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Nidhi Mohan

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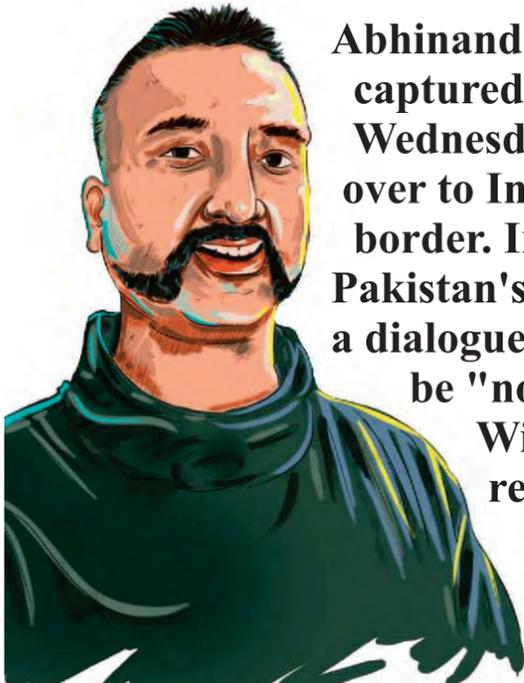
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INDIA REPUBLIC NEWS

BJP, Shiromani Akali Dal ink seat-sharing arrangement in Punjab for LS polls; SAD to contest in 10 seats, saffron party in three



IAF Pilot **Varthaman** To Be Handed Over To India



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IAF Pilot
Abhinandan Varthaman

Continue on Page No. 6

Amit Shah slams Imran Khan for not condemning **PULWAMA ATTACK**



Essar Steel seeks withdrawal from IBC process, offers **Rs. 54,389 cr** to all creditors



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UPCOMING EVENTS IN NYC AREA

Saturday

March 2, 2019
6:30 AM - 6:30 PM



Winter Express Ski Trip to Hunter Mountain

Paragon Sports, 867 Broadway, New York, NY 10003

Saturday

March 2, 2019
8:00 AM - 11:00 AM



New Balance & Jack Rabbit Present
NYC Half Point to Point Training Run

JackRabbit - Brooklyn, 151 7th Avenue, Brooklyn, NY 11215

Tuesday

March 05, 2019
5:30 PM - 7:30 PM



Cocktails & Conversations

Library of Distilled Spirits, 80 East 13th Street, NY 10003

Wednesday

March 06, 2019
8:30 PM - 11:00 PM



Comedians You Should Know

The Gutter, 200 North 14th Street, Brooklyn, NY 11211

Thursday

March 07, 2019
2:00 PM



The New Colossus Festival

Lower East Side, 158 Ludlow Street, Ground Floor, New York,

Saturday

March 09, 2019
2:00 PM - 3:00 PM



Essential Oils 101

Shambhala Yoga & Dance Center, 367 Saint Marks Avenue Brooklyn, NY 11238

Saturday

February 23, 2019
3:00 PM - 11:00 PM



NYC Winter Wine Festival 2019

Play Station Theater, 1515 Broadway, New York, NY 10036

Sunday

March 10, 2019
2:00 PM - 7:00 PM



St Patty's Beer Mug Making

Brooklyn Glass, 142 13th Street, Brooklyn, NY 11215

Tuesday

March 12, 2019
7:00 PM - 10:00 PM



YES Talks

House of Yes, 2 Wyckoff Avenue, Brooklyn, NY 11237

Thursday

March 14, 2019
5:00 PM - 7:00 PM



Irish Soda Bread Making

Bruno's Bakery and Restaurant, 1650 Hylan Boulevard, Staten Island, NY 10305

Saturday

March 16, 2019
4:00 PM



Kiss Me, I'm Irish: NYC St. Patrick's Day Bar Crawl

Fat Buddha, 212 Avenue A, New York, NY 10009

Saturday

March 16, 2019
11:00 AM - 4:00 PM



Pastrytown 2019

Industry City, 274 36th Street, Brooklyn, NY 11232

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Gujarati Samaj of New York Presents

HOLI 2019



Dhani & Khajur



Garba



Holi Pragatya

Thursday, March 21, 2019

6:00 PM

Venue-

SMT. MANIBEN MISTRI SABHAGRIH

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Fresh Meadows, NY 11365**

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program subject to change without prior notice

BJP, Shiromani Akali Dal ink seat-sharing arrangement in Punjab for LS polls; SAD to contest in 10 seats, saffron party in three



New Delhi: The Shiromani Akali Dal (SAD) will contest on 10 seats and Bharatiya Janata Party (BJP) on three out of total 13 Lok Sabha seats in Punjab, it was announced on Thursday.

The two parties announced the seat sharing arrangement.

The decision was taken after SAD leaders including Sukhbir Singh Badal

met BJP president Amit Shah on Thursday at his residence in Delhi.

Later while talking to media, Badal said, "We have also formed a coordination committee which will hold strategy sessions every week."

The BJP had earlier announced an alliance with Shiv Sena in Maharashtra and AIADMK in Tamil Nadu.

Source: firstpost.com

Security forces step up offence against militants in Jammu and Kashmir, over 10 JeM operatives killed since Pulwama attack on 14 Feb

Since the 14 February suicide bombing that claimed the lives of 42 CRPF troopers, a massive operation has been carried out by the Jammu and Kashmir Police along with other security agencies in the Valley. The result of this effort is already showing up with at least 10 Jaish-e-Mohammed militants killed across south and north Kashmir since the Pulwama attack. The total number of militants killed since 1 January 2019 has reached 40.

On Friday, at least two militants were killed in an encounter with security forces in Jammu and Kashmir's Kupwara district.

Acting on a tipoff, security forces on Wednesday morning launched a cordon and search operation in Meemendar area of Shopian. In a search operation that ensued encounter broke out between the two entrapped Jaish-e-Mohammed militants and the security forces. The militants were killed in the gunfight.

"It's a coordinated effort to clear the territory of Jaish," a top police official, who did not want to be identified, told Firstpost. "It started from their sympathisers and ended in the elimination of the terrorists. Both were from JeM and one belongs to Pakistan and one is local," IGP Kashmir, SP Pani, said.

