



VBA leader Prakash Ambedkar has alleged that OBC leaders has sided

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# Afternoon

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## Six policemen have been suspended for breach of security at PM Modi's visit



Six more policemen have been suspended for alleged dereliction of duty in connection with a security breach during Prime Minister Narendra Modi's visit to the state in January 2022. These six were placed under suspension along with a Superintendent of Police rank officer, who was reported suspended earlier.

Two Deputy Superintendent of Po-

lice rank officers, Parson Singh and Jagdish Kumar, Inspectors Jatinder Singh and Balwinder Singh, Sub-Inspector Jaswant Singh and Assistant Sub-Inspector Ramesh Kumar were the six policemen suspended, according to the November 22 order of the State's Home Department.

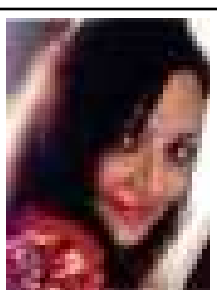
SP Gurbinder Singh, who is at present posted as SP in Bathinda district, was re-

portedly suspended on Saturday. According to the order, all seven policemen have been named in a charge sheet under section 8 of Punjab Civil Services rule (punishment and appeal) 1970. On January 5, 2022, Prime Minister Modi's convoy was stranded on a flyover due to a blockade by protesters in Ferozepur after which he returned from Punjab without attending any event and was forced to cancel a rally.

A Supreme Court-appointed committee which probed the security breach during Prime Minister Modi's visit to Punjab in January 2022 had indicted several state officers for lapses. The committee had been appointed by the top court on January 12 last year to probe the breach, saying the matter cannot be left to "one-sided inquiries" as they needed "judicially trained independent minds" to investigate. ANI

## Yogasutra is the practice of settling the mind into ultimate divinity

Editoritis



Dr. Vaidehi

Patanjali Yoga Sutras have been interpreted and stated by many people over the period of time. In ancient times, Patanjali wrote the sutras on palm leaves but there is a story that the goat ate half of them before he took the rest of the literature to the Himalayas. Most of his teaching was done verbally and students learned by way of sutras. The word sutra comes from the same root as the medical term suture, meaning to join or embrace together. When a teacher illustrated a piece of knowledge, the student would be given a short axiom that would later remind him/her of the greater body of material. This was somewhat the same as modern-day cue cards.

Mythologically, Vishnu the maintainer of the Universe, sleeps between conceptions, resting on the multi-headed serpent Anantha, floating on the Ocean of attentiveness. When Shiva, the Nataraj woke Vishnu with his dance of creation, Anantha asked for a wish to be born as a great teacher. Shiva granted his wish and he was born as Patanjali in the palm of the great Yogini, Gonika. In the early 11th century, the Persian scholar Al Biruni visited India, lived among Hindus for 16 years, and with their help interpreted several significant Sanskrit works into Arabic and Persian. One was Patanjali's Yogasutras.

CONTINUED ON PAGE 02

# Editoritis

# Yogasutra is the practice of settling the mind into ultimate divinity

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*Some of the Hindu yoga elements were adopted by Sufi sect of Muslims in India. If we look at Buddhism the yoga scholar Stephen Cope identifies many similarities between Raja yoga and Buddhism.*

*The first group is Bhakti yoga, Mantra yoga, Laya yoga, and Carcha yoga; the second is Hatha yoga, Raja yoga, Laksha yoga, and Ashtanga yoga; the third is Samkhya yoga, Jñana yoga, Brahma yoga, and Advaita yoga.*

*The word 'Yoga' comes from a Sanskrit word 'Yuj' which means 'union' or 'to join'. Sutras are concise aphorisms; compressed knowledge that is easy for remembrance. Purify yourself through steady restraints, such as non-violence, and observances, such as moderation.*

There are also many arguments and texts on Yoga sutra such as Al Biruni's text has noteworthy variances from Yoga-sutra manuscripts discovered in India during the 19th century. Al Biruni's record has helped modern scholars establish that Patanjali's Yoga Sutras manuscript existed in India in many versions, each with multiple explanations by Hindu scholars. Some of these versions and commentaries are either vanished or undiscovered. Let us not get into these discussions, but the fact is that we Hindus believe that the Yoga was preserved by sadhus (ascetics, sannyasis) of India. Some of the Hindu yoga elements were adopted by Sufi sect of Muslims in India. If we look at Buddhism the yoga scholar Stephen Cope identifies many similarities between Raja yoga and Buddhism. He notes that the two philosophies are not the same, but are strikingly similar, having shared a long period of interchange up to about 500 CE.

Some medieval Indian texts on Yoga incline Raja Yoga as one of many types of yoga. For example, the 17th-century Sarvangya yoga pradipikā, a Braj-bhashya commentary by Sundardas, teaches three tetrads of Yogas. The first group is Bhakti yoga, Mantra yoga, Laya yoga, and Carcha yoga; the second is Hatha yoga, Raja yoga, Laksha yoga, and Ashtanga yoga; the third is Samkhya yoga, Jñana yoga, Brahma yoga, and Advaita yoga. Of the twelve, Sundardas states that Rajayoga is the best yoga.

One meaning of Raja yoga is as a modern retronym introduced by Swami Vivekananda, when he equated raja yoga with the Yoga Sutras of Patanjali. After its circulation in the first half of the 1<sup>st</sup> millennium CE, many Indian scholars reviewed it, then published their notes and commentary on it. Together, they form a norm called the Pātañjalayogaśāstra.

