Priyanka Chopra is all set to play Ma Anand Sheela

Priyanka Chopra might have been making headlines due to her royal marriage with singer Nick Jonas but now that she has resumed work, she is promoting her upcoming Hollywood flick ‘Isn’t It Romantic’.

During an interaction on a television show, PeeCee revealed that she is all set to essay the character of late spiritual leader Osho's disciple, Ma Anand Sheela, which will be helmed by Oscar-winning director, Barry Levinson.

Talking about the project she said, "I am developing a feature with Barry Levinson. He is an iconic American director. We are developing it (from the perspective of) Sheela who is this guru who originated from India. She was his right-hand woman and she was devious. She created a whole cult in America. He was called Osho. I don't know if you've heard of him. I am developing that next for me to star in and produce."

Meanwhile, Priyanka will also be featuring in Shonali Bose's 'The Sky is Pink' which also stars Farhan Akhtar and Zaira Wasim in pivotal roles. The film is based on motivational speaker Aisha Chaudhary.

Gallup: The Obamas are America’s most admired man and woman (P-20)
In a quick succession, maverick Sher Mohammed Rajput has been honored by the American Federation of Muslims of Indian Origin (AFMI), and just before that by the Indo American Center (IAC).

Both honored him for his Life-Time Service rendered to benefit Chicago Community and the community-based organizations over past 30 plus years. Both the honors came at organizations’ respective Dinner Galas.

Sher Rajput has been the Trustee of the Indo American Center. He has been instrumental in bringing community support to the center at the time when ongoing Governmental sanctions ran IAC’ funds dry.

AFMI, while revisiting Chicago, during its recent 25th Year Annual Convention recognized Rajput’s immense assistance provided to put the event together. The two awards have made Sher Rajput talk of the town.

Chicago-based Sher Mohammed Rajput, has dedicated his life serving the Muslim, Hindu, Sikh, and Christian community in Chicago. Few years back, he carried the mantra of “Hindu, Sikh, Esai! Hum Sab hai Bhai Bhai!” to his native city of Bikaner in Rajasthan, India. On his 20th annual visit to Bikaner past year, he was accorded a rousing welcome. City of Bikaner’s elite citizens felicitated him. Sarav Dharam Maha Sabha of Greater Rajasthan awarded him for being the promoter of the concept of true brotherhood among all religions. Maharajah Dungar Singh College of Bikaner presented him with the Best NRI Natives Award.

Supporting his Iconic hat, he is routinely seen on Devon Avenue. Sher Rajput has a secular outlook and was bestowed with Outstanding Community Service Award by Chicago’s Geetha Mandalam, a Hindu Religious organization.

He is a founding member of the Board of Trustees of East West University and has been recognized by the University Board for his great contributions. He is also a founding member and Board of Trustee of the Indo American Center, Chicago.
U.S. peace envoy visits Kabul to consult president on talks with Taliban

U.S. special envoy Zalmay Khalilzad arrived in Kabul on Sunday to try to secure cooperation from Afghanistan's president after breakthroughs in peace negotiations with Taliban leaders in Qatar. With Khalilzad and his boss U.S. Secretary of State Mike Pompeo, as well Taliban officials, hailing progress toward ending America's longest war, he must now win over President Ashraf Ghani — whose government the Taliban have so far kept out of the process.

Six days of talks ended in Qatar on Saturday with key parts of a draft pact mapped out, including an 18-month timeline for the withdrawal of foreign troops after the completion of a deal, according to Taliban officials. The draft also includes assurances from the hardline Islamic group that it will not allow Afghanistan to be used by al-Qaeda and Islamic State to attack the U.S. and its allies - a core U.S. demand. Similar assurances involving other groups are given to Pakistan in the draft pact.

The Taliban also want to be part of an interim government after any ceasefire, Taliban sources said.

It was not clear whether the draft described by the Taliban sources was acceptable to both sides or when it could be completed and signed. A fresh round of talks between Khalilzad and the Taliban is expected to take place on February 25 in Doha, two senior Taliban sources said.

While he has not been directly involved up until now, Ghani's role is likely to grow as a full deal gets closer and diplomacy intensifies.

Without going into detail on Saturday night, Khalilzad said in tweets that "nothing could be agreed without an intra-Afghan dialogue and a full ceasefire."

"He (Khalilzad) will inform Ghani and his officials about all the developments, seek their opinion before traveling back to Washington," a senior Afghan official said on conditions of anonymity. "GHANI'S OPTIONS" Western diplomats describe Ghani as being in a tight spot, with no authority to decide on the troop departure and the final decision to declare the ceasefire resting with the Taliban.

So far he has rejected talk of an interim government. "It is time for Ghani to choose between elections or peace process," said a western diplomat based in Kabul.

Despite the progress on a pact, violence is widely expected to continue, with the Taliban mounting daily attacks against the Afghan government and its security forces.

The Taliban now control about half of Afghanistan's territory and Ghani said in Switzerland last week that 45,000 members of the country's security forces had been killed since he took office in 2014. A former Taliban leader said despite a agreement for an 18-month withdrawal, he predicted intense fighting ahead.

"I think Taliban won't stop their fight until they get 100 percent sure that foreign forces are leaving Afghanistan," said Sayed Mohammad Akbar Agha, who heads Ways to Save Afghanistan, an independent group run by tribal elders and religious scholars working toward securing peace.

Writing by Greg Torode; Editing by Keith Weir
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Indian-Americans celebrate Republic Day across US with pledges to uphold the Constitution and combat hate

Indian-Americans celebrate Republic Day across US with pledges to uphold the Constitution and combat hate

The Indian American Muslim Council (IAMC), an advocacy group dedicated to safeguarding India's pluralist and tolerant ethos, marked India's 70th Republic Day on Saturday January 26, 2019, with celebrations at chapters across the United States.

This year's Republic Day celebrations continue in a tradition IAMC has established over the last 17 years of celebrating the adoption of India's Constitution and its fundamental emphasis on pluralism and equality before the law for people of all faiths.

At the chapter event in South Brunswick, NJ, board member Mr. Jawad Mohammed remarked, "The Constitution of India was shaped by the diverse nature of India; its diversity of languages, religions, and ethnic communities. Thus, with its adoption, India became a sovereign, secular, democratic Republic and its foundations of liberty, justice and equality became integrated into the fabric of the nation. It is truly an extraordinary document."

Mr. Mohammed also drew attention to the fact that the Constitution of India was under a sustained attack on account of the shrinking space for religious freedom of minorities and human rights violations of minorities, "lower castes" and women.

The commemoration in Dallas was held at Fun Asia in Richardson, TX. IAMC-Dallas President Rahmath Baig said "We hold the constitutions of both the United States and India in high regard as Indian-Americans, and have a duty to preserve the ideals of both." Richardson, TX, Mayor Mark Solomon, and City Councilman Bob Doobay were also in attendance. Councilman Doobay expressed his felicitations on the 70th Republic Day celebrations as well as his appreciation for the Indian American Muslim Council promoting peace, equality and a commitment to uphold civil liberties.

IAMC-Dallas member Arshad Qawi noted, "We are extremely proud of our Indian heritage. India is blessed to have a constitution which protects basic civil liberties and secular principles. Unfortunately the socio-political environment in India today is marked by an unprecedented level of intolerance and religious bigotry. It's imperative upon all of us as responsible members of the diaspora, to get involved and make a concerted effort to promote peace and social justice for all."

The events included fun activities for children including a Drawing Competition, as well as Fancy Dress and Spot Quiz Contests based on Indian themes. The US national anthem was followed by the national anthem of India.

Speaking on the theme for the occasion "Strength in diversity," IAMC Vice President, Syed Afzal Ali, said "we gather today to recommit ourselves to the founding principles of the Constitution of liberty, equality and justice for all. We want to leave the world better for our children and that requires us to push back against the tide of hate and destruction and continue to build bridge of unity and hope. As Indian Americans dedicated to pluralism and human rights, we have a double reason to celebrate the founding of the Indian Republic. IAMC's Republic Day celebrations are an expression of profound appreciation for the ideals of justice, pluralism and democracy - the shared values of India and the United States."
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Shawkat Mohammed
Agent, New York Life Insurance Company

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oath of office for the new Executive Board of Pakistan Society of North Texas! Congrats to President Abid Malik, Vice President Salman Tabani, General Secretary Anwer Azam, and Treasurer Amna Paryani for your appointments!
The 70th Republic Day of India was celebrated in the Embassy of India, Riyadh with great joy and enthusiasm. Ambassador Ahmad Javed hoisted the National Flag which was followed by rendition of National Anthem by the students of the International Indian Public School in Riyadh.

Ambassador read out the President’s Message to the gathering of over 1500 members of Indian community, friends of India and officials of the Mission. On this occasion, Ambassador also thanked the Custodian of the Two Holy Mosques King Salman bin Abdulaziz, the Crown Prince HRH Mohammad bin Salman and the Saudi Government for hosting a large Indian community in the Kingdom and ensuring their comfort and welfare.

The girl students of the International Indian School, Riyadh presented a number of colourful performances which were highly appreciated by the audience.

- Dr. Syed N Masood
Inaugural of Rajiv Gandhi International under 19 Cricket Tournament conducted by V Hanumanth Rao Ex MP and AICC secretary at Hyderabad Cricket Grounds.