Wednesday's operation was one of the successive and successful counter-insurgency operations in Kashmir, coming on the heels of a massive crackdown on dissenters and National Investigation Agency (NIA) raids on the separatists in Kashmir after the Pulwama attack.

The suicide bombing that rattled Kashmir in the afternoon of 14 February was carried by a local recruit of Jaish-e-Mohammed. As soon as the NIA took over the investigation of the Pulwama attack, many JeM militants — both local and Pakistani



— were killed in different encounters in Kashmir.

"In one case an overground worker was caught by forces when he was preparing to run away," the police official said.

On 18 February, in an intense 17-hour encounter, security forces killed the "mastermind" of the Pulwama attack. A Pakistani national Kamran was killed along with his two associates in Pinglena village of south Kashmir's Pulwama district.

Following the Pinglena encounter, security forces killed two more Jaish militants in north Kashmir's Sopore and subsequently killed three more JeM militants in Turigam village of Kulgam district.

These encounters took place in the Valley when tension between India and Pakistan heightened following the Balakot strikes. With around 200 active militants, the Valley is apparently bracing up for more such encounters.

Among the militant outfits active in the valley, Masood Azhar's JeM has now emerged as the new "go-getting" nemesis for the security grid.

Source: firstpost.com

India-Pakistan tensions: Islamabad to release pilot Abhinandan today; IAF says move 'expected' under Geneva Conventions

Pakistan's announcement that captured Indian Air Force (IAF) pilot Wing Commander Abhinandan came amid escalating tension between Islamabad and New Delhi.

In an unexpected statement, Pakistani prime minister Imran Khan said during the joint session of parliament that Abhinandan will be released on Friday "as a peace gesture". "In our desire for peace, I announce that tomorrow (Friday), and as a first step to open negotiations, Pakistan will be releasing the IAF officer in our custody," he said, as lawmakers greeted the decision by thumping their desks.



Pakistan's interest is peace in the region so we can focus to lift our people out of poverty. Our effort of de-escalation must not be misinterpreted as weakness. The hero of this country is Tipu Sultan who preferred fighting over subjugation.- @ImranKhanPTI #PakistanLeadsWithPeace

2,389 6:28 PM - Feb 28, 2019

683 people are talking about this

The move, which was widely hailed by the Indian side, came just hours after Foreign Minister Shah Mehmood Qureshi said the Pakistani leader is ready for telephonic talks with his Indian counterpart Narendra Modi to deescalate the tensions. India earlier sent a strong message to Pakistan, rejecting the possibility of any deal for securing the release of the pilot and demanding his unconditional and immediate repatriation. India Today and CNN-News18 reported that Abhinandan will be return to India via Wagah border on Friday and be accompanied by outgoing defence attache of Pakistan. Pakistani Air Force on Wednesday carried out a retaliatory strike across the Line of Control (LoC) in Jammu and Kashmir and attempted to target military installations, a day after Indian struck inside Pakistan, destroying the biggest terrorist training camp of the Jaish-e-Mohammed (JeM). During a fierce aerial engagement with Pakistan Air Force (PAF) fighters on the LoC, Abhinandan landed in Pakistan-occupied Kashmir (PoK) after his MiG 21 was brought down. India mounted pressure on Pakistan through the international community, with National Security Advisor Ajit Doval holding talks with the US and other P-5 countries on Wednesday.



As international pressure grew for India and Pakistan to show restraint, US president Donald Trump said earlier on Thursday that the US has some "reasonably attractive news" from the two countries. "We have been involved in trying to help them (India and Pakistan) stop and we have some reasonably decent news," he said in his opening statement at a press conference at the end of his second summit with North Korean

leader Kim Jong-un in Hanoi. "I think hopefully that (tensions) could be coming to an end, it has been going on for a long time," said Trump amid efforts by back-channel interlocutors to defuse the tensions that spiked after the Pulwama suicide attack by a JeM bomber on 14 February in which at least 40 CRPF jawans were killed. 'Expected Abhinandan's return' The Indian Air Force Thursday said it is very happy that Abhinandan is returning home but dismissed suggestions it was a goodwill gesture, insisting it was in line with the Geneva Conventions. "We are very happy Abhinandan will be freed tomorrow and look forward to his return," Air Vice Marshal RGK Kapoor, Assistant Chief of Air Staff said. He was addressing the media along with the representatives of the army and the navy, who both said the armed forces were on high alert and ready to meet any security challenge on land and sea. Kapoor said it was up to the political leadership to decide when and how to release evidence of the Balakot strike's success. He was responding to a question on the scepticism in some quarters about whether IAF fighters had hit the intended targets. Kapoor said there is credible information and evidence that "we hit the intended targets" and it was premature to assess the casualties and damage. The IAF showed parts of Amraam missiles as proof that Pakistan used F-16 aircraft to attack Indian military establishments on Wednesday.



Visuals of cover of AARAM missile fired from Pakistani F-16 aircraft found near the LoC in India

4,113 7:26 PM - Feb 28, 2019

2,110 people are talking about this

Kapoor accused Pakistan of lying that no F-16 was used, and said there was enough evidence. Stating that Pakistan aircraft targeted military installations, he added that PAF bombs were unable to damage any of India's defence installations. Major General SS Mahal said escalation of tensions had been done by Pakistan but India was prepared for any contingency if the enemy provoked it.

Mechanised forces were put on standby and troops were ready to deal with any security challenge, he said. Rear Admiral of the Indian Navy Dalbir Singh Gujral said the force was in a high state of readiness to deal with any Pakistan maritime misadventure. The joint press conference by the three services came after Modi held a security review meeting in New Delhi.



Delhi: Visuals from the high level meeting on security chaired by Prime Minister Narendra Modi at 7 Lok Kalyan Marg

2,387 7:34 PM - Feb 28, 2019

726 people are talking about this

Prior to the news of his release, Abhinandan's father said he was proud of his son's bravery and thanked the people for their support and good wishes. In a statement, S Varthaman, a retired Air Marshal, referring to a purported video of his son after his capture, said he spoke like a "true soldier" despite being in captivity and that he was praying he would not get tortured, and return home "safe and sound".