Patanjali's Yoga Sutras may be a synthesis of three traditions. From the Samkhya school of Hinduism, Yoga Sutras adopt the "reflective discernment" (adhyavasaya) of prakriti and purusha (dualism), its intangible rationalism, and its three epistemic methods to gaining reliable knowledge. The yoga sutras are adages. They are 196 in numbers. The interesting thing about them is that they are mostly two liners. These short Sanskrit aphorisms have deep meanings. If you have a Guru or teacher to guide you on yoga sutra, then the ultimate attainment is pos-

sible. One needs to consider each sutra for a long time to understand their underlying meaning. The sutra contemplation helps to purify the mind. You'll be amazed to know what yoga really is from these sutras.

The word 'Yoga' comes from a Sanskrit word 'Yuj' which means 'union' or 'to join'. Sutras are concise aphorisms; compressed knowledge that is easy for remembrance. Purify yourself through steady restraints, such as non-violence, and observances, such as moderation. This is how to live in a way conducive to Self-Realization. It's not a pre-meditation thing, but rather a lifestyle you activate to think better, among other reasons. After pranayama, ultimately a breathing technique comes to focus on the breath, the mind, the body, chakras, or any number of internal objects. When single-pointed focus is achieved, this is called Dharana. Once this focus is achieved, this is called Dhyana. After a certain amount of 'time' spent in this absorption, cosmic consciousness dawns. This is samadhi. It's higher-energy. This is the union of matter and spirit, union between the personal and the divine consciousness. This state of mind and body is bliss, ecstasy, tingling, sudden insight, siddhis, and other God-consciousness-type effects. Repeated exposure to this state results in liberation, freedom from suffering, spiritual enlightenment and Self-realization.

The studies suggest that a normal human being will have 6000+ thoughts per day and that's about six and a half-thought fluctuation each minute. All these thoughts which keep coming in our mind can be positive or negative or neutral. And these various thoughts in our mind drive the mood and emotions and that is what will show in our acts or expressions. If each one of us practices Sutras one can attain peace and stability in life. Ishwara (God, or supreme power that controls every cosmic action and nature cycle) is the ultimate! It is nature! It is life! It is the spirit! Something, which is very difficult to describe, but possible to feel...



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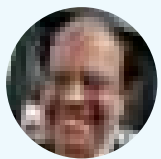
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Diary



## Making of musical instrument Mridangam



- C.K. Subramaniam

An Indian percussion instrument, mridangam, also known as 'Deva Vadyam' or the divine instrument is a key part of the Carnatic music ensemble. Making of Mridangam is most exciting just like the making of a cricket bat. Mridangam is also known as the ancestral father for the modern Tabla. This instrument is, as per its origin, more difficult in playing than the Tabla. Modern classical music has improvised its components, otherwise older versions had a great impact by Mridangam.

A genius who redefined the art of mridangam playing Palakkad Mani Iyer never succeeded in learning the trick of opening the lock of a suitcase. With unquenchable thirst and passion, he spent all his waking hours with his instrument, playing, repairing, experimenting and fixing it until he was happy with the tone. A dedicated achari (carpenter), waiting by his side to execute his wishes like a genie, was the only sign of luxury in an otherwise simple khadi clad life he led. He learned the art of playing very well and was a keen learner even when he was at his peak as part of great Carnatic music.

Its surprising and heartbreaking to see that such a detailed craftsmanship is losing its importance in the land of its origin

Mridangam making is an art. I think these people should be given titles as living national treasure like same way in Japan. Sad that there is more demand internationally than locally for these instruments. The government should do more to promote the arts, especially indigenous art forms.

A humble presentation of the process of making the mridangam, an ancient instrument used in South Indian Classical Carnatic music. The process of making the wooden shell at Panruti, Tamil Nadu and the attachment of the drum heads to finish making the mridangam. It is needless to say about the usage of a synthetic alternative in the material of the drum head and related innovations in making mridangam. It is a fascinating instrument. You need cow's skin, goat skin and buffalo skin to make the mridangam. And you need all of it from the female of the species after it has been delivered. The maker should work out meticulous ways to give the instrument a musical vibration suitable for playing in front of the audience.

Skins of cows, goats and buffaloes are used for making the mri-

dangam, while the drum is made of jack fruit wood. The dark spot on the middle of the right side of the instrument is a mixture of grained stones available in the riverbed of Bhavani and rice paste. It all start with making a wooden shell from a Jack fruit tree available in Panruti. The tail, tabla, kanjira, urumi, udukkaai and other instruments are made out of this wood. Jackfruit wood is said to be best suited for creating music. Jackfruit wood from ready constructed houses and pillars is better. The wood lasts for 100 years or 3 generations. It is very durable in nature for mridangam making. The required measurements are 22 inches, 24 inches and 25 inches.

The mridangam is like a living being, the straps need to be tightened, the black bit needs to be replaced constantly and there is no way you can do it on your own. Without the craftsmen, the mridangam could not be played the way it is. We feel sad for the craftsmen, who don't get any credit at all, considering their role in making mridangam.

Percussionists use a stone to tune the mridangam; I think we use a stone as the height of the instrument requires that torque, plus the stone has that weight. The stone (kittan) has a story of its own – it is found under water in a river in Thanjavur. It has a high ferric content that I think adds to its weight, and it tunes the best.

Indian percussion is so beautiful in that the language of it has male and female elements. Listen to "konak kol" the "tha dhin, ta tin" and there are two tones. Indian percussion instruments have this aspect naturally, there is this contrast, the yin and yang. There is this "shringaar", the inherent romance. Both right and left hands can represent different things, both in my mind are equally important. It depends on the player what his strengths are.

There is national integration in the making of mridangam. The wood used is from the jack fruit tree, which grows in one region. The hide is sourced from somewhere else. One community cuts the trees, another community, the Tamil Muslims treat the hide. The craftsmen who fix hail from another community hail from Tamil Christians and the percussionists are yet another community. Yet they all come together harmoniously and work together to create perfection. There lies the real success of playing a mridangam.

