

pressure — the top number which refers to the amount of pressure in your arteries during contraction of your heart muscle.

Children with high systolic blood pressure were also more likely to have lower birth weight, lower gestational age and higher BMI, as well as can

predict higher blood pressure in adulthood.

In the study, children whose



mothers had high levels of folic acid — which is involved in nucleic acid synthesis, gene expression, and cellular growth — had 40 per cent lower odds of elevated childhood systolic blood pressure.

"Our study adds further evidence on the early life origins of high blood

pressure," said Xiaobin Wang from Johns Hopkins University. "Early risk assessment and intervention before conception and during pregnancy may lead to new ways to prevent high blood pressure and its consequences across lifespan and generations," Wang added, in the paper published in the American Journal of Hypertension. For the study, the team analysed 1,290 mother-child pairs, recruited at birth and followed prospectively up to age 9 years from 2003 to 2014.

Of the mothers, 38.2 per cent had one or more cardiometabolic risk factors; 14.6 per cent had hypertensive disorders, 11.1 per cent had diabetes, and 25.1 per cent had pre-pregnancy obesity. A total of 28.7 per cent of children had elevated systolic blood pressure at age 3-9 years.

GOLD SUSHI IS THE NEXT BIG THING

Sushi lovers will be elated to know that their favourite food has now got a golden touch. If you log onto Instagram and search for gold sushi or doughnuts, you will be flooded with delectable images made with this yellow metal. So much so that it has turned this Japanese favourite into a viral sensation. For those wondering how it gets its golden touch, the gold leaf must be 90 per cent pure gold, with the other 10 per cent typically consisting of another safe metal, like pure silver.



Chuksi with Seaweed Caviar available at The Roseate in Delhi

Melissa D'Costa D'Silva and Ayushi Anand

Until recently, the only sea vegetable most people were familiar with was nori. Used to create sushi rolls, nori is now being used not only for maki rolls but also to flavour soups, salads and even as crisps. However, it's not the only sea vegetable that's enjoying the spotlight, the others include arame, wakame, kelp, kombu, hijiki, dulse and agar. And this falls in line with the BBC Good Food list (released at the start of the year) that predicted that the use of sea vegetables would catch on across the globe. Chef Jerry Thomas from Lima seconds this and shares, "Sea vegetables have been in use for the last three years, but acceptance among patrons has been more since late last year! And I feel it's a trend that's here to stay." However, there are challenges both while working with sea vegetables and also making it palatable for people back home. In India, while a little bit of it in the dishes is appreciated, by and large the vegetarian au-

THERE'S SEAWEED IN MY DESSERT

At the start of the year BBC Good Food had predicted that sea vegetables would be the trend to look out for in 2017. Chefs tell us why sea vegetables are now being incorporated in menus



Nori sheets are extensively used in maki rolls, but are also now being used to flavour soups and salads

dience still sees seaweed and sea vegetables as a non-vegetarian item, due to its 'fishy' taste," informs chef Paul Kinny, culinary director Bellona Hospitality.

Why it's good for you

The Japanese have been using sea vegetables in their cuisine for years now. They are nature's vitamin and mineral supplements; high in vitamin K, B, iodine, calcium, magnesium and also naturally alkaline. Chef Paul adds, "I have cooked with both wakame and kelp. Both naturally rich in umami, wakame, one of the only natural, non-animal sources of vitamin B12, has a mild, sweet flavour that adds a punch to my Miso Milk in Shizusan. It is also a great addition to stir-fries and salads. Since,



Theory uses nori to create a quick starter called the oven-roasted nori chips

wakame is usually available in its dried form, we need to soak it in lukewarm water for 10 minutes till it swells up and turns into a glossy green. My trick is to throw the swollen wakame briefly into boiling water and rinse immediately with cold water to intensify its colour. High in Vitamin A, B, E, D & K, Kelp is primarily known for its iodine content. Kelp in its powdered form makes for a great seasoning to have on the table and is a perfect replacement for table salt. Its natural iodine normalises thyroid related disorders like obesity and lymph system congestion. Due to their high iodine content, various forms of seaweed should be consumed in limit."