Source: firstpost.com

FACTS JAMMU-KASHMIR FACTS ABOUT KASHMIR TERRORISM



State of J&K Under India (Area wise 101380 sq Km) Excluding POK.

Kashmir : 15% Jammu : 26% Ladakh : 59%

85,000 sq Km comprising 85% area are not Muslim Majority.

Population - 1.25 Crores

Kashmir : 69 Lakhs. (Only 55 Lakhs speak Kashmiri. Rest 13 lakhs speak Non Kashmiri languages.)

Jammu : 53 Lakhs. (Dogri, Punjabi, Hindi)

Ladakh : 03 Lakhs. (Ladakhi language)

This does not include 7.5 lakh people settled who do not have citizenship.

There are 22 districts in J&K. Out of which only 5 Districts where separatists have the say ; Srinagar, Anantnag, Baramullah, Kulgam and Pulwama.

Other 17 districts are Pro India. So separatist's writ runs in just 15% of the population which are Sunni Muslim dominated.

Interestingly these 5 districts are far away from Pakistan Border/LOC.

There are more than fourteen major Religious/ethnic groups comprising 85% of the population of J&K who are Pro India.

These include:

- Shias;
- Dogras: (Rajputs, Brahmins & Mahajans);
- Kashmiri Pandits;
- Sikhs;
- Buddhists (Ladakhis);
- Gujjars;
- Bakarwals;
- Paharis;
- Baltis;
- Christians & many more.

Majority of the people in J&K do not speak

Kashmiri as their mother tongue. It's Dogri, Gujjari, Punjabi, Ladhaki, Pahari etc.

Only 33 % people in Kashmir speak Kashmiri & this group controls narrative from Hurriyat to militants and from NC and PDP.

This 33% controls business, bureaucracy & agriculture. This sunni 33% is opposed to India although population of all other muslims in JK is 69%.

Shias (12%), Gujjars Muslims (14%), Pahadi Muslims (8%), Buddhists , Pandits, Sufis, Christians and Jammu Hindus/ Dogras (aprox 45%) are totally opposed to separatism and Pakistan.

Stone pelting , Hoisting of Pakistani flags & Anti India demonstrations are held in just 5 Districts in Kashmir valley.



Other 17 districts have never participated in such activities. Poonch and Kargil have above 90% Muslim population. There has never been an Anti India or separatist protest in these districts.

It is only the Anti National Media and other Anti India forces who with their own nefarious designs have created an impression that "WHOLE J&K" is against India.

Whereas the truth is that just 15% of the Population comprising Sunni Muslims inhabiting 5 Districts of Kashmir province are fanning the separatist activities.

Please spread this message to every INDIAN to UNITE and SAVE the Sovereignty of Our Nation and Defeat the Nefarious Designs of Pakistan and root out terrorism.

Jai Hind !!

Thanx to Prakash Katoch for the fabulous post

Source: OP Malhotra (Pune, Maharashtra)

IAF Pilot Varthaman To Be Handed Over To India

NEW DELHI: Indian Air Force pilot Abhinandan Varthaman, captured by Pakistan on Wednesday, will be handed over to India at around 9 pm. New Delhi wanted to bring back captured Indian Air Force (IAF) pilot Abhinandan Varthaman from Pakistan by a special flight, but was denied permission. Pakistan has said Wing Commander Abhinandan Varthaman was being released as a "gesture of peace". It is not clear whether the pilot will be handed over to the International Red Cross or to the Indian authorities by Pakistan.



Wing Commander Abhinandan Varthaman's MiG 21 was shot during an aerial combat between India and Pakistan on Wednesday morning. He has been in Pakistan since then.

Amid soaring tension, the government demanded the "immediate and safe return" of the pilot and said it "would be well-advised to ensure that no harm comes to him".

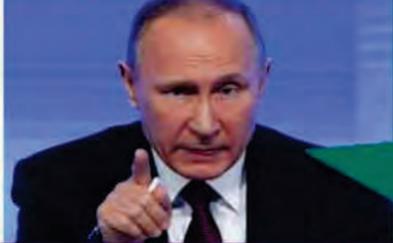
Tensions between the two countries escalated after Indian fighters bombed terror group Jaish-e-Mohammed's biggest training camp near Balakot deep inside Pakistan early Tuesday. It came 12 days after the JeM claimed responsibility for a suicide attack on a CRPF convoy in Kashmir, killing 40 soldiers.

India had rejected Imran Khan's call on Thursday for a dialogue, saying there would be "no deal" on the Wing Commander Abhinandan Varthaman's release.

Source : ndtv.com

**THOSE WHO ARE
PLANNING TO ATTACK
INDIA NEED TO
FACE US
- ISRAEL**





**WE ARE ALWAYS
WITH INDIA
- RUSSIA**

**INDIA IS OUR FRIEND
NATION & WE ARE
ALWAYS WITH INDIA
- AMERICA**





**IF INCASE CHINA
ATTACKS INDIA THEN
THE END OF CHINA
WILL BEGIN!!!
WE ARE WITH INDIA
- JAPAN**

FEEL PROUD TO SHARE THIS PIC

China, U.S. Trade Disputes Highlighted by NAHB in Washington House Hearing

The National Association of Home Builders' chairman Greg Ugalde issued the following statement after this yesterday's House and Ways Means Committee hearing in Washington DC on US-China trade:

"We commend Rep. Mike Thompson (D-Calif.) for raising concerns at today's hearing that tariffs on Chinese goods represent a \$1 billion tax on housing and harm housing affordability. The hearing on U.S.-China trade only underscores the need for the administration to move quickly to resolve trade disputes that are needlessly raising the cost of key building materials and exacerbating the housing affordability crisis.

"U.S. Trade Representative Robert Lighthizer responded to Thompson's query on housing affordability by



talking about softwood lumber. Lighthizer's reply essentially confirms that tariffs on imports of Canadian lumber; steel and aluminum; and hundreds of products from China commonly used in U.S. residential construction are contributing to the rising cost of building materials. These higher costs are putting homeownership out of reach of working American families. The administration must resolve these trade conflicts in a manner that will provide a fair deal to American home buyers and businesses."