## Letters to the Editor

### Rising cases of pneumonia in China could be an extension of COVID-19 in an new 'Avatar'!

People travelling to China must be careful & cautious at the rising number of hospitalization for pneumonia as it could be an extension of covid in a new form as the deadly COVID-19 pandemic has its origins from that country. Merely asking more information for the disease by WHO might not serve the purpose as the Chinese are known to hide facts as they did the last time around where millions of deaths happened across the globe.

WHO should send a group of experts to China to find out the real cause & reasons for the new disease which may balloon into a new pandemic if not addressed now. All countries should issue fresh travel guidelines for China as a precautionary measure till the world is satisfied that nothing is suspicious or cause for worry at the rising cases of pneumonia in China!

S.N.Kabra

### Cricket Maniac 'India'

Millions of countrymen were disappointed when India lost in the final of this year's world cup. We celebrate cricket like a festival. We have a reputation as a cricket crazy country. We have immense money in cricket. So even the players have become rich enough to put Kubera to shame. But with this cricket craze we have given secondary position to other sports in our country.

Basically cricket is not a sport in our soil Politics and marketization of the game started. Players have been bided in fake cricket leagues like IPL. Because of this, the integrity of the game has been lost somewhere. That India could not win the World Cup this year is not a matter of discussion. We have more important questions. The media needs to pay attention to it. Our patriotism will not diminish because we did not support a game like cricket. The Indian cricket team will definitely take a lesson from this influence.

Uday Waghvankar

### Positive Steps by NMC

Due to covid and war situation, the stu-

dents were worried about the incomplete medical education. But now the National Medical Commission (NMC) has taken a positive step and has given relief to the foreign students who are left in half. Especially the Indian students from Ukraine and Philippines to complete their medical education in India and become doctors are allowed to register and work. MBBS based or equivalent course in India will remain compulsory with one-year internship in offline mode. Students in final year of medical course will be greatly benefited and part time education will now be easier due to these positive steps of National Medical Commission. The NMC, which regulates medical education, allows students to take this opportunity once and complete the partial education, and the students can choose the option of transfer and relocation within the next three months to complete their further education within the next ten years. The National Medical Commission (NMC) of India has taken a positive step in the interest of medical students.

Dattaprasad Shirodkar

### The day is sure to come

Of course, we couldn't emerge victorious in the World Cup final, but let us not forget that the Indian team reached the final with a brilliant and historic performance. But the circumstances became such that India had to face defeat in the final. The Indian team performed brilliantly and won 10 consecutive matches and the performance of India's batsmen and bowlers was also strong. Virat Kohli, Rohit Sharma and Mohammed Shami will be remembered for this tournament. Virat's 50th century and Shami's 7 wickets in the semi-final were memorable match whose echo will be heard for a long time. Overall, organizing the Cricket World Cup on Indian soil was very successful. The Indian team does not need to be disappointed. "No matter how long the night is; the day is sure to come."

Jahangir Ali

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(The views expressed are authors' own)

City

# VBA leader Prakash Ambedkar has alleged that OBC leaders has sided with "kamandal" during the Mandal Commission movement

Vanchit Bahujan Aghadi (VBA) leader Prakash Ambedkar has alleged that OBC leaders like Chhagan Bhujbal sided with "kamandal" during the Mandal Commission movement and opposed its recommendations.

Addressing the Samvidhan Samman rally here on Saturday, the VBA leader, who is the grandson of B R Ambedkar, said people started viewing reservation as the only solution because of the non-developmental policies of erstwhile governments.

"Current OBC leaders like Bhujbal or Prakash Shendge should not cross my path. You were with kamandal (term used for Hindutva politics of 1990s) opposing the ongoing demand for implementing the recommendations of the Mandal Commission," he said. "Kamandal" refers to Hindutva politics that emerged during the same timespan of Mandal politics in 1990s.



Prakash Ambedkar's comments came against the backdrop of protests by the Maratha community led by activist Manoj Jarange seeking reservation in government jobs and education under

the Other Backward Class grouping, a demand opposed by OBC leaders including senior NCP leader and state cabinet minister Chhagan Bhujbal, among others. The VBA leader asked Jarange to be cautious while making statements and referred to a controversial remark made by Congress leader Sonia Gandhi during the

campaign for Gujarat assembly elections (in 2007) in the aftermath of communal riots. "I have some advice for Manoj Jarange. Some comments made by him recently could potentially spoil the momentum he has gathered so far. Do not listen to any advisers," Prakash Ambedkar added.

Jarange recently said Marathas

had to work under undeserving people. Citing a report, Prakash Ambedkar said nearly 20 lakh students go abroad for education every year. "Assuming that a student needs Rs 40 lakh, imagine how much money goes out. If we create enough educational institutes here, students will benefit and many more people will get jobs in those institutes," he said. The VBA leader also blamed owners of educational institutes, saying, "Even though some of them are OBCs or Marathas, they are to be blamed. They wanted to protect their educational institutes rather than help the students."

Speaking at the same rally, Maharashtra Congress president Nana Patole alleged the ruling Bharatiya Janata Party (BJP) wants to change the Constitution and it should be taught a lesson. PTI

## Several parts of Maharashtra experiences rain

Mumbai received light showers accompanied by thunder early Sunday morning and the rainfall coupled with the cool breeze made the city weather pleasant. There was no disruption of road traffic or local train services due to the rainfall. The

Colaba observatory (representative of south Mumbai) recorded 9.2 mm rainfall, while the Santacruz observatory (representative of suburbs) recorded 5.2 mm rainfall over the last 24 hours, officials of the India Meteorological Department (IMD) said. PTI

## Mumbai-based woman entrepreneur duped of Rs 15 lakh in promises of India-Pak cricket match, 1 held

A 37-year-old man has been arrested while his accomplice is on the run for allegedly cheating a Mumbai-based woman entrepreneur to the tune of Rs 15 lakh by not giving her promised tickets for the India-Pakistan World Cup cricket match held last month. Police said the complainant used to run an event management company and had paid Rs 34 lakhs to one of the

two accused, identified as Saubrah Nikam, towards arranging 18 tickets for the presidency class of the cricket stadium in Ahmedabad.