Annual day celebrations of St Caramel HS, Sangareddy, TS. I am honoured to be present along with Senior brother CT Chako, Rector Shajon Anthony, Brother Joseph of All Saints, Brother Vinay of St Joseph degree college. Mir Zulfiqar Ali former Mayor of Hyderabad and others.

A farm house of friend Jahangir Khan in Kavvaguda, Shamshabad. In a very small area of 6 acres he has grown everything including fruits, paan, paddy, flowers, vegetables and many. Jahangir Khan, Aslam Quadri and labourers.


A historical Cricket Match at LB Stadium, Hyderabad between Delhi and Jaipur in STL league where Delhi won comfortably by loss of one wicket. It was an honour to be felicitated by two owners of the teams and Mr Hamid bhai Sahab CEO of the RR Masala (RR group of companies), Sami his son in law, Ashok Chakravarty, Jayesh Sharma former test players and other leading cricketers, thanks Ehtesham Quadri, Noor Syed and others.

Dinner at Falaknuma Palace with a lovely tour of the palace built by Paigah Vicar Ul Mulk and latter gifted to Nizam's for hosting foreign guests, presently managed by Taj group of hotels as Seven Star Hotel.
Bollywood famous actress Padmini Kolhapure visited Chicago at the invitation of Indian American Association (IAA). President Nawab Mir Hamid Ali Khan received the actress at the Chicago’s O’Hare airport. She attended IAA’s Republic Day event at Meadows Club and also sang a few songs. Earlier in the morning she attended Republic Day celebration at the Indian Consulate in Chicago.

US Congressman Raja Krishnamoorthi honored the event by his attendance. Also present were Sher Mohammed Raiput, Poet Taufeeq Ansari, Consul General Neeta Bhushan, Hoffman Estates Mayor William McLeod, Padmini Kolhapure. Padmini Kolhapure started acting in films at an early age of 15. Her most famous child role was playing a child in Raj Kapoor’s 1977 film Satyam Shivam Sundaram. Her success led to her most controversial role in Insaaf Ka Tarazu (1980), Padmini was known for her professionalism and diligence. She had more box office hits, such as Vidhaata (1982) and Souten (1983). She had a huge hit with Pyar Jhukta Nahin (1985) with Mithun Chakraborty, and they were paired together in several more films. She agreed to work with Anil Kapoor when he was a newcomer in his first film Woh Saat Din (1983). The movie was a hit and helped cement his name in the Indian film industry.

Indian American Association, IAA, Host President, Nawab Mir Hamid Ali Khan, to his Right Famous Bollywood Star Ms Padmini Kolhapure, Consul General of India at Chicago, Mrs. Neeta Bhushan, US Congressman, Raja Krishnamoorthi, Dr. Sanhita Agnihotri, President FIA, Chicago, Keerthi Kumar. Sher Mohammed Raiput, Secretary Shahid Razvi at Lamp Lighting Ceremony for 70th India Republic Day Celebration at Chicago, IL, USA

Good evening, Ladies and Gentlemen:
Greetings, Assalam Alaikum, Namastay, and Sat Sri Kaal

Hi! My name is Nawab Mir Hamid Ali Khan, and I am the president for the Indian American Association.

Today, I am here to welcome you all on behalf of IAA to 26th January – Indian republic day celebration. The Indian American Association is a newly formed; Chicago based association which is a Secular, Non-political, not – for – profit, socio – cultural organization that stands for the humanity of Unity. One of the main goals of our Association is to take the relationship of the United States of America and the Republic of India, to a higher level. Our other agenda is to help ethnic South Asian Americans in their cultural affairs. It is also the intention of our Association to help all Americans, who are friends of IAA, to progress in their efforts to pursue the American dream of education, freedom, liberty and pursuit of happiness. This also means that the IAA is based on helping all Americans to get a better life for them and their future generations.

Tonight, as we are celebrating the 26th of January, we have organized a Cultural Program and arranged a fine dinner for all attendees. Let us join hands together and celebrate. Thank you very much.
American Telugu Association elected Parmesh Bheemreddy as new President

ATA, American Telugu Association, a 28 year old Telugu Organization serving the interests of ever burgeoning Telugu Community in USA elected Parmesh Bheemreddy as its new President. Mr. Bheemreddy was sworn in as the President on January 19th at the board meeting held in Lasvegas. Born in Pothireddypadu village of Nagarkurnool district of Telangana Mr. Bheemreddy came to US on a student visa to pursue higher education in Computer Science. Being a software professional himself, established a firm and helped many students and professional from India to settle down in US. Married to a cardiologist Sarita, Bheemreddy is a well-known Community Volunteer, co-founder of Palamuru NRI forum and conducted various charity activities across the district. An avid community activist, Mr. Bheemreddy has been an integral part of ATA since Inception and served in various positions like Secretary for the 12th Convention and as a Convener for the Philadelphia Conference in 2014.

ATA board was sworn in on the occasion as well, raising the Board of Trustees count from 27 to 31. Mr. Bhuvanesh Boojala from DC Metropolitan area was elected unanimously as the President Elect. ATA elected Venu Sankineni as Secretary, Sharath Venula as Joint Secretary, Ravi Patlola as Treasurer and Arvind Muppidi as Joint Treasurer. ATA Advisory Chair Hanmanth Reddy garu congratulated the new board and wished them luck in its future endeavors.

Presiding over the board meeting, the new president not only vowed to preserve and strengthen the Telugu community across North America but also promised to further promote the literary, cultural, social, educational and rich cultural values of the community strictly abiding by the constitution of ATA. Unveiling his vision, Mr. Bheemreddy quoted that ATA under his leadership will include focus areas like immigration, SAT Training, exchange student onboarding procedures, Medical and Dental camps for Senior Citizens and Visitors, Matrimonial and Emergency Services. Mr. Bheemreddy was ecstatic to announce that the new ATA Foundation Scholarship program will award 10 scholarships to meritorious students of economically backward classes of $1000 each. Mr. Bheemreddy thanked the outgoing President Karunakar Asireddy, EC and board for its outstanding contribution to ATA and expanding the organization to new areas like Nashville and Boston areas.
REPUBLIC DAY CELEBRATIONS AROUND CHICAGO

Republic Day Flag hoisting at Consul General Chicago with Khaja Moinuddin Sadat Ali Khan, AR Saleem and Syed Ashfaq Hussain
BIRTHDAYS IN FEBRUARY - CONGRATS

CONGRATULATIONS FRIENDS
Congratulations to NATA President Dr. Raghava Reddy Ghosala and new Executive Committee.

Executive Committee:
Dr. Raghava Reddy Ghosala (President), Dr. Sridhar Reddy Korsapati (President-Elect), Bala Indurti (Executive Vice President), Alla Rami Reddy (Secretary), Narayana Reddy Gandra (Treasurer), Srinivasa Reddy Somavarapu (Jt. Secretary), Shiva Meka (Jt. Treasurer), Rajeshwar Reddy Gangasani (Past President), Srinivasa Reddy Kanuganti (Intl. Vice-President), Ramana Reddy Kristapati (Intl. Vice-President), Srikanth Penumada (National Convention Adviser).

Advisory Council:
Dr. Prem Reddy (Advisory Council Chairman Emeritus), Dr. Mohan Mallam (AC - Chair), AVN Reddy (AC), Stanley Reddy (AC), Sanjeeva Reddy Tanguturi (AC), Adisesha Reddy (AC)

NATA Convention 2020:
Hari Velkur (Convener), Sarath Mandapati (Coordinator), Anna Reddy (Convention National Coordinator).

Drinking water is advantageous in every way. It assists metabolism and digestion, prevents constipation and the accumulation of waste products (ama) in the body, keeps away diseases and even helps in keeping the skin clear of acne and pimples.

Massage your body with oil before bath which will rejuvenate you, reduce fatigue and prevent dry skin. Massaging the scalp with oil can prevent dandruff, graying and hair fall, enhance mental alertness and so on.

Drink a glass of warm milk before going to bed. This will help you sleep peacefully. Also isolate your mind from all stressful and worrisome thoughts before going to bed.

According to Ayurveda, both obesity and emaciation (Under weight) are dangerous. So always follow a healthy diet, exercise regularly and maintain a weight as per your BMI.
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The year was 1917. On the afternoon of April 15, thousands had gathered at Motihari railway station (in Bihar’s East Champaran) to wait for a man who was destined to lift their lives out of misery.

It was 3 pm when Gandhi alighted at the station from a train coming from Muzaffarpur. He had come to probe the appalling conditions under which local farmers were being forced by the landlords to grow indigo.

Nobody knew it then but this fact-finding mission would snowball into the first satyagraha (policy of passive political resistance) that Gandhi would lead in the country and begin a new chapter in India’s independence struggle.

According to the book Champaran ke Swatantra Senani, during this visit, Gandhi got a dinner invitation from a British manager of an indigo plantation named Erwin. So Erwin told his cook, Batak Mian, to serve Gandhi a glass of milk laced with poison. To ensure that this was done, he offered substantial inducements as well as issued threats of dire punishment.

When the time came, the deeply patriotic cook did present the glass of milk to Gandhi, but also warned him of its contents and revealed Erwin’s sinister intentions behind it. Dr Rajendra Prasad, who would later go on to become India’s first president, witnessed the entire episode.

