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## Diplomacy fails to defuse India and China border crisis

NEW DELHI - India's diplomatic efforts to end a seven-week military standoff with China have hit a roadblock, people briefed on the talks said, prompting Chinese state-run media to trumpet rhetoric of "unavoidable countermeasures" on the unmarked border.

China has insisted that India unilaterally withdraw its troops from the remote Doklam plateau claimed by both Beijing and Indian ally Bhutan.

But China did not respond to India's suggestion in the talks that it move its troops back 250 meters (820 ft) in return, said one source with close ties to Prime Minister Narendra Modi's government.

In the low-key diplomatic maneuvers that took place outside the public eye, the Chinese countered with an offer to move back 100 meters (328 ft), so long as they received clearance from top government officials.

But there has been no come-back since, except for China's mounting warnings of an escalation in the region, which it calls Donglang.

"It is a logjam, there is no movement at all now," said a second source with knowledge of the talks.

In Beijing, China's Foreign Ministry said the country would never give up any territory.

"Under no circumstances will China make its own territorial sovereignty a term of exchange," it said in a statement sent to Reuters when asked about the talks, reiterating that India had to unconditionally withdraw its forces.

Indian troops went into Doklam in mid-June to stop a Chinese construction crew from extending a road India's military says will bring China's army too close for comfort in the northeast.



FILE PHOTO: Chinese President Xi Jinping shakes hands with Indian Prime Minister Narendra Modi (L) during the G20 Summit in Hangzhou, Zhejiang province, China on September 4, 2016.

Their faceoff since, military experts say, is the most serious since going toe-to-toe in the 1980s, with thousands of soldiers each, elsewhere along the 3,500-km (2,175-mile) border.

China has held off going to war in the hope New Delhi would see reason, the state-run Global Times, which has kept up a barrage of hostile commentary, said on Tuesday.

"If the Narendra Modi government continues ignoring the warning coming from a situation spiraling out of control, countermeasures from China will be unavoidable," it said.

The border crisis caps a year of souring diplomatic ties between the Asian giants, even though trade between the fast growing economies is rising rapidly.

India has grown concerned at China's ties to its arch rival Pakistan, viewing their trade corridor across Kashmir as an infringement of its claim to the whole of the region.

Modi refused to join President Xi Jinping's signature Belt and

Road initiative to knit together Asia and beyond, making India the lone country to boycott a summit in May.

China has warned New Delhi not to be drawn into a Western military alliance led by the United States and including Japan.

Modi has sought closer ties with both.

"There will be no happy ending for this confrontation," Indian foreign policy expert C. Raja Mohan wrote in the Indian Express newspaper, adding that India was unlikely to give in.

### China-India border dispute

Relations between China and India, often tense over their deep mutual suspicion, are again at a low point because of the dispute near the three-way border between India, its ally Bhutan, and China.



Sources: Openstreetmap; China's Ministry of Foreign Affairs. C. Inton, 02/08/2017

REUTERS

**Thought of the Week:** "Though nobody can go back and make a new beginning... Anyone can start over and make a new ending." - Chico Xavier

# HAPPY INDIA



# INDEPENDENCE DAY

## Indian hotels to train staff to spot signs of sex trafficking



Hotels in Mumbai and other Indian cities are to train their staff to spot signs of sex trafficking such as frequent requests for bed linen changes or a "Do not disturb" sign left on the door for days on end.

MUMBAI - Hotels in Mumbai and other Indian cities are to train their staff to spot signs of sex trafficking such as frequent requests for bed linen changes or a "Do not disturb" sign left on the door for days on end.

The group behind the initiative is also developing a mobile phone app – Rescue Me – which hotel staff can use to alert local police and senior anti-trafficking officers if they see suspicious behaviour.

"Hotels are breeding grounds for human trade," said Saneel Awsarmmel, chairman of the alumni group of Maharashtra

State Institute of Hotel Management and Catering Technology.

"(We) have hospitality professionals working in hotels across the country. We are committed to this cause."

The initiative, spearheaded by the alumni group and backed by the Maharashtra state government, comes amid growing international recognition that hotels have a key role to play in fighting modern day slavery.

Maharashtra, of which Mumbai is the capital, is a major destination for trafficked girls who are lured from poor states and nearby countries on the promise

of jobs, but then sold into the sex trade or domestic servitude.

With rising property prices, some traditional red light districts like those in Mumbai have started to disappear pushing the sex trade underground into private lodges and hotels, which makes it hard for police to monitor.

Awsarmmel said hotels would be told about 50 signs that staff needed to watch out for.

These include requests for rooms with a view of the car-park which are favoured by traffickers as they allow them to vet clients for signs of trouble and check out their cars to gauge how much to charge.

Awsarmmel said hotel staff often noticed strange behaviour such as a girl's reticence during the check-in process or her dependence on the person accompanying her to answer questions and provide her proof of identity.

But in most cases, staff ignore these signs or have no idea what to do, he told the Thomson Reuters Foundation.

The Rescue Me app - to be launched in a couple of months - will have a text feature where hotel staff can fill in details

including room numbers to send an alert to police.

Human trafficking is the world's fastest growing criminal enterprise worth an estimated \$150 billion a year, according to the International Labour Organization, which says nearly 21 million people globally are victims of forced labour and trafficking.

Last year, major hotel groups, including the Hilton and Shiva Hotels, pledged to examine their supply chains for forced labour, and train staff how to spot and report signs of trafficking.

Earlier this year, Mexico City also launched an initiative to train hotel staff about trafficking.

Vijaya Rahatkar, chairwoman of the Maharashtra State Women's Commission, said the initiative would have an impact beyond the state as the alumni group had contact with about a million small hotels across India.

The group is also developing a training module on trafficking for hotel staff and hospitality students which could be used across the country.

### Over 500 minors rescued in anti-human trafficking drive in Rajasthan

RAJASTHAN - Over 500 minors forced to work at hotels, factories and engaged in begging have been rescued in Rajasthan's Hadouti region during Operation Milap – a special drive by anti-human trafficking cell of the police.

More than 50 of these children have been reunited with their families following the month-long drive which concluded on June 15, officials said.

The Hadouti region consists of the districts of Bundi, Baran,

Jhalawar and Kota.


At least 336 children were rescued from various places in Kota during the drive, superintendent of police, Kota City, Anshuman Bhomia told reporters here.

Of them, 237 were rescued from hotels, dhabas, messes, factories and shops, he said.

Fifty two children, including 24 girls, between 5-12 years of age were rescued from begging, the SP said, adding 46 of them have been reunited with their respective families.

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## NATIONAL NEWS

# Doctor who scammed hundreds will go to prison for 10 years



Dr. Sreedhar Potarazu

By Rachel Weiner

ALEXANDRIA, VA - Sreedhar Potarazu was brilliant, everyone agrees, an ophthalmic surgeon who started college at age 15 and earned degrees in medicine and business.