However, Nikam and another accused Venkat Mandala handed only nine tickets to the complainant. They threatened her when she asked for the rest of the tickets and also refused to return the money, a Mumbai Police official said on Sunday.

He said Mandala has close links with cricket bookies and with a hotelier based in Mumbai. A deal for the tickets was allegedly finalised in a bungalow in Juhu, the official said. A case has been registered under relevant sections of the Indian Penal Code (IPC) including section 420 (Cheating and dishonestly inducing delivery of property), he said, adding that further investigation is underway. PTI

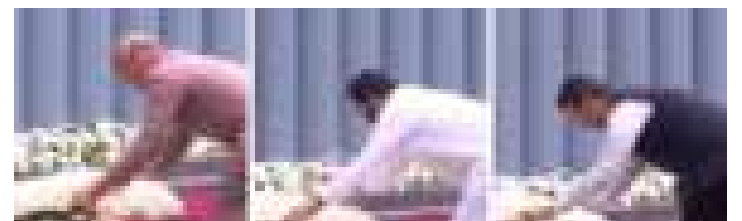


Gurukul students in Mumbai were seen offering prayers through their painting and alerting India to be aware of the new virus outbreak of H9N2 penumonia which is spreading in china.

Pic Credits: Sagar Kambli

## Governor Ramesh Bais and CM Eknath Shinde pays a floral tribute to the martyrs on 26/11 terror attacks

Maharashtra Governor Ramesh Bais and Chief Minister Eknath Shinde on Sunday paid floral tributes to the martyrs who laid down their lives while fighting terrorists who attacked the metropolis on this day 15 years ago. They paid tributes at the martyrs' memorial in the premises of the Police Commissioner Office in south Mumbai, where state Deputy CM Devendra Fadnavis, ministers Mangal Prabhat Lodha, Deepak Kesarkar, city police chief Vivek



Phansalkar and other senior officials were also present. Family members of the policemen, who lost their lives during the November 2008 attacks, also paid tributes to the martyrs. The governor met the family members of those who died in the attacks.

Personnel of the National Security Guard, Mumbai police and Indian Revenue Service officer Sameer Wankhede participated in a candle and flag march held at the Gateway of India, opposite the Taj Mahal Palace Hotel, one of the terror attack sites. PTI

## Nation

### Chandigarh: Farmers staged a protest against MSP, debt write-offs and waivers, says "Corporate is looting and their lakhs and crores of rupees"



The Samyukt Kisan Morcha (SKM) launched a protest" three-day protest at the Mohali-Chandigarh border on Sunday over the pending demands of farmers. One of the protestors, while speaking to ANI, said, "Corporate is looting and their lakhs and crores of rupees in debts are written off but not those of the farmers. These

debt traps are driving our farmer friends to suicide. Through this protest, we are raising a demand that the loans or debts of farmers be written off at the earliest. The same was promised by the central government under the leadership of Prime Minister Narendra Modi and some state governments, too, made similar commitments."

"We are holding the protest"

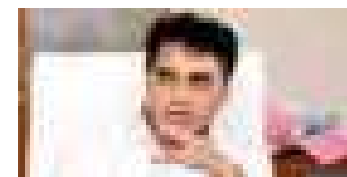
three-day protest to put forward this demand and are getting the farmers ready for a bigger agitation in the coming days," he said, adding that when large gatherings happen in other states over MSP, debt write-offs and waivers, among other issues, then a collective campaign and movement directed at the Delhi, the country's power capital, will be set in motion. On the march to Chandigarh Raj Bhavan, the protestor said, "As of now, this is a protest" three-day protest and further decisions will depend upon the kind of response we receive from the government."Samyukt Kisan Morcha is an umbrella organisation comprising farmer unions from Punjab and other states. ANI

### Gujarat: Education minister reaches for support to help abandoned children

Gujarat education minister Praful Pansheriya has extended help to two girls whose father had passed away and mother had abandoned them in a village in his assembly constituency Kamrej. Gujarat Education Minister Praful Panseria is the MLA from Kamrej Assembly seat in Surat.

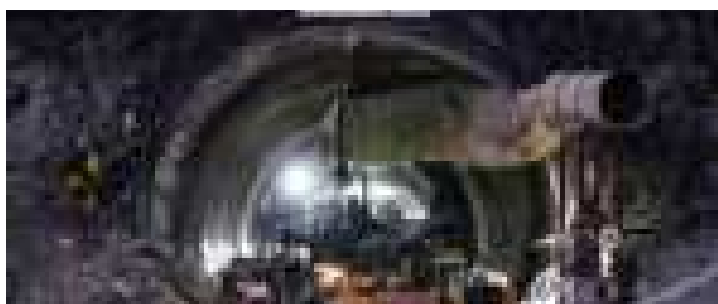
In a village named Ladvi in his assembly constituency, two girls Sanjana Kishan Bhai Rathod (8) and Vanshika Kishan Bhai Rathod (6) were living in an open place after their father passed away and their mother abandoned them.