While Gandhi escaped the assassination attempt to successfully lead the Champaran Satyagraha, the man who had saved his life had to pay dearly for it. Dismissed from work, Batak Mian was thrown behind bars and tortured. His house was turned into a crematorium and his family was driven out of their village (Siswa Ajgari, a hamlet near Motihari). To the surprised and curious crowd, the President introduced the man sitting next to him as the person who had saved Mahatma Gandhi’s life. He then narrated the story of how the impoverished cook had turned down all kinds of inducements to poison Gandhi and faced brutal punishment as a result.

Had it not been for Batak Mian, Gandhi would have died, Prasad exclaimed, before wondering aloud what impact such a tragedy might have had on India’s independence. On learning about the hardships faced by the cook’s family, he also ordered the collector of the region to give 24 acres of land to Batak Mian and his three sons as a token of appreciation from the nation.

This incident seared Batak Mian’s story into the memories of Champaran’s residents. However, nearly a century after the Champaran Satyagraha, his grandchildren are still waiting for the government to honour its promise.

In 2010, after reading a report in the Hindustan Times on the plight of the family, then president Pratibha Patil had ordered the district magistrates of East and West Champaran to submit a report on action taken to fulfil Rajendra Prasad’s promise. But thanks to government apathy, the move did not lead to any action.

Today, the tombs of Batak Mian and his wife lie unattended in the nondescript village of Siswa Ajgari. His grandchildren live on a patch of land near the Valmiki Tiger Reserve forest and make a living as labourers.

It’s time India acknowledges the debt it owes to Batak Mian for saving the leader who would play a pivotal role in its hard-won independence. It’s time India gives this unsung hero the respect and recognition he deserves. For as actor Farooq Sheikh wrote in a letter to his family in 1996,

by Sanchari Pal
January 30, 2018,
U.S. lawmakers again seek to end U.S. support for Saudis in Yemen

Republican and Democratic U.S. lawmakers will try again to pass a resolution ending U.S. support for the Saudi-led coalition in Yemen, with a greater chance of success than when a similar measure passed the Senate last month.

Republican Senator Mike Lee, Democratic Senator Chris Murphy and Independent Senator Bernie Sanders, who caucuses with the Democrats, as well as Democratic Representatives Ro Khanna and Mark Pocan, planned a news conference for Wednesday to introduce the legislation.

The Senate passed a Yemen-related war powers resolution by a 56-41 vote in December, as seven Republicans joined Democrats to vote for what was considered a rebuke of Republican President Donald Trump amid anger with Saudi Arabia not just over civilian deaths in Yemen, but also the killing of Saudi journalist Jamal Khashoggi at a Saudi consulate in Turkey. Trump had promised a veto.

It was the first time either chamber of Congress had backed a resolution to withdraw U.S. forces from a military engagement under the War Powers Act. That law, passed in 1973, limits the president's ability to commit U.S. forces to potential hostilities without congressional approval.

However, that measure never went further because the Republicans who then controlled the House of Representatives did not allow a vote in that chamber before the end of the year.

Democrats now have a House majority, but Trump's fellow Republicans have increased their edge in the Senate by two seats to hold a 53-47 margin. It would take a two-thirds majority in both houses of Congress to overcome a Trump veto.

Opponents of the resolution are reluctant to take any action to disrupt the strategic U.S. relationship with Saudi Arabia, seen as an essential counterweight in the Middle East to Iran, arch-enemy of close U.S. ally Israel.

For Pakistan, Bangladesh & India

Compiled by Hasan Chishti

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Facebook profit beats Wall Street

Facebook Inc reported its slowest quarterly revenue growth in more than six years as a public company but easily beat Wall Street's profit estimates, soothing investor concerns that rising costs would blunt growth. Shares of the world's biggest online social network rose nearly 9 percent to $163.30 after the bell. They closed up 4.3 percent in regular trading.

Net income rose to $6.88 billion, or $2.38 per share, in the fourth quarter, up from $4.27 billion, or $1.44 per share, a year earlier. Analysts on average had expected earnings of $2.19 per share, according to IBES data from Refinitiv.

Total fourth-quarter revenue rose 30 percent to $16.9 billion from $12.97 billion, compared to analysts' average estimate of $16.4 billion.

"The worst is over for this social media giant," said Harris Anwar, an analyst at Investing.com: "Its ad business and user engagement haven't been affected despite all the negative blows of the past year."

Facebook has pledged to focus on the privacy and security of the world's largest social network after a series of scandals over improperly shared user data and propaganda hurt its image and made it the target of political scrutiny across the globe.

The company's shares have lost a third of their value since July, when it first warned about slowing growth in revenue and operating margin. The share price remains near its lowest point in two years.

"We've fundamentally changed how we run our company to focus on the biggest social issues, and we're investing more to build new and inspiring ways for people to connect," Mark Zuckerberg, Facebook's founder and chief executive, said in a statement.

Previously, Facebook's weakest quarterly sales growth as a publicly traded company, 32.2 percent, came in each of its first two reporting quarters in 2012.

Total expenses in the fourth quarter surged to $9.1 billion, up 62 percent compared with a year ago. The operating margin fell to 46 percent in the fourth quarter from 57 percent a year ago.

Saudi Arabia winds down 15-month anti-corruption campaign

Saudi Arabia has ended a sprawling crackdown on corruption ordered by Crown Prince Mohammed bin Salman that it said had recovered more than $106 billion through settlements with scores of senior princes, ministers and top businessmen.

A royal court statement said the government had summoned 381 people, some as witnesses, under the campaign launched in November 2017, but it provided no names. It said 87 people confessed to charges against them and reached secret settlements that included the forfeiture of real estate, companies, cash and other assets.

The campaign ended as abruptly as it began, despite speculation within the local business community that a new round of arrests was imminent.

The public prosecutor refused to settle the cases of 56 others due to existing criminal charges against them, and eight more who declined settlement offers stand accused of corruption, the statement said. Detainees who were not indicted were freed.

For the first three months of the campaign, many of the kingdom's economic and political elite were held in Riyadh's Ritz-Carlton Hotel. Some detainees were reportedly tortured, which the authorities have denied. Critics called it a shakedown and power play by Prince Mohammed. It unsettled some foreign investors that he is courting to diversify the country's economy away from oil.

The October killing of journalist Jamal Khashoggi by Saudi agents inside the kingdom's Istanbul consulate tarnished the crown prince's reputation in the West and intensified criticism of Riyadh's human rights record and its role in the Yemen war.

Prince Mohammed has defended the anti-corruption campaign as "shock therapy" as he tries to overhaul the economy. His social reforms, including the easing of such restrictions as bans on cinemas and women driving, have been accompanied by a crackdown on dissent, including the arrests of dozens of clerics, women's rights activists and intellectuals.
Gallup: The Obamas are America’s most admired man and woman

Michelle Obama unseated Hillary Clinton as the most admired woman in the U.S., claiming the title alongside her husband, former President Barack Obama, who has remained the most admired man for 11 straight years, according to Gallup’s annual poll.

The big picture: Clinton held the title of most admired woman for 17 consecutive years, but this year was surpassed by both Obama and Oprah Winfrey. President Trump came in second place for the fourth year in a row, marking only the 13th time — and Trump’s second — that a sitting president didn’t top the list since its inception in 1946.

In an unprecedented move, Canadian Prime Minister Justin Trudeau said he had fired his ambassador to China, who prompted a political furor with comments about Huawei’s high-profile extradition case.

John McCallum had embarrassed Trudeau’s Liberal government by saying Huawei Technologies Co Ltd Chief Financial Officer Meng Wanzhou could make a strong argument against being sent to the United States. Opposition legislators and former ambassadors accused McCallum of unacceptable political interference in an affair which has badly damaged relations between Canada and China. Meng, the daughter of Huawei’s founder, was arrested in Vancouver last month over alleged violations of U.S. sanctions on Iran.

China subsequently detained two Canadian citizens on national security grounds. A Chinese court later retried a Canadian man who had been jailed for drugs smuggling and sentenced him to death.

"Last night I asked for and accepted John McCallum’s resignation as Canada’s ambassador to China," Trudeau said in a statement that did not explain his reasons.

Veteran diplomats and experts told Reuters it was the first time a Canadian ambassador had ever been officially fired.

"He really made it untenable for the prime minister to sustain him (in his post) for any length of time and he had to go," Burton said by telephone, suggesting Trudeau should quickly appoint a special envoy to handle the dispute.

Spokespeople for Trudeau and Foreign Minister Chrystia Freeland declined to comment when asked about the dismissal.

Andrew Scheer, leader of the official opposition Conservative Party, said in a tweet that Trudeau “should have fired his ambassador the moment he interfered in this case” and accused the prime minister of weakness and indecision.

Polls show the Liberals have a slender lead over the Conservatives ahead of a federal election this October.
Royal Caribbean starts 2019 with record bookings, sees strong China demand

Uday Sampath Kumar

(Reuters) - Royal Caribbean Cruises Ltd said it was heading into 2019 with record bookings for cruises and seeing higher demand from Chinese tourists, sending its shares up as much as 7 percent.

A slowdown in the world's second-biggest economy which has been flagged by several U.S. companies over the past few weeks, did not dampen demand, Royal Caribbean said.

Over half a million Chinese passengers sail with Royal Caribbean every year and the company said it was seeing rapid growth in tourists vacationing in Europe and Alaska.

The Miami-based company said 75 percent more Chinese guests opted for a non-China itinerary in 2019, compared to three years ago.