Source: worldpropertyjournal.com

U.S. Mortgage Applications Uptick in Mid-February



According to the Mortgage Bankers Association's latest Weekly Mortgage Applications Survey for the week ending February 22, 2019, mortgage applications increased 5.3 percent from one week earlier. This week's results include an adjustment for the Washington's Birthday (Presidents' Day) holiday.

The Market Composite Index, a measure of mortgage loan application volume, increased 5.3 percent on a seasonally adjusted basis from one week earlier. On an unadjusted basis, the Index decreased 3 percent compared with the previous week.

The Refinance Index increased 5

percent from the previous week. The seasonally adjusted Purchase Index increased 6 percent from one week earlier. The unadjusted Purchase Index decreased 1 percent compared with the previous week and was 3 percent higher than the same week one year ago.

"Mortgage rates were little changed last week, but as we anticipated, homebuyers are responding favorably to this more stable rate environment," said Mike Fratantoni, MBA Senior Vice President and Chief Economist. "Purchase applications for both conventional and government loans rose last week, with the government gain led

by a 14 percent increase in applications for VA purchase loans."

Added Fratantoni, "Refinance application volume increased as well, with the index reaching its highest level in a month. Borrowers with larger loans tend to be more responsive for a given drop in rates, and competition for these loans is fierce. Therefore, it was not surprising to see the average rate for a 30-year fixed jumbo loan drop to its lowest level since January 2018."

The refinance share of mortgage activity decreased to 40.4 percent of total applications from 41.7 percent the previous week. The adjustable-rate mortgage (ARM) share of activity decreased to 7.3 percent of total applications.

The FHA share of total applications remained unchanged from 10.2 percent the week prior. The VA share of total applications increased to 10.7 percent from 10.1 percent the week prior. The USDA share of total applications decreased to 0.6 percent from 0.7 percent the week prior.

The average contract interest rate for 30-year fixed-rate mortgages with conforming loan balances (\$484,350 or less) decreased to 4.65 percent from 4.66 percent, with points remaining unchanged at 0.42 (including the origination fee) for 80

percent loan-to-value ratio (LTV) loans. The effective rate decreased from last week.

The average contract interest rate for 30-year fixed-rate mortgages with jumbo loan balances (greater than \$484,350) decreased to 4.40 percent from 4.56 percent, with points increasing to 0.29 from 0.23 (including the origination fee) for 80 percent LTV loans. The effective rate decreased from last week.

The average contract interest rate for 30-year fixed-rate mortgages backed by the FHA decreased to 4.64 percent from 4.68 percent, with points decreasing to 0.48 from 0.58 (including the origination fee) for 80 percent LTV loans. The effective rate decreased from last week.

The average contract interest rate for 15-year fixed-rate mortgages decreased to 4.00 percent from 4.04 percent, with points decreasing to 0.38 from 0.44 (including the origination fee) for 80 percent LTV loans. The effective rate decreased from last week.

The average contract interest rate for 5/1 ARMs decreased to 3.95 percent from 4.00 percent, with points increasing to 0.4 from 0.24 (including the origination fee) for 80 percent LTV loans. The effective rate increased from last week.

Source: worldpropertyjournal.com

Nayanthara and Keerthy Suresh to star in Rajinikanth's next film?

While no official announcement has been made from the makers of Rajinikanth-AR Murugadoss film, buzz is the film may star Nayanthara and Keerthy Suresh.



Superstar Rajinikanth, who is basking in the success of 2.0 and Petta, is all set to team up with AR Murugadoss for a film. Even though the makers are yet to officially announce the complete cast and crew list, rumours have emerged that both Nayanthara and Keerthy Suresh have been signed for the project.

It is worth mentioning that Keerthy was last seen in Murugadoss's Sarkar, which featured Vijay in the lead. Nayanthara had worked with Murugadoss in Suriya's Ghajini.

Nayanthara had previously worked in Rajinikanth in Chandramukhi and Kuselan. She also has projects like Airaa, Kolayuthir Kaalam and Mr Local in her kitty.

Keerthy, on the other hand, hasn't worked with him yet; this film would be her maiden outing.

Murugadoss-Rajinikanth film was originally supposed to be bankrolled by Sun Pictures, who backed out after the recent Sarkar controversy.

The latest update is that Lyca Productions, the makers of 2.0, have taken over the reins of the project.

However, the project won't be officially announced till March 2019. "Nothing has been confirmed as of now. It's true that Rajinikanth sir has listened to Murugadoss's story and he liked it, but he hasn't officially signed the project yet. The official

announcement can be expected to be made in March," a source close to Rajinikanth said.

This would be the third outing for Lyca Productions with Rajinikanth after Kaala and 2.0. In several of his recent interviews, Murugadoss hinted that his next film could be a fantasy adventure and one can assume that it might be the one with Rajinikanth.

Recently, popular lensman Santosh Sivan took to twitter to announce that he has signed the project. He reunites with Rajinikanth after two decades since they last worked together in Thalapathy.

Earlier this week, Anirudh Ravichander confirmed that he is on board the project as composer.

Source: hindustantimes.com

90 ML movie review : A senseless adult comedy that makes mockery of feminism

90 ML movie review: This Oviya starrer is one of those films that flaunts the feminism card for all the wrong reasons. Rating: 1.5/5

Anita Udeep's adult comedy 90 ML, which features an all-women cast including Bigg Boss fame Oviya, takes a path less explored in Tamil cinema and deserves praise for that alone. It's the story of a few women who embark on an excess-filled journey of friendship and self-discovery, but end up undercutting feminism in the process.

90 ML is one of those films that flaunt the feminism card for all the wrong reasons. One of the sub-plots celebrates same-sex love but a few scenes later we see a male character pass lewd comments at the girl who accepts her homosexuality.