Seaweeds are the new condiments

Delhi-based Nishant Choubey, corporate chef, The Roseate, says he has worked with sea vegetables like nori, wakame, hijiki, kombu and sea grapes. He advises, "Never soak the sea vegetables in hot water. Also, the water becomes very nutritious and flavourful from soaking the vegetables, so never throw it away. Hijiki only needs soaking and no cooking. However, kombu should be cooked for at least 20 minutes. Nori, on the other hand, must

At Lime, they use wakame to flavour their ponzo for the mushroom ceviche. Ponzo is a citrus soy sauce. The ponzo has the sourness and the wakame adds the natural saltiness and umami to the dish

be toasted to get best results." Corporate Chef Vineet Manocha, Fresc Co, who has worked with kelp, wakame, agar agar (used as a substitute of gelatin), spirulina, adds, "One has to be very careful while using sea vegetables since it has an overpowering smell. The fact that the sea vegetables are available in dehydrated form, it is imperative to rehydrate them before cooking. There are specific sea vegetables, which have a distinct odour and one must have an acquired palate. While all these vegetables are super foods, they are here to stay and are gradually gaining popularity."



Did you know that Agar Agar is a sea vegetable, which is used as a substitute of gelatin and used to make desserts?



Chef Ronaldo Fulieri

Melissa D'Costa D'Silva

Atmantan, a wellness destination spa has lined up some interesting activities kicking off this week till April 8. On the agenda are workshops and activities that will be hosted by Brazilian chef and nutritionist Ronaldo Fulieri. Seminars and interactive talks on nutrition and particular foods, which have disease healing qualities such as cardio-vascular problems and diabetes will be held. There will also be a cook-out where Ronaldo will curate delicious dishes and share recipes of interesting and fascinating health foods. We caught up with him to find out more.

Why you should sign up for this summer session

If healthy eating and weight loss is your goal, sign up for a weeklong activity hosted by Brazilian chef and nutritionist Ronaldo Fulieri at Atmantan Wellness Resort

What can people expect to take back from the activities lined up?

One of the biggest lessons people will get from my activities at Atmantan is — ancient wisdom. In my presentations, I introduce people to a world of knowledge about food and techniques to make food as medicinal as possible, of course with a lot of flavour too.

One of the topics that is part of the activities is foods which can help heal diabetes and cardiovascular problems. Could you elaborate on how food can heal these medical conditions?

Food is the medicine — this is an ancient truth nobody can deny. The challenge with food nowadays is that it has become more of a poison than a medicine. Processing of food and industrialisation have taken away many of the medicinal benefits of the foods we eat. In my nutrition and cooking classes, I teach people how to bring health back using wholefoods. The benefit of using integral ingredients is that they can act as powerful healing tools and help the body regenerate and cure itself. By providing the right nutrients to the body we can practically reverse or at least stop many of the common diseases from developing further.



RONALDO'S GREEN SMOOTHIE

He recommends this as a weight loss fix to be consumed first thing in the morning.

Ingredients

- 1 handful of organic spinach or rocket (if you like peppery)
- ½ cup of cucumber cut in chunks
- 1 half of avocado
- ½ green or red apple cut in half
- 2-3 mint leaves
- 1/2 cup of water
- ½ lime or lemon
- 1 pinch of salt
- 4 ice cubes

Method: Blend all of the above ingredients to make a delicious, weight-loss smoothie.

In my 10 years in this profession, I have helped many patients to cure themselves from diabetes, cardiovascular disease, arthritis and other common lifestyle diseases

A lot of people recommend you avoid fruit juices for their calories. What is your take on this? Also, do you believe that eliminating carbs from a diet is advisable?

I don't recommend anyone to eliminate fruits from the diet. In fact, I encourage them to eat it every day. The challenge is consuming too many fruits can also cause complications, especially if the person has diabetes or obesity. In this case, I teach them to moderate the intake of it and also make them aware of what are the best fruits and best times to ingest those fruits. As far as carbs go, I don't think they should be eliminated from one's diet. There are both good and bad carbs, and some can actually help you lose weight.

What's your weight loss mantra?
My weight loss mantra is "Don't diet". From the moment, you tell yourself you are dieting and restricting yourself, you will start to crave the exact foods you are trying to eliminate. I teach the mantra, "I'm healthy because I chose to eat good foods for me and my body". By programming your mind to believe you are not dieting but you are becoming healthy is the best way to lose weight and stay healthy and on track of your goals.

To sign up, log onto www.atmantan.com

Food

CELEBRITY COLUMN

Mum's mango ice-cream

Contd from P1

After a point, I mostly did not do most things she wanted me to do.