Rising demand, especially in the Caribbean, led the company to add four cruise liners to its fleet in 2018, including the world's largest Symphony of the Seas. Demand from wealthier customers also prompted the company to take a majority stake in Silversea Cruises, adding ultra-luxury and expedition cruises to its offerings.

"Consumers are spending more on travel and experiences and the cruise industry is benefiting," Ivan Feinseth, director of research at Tigress Financial Partners said. Tigress owns Royal Caribbean shares on behalf of clients.

"The all-inclusive nature and the broad itineraries ... there's just so much going on that cruises continue to grow in popularity."

Overall, Royal Caribbean said it expects to raise total capacity by 8.6 percent in 2019, deploying just over half of those ships for Caribbean cruises.

The company said it expects adjusted first-quarter earnings of $1.10 per share, above analysts' estimates of $1.06.

Apple posts revenue drop but optimistic on China

Uday Sampath Kumar

WASHINGTON (Reuters) - Apple Inc's revenue dropped 5 percent in the first quarter of 2019, but the technology giant said it expects strong consumer demand in China and will keep spending to drive that growth.

The company's shares were up 6.2 percent at $119.00 in early afternoon trade according to IBES data from Refinitiv.

"This outcome should encourage those who watch on the sidelines concerned about weather politics, trade wars, supplies whatever," Chief Executive Officer Tim Cook said, describing the company's 2018 earnings.

But while demand for cruises on both sides of the Atlantic has been strong from North American passengers, Chief Financial Officer Jason Libbey said uncertainties surrounding Brexit were creating "inconsistencies" in demand in the United Kingdom.

The company's total revenue rose 16.4 percent to $2.33 billion in the fourth quarter ended Dec. 31, edging past analysts average estimate of $2.31 billion.

On-board spending, an increasingly more important part of Royal Caribbean's overall revenue, rose 16.5 percent as passengers spent more on entertainment activities like laser tag and dance classes.

The company's shares were up 6.2 percent at $119.00 in early afternoon trade.
During his time as a renowned professor and researcher in academia, Dr. Mohammed T. AliNiazee recognized the increasing tuition rates, increasing student loans and debts, and increasing time periods required for acquiring a college degree. Confronting this imbalance, NWSC is here to make a difference by offering more student guidance, smaller classes, and three full terms per year (rather than two). A culmination of his longtime dream of establishing a world class center of education founded on the principles of service, compassion, and quality, Professor AliNiazee took early retirement after nearly 40 years of a successful career in academia to establish NWSC. Dr. AliNiazee and the NWSC team are dedicated to building a private, non-profit school of higher education that provides affordable and quality education dedicated to science, medicine, and the humanities.

A cultural hub with numerous advanced centers for healthcare and medicine, Chicago was selected as the city to establish NWSC. In 2008, President AliNiazee acquired the property in Rolling Meadows, IL that is now NWSC. After establishing the Corporate Board and the Board of Regents, M.A.Q. Khan (late), a retired professor of biology for the University of Illinois at Chicago joined NWSC as the Chairman of the Board of Regents, and was appointed as the college’s Vice President. Dr. Khan was instrumental in this formative period at NWSC. Additional faculty and staff were hired by Dr. AliNiazee as the school started to grow. Since its founding in 2008, NWSC has made great progress and continues to diligently work toward providing the very best educational environment. Currently, NWSC is an accredited institution offering accelerated degree seeking and healthcare certification programs. Since NWSC’s first two students in 2009, nearly 500 students have graduated over the past six years. Recent highlights of NWSC’s journey include attaining Title IV funding approval in May 2016 and initial institutional accreditation by the Accrediting Council for Independent Colleges and Schools (ACICS) in August 2014. If past performance is any indicator, NWSC has a bright future ahead.

**Tuition and Fees**
NWSC believes that nothing should hinder the pursuit of education, so we strive to provide an affordable education for our students. Our low tuition rates, combined with our quality, direct instruction and caring community, offers more for less.

**Admissions**
International students seeking admission to NWSC are encouraged to apply at least 3 months in advance of the proposed admission date. NWSC trimester start dates are in the first weeks of September, January, and May.

**Housing**
Housing is readily available in the northwest Chicago area, and as a service to students, NWSC will provide a list of available housing options. NWSC has arrangements with private apartment owners nearby for incoming students.

**Visa Process**
Upon review of your admission application package and acceptance, NWSC will provide you with a Letter of Acceptance and completed Form I-20, which is required for the F-1 Visa.
Jagjit Singh, born Jagmohan Singh Dhian (8 February 1941 – 10 October 2011), popularly known as “The Ghazal King” or “King of Ghazals”, was an iconic Indian Ghazal singer, composer and musician. He gained acclaim together with his wife, another renowned Indian ghazal singer, Chitra Singh in the 1970s and 1980s. Their combination album comprising music from the films, Arth and Saath Saath is the HMV's largest selling combination album of all time.[citation needed] Sajda (An Offering, 1993) Jagjit Singh’s magnum opus double album with Lata Mangeshkar holds the same record in non-film category. [citation needed] He sang in numerous languages. He was awarded the Padma Bhushan by the government of India in 2003. In February 2014, Government of India released a set of two postal stamps in his honour. Jagjit Singh is credited for the revival and popularity of ghazal, an Indian classical art form, by choosing poetry that was relevant to the masses and composing them in a way that laid more emphasis on the meaning of words and melody evoked by them. In terms of Indian Classical music, his style of composing and Gayaki (singing) is considered as Bol-pradhan, one that lays emphasis on words. He highlighted this in his music for films such as Prem Geet (1981), Arth (1982) and Saath Saath (1982), and TV serials Mirza Ghalib (1988) and Kahkashan (1991). Jagjit Singh is considered to be the most successful ghazal singer and composer of all time in terms of critical acclaim and commercial success. With a career spanning five decades and a repertoire comprising over 80 albums, the range and breadth of his work has been regarded as genre-defining. He is the only composer and singer to have composed and recorded songs written by former Prime Minister of India Atal Bihari Vajpayee—from a poet— in two albums, Nai Disha (1999) and Samvedna (2002).[citation needed]. According to Google Search Trends, Jagjit Singh is people’s first choice—both in India and abroad, when it came to songs, lyrics and mp3s of ghazals.

Singh’s 1987 album, Beyond Time, was the first digitally recorded release in India. He was regarded as one of India’s most influential artists. With star legend Ravi Shankar and other leading figures of Indian classical music and literature, Singh voiced his concerns over politicisation of arts and culture in India and lack of support experienced by the practitioners of India’s traditional art forms, particularly folk artists and musicians. He lent active support to several philanthropic endeavours such as the library at St. Mary’s School, Mumbai; Bombay Hospital, CR; Save the Children and ALMA. Jagjit Singh was born in Sriganganagar, Rajasthan, India (then Bikaner State). His father Sardar Amar Singh Dhian was a surveyor with government’s public works department and hailed from village Dalla, District Ropar in Punjab and mother Sardarni Bachchan Kaur was a housewife who was raised in a deeply religious family in Ottalban village near Samrala.[citation needed] Educated initially at Khalsa High School and Government College in Sriganganagar, Singh obtained an arts degree from DAV College in Jalandhar, Singh began his professional career in 1961 by undertaking singing and composing assignments at All India Radio’s (AIR) Jalandhar station. Later, he studied to obtain a postgraduate degree in history from Kurukshetra University in Haryana. Throughout this time, and as a consequence of a natural talent that was spotted by his father, Singh learned music initially from a visually impaired master of Indian classical music, Pandit Chaganlal Sharma and later from Ustad Jamaal Khan of Senia Gharan. who taught and trained him in all the prominent styles of Hindustani Classical vocal tradition such as Khayal, Dhrupad, Thumri and others. Throughout his teenage years, he performed on stage and composed music. Although his father, who was a government employee, had hoped that he would become an engineer, Singh pursued his passion for music relentlessly. Like all parents in Indian middle-class families, his father aspired for him to become a bureaucrat. However, he also encouraged Singh and his siblings to learn music.