There are scenes where women discuss their sexual encounters with their partners but they make it sound so awkward that it defeats the whole purpose of encouraging a frank discussion about sex, and the fact that women have sexual agency. Some aspects of the film that are supposed to be discussed with sensitivity (even though this is an adult comedy) are reduced to tasteless jokes, especially dialogues involving women losing their virginity and not being sexually active. As a film, 90 ML attempts to be cool but never quite makes sense of feminism and what's even more disappointing is that it has been made by a woman director. The women in 90 ML drink and they have every right to do so. One of the women starts drinking to make her alcoholic husband stop and her efforts pay off in the end. We see the women smoke up, and if the intention is to drive home the point that they're free to do so, it has already been made in the drinking sequence. We also get scenes where the women get drunk, get into a brawl and create a ruckus because if men can do it then why can't women?

And this is where the flawed and limited understanding of feminism comes in. Films like 90 ML encourage the bro culture and refuse to alter the gender roles



or expectations in mainstream films. The content keeps it to superficial, forcing women to embrace what is considered cool without wading too deep into what really consists of women empowerment.

Despite the presence of Oviya, who comes across as an upgraded version of wink girl Priya Prakash Varrier, the film needed better actors to convincingly portray the characters. Featuring mostly newcomers, one could easily sense the discomfort with which the actors play their respective parts. Oviya does shine in parts, but even she can't save the film after a point as it heavily relies on the camaraderie between the lead actors, which is never evident throughout the film.

For a film that openly talks about booze, getting high and sex, it never utters the word orgasm, which is casually referred to as O. In a shameless attempt to pander to the masses, it prefers using innuendos to refer to body parts instead of encouraging a healthy discussion.

90 ML could've been a very important film about women coming to terms with their sexuality and freedom, but it simply chooses to be a senseless adult comedy.

Source: hindustantimes.com

Luka Chuppi review: Pankaj Tripathi is the unlikely victim of this Kartik Aaryan, Kriti Sanon comedy

Luka Chuppi movie review: The Kartik Aaryan, Kriti Sanon film takes an important topic and squanders it away. The film has its moments but you have to wait for them. Rating: 2.5/5.



Luka Chuppi movie review: Kartik Aaryan and Kriti Sanon film targets moral police in India.

There is something about Pankaj Tripathi. His presence in a film/web series/advertisement/music video/on a juice stall poster makes you believe that whatever he is a part of will be wholesome and fulsome. You want to order that glass of mix juice because you believe it will be a more honest glass of mix juice. You hope that the political parties don't find out about this superpower of Pankaj Tripathi's because who knows how they will use it.

And it is when Luka Chuppi takes Pankaj Tripathi, dresses him up in red trousers, a yellow shirt and green sunglasses; saddles him with a clichéd role and worse dialogues, that you want to give up. Tripathi still manages to carry it off – with great power comes great responsibility, and our actor knows it – but just about.

In the above two paragraphs lies the inherent problem with Luka Chuppi – it takes good material and excellent performers and turns them into caricatures. Sure, it has its moments and the second half is largely enjoyable, but you have to wait for the fun. After a slew of excellent small-town dramas, my expectations are high and my patience thin.



Luka Chuppi review: Kartik Aaryan's character is a far cry from his earlier misogynistic films.



Kartik Aaryan and Kriti Sanon are ably backed by the ensemble cast.

At the heart of the story is the moral policing in India and the refusal of our self-appointed moral guardians to allow any kind of sexual agency to the youth over their own lives. Film actor Nazeem Khan (Abhinav Shukla) becomes the enemy number one of the Sanskriti Raksha Manch – the name is self explanatory – after he accepts that he is in a live-in relationship. They can't beat up Khan for destroying our sanskriti, so they do the next best thing – attack defenceless lovers in the by-lanes of Mathura.

Heading this organization is Vinay Pathak's Vishnu Trivedi, whose religious grandstanding is in the hope of winning the upcoming election. Rashmi (Kriti Sanon) is his daughter, who has returned home to Mathura after finishing her journalism course in Delhi. Kartik Aaryan's Guddu, with his spiked hair and the reputation of being a one-star kalaakar, is the star of the local news channel.

The two soon become a team, joined by Aparshakti Khurana's Abbas – the channel's cameraman. The trio scours Mathura -- doing a vox pop of sorts to understand what people largely feel about the divisive topic of live-in relationships; the best comments come from where we least expect it – a man clad in saffron. Love soon blossoms between Kriti and Kartik, but instead of taking the saat pheras, Rashmi wants to test their compatibility via a live-in.

It is left to Abbas to find a way for the young lovers to find a sanctuary outside the confines of a small-town. They head to Gwalior – pronounced 'Gawalior', as is the wont in the region -- on the pretext of conducting a journalism project and take an apartment, without telling their families.

by: hindustantimes.com

Hrithik Roshan, Ameesha Patel have Kaho Naa Pyaar Hai reunion

Actors Hrithik Roshan and Ameesha Patel, who made their Bollywood debuts in 2000's Kaho Naa Pyaar Hai, were spotted meeting each other at a recent event.

Actors Hrithik Roshan and Ameesha Patel had a Kaho Naa Pyaar Hai reunion at a recent event in Mumbai. Pictures of the actors, who made their debuts in the 2000 film, have been shared online.

Hrithik and Ameesha bumped into each other at the Marathi film Smile Please. Hrithik was simply dressed in a blue T-shirt and jeans, while Ameesha was wearing a black crop top and shorts. Pictures show the two of them greeting each other and exchanging pleasantries.

While Hrithik went on to have a successful career as a Bollywood leading man after Kaho Naa Pyaar Hai, Ameesha has appeared in only two films since 2013. She was last seen in the Sunny Deol action comedy, Bhaiji Superhit, along with Preity Zinta.

Hrithik, meanwhile, will next be seen in Super 30, the biopic of maths teacher Anand Kumar. The film recently ran into obstacles when its director, Vikas Bahl, was accused of sexual harassment, during the Indian #MeToo movement. Initially



Hrithik Roshan and Ameesha Patel made their Bollywood debuts in 2000's Kaho Na Pyaar Hai. (Varinder Chawla)

slated to release in January, in a clash with Kangana Ranaut's Manikarnika: The Queen of Jhansi, the film has now been moved to a July 26 release.