Her biggest grouse was that I didn't know how to cook or make a roti. It was a matter of national interest for her. I'd come home and tell her we won the inter-collegiate debate or that our group made it to the finals of Malhar with our tap routine, and somehow, it would reach a conversation where the fact that I couldn't make a roti, was discussed. How and why is that so important?

But anyway, every year in the summer, when the mangoes were in the market, she would get down to making ice-cream for us. It was the tastiest, creamiest and softest ice-cream in the world, and I'm not saying this because my mom made it....

Every day post lunch-time, my friends would come over and call out to us from the back door, asking us what we were doing, and we knew why. They all wanted my mom's ice-cream. That meant we would get only half our share, because there was no way in hell that my mother would not share the ice-cream with the rest of our friends.

So, while we were sitting at our dining table, our friends would climb up on the grill and hang, and we would try our best to send them away. We'd say things like, 'We just started lunch' or 'It's too hot, mom isn't allowing us to play outside', 'We need to sleep in the afternoon, etc.'

But no amount of excuses would deter them from what they actually came there for — my mom's home-made mango ice-cream. It felt like doom, mom opening the freezer door, taking the box out and us, knowing we'd get half of what was meant for us. So, we tried fake-coughing and sneezing at the table, made eyes at mom, or outright telling her, 'Not now!'

But she never even listened to us, or rather, she ignored all our subtle hints. Our friends would be invited in, they would all squeeze themselves at our table, and smile hungrily at us.

My mum would scoop out beautiful golden dollops of ice-cream and plate them in bowls, and we would then proceed to devour it, a spoonful at a time. The ice-cream would have chunks of mango in it, and we'd bite into a piece sometimes.

That ice-cream was so luscious, she used to freeze it, take it out, churn it again, add cream to it, and churn it again. What one got was the yummiest, creamiest, most delicious ice-cream I grew up loving. As did my friends, who after they had finished their bowls, would not force us to come to play or anything like that.

We would go back to telling mom, not to take out the ice-cream if there were more people. But mums are weird creatures and want to share everything. Today I understand that she never really enjoyed the process of cooking and that's why she was so quick, and it was just a function of being a mom.

But she enjoyed doing all the rest of the stuff, she stitched our clothes, taught us good manners, and looked after us to the best of her ability, kept a pretty house and a blooming fruit garden. But cooking was something that was functional.

Well, she had me fooled.

So I guess when she did stuff, she put her heart into it. And that's what I learnt from her. She still makes mango preserve and ketchup at home, I guess it's a force of habit. Only now, I get the preserve to continue making ice-cream for my ilk.

And when I see the ZZ's gobble it up, I know exactly how they must feel inside. Pure bliss, exactly how I felt with every spoonful of my mom's mango ice-cream.

Tweet to her @marisagoretz



Recipes



Mixed Sprouts Corn Chaat

Ingredients

15g mixed sprouts, boiled, 15g corn, boiled, 1 tomato, finely chopped, 1 onion, finely chopped, 1 Tbsp coriander chutney 1/2 tsp cumin powder, 1/2 tsp red chilli powder or paprika

Salt to taste : A handful pomegranate seeds, to garnish. A handful freshly chopped coriander leaves, to garnish

Method Soak the sprouts overnight and next morning pressure cook it for around 10-15 minutes. Strain well. Now in as bowl, combine all the ingredients together and serve. Simple to prepare, easy to consume.



Paneer Methi Satay

Ingredients

For the Marinade, 1 cup low fat yoghurt, 1 Tbsp Bengal gram flour (besan), 1 Tsp ginger garlic paste, 1 tsp chilli powder, 1 tsp cumin powder, 1 tsp garam masala powder, 1/2 tsp black pepper powder, 2 Tbsp coriander and green chilli paste, 1 tsp Kasoori methi, Salt to taste, For the Satay, 1 cup low

fat paneer, cut into cubes, 1/2 cup bell peppers, cubed, 1/2 cup onions, cubed, 1 tsp olive oil
Method Mix all the ingredients of the marinade in a bowl. Combine the paneer, bell pepper cubes, onion cubes and mix into the marinade. Be careful while tossing it and do not mix vigorously otherwise the paneer cubes will break. Set aside for



25-30minutes. Now start skewering. Place a piece of Bell pepper, onion, 2 paneer cubes

Kiwi Bread Halwa

almonds, 1 Tbsp of chopped pistachios, 1 tsp of green cardamom powder, 1 Tbsp of raisins, 1/2 cup of milk, 1/2 cup of grated khoya/mawa

Method

Peel and roughly chop kiwi fruits. Transfer into a hand blender jar and blend into a purée. Heat a non-stick pan, add sugar and kiwi purée and cook, stirring, till the mixture thickens. Toast the bread slices and cut them into 1

inch pieces. Heat ghee in another non-stick pan, add cashewnuts, almonds, pistachios and raisins and sauté lightly. Add cardamom powder to the kiwi mixture and mix well. Add the bread pieces and mash while mixing. Add milk and khoya and cook well. Add the sautéed nuts along with the ghee and mix well. Transfer into a serving bowl and serve.