Education Minister Praful Pansheriya himself reached the girls when he was apprised about the incident. After collecting complete information,



he started the work of building a new house for the girls. He is also taking the initiative to admit them to school and ensure their education up to graduation. The Minister will also provide a grant of Rs 5 lakh to them and the money will be deposited in the bank accounts of the girls. The Education Minister said that he has been serving the people since he was not an MLA. He further said that he has helped 500 people till now and he started social service work since the year 1995 which he is still continuing. ANI

### Silkyara tunnel incident: Rescuers have started vertical drilling after auger machine stuck at the tunnel



With vertical drilling underway to further aid the rescue of the trapped workers in Silkyara tunnel, the rescuers managed to make progress over a distance of 8 metres down the ground in the last one and a half hours. According to official sources, drilling of up to 8 metres has been completed in the last one and a half years, and currently, the work to lay a 900-mm pipeline is being undertaken.

Vertical drilling, one of the several chalked-out options to bring out 41 workers trapped inside the Silkyara tunnel, started on Sunday afternoon. Two locations were identified for the vertical drilling, and both are on the Silkyara side of the high-altitude

under-construction tunnel, a portion of which caved in on November 12.

SJVN, a public sector undertaking company involved in hydroelectric power generation and transmission, has just started vertical drilling work on the top of the tunnel atop the hill, the 15th day of continued rescue efforts. As a second option, vertical drilling work has also been started in another part on top of the tunnel to create rescue space for workers trapped. This portion of the tunnel has access to electricity and water. Multiple agencies are working on the rescue efforts. In the latest, the Indian Air Force has also joined in as it flew critical DRDO equipment to Dehradun. ANI

### Uttar Pradesh: STF has arrested Shahoon gang's active member Rahul Meo from Mathura

The Special Task Force (STF) of Uttar Pradesh Police has arrested Shahoon gang's active member Rahul Meo from Kosikalan police station area of Mathura after an encounter. A reward of Rs 25,000 was announced by Senior Superintendent of Police, Mathura for arrest of Rahul Meo.

According to STF, many criminal cases are registered against Rahul Meo, which include highway robbery, dacoity and extortion. He is an active member

of Shahoon gang and has been involved in carrying out many crimes. According to STF, on November 25, information was received that Rahul Meo and his gang members were planning to commit an incident in the industrial area of UPSIDC Mathura. Based on this information, STF and Kosikalan police jointly took prompt action and arrested Rahul Meo after an encounter near the cut of UPSIDC Phase 2. "STF, Uttar Pradesh, has been receiving information for the past several days

about absconding or proclaimed criminals actively committing crimes and indulging in other crimes. In this regard, various units and teams of STF were directed to collect information and take action. In the same sequence, under the direction of Shri Raj Kumar Mishra, Additional Superintendent of Police, STF Field Unit, Noida, Inspector Shri Vinod Kumar, STF Field Unit, Noida, formed a team and the process of collecting information was being done," said the police. ANI

### Uttar Pradesh: STF has arrested Shahoon gang's active member Rahul Meo from Mathura

A 26-year-old man on Sunday hacked a female neighbour to death with an axe in Rana village and later killed himself consuming poison, police said. According to police, Suresh alias Karan, a resident of Gadanpur Aahar of Bilhor, hacked to death a 21-year-old Shanno Kashyap for rebuffing his advances.

Deputy Commissioner of Po-

lice (west) Vijay Dhull told reporters that the attack took place near a flyover outside Rana village. Shanno, on a bike with her brother-in-law Sanoj Kashyap and nephew Raj, was intercepted by Suresh, and before the three could make sense of anything, Suresh attacked Shanno with a knife and an axe repeatedly on her head, neck, and hands, killing her on the spot, the DCP said.

The broad daylight murder sent senior police officers rushing to the crime spot and a massive manhunt was launched for the killer. A few hours into their search, police found Suresh in a critical condition at a secluded place in Gaganpur Aahar, about 10 kilometers away from the crime spot. He was frothing around his mouth and was later found to have ingested poison. PTI

World

## Afghanistan: UN raises concern about the welfare of the citizens, after Pakistan's deportation



The United Nations has voiced concern about the welfare of Afghan citizens who have arrived in Afghanistan amid Pakistan's deportation of Afghan refugees and called for the suspension of the expulsion of Afghan refugees, Afghanistan-based Khaama Press reported. UN called on the Pakistan government to halt the expulsion of more than one million Afghan refugees, at least during the winter season. The

United Nations High Commissioner for Refugees stressed that Pakistan should halt the expulsion of Afghan refugees.

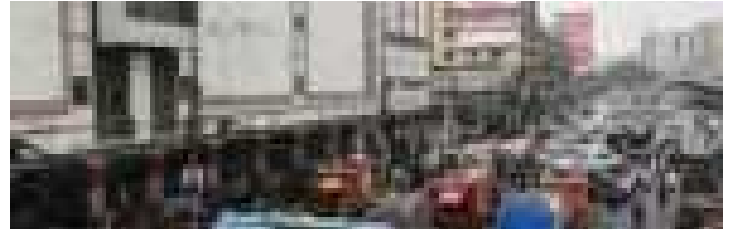
The UN has raised concerns as Pakistani authorities have announced their intention to continue the expulsion of one million illegal refugees residing in Pakistan, according to Khaama Press report. On November 22, Balochistan Caretaker Information Minister Jan Achakzai said that the second phase of a crack-

down against illegal foreigners has been initiated and the government is planning to deport one million illegal foreigners by January 2024, Pakistan-based Geo News reported.

More than 340,000 illegal migrants, particularly Afghans, have voluntarily left or been deported from Pakistan after the Pakistan caretaker government announced its decision to deport undocumented refugees on October 5.