In March 1965, and without the knowledge of his family Singh moved to Bombay, where there were many opportunities for music artists because of the Bollywood film industry. He obtained work initially as a singer of advertising jingles and later progressed to playback singing. Singh was still struggling to make a living in 1967 when he met the Bangladesh-born Chitra Dutta She divorced her husband and married Singh in December 1969. Following the birth of their son, Vivek, the couple performed as a singing duo but it was not until the 1976[clarification needed] release of the album The Unforgettable that they found significant, and surprising, success. In the interval, the primary difficulty for them had been that the ghazal music genre was dominated by Muslim artists. The Unforgettable, which was the couple’s first LP was an unconventional recording and it turned them into stars. The song “Baat Niklegi” from the album achieved great popularity for the Singh. The Independent described it in 2011 as “ground-breaking … it became a transformative, before-and-after milestone in the history of Indian popular and ghazal music. It remains that.” Using modern arrangements, it consists of ten tracks that include two on which they sang as a duo and the remainder equally split between Jagjit and Chitra singing the lead. The Independent further noted that “This format of solo and duet performances from the first commercially successful husband-and-wife team in Indian popular music proved astonishingly successful.”[6] Jagjit explained that “I was determined to polish up the genre and make it more acceptable to modern tastes, so chose simple poems and set them to simple tunes. I also introduced western instrumentation to make them livelier.” Thereafter, the couple worked both on solo and joint musical projects and performed concerts worldwide. There was success from involvement with the film industry and they amassed considerable wealth. Among their subsequent duo recordings of the 1970s were Shiv Kumar Batalvi – Birha da Sultan (1978), Live in Concert at Wembley (1979) and Come Alive (1979). Of those released in the 1980s, “The Latest” by Sudarshan Faakir was the best selling album with his lifetime hit “Woh Kagaz Ki Kashti…Woh Baarish ka Paani”. It was the first album by the duo with poetry of only one Poet. Ecstasies (1984) has also been described as “one of their finest” he joint projects ceased in 1990 when their 18-year-old son, Vivek, was killed in a road accident. Chitra felt unable to sing following these events. Monica, Chitra’s daughter from her first marriage, committed suicide in 2009. Although Jagjit continued to work and to have success after Chitra withdrew from public life he, too, was affected by the death of Vivek. The Guardian noted that he “suffered from deep depression and his anguish was often evident in his live performances”. Aside from occupying himself with solo projects, which he performed in several languages he collaborated with Lata Mangeshkar on an album titled Sajda, an Urdu word meaning ‘prostration’. Singh’s work in film encompassed playback singing for productions such as Arth, Saath Saath and Premgeet. He composed all of the songs for the latter, as well as for the TV serial Mirza Ghalib that was based on the life of the eponymous poet, Mirza Ghalib.

On 10 May 2007, in the presence of numerous political and diplomatic luminaries at an event held in the Central Hall of the Parliament of India, Jagjit Singh rendered Bahadur Shah Zafar’s famous ghazal Lagta naa hain dil mera to commemorate the 150th anniversary of the Indian Rebellion of 1857.

Personal life
In 1990, Vivek (Jagjit Singh and Chitra’s son) died in a road accident at the age of 20. This came as a profound shock to Jagjit and Chitra Singh. They gave up music for a full year after the death. At the end of that period, Jagjit returned slowly to music, but Chitra announced her retirement and declared that she would not sing or record any more songs.

Jagjit Singh toured the UK in 2011 and was due to perform with Gulshan Ali in Mumbai but suffered a brain haemorrhage on 23 September 2011. He was in a coma for over two weeks and died on 10 October at Lilavati Hospital, in Mumbai. He was cremated the following day at Chandanwadi Crematorium near Marine Lines in Mumbai. A number of tributes have been paid to Singh after his death, and some tried to cash in on his popularity, which was criticised by his wife.

Legacy
A biography of Singh, entitled Beyond Time based on about 40 hours of interviews with him, was released in 2012. It was transcribed and edited by Ashrani Mathur. A biopic documentary by the name of Kaagaz Ki Kashti has been made on the life journey of Jagjit Singh, who broke through the norms and revolutionised the Ghazal scenario. The film traces the struggle and stardom in his musical career, the love & loss in his personal life and the scope and limitations in the music scenario of the times. The film directed by Brahmansand Singh is currently available on Amazon Prime Video in India. It is expected to see worldwide release soon.
Tina Ambani (née Munim, born 11 February 1957) is a former Bollywood actress and Chairperson of the Mumbai-based Kokilaben Dhirubhai Ambani Hospital, Harmony for Silvers Foundation and Harmony Art Foundation. She is also Chairperson of Group CSR, Reliance Group and the Mudra Foundation for Communications Research and Education (MFFCRE), as well as Chief Mentor and Advisor for the Strategic Planning Committee of the Dhirubhai Ambani Institute of Information and Communication Technology (DA-IICT). Her husband is Anil Ambani, Chairman of Reliance Group.

Early life and education
Born in Mumbai, Tina Munim is the ninth and youngest child of Nandkumar and Meenakshi Munim, from a Gujarati Jain family. She graduated high school in 1975 from the MM Pupils Own School in Khaz, Mumbai. The same year, she was crowned Femina Teen Princess India 1975 and represented India at the Miss Teenage Intercontinental contest in Aruba, where she was crowned second runner-up. She subsequently enrolled in Jai Hind College for a degree in Arts.

Career Films
Munim made her debut in Hindi films with iconic filmmaker Dev Anand’s Des Pardes. Her other films with Dev Anand include Lootmaar, and Man Pasan. She was the heroine of Sunjay Dutt in his debut film Rocky. She was cast opposite Amol Palekar in Basu Chatterjee’s Baaton Baaton Mein. Her notable films with Rishi Kapoor include Karz, and Yeh Vaada Raha. She starred with actor Rajesh Khanna in many films including Fiffty Fifty, Souten, Bewafa, Suraag, Insaaaf Main Kaoonga, Rajput, Akhir Kyun, Paapi Pet Ka Sawaal Hai, Alag Alag, Bhagwaan Dada and Adhikar.

Arts and culture
With the aim to offer young artists a platform to exhibit alongside seasoned veterans and acknowledged masters, she organised the first Harmony Art show in 1995. This was the genesis for the formation of the Harmony Art Foundation, which has become an internationally recognised platform dedicated to building relationships with Indian artists, spreading awareness of art, promoting academic activities, including workshops, and international collaborations. In 2008, Harmony Art Foundation showcased upcoming Indian artists at Christie’s in London, drawing attention to the wealth of talent in India. The same year, she was invited to the Board of Trustees of the Peabody Essex Museum in Salem, Massachusetts, which is the oldest continually operating museum in the US and houses rare Indian art treasures from the 1600s.

In addition, she has served on the advisory board of the National Gallery of Modern Art, Mumbai and the National Institute of Design, Ahmedabad. She was also nominated to the reconstituted General Assembly of the Indian Council for Cultural Relations (ICCR). She has been actively associated with several welfare activities such as Aseema, an NGO engaged in the rehabilitation of street children and the restoration of Elephanta Island, a World Heritage Site near Mumbai, with the Archaeological Survey of India and UNESCO.

Elder welfare
In 2004, Ambani established Harmony for Silvers Foundation, a Mumbai-based non-government organisation that seeks to enhance the quality of life of the elderly. Its activities have included Harmony – Celebrate Age, the magazine, now in its 14th year; the portal www.harmonynyindia.org; Harmony Interactive Centre for Silver Citizens, in South Mumbai; the Harmony Research Division; the Harmony Silver Awards; and the Harmony Senior Citizens’ Runs at the Mumbai, Delhi and Bengaluru marathons. Going forward, Harmony for Silvers Foundation proposes to build a retirement community for elders in Jaipur.

Healthcare
In order to bridge the gaps in Indian healthcare, Ambani launched the Kokilaben Dhirubhai Ambani Hospital & Medical Research Institute (KDAH) in Mumbai in 2009, a highly advanced quaternary care facility with a unique full-time specialist system and technology and treatment protocols benchmarked to leading global institutes. It is the only hospital in Mumbai to receive accreditation from the JCI (Joint Commission International, USA), NABH (National Accreditation Board for Healthcare, India), CAP (College of American Pathologists, USA) and NABL (National Accreditation Board for Laboratories, India). Other standouts include the first comprehensive centre for liver transplant and the first integrated centre for children’s cardiac care in western India; its robotic surgery programme; the centres for rehabilitation and sports medicine; and its initiative to open 18 cancer care centres in rural Maharashtra.

CSR
In her capacity as Chairperson, Group CSR, Reliance Group, Ambani spearheads corporate sustainability initiatives. With her as ambassador, the Group was announced as the first founding partner in India for the Global Goals Campaign, which seeks to promote the Global Goals adopted by the UN General Assembly for sustainable development to end poverty, fight inequality and injustice, and mitigate climate change by 2030. She is also chairperson of the Mudra Foundation for Communications Research and Education (MFFCRE). One of the main activities of the Foundation is MICA, the only residential institute in India dedicated to creating leadership in strategic marketing and communication with a wide range of academic programmes.

In February 1991, she married Anil Ambani, the son of Dhirubhai Ambani, the founder of Reliance Industries. They have two sons: Anmol, born in December 1991, and Anshul, born in September 1995.
Surgeons are doing fewer knee surgeries

When knee arthroscopy became widely available in the 1980s, it represented a major advance. Today orthopedists evaluating and treating common knee problems often recommend arthroscopy, during which they insert an instrument into the joint and, with a light and camera on its tip, directly inspect the knee from the inside. While there, he or she can diagnose and treat common painful knee problems, such as arthritis or torn cartilage. The risks are much lower and recovery times much shorter than standard “open” knee operations. As with any technology or other advance in medicine, years of research were required to understand when best to use it. Not surprisingly, arthroscopy turns out to be much more helpful for some conditions than others. For example, if you have a sports injury in which the medial meniscus (a crescent-shaped, shock absorbing wedge of cartilage) is torn and blocking the motion of the knee, arthroscopic surgery can provide dramatic relief in a short period of time. But studies have demonstrated convincingly that for many other common causes of knee pain, including osteoarthritis and many instances of torn cartilage that do not block joint motion, medications and physical therapy may work just as well as arthroscopic surgery. Despite these recent data, some orthopedists continued to recommend arthroscopic surgery for these conditions. Now, that seems to be changing. A new study says the number of knee arthroscopies is falling. Data recently published in JAMA Internal Medicine demonstrate that between 2002 and 2015, the rate of arthroscopic surgery in Florida decreased from 449 to 345 per 100,000 people (a 23% decline) dropped more among adults under age 65 (24% reduction) than among those over 65 (19% reduction). fell most dramatically after 2008 (after a second important trial showed no benefit of arthroscopy for osteoarthrits of the knee). Is this a good thing?