Dal Makhni

Ingredients

250 gm maa ki dal, 1 tsp red chilli powder, 250 ml tomato puree, 500 gms butter, 1 Tbsp ginger-garlic paste, 1 tsp kasuri methi powder, 3 Tbsp cream, Salt

Method

Rinse maa ki dal and boil till soft & the skin falls off. Add salt, red chilli powder, tomato puree & butter. Allow to cook. Add kasuri methi powder & cream. Stir well & serve hot.



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Associate Broker/Notary Public

Technology

How Uber Deceives the Authorities Worldwide



(Agencies) SAN FRANCISCO — Uber has for years engaged in a worldwide program to deceive the authorities in markets where its low-cost ride-hailing service was resisted by law enforcement or, in some instances, had been banned.

The program, involving a tool called Greyball, uses data collected from the Uber app and other techniques to identify and circumvent officials who were trying to clamp down on the ride-hailing service. Uber used these methods to evade the authorities in cities like Boston, Paris and Las Vegas, and in countries like Australia, China and South Korea.

NASA plans to create 'coolest spot in universe'

(Agencies) NASA is planning to send an ice chest-sized box to the International Space Station (ISS), where it will freeze gas atoms to create the coolest spot in the universe, an advance that may provide new insights into gravity and dark matter. Inside that box, lasers, a vacuum chamber and an electromagnetic "knife" will be used to cancel out the energy of gas particles, slowing them until they're almost motionless. The suite of instruments, developed by NASA's Jet Propulsion Laboratory in the US, is called the Cold Atom Laboratory (CAL). It is set to ride to space in August aboard the SpaceX CRS-12. CAL's instruments are designed to freeze gas atoms to a mere billionth of a degree above absolute zero - more than 100 million times colder than the depths of space. "Studying these hyper-cold atoms could reshape our understanding of matter and the fundamental nature of gravity," said CAL Project Scientist Robert Thompson of JPL. "The experiments we'll do with the Cold Atom Lab will give us insight into gravity and dark energy - some of the most pervasive forces in the universe," said Thompson. When atoms are cooled to extreme temperatures, as they will be inside of CAL, they can form a distinct state of matter known as a Bose-Einstein condensate. In this state, familiar rules of physics recede and quantum physics begins to take over. Matter can be observed behaving less like particles and more like waves. Rows of atoms move in concert with one another as if they were riding a moving fabric. These mysterious waveforms have never been seen at temperatures as low as what CAL will achieve.

because of fear of retaliation by Uber.

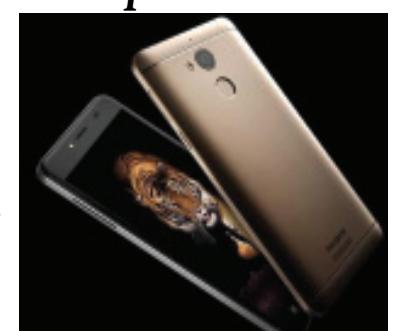
At the time, Uber had just started its ride-hailing service in Portland without seeking permission from the city, which later declared the service illegal. To build a case against the company, officers like Mr. England posed as riders, opening the Uber app to hail a car and watching as miniature vehicles on the screen made their way toward the potential fares. But unknown to Mr.

England and other authorities, some of the digital cars they saw in the app did not represent actual vehicles. And the Uber drivers they were able to hail also quickly canceled. That was because Uber had tagged Mr. England and his colleagues — essentially Greyballing them as city officials — based on data collected from the app and in other ways. The company then served up a fake version of the app, populated with ghost cars, to evade capture.