Speaking to reporters, Jan Achakzai said all government agencies are involved in the crackdown on the illegal migrants, Geo News reported. He further said, "Those under any delusion that they will dodge crackdown live in fool's paradise." Achakzai stated that the repatriation of unregistered Afghan nations is taking place via the Chaman border. However, the process slowed down in the past few days. ANI

## Pakistan: Karachi administration seals mall after fire erupted, kills 11



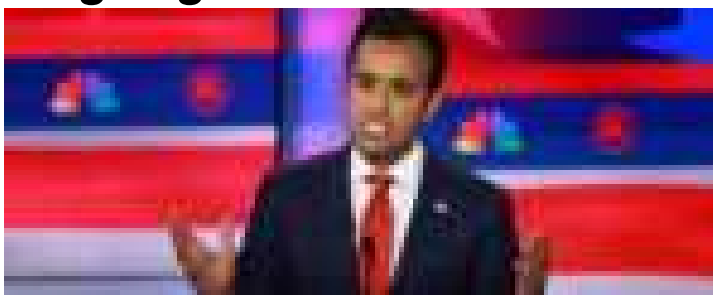
The Karachi administration has sealed the shopping mall on Rashid Minhas Road after a fire broke out that killed 11 people, ARY News reported. ARY News is a Pakistani news channel.

As a result of the fire, eleven people were killed and five injured. The fire ripped through a six-story building in Karachi's Gulistan-i-Jauhar area in the early hours of Saturday morning. As per officials, the deaths occurred because the shopping mall had no ventilation. A post-mortem examination of the nine bodies showed that all the victims died from suffocation. As per rescue officials, the fire that broke out at around 6:30 am engulfed the fourth, fifth and sixth floors of the

shopping mall.

The Sindh Caretaker Chief Minister retired Justice Maqbool Baqar meanwhile ordered a safety audit of all commercial buildings, public spots and offices, saying fire eruption incidents were taking place because the inspection system had been abandoned in the city. The CM directed the Sindh Building Control Authority, Provincial Disaster Management Authority, Civil Defence, and deputy commissioners/assistant commissioners concerned to carry out safety audits of all public and commercial buildings, educational institutions, and government offices and submit their report along with recommendations, as per ARY News. ANI

## US: Presidential candidate Vivek Ramaswamy has questioned ongoing format of GOP debates



Republican presidential candidate Vivek Ramaswamy has questioned the current format of GOP debates and has proposed the Republican National Committee hold debates on social media platform X, New York Post reported. His remarks come after the audience declined across the previous three showdowns so far.

The Indian-American entrepreneur has even proposed journalist Tucker Carlson to moderate the GOP debates. "This January GOP debate should be held on X, not on cable TV, moderated by Tucker [Carlson], who might just ask questions that primary voters actually care about,"

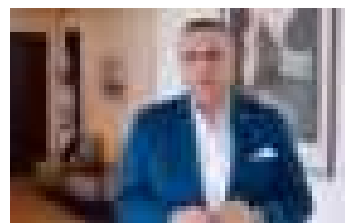
Ramaswamy said in a statement to The Post on Friday. "The RNC says they want to reach younger voters and new audiences? Well that's how you do it," the 38-year-old biotech entrepreneur added.

The first Republican primary debate, hosted by Fox News Channel was held on August 23 in Milwaukee, and averaged 12.8 million viewers. The second debate, held September 27 in Simi Valley, California and hosted by the Fox Business Network, got 9.5 million viewers, while the third debate, hosted by NBC News on November 8, in Miami, received an average of 7.51 million viewers. ANI

## Israeli Consul General expresses solidarity with the victims of the 26/11 terror attacks, says "DNA of both India and Israel to fight against terrorism"

Israeli Consul General to Mumbai, Kobby Shoshani, on Sunday expressed solidarity with the victims of the 26/11 terror attacks saying that the "DNA" of both India and Israel to fight against terrorism is the foundation of a strong bond between the two nations. He also drew a comparison between the 26/11 attacks in Mumbai with the recent October 7 attack on Israel by Hamas.

Speaking to ANI, Shoshani said, "26/11 saw terror being unleashed on innocents. This is the feature of terror attacks all over the



world, this is a systematic work. We can see from the incident and its aftermath that we are dealing with right now that there is a direct line linking the two attacks (the 26/11 and October 7 attacks). So many innocents were slaughtered. The aim of terrorism is to bring harm and death to people."

The Israeli diplomat said Israel's hearts are with India on the 15th anniversary of the 26/11 attacks and the resolve of both countries to fight against terrorism is the "most important thing" that binds them. "Today, on 26/11, our hearts are with India, with Mumbai, with the people who were killed here by terrorists. That is the most important thing. The bond between India and Israel is not only because we are brothers or because of our history, it's because of our DNA to fight against terrorism, that's the most important thing". ANI

## Canada Khalistan murder case: India's High Commissioner says, "Not involved in the killing"

India was "absolutely" and "decidedly" not involved in the killing of Khalistani separatist Hardeep Singh Nijjar in Canada and Ottawa has "convicted" New Delhi even before the completion of the investigation, India's High Commissioner

here Sanjay Kumar Verma has said. Verma's remarks came during an interview with CTV News, Canada's largest privately owned television network. Canada and India witnessed strains in ties following Canadian Prime Minister Justin Trudeau's allegations

in September of the "potential" involvement of Indian agents in the killing of Nijjar on June 18 in British Columbia. India had designated Nijjar as a terrorist in 2020. India has rejected Trudeau's allegations as "absurd" and "motivated". PTI