Reducing the number of unnecessary operations is certainly a good thing, especially for one that is so common. However, we do not know if the reduction in arthroscopies occurred for the right reasons: while it’s possible that the reduction was because orthopedists are recommending them more selectively (and more appropriately), it’s also possible that people are not getting the surgery due to lack of insurance. If you're finding an orthopedist, or because they just prefer not to have surgery. We don’t know about patients’ health or outcomes: are some people suffering because they didn’t have an arthroscopy they needed? How many had arthroscopies they did not need and had complications, or simply didn't improve? We also don’t know whether rates are falling in other states. Still, it’s reasonable to assume that knee arthroscopies are being performed less often because we better understand when they are likely to help and when they are not. Why does change take so long? At the risk of gross overgeneralization, doctors tend to avoid change. That’s true of many — but certainly not all — of my colleagues. Who else is still using beepers and fax machines on a daily basis? So, some of the reluctance of orthopedists to change their practice in the face of studies questioning the usefulness of knee arthroscopy may be this tendency to resist change. Another reason might be financial considerations: surgical procedures tend to generate a large income stream for the doctor and the hospital or surgical center.

But it’s also true that a single study is rarely enough to change medical practice — doctors are, with good reason, a skeptical bunch. Subsequent research must verify and confirm a new finding. Perhaps that’s why the rate of knee arthroscopy dropped most significantly after the publication of a second trial regarding knee osteoarthritis. What’s next?

You can expect to hear much more about studies that challenge standard practice, especially when that practice is invasive (including surgery) and expensive. My guess is that the number of knee arthroscopies will continue to fall for some time, until only the most appropriate ones are being done. When it comes to standard but treatments being called into question, the big question is, “What’s next?” The answers will come once high-quality research is performed by skeptical researchers willing to question the status quo.

Trying to be perfect can cause anxiety

No one is “perfect.” Yet many people struggle to be a perfectionist, which can trigger a cascade of anxieties. Trying to be perfect can cause anxiety perfectionism anxiety

No one is “perfect.” Yet many people struggle to be a perfectionist, which can trigger a cascade of anxieties. Striving to be a perfectionist may be a strong suit or a stumbling block, depending on how it’s channeled, as clinical psychologist Jeff Szymanski explains. Dr. Szymanski is an associate instructor of psychology at Harvard Medical School and executive director of the International OCD Foundation. Get your copy of Anxiety and Stress Disorders

Anxiety and Stress Disorders

Everyone worries or gets scared sometimes. But if you feel extremely worried or afraid much of the time, or if you repeatedly feel panicky, you may have an anxiety disorder. Anxiety disorders are among the most common mental illnesses, affecting roughly 40 million American adults each year. This Special Health Report, Anxiety and Stress Disorders, discusses the latest and most effective treatment approaches, including cognitive behavioral therapies, psychotherapy, and medications. A special section delves into alternative treatments for anxiety, such as relaxation techniques, mindfulness meditation, and biofeedback.

Read More

“The core of all perfectionism is the intention to do something well,” says Dr. Szymanski. “If you can keep your eye on intention and desired outcome, adjusting your strategy when needed, you’re fine.... But when you can’t tolerate making a mistake, when your strategy is to make no mistakes, that’s when perfectionism starts veering off in the wrong direction.” In its most severe form, perfectionism can leave you unable to complete any task for fear of making a mistake.

To help you prioritize the projects and activities that mean the most to you and keep your personal strategy in line, Dr. Szymanski has shared the following exercise:

What do you find valuable in life?

What would you want 50 years of your life to represent? If that seems overwhelming, think about where you want to put your energies for the next five years.

No one can be a perfectionist about everything. Think about your current goals and projects, and assign them priorities. Use the letters “ABCF” to help you decide where you want to excel (A), be above average (B), or be average (C), and what you can let go of (F). For example:

A (100% effort): This is reserved for what’s most important to you. For example, if your career is most valuable, your goals might be to impress the boss, make sure clients are happy, put out good products at work.

B (above average, maybe 80% effort): Perhaps you like playing golf or tennis or want to learn a new language. You enjoy these activities, but have no plans to go pro.

C (average effort): Perhaps having a clean home is important, too. But how often does your home need to be cleaned? People aren't coming to see it every day. Could you just clean up on the weekends? Or focus on a few rooms that get the most traffic?

F (no effort): Time-consumers that don't advance your values or bring you pleasure — for example, lining up all your hangers or folding all your clothes in a specific way. Do you have any tasks that, upon reflection, don’t really matter — you’ve just done them one way for so long that you’re on autopilot? These deserve to be pruned.
WORDS SEARCH

CANDY
KISSES
ROSES
FLOWERS
LOVE
CHOCOLATE
CARD

VALENTINE
HUGS
HEART
FEBRUARY
FOURTEENTH
ARROW
CUPID

DINNER
MEMORIES
DATE
PROPOSAL
MOVIE
ROMANCE
House Democrats introduced the Raise the Wage Act on Jan. 16, which would raise the hourly federal minimum wage from $7.25 for most workers to $15 by 2024. Rep. Bobby Scott (D-Va.), one of the co-sponsors of the bill and the chairman of the House Committee on Education and Labor, stated, "No person working full-time in America should be living in poverty."

For years, arguments in favor of raising the minimum wage have focused on providing American workers a living wage. A full-time worker making $7.25 per hour would only earn approximately $15,000 per year, a figure that is uncomfortably close to the federal poverty level. And nearly 2 million American workers earn the federal minimum wage or less.

But a minimum wage increase would have other benefits as well. Namely, such a hike would vastly improve the health of millions of Americans and as a physician, I am particularly intrigued by its potential to help my patients.

Raising the minimum wage would positively impact our nation's health in a number of ways. For one, it could help curb this country's nicotine addiction. I'm a radiation oncology resident, so I see tobacco's consequences every day in the form of cancer patients. Nearly 40 percent of newly diagnosed cancers and 30 percent of cancer deaths in the United States are linked to tobacco use, and smoking raises the risk of a variety of other serious diseases like coronary artery disease and chronic obstructive pulmonary disease.

So how does this threat to public health tie in to a need to raise the minimum wage? Studies link higher minimum wages to lower smoking rates. A 2018 review of 15 studies from the U.S., Canada and Europe found each $1 increase in the minimum wage was associated with a 1.4 percent drop in the smoking rate. Male and less-educated workers may see the biggest benefit; a 2015 study found that a 10 percent increase in wages was associated with smoking rate decreases of 5.5 percent and 4.6 percent, respectively, among these workers. Why the connection? The 2015 study authors speculated these workers may more closely associate wages with self-esteem and depression, which may help predict smoking cessation.

The benefits of a minimum wage increase are so great that even President Trump has advocated for one in the past. But the benefits of minimum wage raises are not limited to lowering smoking rates. In 2014, the Congressional Budget Office estimated that increasing the minimum wage to $9 or $10.10 per hour would bring 300,000 or 900,000 Americans out of poverty, respectively. A 2017 study by the Institute of Labor Economics found an even greater impact, estimating that raising the minimum wage to $12 per hour would bring 6.6 million Americans out of poverty. Poverty restricts a person's access to essential commodities like housing, food and health care. It also raises the stress levels of children and adults, which, among other things, has a toxic impact on brain and hormonal development and function. Combined, these factors can have a devastating impact on human health. Research has shown that chronic poverty raises the risk of a variety of maladies, including cancer, diabetes, heart disease, lung disease, obesity, substance abuse and stroke. Raising the minimum wage could help lower the incidence of these devastating diseases by bringing Americans out of poverty.

A minimum wage increase would also help improve newborn health. A 2016 study found that a $1 increase in a state's minimum wage above the federal level was associated with a 4 percent drop in infant mortality and a 1-2 percent drop in the rate of infants born with a low birth weight. All told, the authors found that such an increase in each state's minimum wage would lead to 518 fewer infant deaths and 2,790 fewer infants born with low birth weights nationwide. And since low birth weight infants can face long-lasting neurocognitive effects, the impact of a minimum wage increase on American society would be seen for years to come.

Lastly, raising the minimum wage would help lengthen Americans' life spans. A 2016 study found a linear relationship between income and life expectancy among men and women in the U.S. from 2001 to 2014. And the difference in life expectancy between the richest 1 percent and poorest 1 percent of Americans was astonishingly large: 14.6 years for men and 10.1 years for women. Given all that researchers know about the relationship between wages, poverty and health, it's not unreasonable to expect that even a modest rise in the minimum wage could result in substantial gains in the life expectancies of affected workers.

House Democrats would be wise to maintain their focus on a minimum wage increase in the face of all the distractions and political obstacles they'll surely encounter dur-
vehicle movement and the gear levers he would operate. Somehow, soon I trapped him to teach me how to drive, he obliged. The fascination and the lure always kept me connected with auto industry in many ways including buying second hand old cars with limited savings I could afford those days.