Excessive Social Media Use Causes Higher Stress, Study Says

NEW YORK — Are you stressed out by social media? If so, you are not alone. According to a new study, 86 percent of adults in the U.S. said they constantly check email, text and social media. And as CBS2's Alice Gainer reported, it could be doing damage to your mental health. Times have changed as technology has evolved. Two decades ago, cellphones were for the most part just used to make phone calls. But now, there are all kinds of ways we glue our eyes to the screen — and we do it more and more. Susan Dunning of Florida said she checks her iPhone eight times a day. A man on the street said 30 times. Another woman said every two seconds. And according to a new study by the American Psychological Association, excessive technology and social media have created the "constant checker." On a 10-point scale where 10 is a great deal of stress, of those surveyed, the average level for constant checkers was 5.3 — compared with 4.4 for those who do not check as often.

Coolpad launches Note 5 Lite smartphone in India



(Agencies) Chinese smartphone maker Coolpad on Thursday launched Note 5 Lite smartphone in India that comes with fingerprint sensor. Priced at Rs 8,199, the device is an Amazon exclusive. It will be available in variants of gold and grey starting via open sale March 21. "With the launch of Note 5 Lite, we are again reinforcing our commitment to make technology available to everyone at a great price and won't comprise on best in class features," said Syed Tajuddin, CEO, Coolpad India, in a statement. Coming to the specifications, it is powered by 64 bit 1.0 GHz quad-core MediaTek MT6735CP processor assisted by Mali - T720 GPU and 3GB of RAM. The smartphone runs on Android 6.0 and houses 2,500mAh non-removable battery.

Xiaomi launches 'special' pre-order service in India

(Agencies) New Delhi : Xiaomi has announced a new service for its Mi Fans in India. The Chinese tech company has launched a pre-ordering facility for offline markets in the northern region, as well as for large format retailers (LFRs) across the southern region. The company will be keeping its Redmi Note 4 smartphone as the first to be available via pre-orders between March 14-17 March across LFRs, and from March 16-21 across offline stores in Delhi, Jaipur and Chandigarh.

The smartphone will be going on sale starting March 18 across retailers, and March 22 in Delhi, Jaipur and Chandigarh. Some of the retailers include Sangeetha, Poorvika, Lot Mobile and BigC. It is priced at Rs 11,499 onward.

Xiaomi says that it will make all its products available for offline pre-orders in future. "We spent

2016 building strong operations in our offline distribution and paving the way to bring innovation in our offline model. We started this with our direct-to-retail model and with the introduction of pre-orders, we are extending our innovation to everyone," said Vipin Raina, head of offline sales, Xiaomi India.



Redmi Note 4 sports a metallic unibody with round edges. It has a 5.5-inch Full HD display offering wide-viewing angle viewing. It is powered by a Qualcomm Snapdragon 625 processor clocked at 2.2GHz, with support for microSD cards of up to 128GB in size. The Redmi Note 4 comes in three variants -- 2GB RAM/32GB internal storage, 3GB RAM/32GB internal storage and 4GB RAM/64GB internal storage. The smartphone runs Android 6.0 Marshmallow, topped with the company's own MIUI 8 skin layer.

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Creepy boss at work? Call this number

Close on the heels of TVF fiasco, Taapsee Pannu launches sexual harrasment helpline for media and entertainment industry

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AFTER Pink (2016), Taapsee Pannu emerged as the face of firebrand women, who refuse to cower and condone wrongdoings. Staying true to her on-screen image, the actress has launched a helpline to assist women in the domains of harassment and mental distress. The effort seems well-timed given recent molestation allegations by ex-employees of The Viral Fever (TVF) against founder-CEO Arunabh Kumar.

A set of professional counsellors has been roped in to provide assistance to the complainants/victims. Calls to the helpline number (01149694998) will be answered by trained executives, who will redirect them to a counsellor. Redressal committees at regional levels have also been instituted to facilitate the process. The initiative has been taken by Event and Entertainment Management Association.

Helpline curator Sabbas Joseph tells mid-day, "We wish to create an environment where women can deliver to their full potential. Women in advertising, media, and entertainment are both role models and influencers. It is a positive step towards making lives of working women a little easier."

Though Taapsee isn't clear about her opinion on the ongoing TVF controversy, she feels the helpline will go a long way in creating better workplaces.

She says, "It is a profound initiative for all working women, especially in the events, entertainment and media industry. It is not just a step towards making the working environment safe for women, but also in making the world a better place."

Bollywood bhakti

After Hanuman Chalisa single, composer-singer Shekhar Ravjiani now releases own version of Gayatri Mantra

SOUMYA VAJPAYEE TIWARI
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BESIDES scoring music for Hindi films, composer-singer Shekhar Ravjiani is equally focussed on independent projects. However, his songs are unlike what his contemporaries mostly churn out.