# Expression

## Animal borne diseases becoming epidemic



Vijay Garg

Retired Principal Educational  
Columnist Malout Punjab

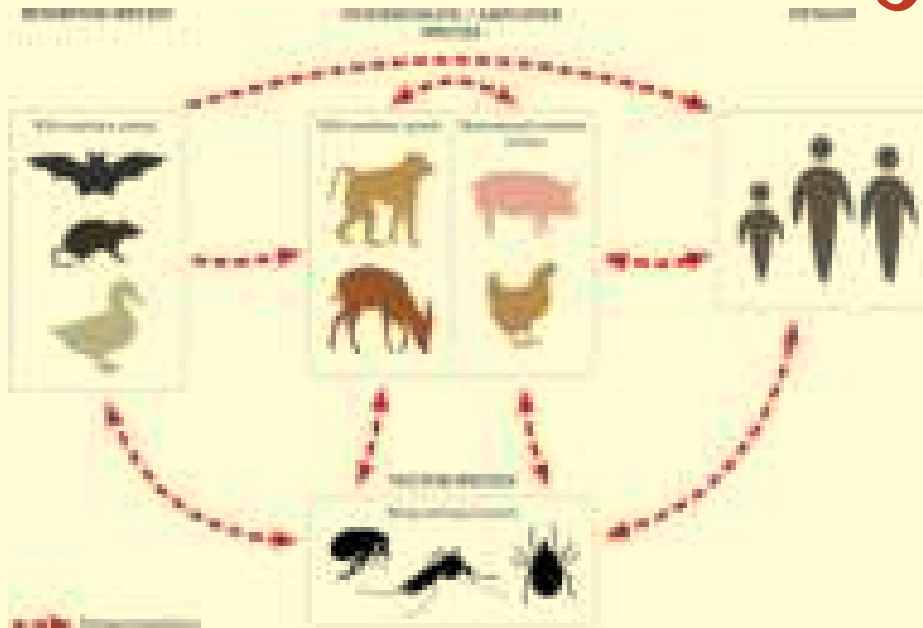
Zoonotic infections are spread by animals to humans through bacteria, viruses or parasites etc. HIV AIDS Ebola, Malaria, Rabies and Corona Virus, Scabies, Brucellosis, Swine Flu, Dengue, Bird Flu, Nipah, Glanders Salmonellosis, Monkey Fever, Monkey Pox, Plaque, Hepatitis E, Parrot Fever, Tuberculosis, Zika Virus, SARS Diseases etc, are diseases spread due to animal-borne infections.

Some time ago, the United Nations Environment Program (UNEP) and a report titled 'Preventing the Next Pandemic: Zoonotic Diseases and How to Break the Chain of Transmission' was published by the 'International Livestock Research Institute' (ILRI) in the context of the Covid-19 pandemic. It discusses the nature and effects of animal-borne diseases on humans.

According to the report, 60 percent of animal-borne diseases that spread to humans are known and 70 percent of animal-borne diseases are those that are not yet known. 'State of the World Forest' report projects India and China to be worst hit for new zoonotic infectious diseases in 2022. It has been mentioned that these have emerged as major 'hotspots'. Every year in the world, one million people in low-middle income countries die due to animal-borne diseases.

Animal borne diseases are increasing very rapidly. At present there are more than two hundred known zoonotic diseases. Researchers have warned that by 2050, such infections could cause twelve times more deaths from Covid than the number of deaths in 2020. A global health study published in the British Medical Journal said that animals. The transmission of diseases has been the 'modern cause' of most deaths in humans. The study analyzed sixty years of historical epidemiological data.

The researchers looked at 3,150 cells and multiple epidemics. The researchers focused on four groups of viruses in their study that had the potential to pose a major threat



to public health and economic and political stability. These include Philo virus (Ebola, Marwar), SARS corona virus 1, Nipah under the dangerous virus group. Ha virus and Machupi virus are included. There is no clarity about the preparedness required to contain the infection globally, but historical trends suggest that urgent action is needed to address the growing threat to global health. Apart from the cost of Covid, there has been an economic loss of more than 100 billion dollars due to zoonotic diseases in the last two decades. It is estimated to reach nine trillion dollars in the next few years. According to the report, if efforts are not made to prevent animal-borne diseases like Covid 19, Other epidemics may have to be faced in future also.

The ancestors of the viruses responsible for AIDS have been identified by American and British researchers. It has been found in viruses present in monkeys in Africa. According to researchers, the virus probably entered the chimpanzee when it consumed the monkey's contaminated meat. It is noteworthy that earlier studies had suggested that the HIV virus originated from Simian Immunodeficiency Virus (SIV), which is found in chimpanzees. researchers Studied the genetic makeup of several strains of HIV present in monkeys in Africa.

Ultimately they came to the conclusion that only two of those strains were responsible for the type of HIV found in chimpanzees in Africa. That means AIDS is an animal-borne disease. Every day more than twenty thousand

people in the world become victims of AIDS and more than twelve thousand people die from this disease.

According to the Cairo-based regional representative of the United Nations Development Program (UNDP), 90 percent AIDS The affected people are from developing countries. So far, more than 2 crore 50 lakh deaths have occurred due to AIDS. The number of AIDS patients in the world is more than six crores. Of these, more than one million people are from Arab countries, and most are from Sudan.

UN AIDS experts in Singapore had warned that AIDS had taken a catastrophic form in China and India, the two most populous countries in the world. According to the director of 'Center for Disease Control and Prevention' (CDC), the number of AIDS cases in Cambodia in the Asian continent is it has taken an explosive form.

Similarly, globally, 36 percent of total deaths due to dog bites are due to rabies. In India, about twenty thousand people die every year due to rabies. The report has identified seven factors leading to the increase in zoonotic diseases. Increasing demand for animal protein, increase in intensive and unsustainable farming, increased use and exploitation of wildlife, unsustainable use of natural resources, travel and transportation, changes in food supply chains and animal-induced climate change. currently stray animal Are the biggest factors of diseases. In this report, ten such methods have been mentioned, which can be helpful

in preventing animal-borne infections in future.