While on deputation to Algeria as Export Manager, my first successful marketing breakthrough was in Commercial Vehicles Complex SNVI which was set up in Haryana on the way to Shimla, closer to Chandigarh. The Complex was huge with several hundreds of acres and was making heavy duty trucks. I use to take every opportunity to visit the complex in some connection or the other. In one such visits, I met Jacque Le Bozec, the Expat chief of Renault team at SNVI. Renault and HMT had a old collaboration for manufacture of machines and this helped me to develop a rapport with Jacque. After a few meetings with him, he gave me an opportunity to avail the services of ten HMT maintenance engineers for a period of two years, which we did very profitability at USD 200 per manday plus local expenses.

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IS YOUR AIRBAG DEFECTIVE?

Nearly 70 million Takata airbag inflators, in approximately 42 million vehicles, are or will be under recall in the United States by 2020. Even a minor fender bender can cause these airbag inflators to rupture, spraying metal shrapnel into drivers and passengers.

DON’T RISK INJURY OR DEATH, CHECK YOUR VEHICLE TODAY.

Here’s How:

Find it | Write down your Vehicle Identification Number (VIN) or take a photograph of your license plate.

- Look for your VIN on the driver-side dashboard by the windshield or on your insurance card.

Search it | Visit AirbagRecall.com to upload a photo of your license plate or to look up your 17-digit VIN.

Then follow the on-screen instructions to prove you are not a robot.

Fix it | If you see text that reads recall incomplete...

YOUR AIRBAG INFLATOR WILL BE REPLACED FOR FREE.

Schedule an appointment at your automaker’s local dealership as soon as possible.

If you see text that reads remedy not available, call a dealer anyway. Make sure your contact information is up to date so they can notify you as soon as parts are available for your repair.

AIRBAGRECALL.COM
Shahid Kapoor was born in New Delhi on February 25, 1981 to actor Pankaj Kapur and actress Neelima Azeem. His parents divorced when he was three years old; his father shifted to Mumbai (then Bombay) and his mother and maternal grandparents moved to Delhi where he spent most of his childhood. Kapoor continued living in Delhi with his mother and maternal grandparents. His grandparents were journalists for the Russian magazine Sputnik, and Kapoor was particularly fond of his grandfather: “He would teach me to draw every single day. He would talk to me about dad, with whom he shared a great relationship, and read out his letters to me.” His father, who was then a struggling actor in Mumbai, would visit Kapoor only once a year on his birthday. When Kapoor was 10, his mother, who was working as a dancer, moved to Mumbai to work as an actress. In Mumbai, Azeem went on to marry the actor Rajesh Khattar. Kapoor continued living with his mother and Khattar, until they separated in 2001. Kapoor continued to use the last name Khattar on his passport. He has a maternal half-brother, Ishaan, from his mother’s marriage to Rahul Khattar, a stunt director, but was brought up by his paternal grandparents, Sanah and Ruhaan. Kapoor was educated at the Gyan Bharati School in Delhi and Rajhans Vidyalaya in Mumbai. He later attended Mithibai College for three years.

Kapoor was interested in dance from an early age, and at the age of 15, he joined Shiamak Davar’s dance institute. As a student there, Kapoor appeared as a background dancer in the films Dil To Pagal Hai (1997) and Taal (1999), in which Davar served as choreographer. During a stage show at the institute, Kapoor performed in the songs “Vogue” and “GoldenEye” to a positive response from the audience; he described the experience as the first time that he “felt like a star.” He later became an instructor at the institute. During this time, Kapoor accompanied a friend to an audition for a Pepsi commercial featuring the stars Shah Rukh Khan, Karisma Kapoor, Shilpa Shetty, Bobby Deol, and Arshad Warsi, and was cast in the commercial. Kapoor next appeared in his father’s directorial debut, Yeh Dil Maange More in which he was paired opposite three women: Soha Ali Khan, Tulip Joshi, and Ayesha Takia. Pacy N of Rediff.com praised his dancing skills but was wary of his imitation of Shah Rukh Khan’s acting style. Both his 2004 releases were commercially unsuccessful. The poorly received series of films continued in 2005, when all three of Kapoor’s films failed at the box office. His first two releases that year were the comedies Deewane Huye Paagal and Main Hoon Na, both of which were largely panned. The former was plagiarised from the Hollywood film There’s Something About Mary in which Kapoor played the role of Justin’s love interest; the critic Khalid Mohamed found Kapoor to be “the only likeable element in this travesty” but Namrata Joshi of Outlook labelled him “colourless” and criticised his pairing with Son. His final role that year was that of a well-meaning teenager drawn towards a life of indulgence in John Matthew Matthew’s drama Shikhar, co-starring Ajay Devgan, Bipasha Basu and Amrita Rao. The critic Sukanya Verma found Kapoor to be miscast as a villain on the film, but noted that he was “never short of spontaneity and youthful exuberance”.

Kareena Kapoor and Shahid Kapoor pose for the camera.

Shahid and Kareena Kapoor at the audio launch of the film Chiyaan in 2006. In 2006, Kapoor played opposite Kareena Kapoor in two films—the thriller 36 China Town and the comedy Chup Chup Ke. In 36 China Town, a murder mystery directed by Vishal Bhardwaj, Kapoor starred as one of the seven suspects in the murder of an heiress, and in the Priyadarshan-directed Chup Chup Ke, he played a depressed man who pretends to be deaf and mute. The former was his first commercial success since Ishq Vishk. Greater success came to Kapoor later that year when he starred alongside Amrita Rao in Sooraj Barjatya’s romantic drama Vivah, a film depicting an arranged marriage. Made on a shoestring budget of ₹100 million (US$1.4 million), the film earned over ₹50 million (US$7.4 million) worldwide, and proved to be Kapoor’s highest-grossing film to that point. Reviews of the film, however, were negative; Raja Sen termed the film a “nightmare” and wrote that Kapoor “isn’t offensively bad, doesn’t ham it up like crazy, or speak in a weird accent. Having said that, he isn’t an actor at all, standing around working on his homely handsomely chewing up the scenery. No screen presence at all.”

Kapoor and Kareena Kapoor pose for the camera.

The BBC noted on how “endearing” he was in the film and Rajeev Masand of CNN-IBN wrote that he left an “indelible impression with a performance that is understated and mature” in a film he thought primarily belonged to Kareena Kapoor. For his performance, Kapoor received his first nomination for the Filmfare Award for Best Actor. After featuring opposite Vidya Balan in the romantic comedy Kismat Connection (2008), Kapoor played twin brothers, one with a lisp and the other with a stutter, in Vishal Bhardwaj’s critically acclaimed caper thriller Kaminey (2009). In preparation, Kapoor met speech specialists and researchers on the medical and mental aspects of the two conditions. To create a lean physique for one of the brothers, a look he considered to be “radically different” from his personal appearance, Kapoor practised functional training and followed a rigorous diet. Writing for Variety, critic Joe Leydon reviewed that Kapoor “impressively displays sufficiently variegated degrees of emotional intensity to sustain the illusion of two distinct characters. Just as important, he provides each sibbling an appropriately elevated hunkiness quotient.” Rediff.com listed Kapoor’s performance as the best by a Bollywood actor in 2009 and he received a second Best Actor nomination at Filmfare. Kapoor earned over ₹100 million (US$1.4 million) world-wide.

Kapoor’s final release of 2009 was as a cricketer in Dil Role Haddi pal, a romantic comedy co-starring Rani Mukerji. It was screened at the Toronto International Film Festival, but was a financial failure.

Shahid Kapoor and Kareena Kapoor pose for the camera.

Kapoor and co-star Priyanka Chopra promoting Tere Meri Kahaani in 2012.

In 2010, Kapoor reteamed with Ken Ghosh in Chance Pe Dance, a comedy-drama about a struggling actor, in which Kapoor’s performance was described as “unrow” by Aniruddha Ghata of Daily News and Analysis. He had a supporting role in Paathshala, a drama about the education system in India, starring Nana Patekar, following which he starred in Yash Raj Films’ Badmaash Company, a comedy-drama about a group of overambitious youngsters who become con men. Rachel Saltz of The New York Times praised Kapoor’s look in the film, though Tushar Joshi of Mid Day thought that he was miscast. Kapoor’s fourth and final release that year was Satish Kaushik’s romantic comedy Milenge Milenge, which marked his fourth collaboration with Kareena Kapoor. Plagiarised from the Hollywood film Serendipity, the production was delayed since 2005. Upon its release in December 2004 at Phuket, Kapoor requested a delay in filming to attend the premiere of Dil Maange More. The delay may have saved the lives of the crew, since the hotel booked for them was destroyed during the 2004 Indian Ocean tsunami. With the exception of Badmaash Company, none of these films performed well commercially.

Kapoor next appeared in his father’s directorial Mausam (2011); co-starring Sonam Kapoor, the star-crossed romance set over a decade, took two years to complete. Considering the film to be his “dream project”, Kapoor did not take on additional work while filming it. For his role as an unambitious village boy who becomes an air force pilot, Kapoor trained to fly the F-16 Fighting Falcon. Rajeev Masand reviewed that “while he doesn’t quite cut it as a convincing IAF pilot, Shahid Kapoor is terrific as the small-town brat. The film was a box office flop and Kapoor was later regretful for spending so much time on the project. 
The Congress launched Priyanka Gandhi Vadra formally in politics by appointing her AICC general secretary for Uttar Pradesh East. It is a region that presents an interesting fulcrum to situate the battle for India and its numerical faults.