After his successful devotional single on Hanuman Chalisa that garnered over six lakh views on YouTube, Shekhar has now crafted one on the Gayatri Mantra.

Amitabh Bachchan unveiled the single on Tuesday.

What inspired him to record the devotional track?

Shekhar says, "The Gayatri Mantra unites one with the universe. Revered for generations but taken for granted today, the power of the mantra needs to be experienced by

people, especially the youth. We live in difficult times and the only way for us to regain balance and strength is by looking within. I hope my interpretation of the divine prayer helps listeners find strength, peace and tranquility."

Shekhar has a personal connect with the chant, too. He says it has been an integral part of his growing up years. "It takes me back to simpler, more innocent times, when we, as kids, listened to our inner voice and found happiness in the smallest things," he says.

'I hope my interpretation of the divine prayer helps listeners find strength, peace'



Not just Phillauri, Anushka promotes Phulkari too!



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Punjab's Phulkari

Phulkari, a rural tradition of handmade embroidery, literally translates to flower work. It has a history etched in the culture of Punjab. Spun from the charkha, this style of embroidery is patterned on odhnis, shawls, kurtis and chunris.

unique pieces from a silversmith there. Anushka also bought a lot of jewellery from that man since she believes in supporting local craftsmen. She even got her Patiala salwars stitched by a tailor in that city."

DURING the shoot of her upcoming film Phillauri, Anushka Sharma found a special place for Phulkari, the colorful, vibrant threadwork integral to Punjabi culture. With her love for Phulkari reflecting in her outfits in the family entertainer, Anushka took it upon herself to source and find the best local fabrics and handloom for the characters, adding dollops of ethnic flavour to the film.

Says a source from the film's set, "Anushka bought a huge amount of fabric from a local market in Punjab for the shoot. Her co-actor Mehreen Pirzada's mother is well versed with that area and she helped her get quality Phulkari fabrics and

up & about

WORK MATTERS

If you are doing good work, people will want to work with you. If you aren't, people will not want to work with you. This [film industry] is a business, everyone takes business (oriented) decisions — Anushka Sharma, actress

PICS/SAYYED SAMEER ABEDI, BIPIN KOKATE, YOGEN SHAH, PTI



We caught Kalki Koechlin, Rajat Kapoor and Shiv Pandit in a delightfully playful mood at a press conference

CAUGHT WITH A SMILE

Outdoor shoots evidently do good for Farhan Akhtar, who rarely sports a smile for the paparazzi

CHANGE IS GOOD

This blue selection is at stark contrast to the traditional attires we usually spot Juhi Chawla in. The actress slips into this refreshing selection for a magazine issue launch

SAY WHAT?

We'd love to know what amuses Dia Mirza in the midst of an awards function. Tell us too, Vivek?

Dia Mirza and Vivek Oberoi

Shilpa Shetty Kundra
Shamita Shetty
Sana Khan

Shahid Kapoor
Swara Bhaskar

GO WITH THE FLOW

Fluid gowns and pastel shades make recurring appearances at an awards function. Shilpa's off-shoulder dress steals the show

Jacqueline Fernandez

THROWING SHADES

Sunny Leone stuns even without makeup when we pap her with husband Daniel Weber in Thane

close of play

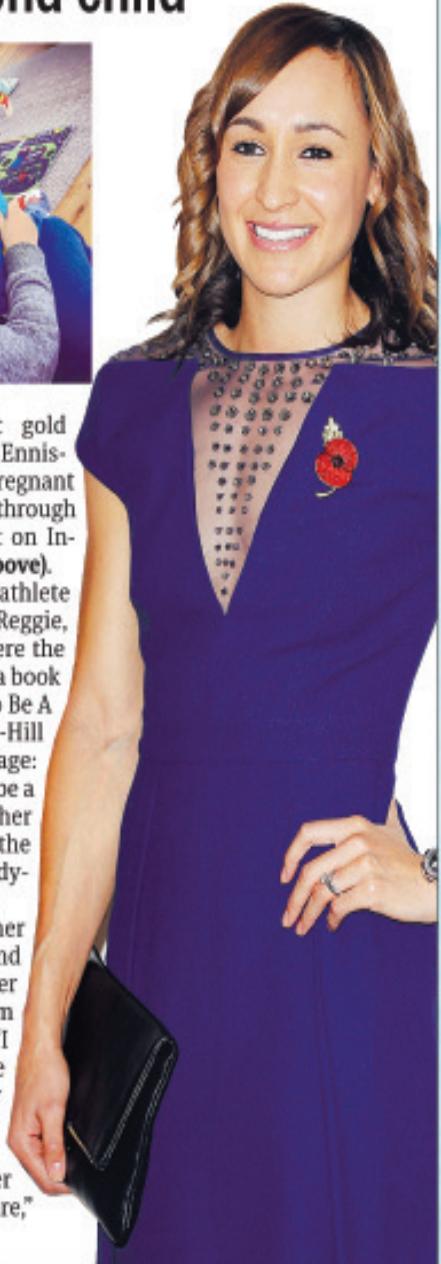
Brit hero Jessica pregnant with second child