The doctor from Potomac, Md., told friends and colleagues that he was using those talents to develop innovative software that would curb health-care costs. If they invested, they could help solve a major national problem and make some money along the way.

In fact, he was entangling his investors in a multimillion-dollar scam. Potarazu was sentenced last month in federal court in Alexandria to 10 years in prison for shareholder and tax fraud, The Washington Post

reports.

"Our lives will never be the same," said Anjali Mathur, a physician and one of the investors, at a hearing this year. "To me, he's the Bernie Madoff of the Washington metro area."

From 2008 until his arrest in October 2016, Potarazu persuaded 174 investors to put a total of more than \$49 million into a company called VitalSpring. He repeatedly told them that the company would soon be sold and their money returned many times over.

To back up his claims, he fabricated tax returns, business contracts, balance sheets and even an entire bank website. He persuaded one shareholder to increase her investment by claiming that a key backer had died in the 2013 Navy Yard

attack. And he once had an impostor play the general counsel for a Fortune 500 company on a conference call. When under pressure from shareholders and investigators, he faked a letter from a doctor stating that he had testicular cancer, according to prosecutors.

In his defense, Potarazu argued that VitalSpring was a legitimate enterprise with real clients and some revenue, and that the vast majority of investment funds did go into the company. He said he lied to investors and failed to pay taxes only to buy time while trying to find a buyer or major contract.

"I took an oath to do no harm, and yet I did," he said at sentencing.

Prosecutors presented testimony that the software produced by VitalSpring had little value.

At a hearing in May, victims testified that they had lost savings they needed for retirement or to care for children and sick relatives. They had believed Potarazu in part because, like many of them, he was a doctor.

Potarazu also treated the victims like family members and assured them he would encourage his wife or daughter to make the same investments. Now, several said, their own family members do not trust them. The

fallout from the case includes divorces and lost homes.

"He would touch my wife's feet every time he met her as a sign of respect," recalled Vijay Varma, a doctor who said he lost millions of dollars to Potarazu. "He treated her as his own mother. ... I trusted Sreedhar like a family member, and he threw my trust in my face."

Girish Jindia lamented that he had encouraged "young people with families" who work at his government contracting firm in Arlington to invest their savings in VitalSpring.

"I see them every day, and they say, 'What did you get us into?'" Jindia testified. "I have to live with that the rest of my life."

When lies did not work, Potarazu turned vicious. He threatened balking shareholders with death and smeared them online as pedophiles and perverts, they said in court. He fabricated emails making them appear mentally unstable.

Jeff Waters, an investor, said at a court hearing in May that when he began investigating Potarazu's financial claims, other shareholders received an email that directed them to a website claiming that Waters was being sought by D.C. police for molesting small boys.

"This man is a monster,"

Waters testified. "I still worry, when he is free, that I am not a safe person."

Potarazu used the money he took out of VitalSpring to position himself as a "thought leader" and "inside the Beltway power player," prosecutor Caryn Finley said at sentencing. He spent hundreds of thousands of dollars writing a book and getting himself booked for interviews on Fox Business. He donated heavily to the Democratic National Committee. (He has requested, through counsel, that the \$330,000 he donated be returned and used to repay investors). He sponsored Indian dance performances at the Kennedy Center.

Potarazu launched VitalSpring in 1999, and several investors from the Netherlands put about \$20 million into its early development. U.S. District Judge Gerald Bruce Lee concluded that everyone who invested after 2008 - when VitalSpring was already on the verge of bankruptcy - did so only because they had been told lies. The company declared bankruptcy last month.

"To cheat your own friends and even your mentors, my goodness," Lee said before imposing the sentence. "It must have been ego; it must have been greed."

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*Letters may be published or distributed in print, electronic or other forms.*

# FBI investigators seek suspects in Minnesota mosque bombing

BLOOMINGTON, MI (AP) — FBI investigators are seeking suspects after an explosive device tore through part of a suburban Minneapolis mosque as people were preparing for morning prayers, damaging a room but not causing any injuries, authorities and

witnesses said.

The blast happened at around 5 a.m. last Saturday at the Dar Al-Farooq Islamic Center in Bloomington, according to Bloomington Police Chief Jeff Potts. Windows of the imam's office were shattered, either by the blast or by an object thrown

through them, the Minneapolis Star Tribune reported.

One worshipper saw a pickup truck speeding away shortly after the explosion, said Mohamed Omar, the center's executive director. He said the mosque, which primarily serves people from the area's large



Minnesota Gov. Mark Dayton speaks at a news conference at the Dar Al-Farooq Islamic Center in Bloomington, Minnesota, where an explosion damaged a room and shattered windows as worshippers prepared for morning prayers early last Saturday.

## Indian-American doctor named in nationwide Medicare fraud bust

BROOKLYN, NY — Ten New York City medical professionals who stand accused of defrauding Medicare and Medicaid of more than \$125 million were arrested during a nationwide "takedown" of health care fraudsters that Attorney General Jeff Sessions called the biggest in the country's history, prosecutors said last month.

Ten Brooklyn and Queens medical professionals are among 412 defendants from across the nation charged with making \$1.3 billion in fraudulent billings, officials said.

Among the ten is cardiologist Ghanshyam Bhambhani, 52, of Queens who is charged with paying other doctors for patient referrals. Bhambhani faces up to five years in prison if convicted.

"Bhambhani's alleged acts of illegally paying for patient referrals and submitting a plethora of false million-dollar claims to Medicare and Medicaid were aimed towards selfish gain," FBI Assistant Director-in-Charge Sweeney Jr. stated. "Crimes of this nature not only stand to compromise government programs created to assist those in need, but also the confidence of those who put great trust in doctors and medical professionals. It goes without saying that to betray this trust is utterly unethical."

"Being a health care provider in the Medicare and Medicaid programs is a privilege, not a right. When fraudsters rip off scarce taxpayer funds meant to pay for legitimate health care services, they undermine these vital programs

and affect the millions of Americans who rely on them," said Special Agent in Charge Lampert of HHS-OIG.

The criminal complaint charges Bhambhani with violating the Anti-Kickback Statute by paying other physicians for patient referrals to his practice. A search warrant was also executed at his medical office in Ozone Park.

According to the complaint, physicians who worked with the doctor covertly recorded him discussing paying for patient referrals. Bhambhani, along with other employees of his practice, submitted over \$3.7 million in claims to Medicare Part B, and Bhambhani is listed as the attending physician for over \$7.4 million in claims submitted to Medicare Part A.

Somali community, occasionally receives threatening calls and emails.

"We came to this country for the same reason everyone else came here: freedom to worship," Yasir Abdalrahman, a worshipper at the mosque, told the newspaper. "And that freedom is under threat. Every other American should be insulted by this."

Asad Zaman, director of the Muslim American Society of Minnesota, described the attack as a firebombing.