The idea of eastern UP has been central to the BJP’s politics since 2014. Of all the second seats that then Gujarat Chief Minister Narendra Modi could have picked outside Gujarat, he chose Varanasi, one of India’s oldest cities and important pilgrimage centres, and a flagship in the modern Hindu and Brahminical scheme of things. Here is where Manikarnika Ghat is — according to Hindu philosophy, a Ram mandir has been made clear in recent events. If any results are needed about the region’s importance, one of the most radical ideas to emerge from the pre-Independence struggle, with increased relevance today, resulted in AIKS.

As an early cosmopolitan city, this was where the idea of the Congress took root in northern India, and blossomed with lawyers, doctors and others being first attracted to British ways of life and then to the need for overthrowing the Raj.

Eastern UP was the seat of a peasant revolt that fuelled the national movement, and incubated the powerful All India Kisan Sabha, born out of irreplaceable pressure by the Congress Socialist Party, a forum allowing socialists and communists to work with the Congress. The Lucknow session of the Indian National Congress on April 11, 1936 resulted in AIKS.

The Kisan Manifesto in August 1936 called for the abolition of the zamindari system and cancellation of rural debts, and in October 1937 it adopted the red flag as its banner. It grew distant from the Congress but remained the narrative. And all these are just peripherals. The re-emergence of India and meet the challenge of the latest Gandhi in the independence struggle, with new energy and strategies.

Will the launching of Priyanka help Congress
**HINDI MOVIE RELEASE DATES**

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Total Dhamaal

Shah Rukh Khan chills with AbRam Khan on a lazy weekend

Total Dhamaal is an upcoming Hindi movie scheduled to be released on 22 Feb, 2019. The movie is directed by Indra Kumar and will feature Ajay Devgn, Anil Kapoor, Madhuri Dixit and Riteish Deshmukh as lead characters. Other popular actors who were roped in for Total Dhamaal are arshad warsi, Jaaved Jaafery, Sanjay Mishra, Johnny Lever and Mahesh Manjrekar.

**CAST**

- Ajay Devgn
  - Actor
  - As Raja
- Anil Kapoor
  - Actor
  - As Arnav Patil
- Madhuri Dixit
  - Actor
  - As Madhu
- Riteish Deshmukh
  - Actor
  - As Lallan

**CREW**

- Indra Kumar
  - Director, Producer
- Ashok Thakare
  - Producer
- Ajay Devgn
  - Producer
- Anand Pandit
  - Producer

**Ek Ladki Ko Dekha Toh Aisa Laga FIRST REVIEW**

Starring Sonam Kapoor Ahuja, Anil Kapoor, Rajkumar Rao and Juhi Chawla in the pivotal role, *Ek Ladki Ko Dekha Toh Aisa Laga* is garnering a lot of attention. Ever since the two trailers of the film have dropped, the fans cannot stop chattering about the lesbian angle in the film. The trailer of the film too hinted at the love brewing between Sonam Kapoor and her female counterpart. From father-daughter relationship to the intriguing storyline, soothing music and everything else is making fans excited for the film’s release on February 1.

However, before the film’s actual release the celebrity screening was hosted by the cast and crew of *ELKDTAL*, which was graced by R. Balki, Masaba Gupta & Amit V Masukar. The screening has come as a delight and the celebrities have nothing but praises for the film. After watching a special screening the stars share their reviews as for how the movie has given a tender message without being intrusive or harsh in any way.
Prince Mir Karamat Ali Khan (Muffakham jah) @ Park Continental Hyderabad. He is the grandson of last Nizam Mir Osman Ali Khan and younger brother of Prince Mukarram Jah

Republic day flag hosting & 2nd floor inauguration of A to Z fitness center. by Jaffar Hussain Meraj MLA Nampally and Kabeer Khan.

Amjed Ullah Khan (Spokesman) MBT demands strict action against Managing Committee Members of AIIES (Numaish) for not taking prior safety measures. Mr Khan said to earn more money the AIIES Managing Committee has given permission for 2500 Stalls when it was permitted to install only 1500 Stalls risking the lives of the people. Mr Khan said that due to Negligence of the AIIES nearly 150 Stalls have been burnt due to which nearly 50.0 Crores worth of property has been lost. Mr Khan demanded that criminal cases should be booked against the Managing Committee members of AIIES and the Telangana Govt should ensure that all property lost should be compensated by AIIES.

Mohib Baig congratulated Chaman Farzana Ji Being Appointed As Seceratery #AllIndiaMahilaCongress
Bashir Badr, born on the February 15th 1935 at Ayodhya, did B.A. M.A. and Ph.D. from Aligarh Muslim University. He worked as a lecturer in the Aligarh Muslim University and later as the lecturer and head of the department of Meerut College, Meerut for 17 years. He knows Persian, Hindi and English as well. Sayyed Mohd. Bashir Badr was born into a Muslim family at Ayodhya, in India. This city is known for its cultural and religious history. Bashir was the fourth child of Sayyed Nazir and Aaliya Begum.

His father was an Assistant Accountant in the Indian Police and highly respected in the community. Bashir as a child was far clearer in thoughts and visions of life than the children of his age.

Dr Bashir Badr did his schooling from Hailim College, Kanpur. He completed his high schooling in the yr 1949 from Islamiya College, Itawa. Thereafter, he had to take a break from his studies owing to the fact that; he had to take care of the family, due to the ill-health of his father, Sayyed Mohd. Nazar.

Bashir Badr lost his entire belongings, when his house was set on fire. This event had a great effect on him and he went through an anguish and dejection. He kept himself in desolation for a long time, cut off from the outside world. He gave up writing.

Later owing to constant insisting by friends, he moved to Bhopal. Here he met Dr. Rahat, to be his wife in future. He is an alumnus of Aligarh Muslim University. He is married and has three sons Nusrat Badr, Masum Badr, Taiyeb Badr and a daughter Saba Badr. [3] He lived in Aligarh university area during student time and teaching time. He also lived in Meerut, U.P When his house was burnt in riots. He lived in Delhi for some time and then permanently relocated to Bhopal. He is currently suffering from dementia and doesn’t seem to remember his Mushaira years.

Badr has written many Urdu ghazals. He has also worked as a chairman of the Urdu Academy, most of them are written included in this website. http://www.bashirbadr.com/

The syllabus of M.A.(Urdu) in Aligarh Muslim University included quite a few of his poems while he was studying in the University.

Badr has received the Padma Shri award in 1999 for contribution towards literature and Sangeet Natak Akademi. He has also received the Sahitya Akademi Award in Urdu for his poetry collection “Aas” in 1999.
Ghazals compiled by Janab Hasan Chishti Sb
Chicago

Waliuddin

وزیر تعليم

آپ کی تفریح نہ جانا ہوئے کہ کئی تعلیمی ہیڈس کو میں کرنا ہے تمہاری مدد میں
کہ تمہاری تعلیم کو چھڑ کر ہم کرنا ہے

میتھنی

جانشینی

پاس کے ایم ایم اے کی بھی کا نذور
کہیں میں میں بہت سارا ہے

نیل
One morning a local highway department crew reaches their job site and realizes they have forgotten all their shovels.

The crew’s foreman calls the office and tells his supervisor the situation.

The supervisor says, “Don’t worry, we’ll send some shovels... just lean on each other until they arrive.

Figuring that her 4 year old son Kevin was listening in the next room, Janet decided to tell her husband Don the latest Christmas gift she had bought the boy by spelling out the words “fire truck”.

Don nodded and said, “I think it would be a great Christmas gift.”

From the other side of the wall, they heard Kevin yell, “I don’t want letters for Christmas”.

Be TRUE to your teeth...
Or they will be FALSE to you!
A guy goes to the doctor.
Guy: “Doc, I think I broke my arm in three places.”
Doctor: “Well, don’t go to those places
To show my wife how much I love her I bought her a beautiful diamond ring...

I had it engraved with the cost.

Eighty-year-old Bessie bursts into the recreation room of the retirement home.
She holds her clenched fist in the air and announces, “Anyone who can guess what’s in my hand, can take me out to dinner tonight!”

A witty, elderly gentleman in the rear shouts out, “An elephant?”

Bessie thinks a minute and replies, “Close enough!”

As in many homes on New Year’s Day, my wife and I faced the annual conflict of which was more important, the football games on television or the dinner itself. To keep peace, I ate dinner with the rest of the family and even lingered for some pleasant after dinner conversation before retiring to the family room to turn on the game.
Several minutes later, my wife came downstairs and graciously even bought a cold drink for me. She smiled, kissed me on the cheek, and asked what the score was. I told her it was the end of the third quarter and that the score was still nothing to nothing.

“See?” she said, continuing to smile. “You didn’t miss a thing!”

My wife had mentioned several times that she hoped I could get our grass mowed this weekend. Well, I procrastinated a bit too long and while I was watching football on TV, there was a 37 yard pass with a spectacular catch for a go ahead touchdown.

I jumped up and shouted, “Oh my GOSH! Did you see that?!”

And my wife said, “Yes, I see... what a lovely lawn they have.”

A man pulls up to the curb and asks the policeman, “Can I park here?”

“No, sorry.” says the cop.

“What about all these other cars?”

“Well, they didn’t ask.”

Why are chemists bad at playing pranks?
They lack the element of surprise.

Two dogs pass a parking meter...

One says to the other, “How do you like that, a pay toilet!”

If snowmen can’t ride bicycles, tricycles, or unicycles, what can they ride?

Icicles!

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