BRITAIN'S Olympic gold medal hero Jessica Ennis-Hill revealed she's pregnant with a second child through an affectionate post on Instagram (pictured above).

The former heptathlete (31), who has a son Reggie, posted a picture where the toddler was holding a book entitled I'm Going To Be A Big Brother. Ennis-Hill captioned the image: "Someone's going to be a big brother! Another little Ennis-Hill on the way. So happy @andyhill18."

It was always her wish to have a second child shortly after her retirement from athletics last year. "I need to have some time with Andy (her husband) and Reggie. We definitely would love another child in the near future," she had said.



PM Modi comes up with witty reply to Shastri's tweet



RAVI Shastri congratulated Narendra Modi for BJP's landslide win in the UP elections in his inimitable style and got an equally witty response from the Prime Minister.

Shastri congratulated the Prime Minister using his favourite cliche 'tracer bullet'. "Congratula-

tions @BJP4India on the landslide win in UP. The pair of PM @narendramodi & @AmitShah went past 300-mark like a #TracerBullet," Shastri wrote on his Twitter page tagging.

Modi's response was in typical Shastri style. "Thank you. UP polls did not quite go down to the wire. But, at the end of the day democracy is indeed the real winner! :)"

PTI

Bangladesh cricketer Sunny released on bail

DHAKA: Bangladeshi cricketer Arafat Sunny was released on bail two months after being charged with posting intimate photos of his girlfriend on social media, his lawyers said.

Police arrested Sunny in a Dhaka suburb in January after his girlfriend filed a complaint under Bangladesh's strict in-

ternet laws. The spinner was accused of opening a fake Facebook account in her name and posting "intimate photos" which she found "offensive and defamatory". "Sunny was released at around 9:00 pm Wednesday," his lawyer Murad-uz Zaman said.

AFP



DRUMMER
CECH

Besides beating the ball away from the goal, Arsenal goalkeeper Petr Cech is also quite good at beating the drums. He is a fan of bands like Coldplay, Foo Fighters and has also played with Roger Taylor of Queen.

PIC/KATE'S FACEBOOK PAGE

Beware of dogs!

That's what baseball star Justin Verlander should do when it comes to keeping an eye on his fiancée Kate Upton, a pet owner

AMERICAN supermodel Kate Upton admitted that her baseball star fiance Justin Verlander has his eyes on her all the time, not because he's smitten with her beauty, but mainly because of her love for dogs.

"Justin keeps a keen eye on me. He makes sure I don't fall fast for a dog. But actually, I have to keep an eye on him too, for the same reason!" Upton told People magazine recently.

The couple kick off their Grand Slam Adoption event tomorrow in Florida. Both Upton and Verlander share the same love for their canine pals. The 24-year-old Upton grew up to be an animal lover, raising dogs and horses with her family. "I think they're so powerful, so healing. And it's always great to come home to a friendly, warm welcome from your



Justin Verlander. PIC/GETTY IMAGES

pet," she said. Upton found her own dog, Harley through a portal while Verlander found his pooch Riley at a shelter. "A lot of shelter dogs get a bad rap, but it's so important for people looking for dogs to check out shelters. I think it's important for people to save an animal if they can," Upton explained.

For chatter on sport stars, log on to www.mid-day.com



PIC/ABBEY'S FACEBOOK PAGE



Clancy to design kids clothing

ABBEY Clancy, who has two daughters Sophia (six) and Liberty (one) with former England football striker Peter Crouch, is all set to design kidswear for London-based fashion brand River Island.