Investigators will try to determine whether the incident

was a hate crime and who may have been behind it, according to Richard Thornton, special agent in charge of the FBI's Minneapolis Division.

Thornton said during an afternoon news conference that the explosion was caused by an "improvised explosive device," and that investigators have recovered components of the device to figure out how it was put together.

But he didn't take questions and declined to provide details about the device, citing the ongoing investigation, which is being led by the FBI.



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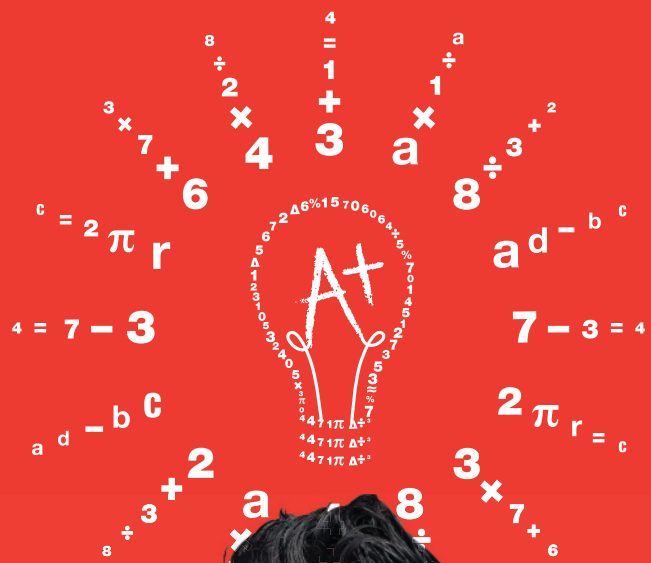
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# Venkaiah Naidu sworn-in as the Vice-President of India

NEW DELHI - Former Union Minister and veteran BJP leader M Venkaiah Naidu took oath as the 13th Vice President of India. Naidu won the vice presidential election last week after defeating Gopalkrishna Gandhi who was fielded by the opposition.

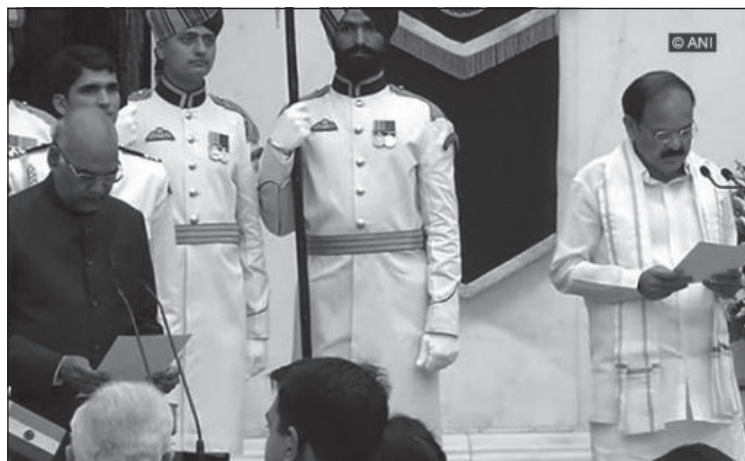
The swearing-in ceremony was held at Durbar Hall of Rashtrapati

Bhawan. Naidu paid tributes to Mahatma Gandhi at Raj Ghat. He later honoured Jan Sangh leader Deendayal Upadhyaya, Dr. BR Ambedkar and Sardar Vallabhai.

On Thursday, Naidu said that Indian ethos is of mutual respect for each other. He added that people tried to use minority issues for political purposes. Naidu's

statements were in wake of outgoing Vice President Hamid Ansari's statement over unease among Muslims in the country.

The oath of office was administered to Naidu by President Ram Nath Kovind. The ceremony was attended by Prime Minister Narendra Modi, MPs from all political parties, former president



Venkaiah Naidu (far right) sworn in as India's 13th Vice President.

Pranab Mukherjee and former prime minister Manmohan Singh.

Naidu who was the minister of information and broadcasting was initially reluctant to be NDA's presidential nominee. However, he later agreed after being persuaded by the party. He is the second BJP leader to assume the post of Vice President after Bhairon Shekhawat (2002-2007).

Venkaiah Naidu was the national vice president of BJP's youth wing from 1980 to 1983. He was the leader of BJP's legislature party in Andhra Pradesh Assembly from 1980 to 1985. He held the post of the state president of BJP's Andhra Pradesh unit from 1988 to 1993.

Between 1993 and 2000, Venkaiah Naidu was BJP's national general secretary. He rose to become the BJP's president in July 2002. He held the post till December 2002.

Venkaiah Naidu has held the post of BJP's national president on two occasions. The second time it was between January 2004 and October 2004.

Between April 2005 and January 2006, he was BJP's senior vice president.

From January 2006 onwards, he is a member of BJP's Parliamentary Board and Central Election Committee. He was BJP's national spokesperson between 1996 and 2000.

## News in Picture



REUTERS/Danish Ismail

A woman ties a Rakhi or a traditional Indian sacred thread on the wrist of a police officer to celebrate the Hindu festival of Raksha Bandhan, during which a sister ties one or more of the sacred threads onto her brother's wrist to ask him for her protection, inside India's Central Reserve Police Force (CRPF) camp at the airport in Srinagar on August 7, 2017.

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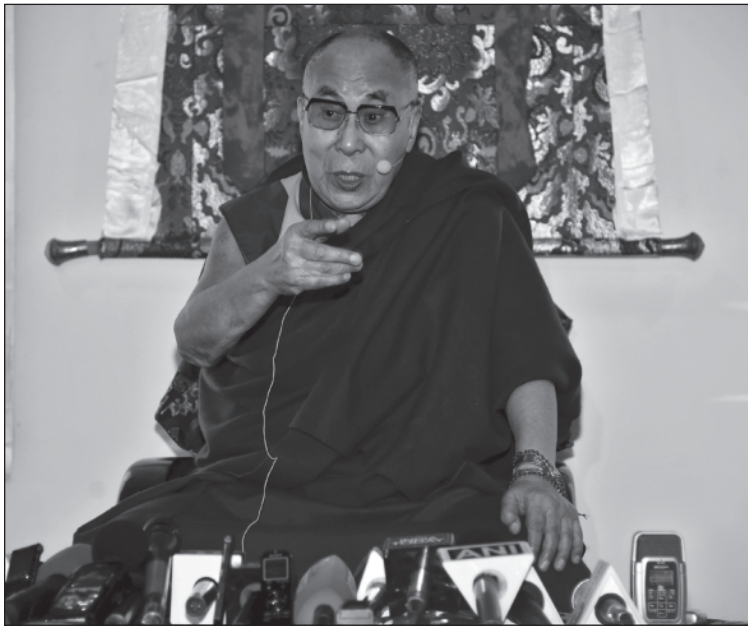


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## Talks are only way for India, China to end standoff says Dalai Lama



FILE PHOTO: Tibetan spiritual leader Dalai Lama speaks at a press conference after delivering teachings at Yiga Choezin, in Tawang, in the northeastern state of Arunachal Pradesh, India on April 8, 2017.

is destruction of yourself. The only way is through talks.”