They are- Emphasizing investment on 'health initiatives' in multidisciplinary/ interdisciplinary ways. To promote scientific research on zoonotic infections/diseases, with emphasis on increasing awareness of zoonotic diseases, improving cost benefit analysis of response to diseases and analyzing the impact of diseases on society. Strengthening surveillance and regulatory methods of zoonotic disease develop sustainable agriculture, promote land management sustainability and develop alternative measures to enhance food security, so as to conserve habitats and biodiversity.

To improve biosecurity and control, identify the causes of diseases in animal husbandry and promote appropriate control measures. Support the sustainability of landscapes to promote the co-existence of agriculture and wildlife, strengthen the capacities of health sector stakeholders in all countries, land in other areas To drive a one health approach to access and sustainable development planning, implementation and monitoring.

Also, the most important thing is to provide support to the stray animals. According to the report, most countries of the African continent are struggling with Ebola and other animal-borne epidemics. The African continent is home to large swathes of the world's rainforests as well as the world's fastest growing population, leading to increased cases of infection through contact between animals, wildlife and humans.

Despite all this, African countries are facing Ebola and And are also suggesting ways to deal with other emerging diseases. If there is no coordination between wildlife and the ecosystem, then similar diseases transmitted from animals to humans will continue to emerge in the coming years. Global pandemics are destroying both human lives and economies. Animal-borne diseases have the greatest impact on poor and vulnerable communities. Therefore, there is a greater need to consider protecting our natural environment to prevent future pandemics. science and technology Modern innovations, such as vaccination and other health methods, can prevent the spread of zoonotic diseases so that they do not become epidemics.

Entertainment

# Star Bradley Cooper reveals will be returning back instantly with "The Hangover" series

Hollywood star Bradley Cooper says he would instantly be ready to return as Phil from "The Hangover" franchise if the fourth part ever happens. The actor first starred in the Tod Phillips comedy series in 2009 alongside Ed Helms, Zach Galifianakis, Heather Graham, Justin Bartha, Ken Jeong and Jeffrey Tambor. "I would probably do 'Hangover 4' in an instant. Just because I love Todd, I love Zach, I love Ed so much, I probably would," Cooper said during an appearance on The New Yorker Radio Hour. **PTI**



American actor and singer Rachel Zegler recalled working with legendary filmmaker Steven Spielberg. She shared about getting instructions from him during the shoot of the musical romantic drama film 'West Side Story', reported People. The actress, 22, shared a throwback clip of herself in 'West Side Story' on X (formerly Twitter), joking about the instruction she received from Spielberg, 76 while shooting one particular scene in the 2021 film.

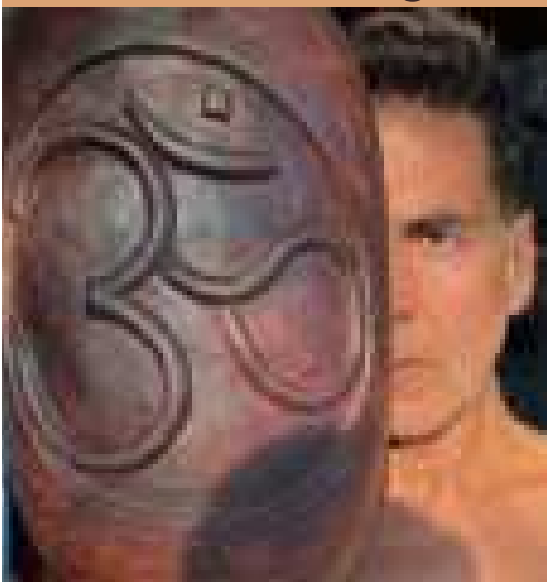
"That time it was my first day on set and Steven Spielberg said 'Whatever you do don't blink,' " she wrote, alongside footage of her in character as Maria, walking toward the camera wearing her white dance dress and red belt. **ANI**

"Imagine Janusz Kaminski putting a whole light in your face and you have to A) not blink, B) not tear up, and C) not die because it's your first day on your first movie ever," she continued in a follow-up tweet, referring to the movie's cinematographer, reported People.

"This is why I won the Golden Globe. My eyeballs of steel," she added in a third tweet. **ANI**

**American actor Rachel Zegler recalls working with legendary filmmaker Steven Spielberg, shares about getting instruction received**

# Akshay Kumar credits his father for making him fall in "love" with Mudgal



Akshay Kumar is not only known for his acting prowess but he is also an inspiration for fitness enthusiasts. He sets an example for many on how to follow a healthy lifestyle and to have an enviable physique. The actor keeps inspiring his fans with his fitness videos. He took to his Instagram handle to share a picture of him working out with a Mudgal. It is used to build boulder shoulders and strong grip. The tool used is made of using finest quality of wood. He credited his father for making him fall in "love" with it.

Akshay wrote in the caption, "My father used to practice with it and watching him made me fall in love with a Mudgal. For years now, I swing my way to fitness everyday with this 6.5Kg traditional Indian wooden club. Beats everything (not everyone) ... Try it!" **ANI**

# Actors Randeep Hooda and Lin Laishram, couple are all set to tie a knot on November 29



Actors Randeep Hooda and Lin Laishram on Saturday announced that they are getting married on November 29 in Imphal, Manipur. Randeep, 47, and Lin took to Instagram to share the details about their wedding in the latter's hometown, which will be followed by a reception in Mumbai for their film industry friends. "Taking a leaf out of Mahabharata where Arjuna married Manipuri warrior princess Chitrangada, we are getting married with the blessing from our family and friends. "We are filled with immense joy to share that our marriage will take place on the 29th November, 2023, Imphal, Manipur, followed by a reception in Mumbai. As we set to embark on this journey, we seek your blessing and love for this union of cultures, for which we are forever indebted and grateful," the couple said in a joint statement. **PTI**