The collection titled The Abbey Edit launches on March 27 and is designed for girls and boys (3-12 years) and infants, which Abbey has selected from her own personal pieces that she puts on daughters, reported Glamour.com. "I'm really passionate about good quality and shop for children's clothing that the kids enjoy wearing, so this felt like a natural collaboration.

"For the girls, it has to be a red two-piece top and skirt set. Sophia and I are more like friends. I don't think she would put me down as a 'cool' mum," said Clancy.

SIBLINGS AT WORK

'We are living our dream'

When younger, Anushka Sharma would find her brother Karnesh irritating. Today, they have teamed up to create magic on screen

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OUR conversation begins with some guy talk. Anushka Sharma's brother, Karnesh, enquires about the mid-day mate. "I remember it used to be popular," he says. A shocked Anushka is clueless about what her brother is talking about. When told it is a photograph of a sexy girl in a bikini, she quickly says, "Why isn't there a picture of a man too?" It's a hot afternoon and we are at Anushka's home in Versova. In a tete-a-tete with the siblings, who are ready with their second production *Phillauri*, we talk about filmmaking and bonding.

Your first production venture NH10 (2015) was a thriller which was critically-acclaimed. Did people approach you with scripts of the same genre?

Karnesh: Yes. It was not only newcomers, but established directors and writers as well who pitched women-centric thrillers or about a woman avenging her husband's death.

Anushka: It's funny because people should understand we will not make a film on the same subject again. Even as an actor, I do not. *NH10* and *Phillauri* are such diverse films. We're trying to create different and new content.

What comes to your mind when people say women-centric film? Do you identify with the term?



'I got bored of sailing. People think it's a cool job and you get to travel the world, but that's not the case. There were times when I was working for almost 20 hours a day'

Karnesh Sharma

Anushka: I don't identify with it because stories are about people. It can be a male or female protagonist. *Phillauri* is about a ghost; it is her love story. A woman-centric film is not always about strength, substance or fighting society.

Karnesh: It is only here that we talk about woman-centric films. It doesn't happen in Hollywood or European cinema. People are aware of telling stories with women as the protagonist; that's why there is a debate about women-centric films.

Phillauri deals with manglikas who are considered unfavourable for marriage? Do you believe in it?

Anushka: Karnesh is a manglik and I told him to get married to a tree for the film's promotions and he refused [laughs].

Karnesh: Not for film promotions [laughs]! On a serious note, I don't believe in it.

Anushka, do you find your brother annoying?

Anushka: There was a time when I would get irritated, but it was when I was younger. We would complain to our parents, but today we respect and accept each other.

Karnesh: I like how we are today, and not when we were younger. I am enjoying what we are doing. I wish it had come a little earlier in life, but probably we wouldn't have had the same understanding of each other. So, I guess everything has the right time.

How were you as kids? Anushka, being younger, would you always get away with tantrums?

Karnesh: I had more tantrums than her.

Anushka: I remember when I was seven, he coaxed me to ask my parents for a video game as a birthday gift. I was least interested in it. He told me, "Bahut mazza aayega saath main khele lenege." I never saw the joystick of the game even once.

Karnesh: I have been manipulative, but now I am making up for it.

Karnesh, you were in the merchant navy. What made you get into film production?

Karnesh: I got bored of sailing. People think it's a cool job and you get to travel the world, but that's not the case. There were times when I was working for almost 20 hours a day. I thought if I continue, I will remain alone all my life. Maneesh Sharma was directing *Shudh Desi Romance* (2013) and he suggested I should try it out with him.

Anushka: Maneesh directed me in *Band Baaja Baraat* (2010). Whenever I make friends, I make sure they meet my brother because I don't know how to carry on friendships [laughs]. I am socially inept. Whenever Maneesh would write a script, he would call Karnesh as he has good judgement and gives an honest opinion. In fact, Adi [Aditya Chopra] has called him on several occasions too.

Anushka, you have starred in both your productions. Would you plan a film without starring in it?

Anushka: Of course. By God's grace, I am doing well in my career, so I don't need my production house to make films for myself. If I don't fit into the scheme of things, I will not.

Karnesh: Scripts are not written keeping Anushka in mind. We don't write scripts keeping any particular actor in mind.

What are your plans for the future?

Anushka: To be able to make the kind of films we want to. We have great ideas and plans. We don't look for other people's mistakes and what our action should be.

Karnesh: We are pursuing our dreams and we aren't going to change our plans according to others.



'There was a time when he would irritate me, but that was when I was younger. We would fight and hit each other'

Anushka Sharma



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