Indian troops went into Doklam in mid-June to stop a Chinese construction crew from extending a road India’s military says will bring China’s army too close for comfort in the northeast.

Beijing has demanded India leave the area, and low-key talks between the neighbours have produced no breakthrough, raising fears the two could stumble into a conflict.

India and China have a 3,500-km (2,175-mile) -long mountain border over which they fought a 1962 war that ended in India’s defeat. They have since failed to settle the border, leading to frequent claims of intrusions into

each other’s territories.

The chance of a conflict was low, however, despite exchanges of harsh words, the Dalai Lama said.

“Two big nations don’t have the ability to eliminate the other or defeat the other. So you have to live side by side.”

Tension between India and China has been rising over several issues. India is concerned over Beijing’s military collaboration with arch rival Pakistan as well as its expanding involvement in infrastructure development across South Asia.

China has railed against the Indian government’s public embrace of the Tibetan Buddhist spiritual leader, whom it regards as a

“dangerous splittist.”

The Dalai Lama said there was a chance dialogue could resume with Chinese President Xi Jinping’s representatives after a Communist Party congress set for Oct-Nov that is expected to confirm Xi for a second term as party general secretary and could reshuffle other top posts.

“Some of my friends say, after the 19th party meeting, some old politburo member may change because of age. So my friends say, after the 19th party meeting, there could be some possibility, some change.”

There have been no formal talks between Beijing and the Dalai Lama’s representatives since 2010.

NEW DELHI - India and China will have to resolve their prolonged military standoff in a remote Himalayan region through talks, the Dalai Lama said on Wednesday, ruling out the chance of war because it would be destructive to both parties.

Indian and Chinese troops have been embroiled in a seven-week confrontation on the Doklam plateau, claimed by both China and India’s tiny ally,

Bhutan.

The Dalai Lama, who lives in exile in India after fleeing a failed uprising against Chinese rule in Tibet, said there would be no victors in a war and talks were the only option.

“This century should be a century of dialogue,” the Nobel peace laureate said in the Indian capital. “One-side victory, one-side defeat is old thinking. Destruction of your neighbour

### Peon rapes 4-year-old girl in a Malad school

MUMBAI - A four-year-old girl was allegedly raped by a peon inside a renowned ICSE Board school in suburban Malad following which the accused was arrested, police said on Tuesday. The peon allegedly sexually assaulted the girl inside a wash-room of the school between August 1 and 4, Senior Police Inspector of Dindoshi police

station, Rajaram Vhanmane said.

Her mother filed a complaint on August 5. A case on the charge of rape and under relevant sections of the Protection of Children from Sexual Offences Act was registered, said the officer.

“We subsequently identified and apprehended the accused yesterday,” Vhanmane said, add-

ing the accused was produced in a local court which remanded him in police custody till August 11. This morning, parents of other students gathered outside the school and staged a protest. “The parents want assurance of safety of their children,” Deputy Commissioner of Police (Zone-12) Vinay Rathod said.

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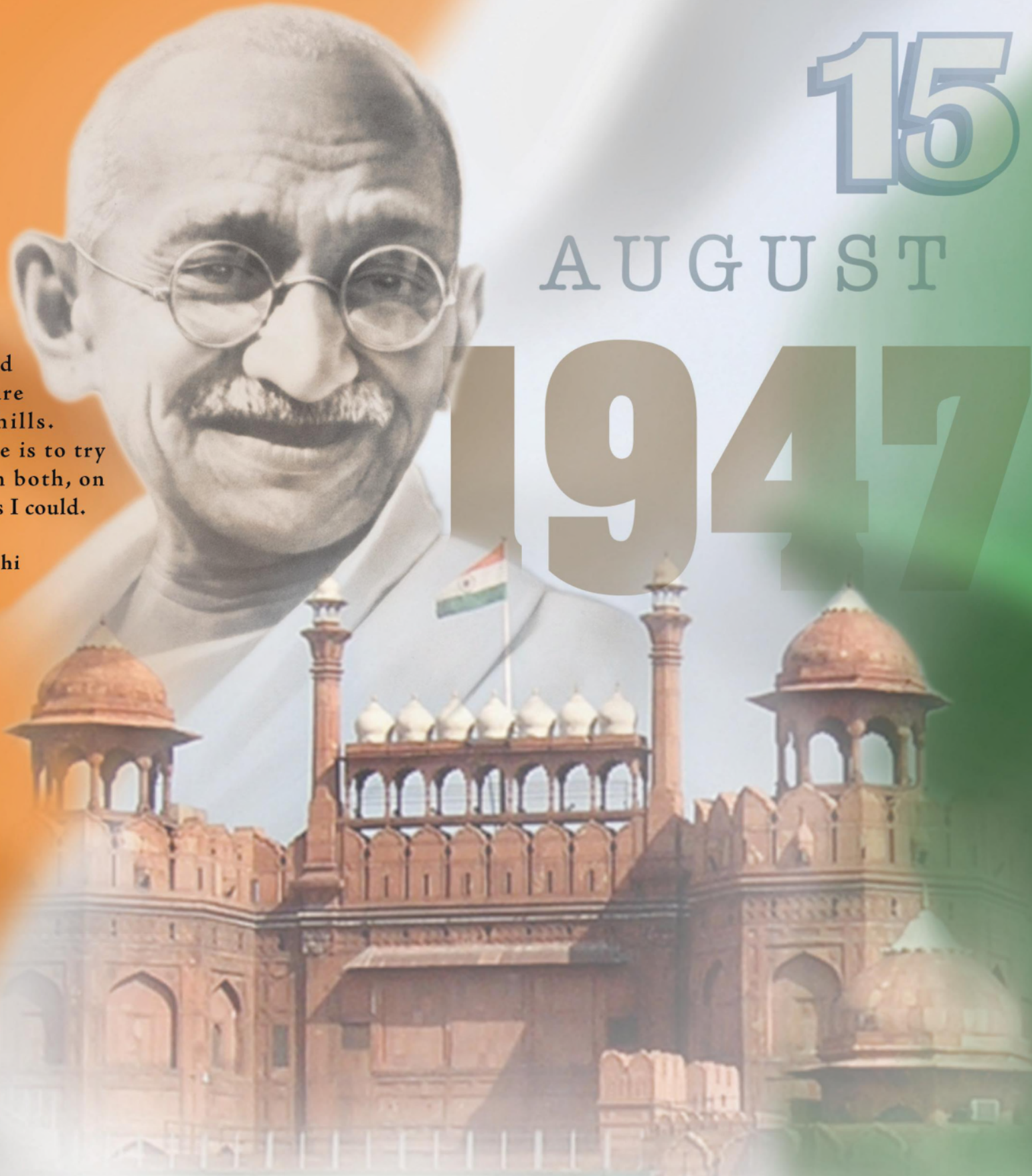
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## Top Congress strategist Ahmed Patel clings on to Rajya Sabha seat

NEW DELHI - Indian Prime Minister Narendra Modi's party has failed in its bid to oust the opposition Congress party's top strategist from the Rajya Sabha, in a rare setback to its effort to secure national political supremacy.