Hrithik condemned Bahl's actions, and the director subsequently dropped out of the project, which will be overseen by Bahl's former Phantom Films partner Anurag Kashyap (in an uncredited role).

by: hindustantimes.com

THESE 8 TYPES OF CANCER ARE INCREASING IN MILLENNIALS

How Much Should You Worry?

Cancer is an ever-present health concern, especially as you age. But a recent study has found that some types are increasing dramatically in young people.

A study published in the *Lancet Public Health* from the American Cancer Society analyzed 20 years of data on cancer diagnoses in adults ages 25 to 84 and found surprising increases in cancer rates in people between 25 and 49, specifically in types related to obesity.

Of the 12 obesity-related cancer types studied, six types showed the largest spike in numbers for young Americans. Those cancers are colorectal, endometrial, gallbladder, kidney, pancreatic, and multiple myeloma, a cancer of plasma cells—cancers that typically show up in patients in their 60s or 70s.

Americans aged 25 to 29 had the greatest increases in kidney cancer, with an average annual increase of 6.23%, while people aged 30 to 34 had the largest increase in multiple myeloma, at 2.21%.

Incidence in young adults also increased for two cancers that aren't linked to obesity: gastrointestinal cancer and leukemia.

What's causing the increases?

While the study did not focus on the specific causes of the increases in these cancer rates, it did hypothesize that the trends may be influenced by the rise in overweight and obese Americans.

According to the CDC, between 1999 and 2016, obesity prevalence in the U.S. increased from 13.9% to 18.5% among children and adolescents and from 30.5% to 39.6% among



adults. This is important because research has shown that being overweight or obese can increase your risk for certain cancers.

A separate 2018 study found that excess body weight may have accounted for up to 60% of all endometrial cancers, 36% of gallbladder cancers, 33% of kidney cancers, 17% of pancreatic cancers, and 11% of multiple myelomas that occurred in 2014.

As for gastrointestinal cancer and leukemia, the researchers hypothesize that increases in autoimmune disease, antibiotic use, and exposure to environmental carcinogens may be to blame.

Should you be worried?

While not all cancer can be prevented, preventive care can help. The main takeaway from this study may be to remain vigilant about your health and weight, as cancers related to obesity showed the most significant increases. The study authors encourage doctors to continue monitoring their patients' weight and to counsel them about the health risks of obesity while promoting physical activity and diet changes. You've heard it before, but it's worth repeating: Maintaining a healthy weight, eating a nutritious diet, and getting regular exercise are important factors for preventing cancer—no matter your age.

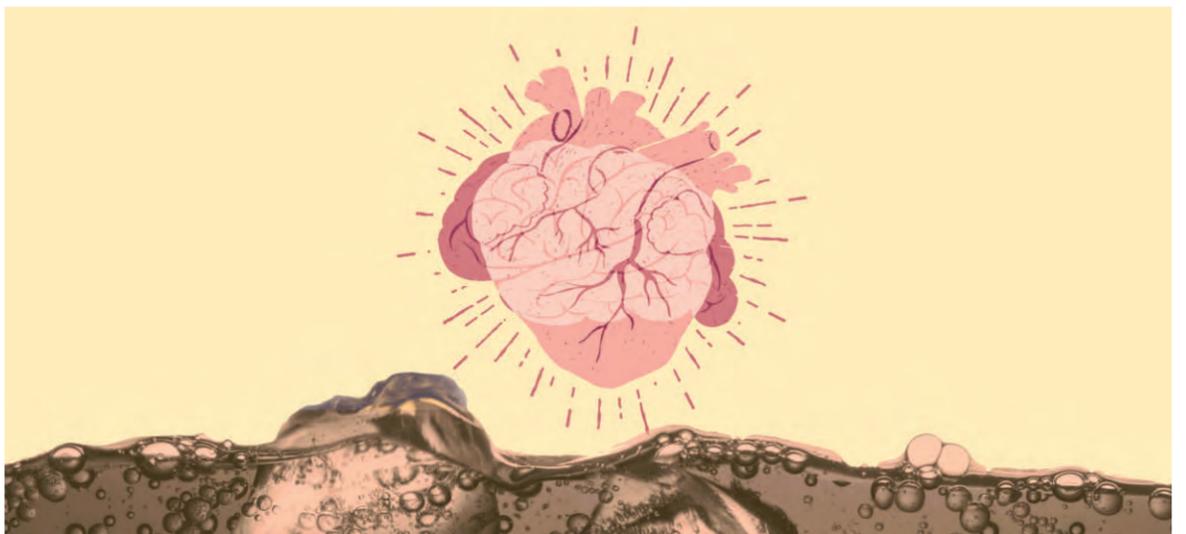
Source : health.com

Drinking Two or More Diet Sodas Each Day Is Linked to Higher Risk of Stroke, New Study Says

You might feel like you're doing your body a favor when you opt for diet soda instead of regular, but unfortunately, new research shows otherwise. Having two or more of any kind of artificially sweetened drink per day is linked to an increased risk of stroke, heart disease, and even early death, according to a new study published in the journal *Stroke*.

The American Heart Association (AHA) and American Stroke Association (ASA) teamed up to study data from nearly 82,000 women ages 50 to 79. They found that while only 5.1% of participants actually drank two or more artificially sweetened beverages per day, that group had a 23% higher risk of stroke and a 29% higher risk of heart disease over a nearly 12-year study period compared to women who rarely or never had diet drinks. The high-risk group was also found to be 16% more likely to die from any cause whatsoever. Two-a-day diet-beverage drinkers who had no previous heart disease or diabetes were 2.44 times more likely to have a stroke caused by a blood clot than women without previous conditions who drank little to no diet beverages. That number spiked to 3.93 times for African-American women but dipped to 2.03 for obese women.

The authors pointed out that the study shows only an association, not a cause-and-effect relationship, between drinking artificially sweetened beverages (aka sodas, fruit juices, teas, and more) and increased health risks.



“Many well-meaning people, especially those who are overweight or obese, drink low-calorie sweetened drinks to cut calories in their diet,” said lead study author Yasmin Mossavar-Rahmani, PhD, in a press release. “Our research and other observational studies have shown that artificially sweetened beverages may not be harmless and high consumption is associated with a higher risk of stroke and heart disease.”