Ahmed Patel, Congress President Sonia Gandhi's political secretary, clung on in Tuesday's vote to the seat he has held for 24 years, despite a push by

Modi's team to chisel away the support of lawmakers from his party.

"This is not just my victory," Patel said on social network Twitter. "It is a defeat of the most blatant use of money power, muscle power and abuse of state machinery."

The indirect election of three representatives by lawmakers from the Gujarat would normally be a low-key affair. But

Modi's top strategist, Amit Shah, invested huge political capital in his attempt to oust Patel.

Shah 'turned' a handful of Congress lawmakers, forcing the opposition party to evacuate its state lawmakers to an out-of-state golf resort to isolate them from his advances.

The results were announced after the Election Commission cancelled the votes of two Congress lawmakers who had



REUTERS/Amit Dave

Supporters of India's Congress party celebrate after the polling results in which Ahmed Patel, Congress President Sonia Gandhi's political secretary, secures a seat in India's upper house of the parliament, outside the party headquarters in Ahmedabad, India on August 9, 2017.

## GST sends services activity plunging in July

BENGALURU - Activity in India's dominant service sector contracted at the sharpest rate in nearly four years in July after a new tax policy sowed confusion and sent new orders into free fall, a survey showed last Thursday.

Initial confusion on the national goods and services tax (GST) led July's Nikkei/IHS Markit composite Purchasing Managers' Index, which measures both manufacturing and services activity, to sink to 46.0 - its lowest reading since March 2009 - from June's eight-month high of 52.7.

The PMI for India's dominant service industry dropped to

a near four-year low of 45.9 in July from 53.1. June's reading had been the highest since Prime Minister Narendra Modi banned high-value currency notes in November.

The latest survey is the first time in six months where the services reading was below the 50 mark that separates growth from contraction.

"PMI data for July highlight a reversal in fortunes across India, with the economy going into reverse mode after seeing a pick-up in growth momentum during June," said Pollyanna de Lima, principal economist at IHS Markit.

"Most of the contraction was attributed to the implementation of the goods and services tax (GST) and the confusion it caused."

Surging prices caused by the tax, implemented on July 1, dented demand for services and pushed the sub-index on new business to 45.2 in July, its lowest in nearly four years, from 53.3 in June.

The GST aims to replace multiple cascading taxes. The change should help India reclaim its position as the fastest growing major economy this year, economists polled by Reuters last month said.

defected, in a last twist to the fortnight-long poll drama.

Shah and another minister from Modi's Bharatiya Janata Party (BJP) were comfortably re-elected to the two other seats that were up for grabs.

Modi won the biggest mandate in 30 years in the 2014 general election, giving him control of the lower house. But, despite a string of regional election wins, he still lacks a majority in the upper house that represents India's 29 states and has proven to be a stumbling block for its legislative agenda.

With his attempts to oust Pa-

tel, Shah sought to deal a direct blow to the Nehru-Gandhi dynasty that has dominated Congress for generations and produced three prime ministers.

Patel, 68, is one of the few politicians who has worked closely with three generations of Congress leaders, and was a key strategist in the party's general election victories in 2004 and 2009.

"This election became a prestige battle and ended with a bit of an embarrassment for Modi's party," said Devang Chudasama, a political science professor at Gujarat University.

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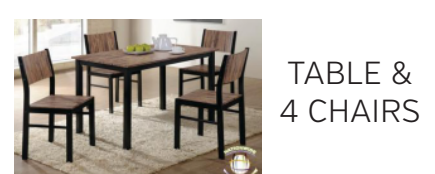


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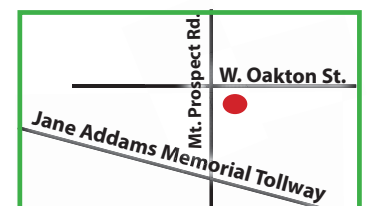
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# Sri Lanka foreign minister resigns over corruption charges

COLOMBO - Sri Lanka's foreign minister resigned on Thursday over corruption charges in an investigation of alleged irregularities in government bond sales, maintaining that he was not guilty of wrongdoing.

The resignation of Ravi Karunanayake, a former finance minister, follows demands for his removal by both the government and the opposition, after the panel looking into the sales found his apartment rental was paid by an

official being investigated.

"I have never done anything wrong, and I resign with pride to create a new political culture in Sri Lanka and ensure good governance," Karunanayake told parliament in a statement after announcing his resignation.

He said he would continue in the party as a backbench member of parliament, however.

"I have never earned any money from politics," he said.

The allegations followed Ka-

runanayake's appearance before the panel last week, and he has not been charged by any court.

President Maithripala Sirisena's government has pledged to end the rampant corruption that affected the Indian Ocean island's previous government.

Sirisena appointed a presidential commission to investigate, following the demands of opposition lawmakers, who said the controversial bond auction lost the state more than \$1 billion,



REUTERS/Stinger

Sri Lanka's foreign minister Ravi Karunanayake reacts as he is surrounded by his supporters after he resigned on Thursday over corruption charges, in Colombo, Sri Lanka on August 10, 2017.

## Son of BJP politician jailed for stalking after uproar

NEW DELHI - An Indian court on Thursday sent the son of a leading politician to police custody for harassing and trying to abduct a woman, in a case that has embarrassed the ruling party as it runs a campaign on women's safety.

The woman said Vikas Barala, son of Subhash Barala, president of the Bharatiya Janata Party (BJP) in Haryana, and an associate tried to force open the door of the car she was driving home last weekend.

One BJP leader on Monday blamed the victim for being out late, triggering a backlash on social media and prompting the party to distance itself from such

comments and say the law would take its course.

The opposition Congress party this week accused the BJP, which runs both Haryana and the central government, of shielding Vikas and mocked Prime Minister Narendra Modi's campaign to "save the girl child, educate the girl child".

The court in Chandigarh, capital of Haryana, on Thursday sent Barala and his friend to two days' custody.

Bir Kumar Yadav, BJP spokesman in Haryana, denied there had been any attempt to influence the investigation and rejected calls from Congress to sack Subhash

Barala as state party chief. Barala could not be reached for comment.

"There's no political influence to dilute the case. It's an individual incident with no links to the party or its campaign on safety for women," Yadav said.

Haryana has one of most unbalanced sex ratios in the country because of a high rate of abortion of female foetuses. Modi launched the national programme to "save the girl child" from the state in 2015.

BJP's national spokesman, GVL Narasimha Rao, said protecting girls and women remained an "article of faith" for the party.

because of rising borrowing costs in the past two years.

The central bank has dismissed the opposition's claims.

The auction, originally intended to sell 1 billion rupees (\$7 million) of 30-year bonds, eventually grew to more than 10 times that amount, to meet government borrowing needs.

More than half of the issue was sold to Perpetual Treasuries, a subsidiary of a company owned by the son-in-law of the former central bank governor, Arjuna Mahendran, in what has been criticized as a conflict of interest.

Perpetual Treasuries, Mahen-

dran, and his son-in-law had denied any wrong doing.

Karunanayake last week told the panel he had no knowledge that the apartment rental was paid by Mahendran's son-in-law.

On Thursday, he told parliament that one of his daughters leased the apartment through the son-in-law of the former central bank governor, and the money had already been repaid.

Sirisena appointed Karunanayake, a key strategist in helping to topple the former government, as foreign minister on May 22. Until then, he had been finance minister since January 2015.

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# Huge protest rally disrupts traffic in Mumbai



REUTERS/Shahesh Andrade

People gather to take part in a protest, organised by Maharashtra state's Maratha community, to press their demands for reserved quotas in government jobs and college places for students, in Mumbai, India on August 9, 2017.

MUMBAI - At least half a million protesters brought Mumbai, India's financial capital, to a standstill on Wednesday as they pressed their demands for reserved quotas in government jobs and college places amid a slumping rural economy.

Organisers put the number of protesters at more than two million and said it was the largest rally ever staged in the city of 20 million. Indian media estimated the number of people at the rally between 600,000 and about one million.

Rising unemployment and falling farm incomes are driving farming communities across India, from the state of Haryana in the north to Gujarat in the west, to redouble their calls for reservations in jobs and education.

"Farming is no longer profitable and jobs are not available," said one protester, Pradip Munde, a farmer from Osmanabad, a town more than 400 km (250 miles) southeast of Mumbai. "Reservation can ensure us better education and jobs."

Protesters dismissed as insuf-

ficient a proposal by the chief minister of Maharashtra state, Devendra Fadnavis, to consider granting reservations to the Maratha community, which is mainly dependent on farming.

"We are not satisfied with the government's promises. The Chief Minister hasn't given any concrete assurances to solve farmers' problems," said Bhaiya Patil, one of the rally organisers.

The protest rally seriously disrupted road and rail traffic in Mumbai and a city park where protesters gathered could not

accommodate all those trying to enter, but police said there was no violence.

"Many people couldn't enter the (park) venue as it was packed. We had made arrangements for 2 million people, but we ran out of supplies," said Patil.

Young people and senior citizens of western India's Maratha community waved saffron flags while more than 10,000 policemen helped to maintain order.

The city's famed 'dabbawalas', who deliver packed lunches to people working in offices across

Mumbai, suspended operations for the day, as did schools in the affected area.

Wednesday's rally was the concluding protest of a series of 57 marches staged over the past year in Maharashtra by the Maratha community to press its demands.

Two-thirds of India's population of 1.3 billion depend on farming for their livelihood, but the sector makes up just 14 percent of gross domestic product and there is a growing divide between the countryside and increasingly well-off cities.

## More than half of India's languages may die out in 50 years, survey shows

NEW DELHI - More than half of the languages spoken by India's 1.3 billion people may die out over the next 50 years, scholars said last Thursday, calling for a concerted effort to preserve the tongues spoken by the nation's endangered tribal communities.

The People's Linguistic Survey of India (PSLI) raised the alarm during the launch of the latest 11 volumes in its planned 50 volume survey of the country's languages. India's people

speak as many as 780 different languages, the PSLI said.

"At least 400 Indian languages are at the risk of dying in coming 50 years," G.N. Devy, the chairman of PSLI, said.

Each time a language is lost, the corresponding culture is killed, Devy said, adding that India had already lost 250 languages in last five decades.

The group of scholars and teachers at PSLI documents Indian regional languages in order to conserve cultural heritage and

diversity.

Most at risk are marginal tribal communities whose children receive no education or, if they do go to school, are taught in one of India's 22 officially recognised languages.

"Maithili, which is spoken in the eastern state of Bihar, is at least 1,000 years old. Similarly there are several old languages which are surviving somehow in India, but we are hardly passing them on," said political psychologist Ashis Nandy.

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## U.S. bosses throw weight behind new drive to court India

NEW DELHI - Top U.S. bosses are backing a new effort to build strategic ties with India, following Prime Minister Narendra Modi's first meeting with President Donald Trump.

The U.S.-India Strategic Partnership Forum (USISPF) seeks to reset and broaden the relationship between the world's two largest democracies, and to supplant an existing body that operates under the umbrella of the U.S. Chamber of Commerce.

While Modi's bear hug with Trump and a clutch of deals at their encounter in June symbolised a budding friendship, trade

between the two nations has underperformed and Washington wants to narrow a \$31-billion deficit.

"What we are announcing today is an organisation redesigned for the future," said John Chambers, the executive chairman of Cisco Systems Inc, who is also chairing the USISPF that was launched on Wednesday.

The rollout follows a schism in which the management team of the U.S.-India Business Council (USIBC), headed by Mukesh Aghi, has joined the new organisation.

Chambers met Modi last Tuesday to brief him on the ini-

tiative and share its new logo - featuring interlocking blue and gold circles that symbolize the "win-win" nature of the project.

The new body will not only focus on trade but also promote business startups, innovation and education - areas that Modi has prioritised in his three years in power.

Describing Modi as "fearless", Chambers praised his decision last year to scrap high-value bank notes to cleanse the economy of illicit wealth.

He also backed a new national sales tax launched last month, saying it was vital for Asia's third-largest economy to scale



FILE PHOTO: India's Prime Minister Narendra Modi hugs U.S. President Donald Trump as he departs the White House after a visit, in Washington, U.S. on June 26, 2017

REUTERS/Carlos Barria/File photo

## China says India building up troops amid border stand off

BEIJING - China's Foreign Ministry last Thursday said India has been building up troops and repairing roads along its side of the border amid an increasingly tense stand-off in a remote frontier region beside the Himalayan kingdom of Bhutan.

The stand-off on a plateau next to the mountainous Indian state of Sikkim, which borders China, has ratcheted up tension between the neighbours, who share a 3,500-km (2,175-mile) frontier, large parts of which are disputed.

"It has already been more than a month since the incident, and India is still not only illegally remaining on Chinese territory, it is also repairing roads in the rear, stocking up supplies, massing a large number of armed personnel," the foreign ministry said in a statement.