The researchers don't know, however, which specific ingredient in diet drinks has the adverse health effects. “We don't know specifically what types of artificially sweetened beverages they were consuming,” Mossavar-Rahmani said, “so we don't know which artificial sweeteners may be harmful and which may be harmless.”

Diet soda has also been linked to an increased risk of dementia and - counterintuitively - weight gain, so chances are, your favorite artificially sweetened drinks aren't doing you any health favors. The AHA has previously recommended drinking water instead. We know it might sound boring, but you can opt for water that's carbonated or flavored without sweeteners to mimic the sweet, bubbly taste of soda. It could take some time to completely kick your soda habit, but we're pretty sure your body will thank you when you do.

Source : health.com

Best Foods for a Flat Belly

Eat Your way to a flat belly

When you're trying to slim down your stomach, core exercises and ab workouts go a long way—but what you eat also plays a huge role. In addition to drinking enough water, eating fresh produce and healthy fats, and avoiding notorious belly-busters (think alcohol, soda, and sugar), certain foods are particularly good for shrinking your gut.

*“If you want your abs to feel flatter, choose foods that will help decrease bloating in your stomach, such as water-packed fruits and veggies,” says Keri Gans, RD, a New York City-based nutrition consultant and author of *The Small Change Diet*.*

Cucumbers

Thanks to the flavonoid antioxidant quercetin (which reduces swelling) and a high water content of 96%, cucumbers “can definitely help prevent bloating,” says Gans. This crunchy veggie is also extremely versatile: eat it in a chopped salad, sprinkle on top of yogurt, or munch on cucumber slices with homemade hummus.

Lentils

As a member of the super-nutritious pulse family, lentils—along with other seeds that grow within pods like chickpeas, white beans, and dried peas—are packed with protein and fiber, which increase satiety. They're also a good source of iron; this is important because studies have shown that being deficient in the mineral could slow down your metabolism.

“Add lentils to salads or use in place of whole grains like brown rice,” says Cynthia Sass, MPH, RD, Health's contributing nutrition editor. “They also make a great ‘bed’ for a serving of lean protein, along with a generous portion of veggies.”

Bananas

Craving an afternoon snack? A banana may be your best bet. In addition to potassium, bananas are packed with resistant starch, a healthy carbohydrate that your body digests slowly, which keeps you full for longer. Resistant starch also encourages your liver to switch to fat-burning mode, giving your metabolism a boost.

Even more good news for your abs: “Bananas may help prevent water retention in our bodies by



regulating sodium levels,” says Gans, “decreasing the risk for bloating.”

Fennel

This perennial herb offers some serious benefits for your belly. “For centuries, fennel has been used to improve digestion, relieve GI spasms, and reduce bloat,” says Stephanie Middleberg, RD, founder of Middleberg Nutrition in New York City.

You can eat fennel raw or cooked (try sprinkling it on pizza or making Tomato-Fennel Soup). And fennel seeds have slimming properties, too: In a previous interview, Ann Louise Gittleman, PhD, recommended sipping on fennel tea to de-puff your stomach before a big



Papaya

There are lots of reasons to love this brightly colored tropical fruit, which is a rich source of vitamins A, C, E, and folate. Papayas also contain an enzyme called papain, which helps your GI system break down difficult-to-digest foods, in turn preventing inflammation and belly bloat.

In addition to eating papaya whole and fresh, “it’s wonderful, in a smoothie, in salads, or thrown on the grill with a drop of olive oil,” says Gans.

Whole grains

Gluten-free-diets may be trendy, but carbs aren't your enemy (unless you've been diagnosed with Celiac disease or a gluten intolerance). In fact, whole grain carbohydrates actually help you stay slim. Whole grains are a great source of filling fiber, which aids digestion and increases satiety. In one study, researchers found that women who regularly consumed whole grains had a 49% lower risk of major weight gain over time.

“Whole grains help better regulate blood sugar and insulin levels compared to refined grains,” explains Sass. She recommends starting your day with oatmeal, snacking on plain popcorn (yes, it’s a whole grain!), and choosing quinoa or brown rice over white.

Chili peppers

Spicy foods like chili peppers kick-start your metabolism, and they may also help you stick to your healthy eating goals. According to a 2011 study from Purdue University, capsaicin (the active component that gives chili peppers their heat) may help prevent weight gain. Researchers found that participants who ate capsaicin-rich foods had fewer cravings for fatty, salty, and sweet foods, as well as a lower preoccupation with eating in general.

To reap the fat-burning benefits, “add chili peppers to an omelet, salads, or stir fry, or just bite right in,” says Sass.

Essar Steel seeks withdrawal from IBC process, offers Rs 54,389 cr to all creditors

Essar Steel becomes the 1st company to come around & say it wants to settle its 54,000 cr NPA loan to banks taken between UPA period of 2004-14.

- Amount is 6 times of Vijay Mallya's default.
- Amount is 8 times of Nirav Modi's default.
- Amount equal to entire Rafale deal.
- All given under UPA era.

Big victory for Modi and his Insolvency & Bankruptcy code (IBC)

- IBC would do to corporate lending what CIBIL did to retail lending .
- IBC insolvency is as big a reform as GST.

Media will not show such developments in their primetime debates coz appeasing INC which gave NPA worth 54 lakh crore is important than doing justice to Modi who is yielding results despite facing odds.

https://m.economictimes.com/industry/indl-goods/svs/steel/essar-steel-seeks-withdrawal-from-ibc-process-offers-to-pay-all-creditors/amp_articles/66364125.cms?utm_source=twitter_app&utm_medium=social&utm_campaign=socialsharebuttons&__twitter_impression=true

IBC is a great success.

To loot the banks the UPA government had disbursed 47 lac crores between 2007 to 13.

This figure looks stunning if you know that only 19 lac crores was disbursed by banks from 1947 to 2006.