"This is certainly not for peace."

India has denied any such military buildup and, in a statement to parliament last Thursday evening, Foreign Minister Sushma Swaraj urged dialogue based on a written common under-

standing regarding the border intersection reached in 2012.

"India always believes that peace and tranquility in the India-China border is an important pre-requisite for smooth development of our bilateral relations," Swaraj said, according to a transcript of her remarks released by her office.

"We will continue to engage with the Chinese side through diplomatic channels to find a mutually acceptable solution."

Early in June, according to the Chinese interpretation of events, Indian guards crossed into China's Donglang region and obstructed work on a road on the plateau.

The two sides' troops then confronted each other close to a valley controlled by China that separates India from its close ally, Bhutan, and gives China access to the so-called Chicken's Neck, a thin strip of land connecting India and its remote northeastern regions.

India has said it warned China that construction of the road near their common border would have serious security

implications.

In a separate statement, China's Defence Ministry said China had shown goodwill and that its forces had exercised utmost restraint, but warned "restraint has a bottom line" and that India must dispel any illusions.

"No country should underestimate the Chinese military's confidence in and ability to fulfil its mission of safeguarding peace, and should not underestimate the Chinese military's determination and will to defend the country's sovereignty, security and development interests," it said.

Despite China's numerous diplomatic representations, its foreign ministry said, India has not only not withdrawn its troops but has also been making "unreasonable demands" and is not sincere about a resolution.

"If India really cherishes peace, it ought to immediately withdraw its personnel who have illegally crossed the border into the Indian side." Indian Prime Minister Narendra Modi is to visit China early in September for a summit of BRICS leaders.

up manufacturing and achieve strong long-term growth.

"India is moving faster than any other country in the last three years," Chambers told a small group of reporters in New Delhi. "India used to be known as a very slow follower, and now it's a fast innovator."

The strategic partnership initiative followed a unanimous vote on July 10 by the USIBC's board to separate from the U.S. Chamber of Commerce.

The new body's board includes high-profile chief executives, such as Indra Nooyi of Pepsico Inc and Ajay Banga of Mastercard Inc.

Thomas Donohue, president and chief executive of the U.S. Chamber of Commerce, last month criticised the breakaway as a "curious action". In a letter to members he described the USIBC as "alive and well".

"The USIBC and its staff continue their hard work on key issues affecting the critical relationship between our two countries," the Chamber of Commerce said in answer to Chambers' announcement.

"We continue to receive strong support from our member companies as we focus our efforts on strengthening commercial ties," it added. "We will have more to say in the weeks ahead."

One source familiar with the

move said it was motivated in part by perceptions that the U.S. Chamber of Commerce had become too close to the Republican Party, and tended to deliver public lectures detrimental to the two-way relationship.

This included controversy over the issue of so-called H-1B visas widely used by India's \$125 billion software industry to send engineers and programmers on assignments to the United States.

Trump administration officials were briefed on the strategic initiative and were supportive, added the source, who declined to be identified because of the sensitivity of the matter.

Trump, despite clashing with leaders from allies such as Germany and Australia, turned on the charm for Modi, whose trip to Washington was deemed a success by both sides.

Lisa Curtis, point person at the National Security Council for South and Central Asia, attended the inaugural forum. Joining her was Acting Assistant Secretary of State Alice Wells, the U.S. embassy said.

Chambers said the Trump administration's commitment to India was "unparalleled", adding: "This is the only strategic partnership that the Trump administration has really talked about."

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# New Pak PM seeks probe in harassment charges against Imran



REUTERS/Caren Frouz

Imran Khan, chairman of the Pakistan Tehreek-e-Insaf (PTI) political party, speaks with a Reuters correspondent during an interview at his home in the hills of Bani Gala on the outskirts of Islamabad, Pakistan on July 29, 2017.

ISLAMABAD - Pakistan's new prime minister called last Friday for an investigation into allegations that opposition leader Imran Khan harassed a woman lawmaker, charges Khan dismisses as revenge for his role in the ouster of then-premier Nawaz Sharif.

A furious social media backlash threatening violence against Khan's accuser, lawmaker Ayesha Gulalai, has also exposed raw nerves about the treatment of women in Pakistan.

The case has been splashed across domestic media, at times eclipsing the installation of a

new cabinet led by Sharif's ally, Shahid Khaqan Abbasi, as prime minister.

Abbasi told the National Assembly he wanted a special panel to investigate the allegations.

"We respect the person who has made the accusation, but we also respect the accused, and it is their right to be able to contest these allegations," he said.

Last Tuesday, at a news conference at the National Assembly, Gulalai had announced she was quitting Khan's opposition Pakistan Tehreek-e-Insaf (PTI) party, saying he had no respect for women and had sent her

obscene text messages.

Khan, a former captain of Pakistan's national cricket team, denied the allegations.

He said he had a long record of professional work with women and accused Sharif's ruling Pakistan Muslim League-Nawaz (PML-N) of organising a smear campaign ahead of elections next year.

The announcement, four days after the Supreme Court disqualified Sharif over undeclared income he denies having received,

in a case Khan brought before the court, prompted PTI supporters to accuse her of working for the ruling party.

Last Friday, Khan said any parliamentary probe should look into any financial connections between his accuser and the ruling party.

He said "PML-N want to simply settle their political scores" after several court cases against him "fopped" but added, "Nonetheless, I welcome the committee being formed by the

prime minister" as long as it was based on evidence.

Gulalai, however, told Reuters she stood by her allegations, adding that she was not surprised at being the target of online threats, including calls to douse her in acid and raze her home.

"In our society, it is common that a victim is targeted, always, and if you're a woman you hardly find anyone to stand by you," she said in a telephone interview last Thursday.

## Thousands attend events for ousted Pakistani prime minister Nawaz Sharif

ISLAMABAD - Thousands of people attended a rally and procession in support of former Pakistani prime minister Nawaz Sharif on Wednesday as he embarks on a show of political power following a Supreme Court decision to disqualify him from office over undeclared assets.

Sharif launched the so-called "caravan" procession from Islamabad to his eastern hometown of Lahore, despite the concerns of advisers about security.

After being driven 12 hours surrounded by supporters showering his vehicle with rose petals from capital Islamabad to the neighbouring city of Rawalpindi, normally a 30 minute drive, Sharif addressed the crowd shortly after midnight.

"One court has given its decision, now this court will make a decision, the court of the people of Pakistan," Sharif said, asking the crowd if they accept the Supreme Court's decision, a question that elicited a loud "No" from his supporters.

"Nawaz Sharif is still our prime minister," said worker Niaz Ahmad, who wore a lion look-alike costume and chanted, "Lion, Lion!" referring to the election symbol of Sharif's political party.

The event remained largely peaceful, though Sharif's sup-

porters assaulted the crew of two local TV stations that had been critical of him during the court proceedings, police official Hafeez Khan said.