It was specifically mentioned by the PM recently. He calls it "phone banking". Congress was taking a 6% fee for arranging such loans



Source: OP Malhotra (Pune, Maharashtra)

India can't afford to have Bandipur-type forest fires



On February 21, a major fire broke out in the Bandipur Tiger Reserve in Karnataka, which is home to not just tigers but also elephants, spotted deer, bisons and antelopes. The fire was so severe that it took five days for the Indian Air Force and the forest officials, to douse the flames. Karnataka forest officials suspect that vandals are behind the fire. Other factors helped too: the current phase of hot and dry weather in Karnataka and Tamil Nadu, leading to the crackling dry forest; and high speed winds. On February 25, the National Remote Sensing Centre estimated that about 4,419.54 hectares or 10,920 acres of the forest were affected.

In India, forest fires peak during the dry months of March or April before the arrival of the monsoon. To minimise the risk of such fires, the forest departments must improve their management protocols by addressing certain challenges, says a 2018 World Bank Report: The lack of an adequate number of forest personnel, a wide variation in how forest fires are treated in disaster planning, and how institutional mechanisms are set up for organising the response to large fires. The report also suggested that the removal of dead hardwood trees, which create the potential for intense fires, could help reduce the number of incidents. It is also important to maintain basic fire lines (a gap in vegetation or other combustible material in the forest), which can slow down or stop the progress of a wildfire.

India cannot afford to have more Bandipur-type devastations because our forests are already under stress, thanks to increasing development needs, land management practices, excessive demand on forest resources, negligence, and climate variations. Forest fires also pose a serious threat to India's ability to expand its forest and tree cover by 2030. This could create an additional carbon sink of 2.5 to 3 billion tonnes of CO2 equivalent, in keeping with its Nationally Determined Contribution, which is at the heart of the Paris Climate Agreement and the achievement of its long-term goals.

Source: hindustantimes.com

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India-Pakistan hostility relatively lower, parties may soon amp up campaign volume before Model Code of Conduct sets in

One of the most repeated criticisms of Narendra Modi in the time since the Pulwama attacks, when tensions between India and Pakistan have risen enough to exclude every other concern, has been his presence at public meetings. In situations where heads of states are usually seen heading into closed door meetings, Modi stood on dais after dais, laying a foundation stone here, washing feet there and promising money elsewhere. Modi's conduct would not have been considered out of place had the situation with Pakistan not deteriorated so rapidly.

It is, after all, the 2019 general elections — the festival that looks to return to the agenda of political parties now that the situation between Pakistan and India looks to de-escalate with the return of captured Wing Commander Abhinandan Varthaman.

The 14 February attack on Pulwama, killing 42 Central Reserve Police Force soldiers, had jolted the campaign machinery of political

parties into silence. While promises not to politicise the issue for political gains were soon broken, what failed to take off in the aftermath of back-to-back developments starting with the funerals of the soldiers, the Indian air strike on Balakot, the Pakistani strike in India and the capture of the Wing Commander, was the efforts of parties and governments to court voters.

Break from practice

A day after the Pulwama terror attack, reported The Economic Times, the government had decided that though political programmes should be suspended, development projects should not take a hit.

Modi, as the face of both the government and conveniently the BJP, flagged off the Vande Bharat Express and announced projects at Jhansi on 15 February, launched new projects or spoken at party functions at Pandharkawada



Prime Minister Narendra Modi washes the feet of safai karmacharis at Kumbh Mela. News18

and Dhule on 16 February, and at Barauni and Hazaribagh on 17 February. On 24 February, he launched the PM-KISAN programme, so that the first installment of the Rs 6,000 promised in the interim Budget could be paid to farmers.

Source: firstpost.com

Amit Shah slams Imran Khan for not condemning Pulwama attack



BJP president Amit Shah Friday slammed Pakistan Prime Minister Imran Khan for not condemning the Pulwama terror attack and asked how India can trust him.

Speaking at the India Today conclave here, Shah said the Modi government has been able to create “fear” among those behind terrorism with its actions against Pakistan-based terrorists, and asserted a message has gone that India is no longer ruled by a dispensation that was at the helm between 2004-14, referring to the Congress-led UPA.

Asked about Khan’s offer for talks with India, the BJP chief said, “He does not have two words of condemnation that the incident (Pulwama attack) was wrong. He should condemn it. How can we trust you. What are you talking?” “You will speak and we will listen without finding out your intentions,” he said, referring to Khan’s comments that he was ready for talks.

In his brief reference to the Pulwama incident in which 40 CRPF personnel were killed in a terror attack, Khan had said on Wednesday, “We know how the families of those killed in Pulwama incident must have felt. We have been the victims of war for decades.” Shah said it may be possible that Khan is not in control, but he should have at least paid a “lip service” and condemned the attack. Putting the UPA government in the dock for not giving a befitting reply to the enemy after the Mumbai terror attack in 2008, he said the

Modi government has been the best dispensation since Independence in responding to terrorism.

“We have a policy of zero tolerance against terrorism and the Modi government has the will to implement it on ground. Whenever we are attacked, we will give a befitting reply. Enemies will now think ten times before doing something,” the BJP chief said.

Hitting out at the Opposition over its accusation that the BJP was “politicising” the sacrifices of the armed forces, Shah said it has become a “reason for happiness” for Pakistan.

The joint statement of opposition parties brought cheers to Pakistan and its media, he claimed. He also attacked former prime minister Manmohan Singh for his statement on Wednesday in which he had hoped that saner counsels will prevail in India and Pakistan, and had noted that they are grappling with another crisis of the “mad rush of mutual self destruction”.

Pakistan and India cannot be equated as one sponsors terrorism and the other is acting in self-defence, Shah said. “How can you put the two countries on the same platform? Can the country (India) be run with such a mindset. I am surprised,” he said.

To a question about the row over BJP leader B S Yeddyurappa’s claim that air strikes in Pakistan will help the saffron party win 22 of the 28 seats in Karnataka in the Lok Sabha polls, Shah said he was doing an “analysis” of the current situation but added that he should not have said so.

Expressing confidence of the BJP’s win in the general election, he said Modi has given hope to over 50 crore people that there is a prime minister who thinks about them. he central government has improved living standards of over 22 crore families, Shah said.

Source: hindustantimes.com

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