"No prime minister has ever seen out the full term of his government," Sharif said.

He then asked the crowd: "Were these prime ministers not the people's choice? When will the people's mandate be respected?" adding that this joke has been repeated in Pakistan for 70 years.

Pakistan will celebrate 70 years of independence from British rule on August 14 but the country has never had a full term prime minister with numerous governments being interrupted by either military coups, judicial disqualification, or presidential decree.

Sharif, 67, resigned during his third stint as prime minister after the Supreme Court ruled on July 28 that he should be disqualified and ordered a criminal probe into his family over allegations stemming from the "Panama Papers" leaks of international offshore companies.

Pakistan's new prime minister, Shahid Khaqan Abbasi, a close Sharif ally, said the former leader was alert to security threats.

"The bigger a leader is, the bigger the threat is," Abbasi told domestic Geo TV.

Sharif was seen off in Islamabad by Abbasi, the new cabinet and other party officials, his political adviser Asif Kirmani said.

A huge crowd gathered for his journey along the Grand Trunk Road bridging the 380 km (237 miles) between Islamabad and Lahore.

Sharif, in recent meetings with party leaders, lawyers and the media, has expressed his displeasure over the court ruling.

He has said no corruption charges had been proved, and it was unfair to disqualify him on the grounds of not having declared a salary from his son's Dubai-based company among a list of assets submitted ahead of the 2013 elections that brought him to power.

Sharif's governing Pakistan Muslim League-Nawaz party, which has a solid majority in parliament, elected Abbasi as his replacement within four days of the court decision.

Party leaders have recently suggested that Abbasi will hold office until elections due next year, a reversal of earlier indications that Sharif's younger brother, Shahbaz, would take over.

Shahbaz is now likely to replace his brother as party chief because Pakistani law bars convicted or disqualified persons from leading a political party.

## New Pakistan PM consults with ousted ex-boss on cabinet, policies



Shahid Khaqan Abbasi

ISLAMABAD - Pakistan's new prime minister, Shahid Khaqan Abbasi, began his first full day in office last Wednesday by meeting his ousted former boss Nawaz Sharif, a signal the ex-premier would continue to wield influence after the Supreme Court disqualified him.

Pakistani television broadcast images of Abbasi's motorcade arriving in the northern resort town of Muree, where Sharif is staying with his family after the Supreme Court last week disqualified him over failure to disclose a source of income.

Sharif's ruling Pakistan Mus-

lim League-Nawaz (PML-N) party holds a solid parliamentary majority and moved quickly to project an air of continuity after the change of prime minister.

A new cabinet was due to be sworn in, with media reporting that Abbasi would retain most of the former prime minister's loyalists.

Abbasi said in televised remarks he and Sharif "held consultations" about the new cabinet "and God willing in the next day or two the cabinet will be sworn in".

Abbasi served as petroleum minister in Sharif's previous cabinet, which stepped down after he was removed.

Sharif's brother Shahbaz, tipped to become prime minister in a few months when he becomes eligible, was also present at the meeting, footage released by Abbasi's office showed.

Abbasi said Sharif urged work to continue on the \$57 billion China Pakistani Economic Corridor investments as well as other development projects. The investments involve building infrastructure in Pakistan as part of China's Belt and Road initiative.

## 3 Kashmir rebels, boy killed in fighting, anti-India clashes

SRINAGAR (AP) - A teenage boy was killed during anti-India protests in disputed Kashmir Wednesday following a gunbattle that killed three rebels, police said.

Indian troops laid cordon around a village near southern Tral town on a tip that militants were hiding in a civilian home, top police officer S.P. Vaid said. The militants tried to escape but soldiers gunned down them,

he said.

As the fighting raged, anti-India protests erupted in Tral, leading to clashes between rock-throwing residents and government forces who fired shotgun pellets and tear gas. Many have been reported injured in the clashes while a teenage boy who was hit by pellets died in a hospital.

Anti-India protests and clashes were also reported in southern Pulwama town.

In an escalating deadly confrontation in the last 10 days, at least 19 rebels and five civilians have died in gunbattles and subsequent anti-India clashes between Kashmiri residents and Indian troops. Two Indian army soldiers have also been killed in a rebel ambush.

Nearly 70,000 people have been killed in the uprising and the ensuing Indian military crackdown.



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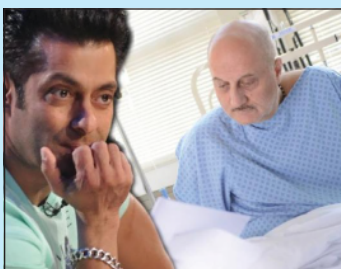
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# BOLLYWOOD Insider™

## Bollywood Beat

### Salman Khan turns saviour for friend Anupam Kher



Anupam Kher had a health scare in New York while attending an awards function earlier this month. A blind item in a Mumbai tabloid on Sunday morning had Anupam confronting the bull by the horns.

Reveals Anupam, "Firstly it was not a heart-related ailment, meaning a heart attack as the blind item in the tabloid implies. Why so coy about it? I've nothing to hide. We were all together in Salman Khan's room in New York when I had a blackout. I had not eaten anything for one and a half days big mistake and my sugar-level had fallen dangerously. This of course I didn't know when the blackout happened."

Salman Khan, who was with Anupam at the time when it happened, panicked. "He called the paramedics who rushed in immediately. Laws in the U.S. about medical emergencies during international events are very strict. No one can take them lightly. I told the paramedics I was okay, and didn't need any further treatment. But they insisted on a full medical investigation."

Anupam went through every possible test and declared in perfect health. The actor, who is this week seen as a Jaiprakash Narayan doppelganger in Madhur Bhandarkar's unjustly savaged *Indu Sarkar*, says Salman was a big help at the time of the health scare. "He not only called for medical help he remained on alert all through. I am blessed to have friends like him in the film industry."

## Bareilly Ki Barfi

Banner:  
AA Films

Producer:  
Junglee Pictures  
BR Studios

Director:  
Ashwiny Iyer Tiwari

Starring:  
Kriti Sanon  
Rajkummar Rao  
Ayushmann Khurrana

Music By:  
Tanishk Bagchi

Release Date:  
August 18, 2017

Among the cluster of homes in Bareilly, India resides the amusing Mishra family. The only 'life loving' daughter of theirs - Bitti Mishra (Kriti Sanon) works at the electricity board, is a casual smoker, watches English movies and loves breakdance. Bitti's free spiritedness does not translate in finding a suitable groom and she resigns to being a misfit in this small-town - Bareilly. The complexities of getting married and feeling pressured, impulsive Bitty decides to run away from home. At the railway book stall, she stumbles upon a novel called *Bareilly Ki Barfi*. Surprisingly, the female protagonist of the novel reads exactly like her. Is there someone like her too in this closeted town

or someone who really knows and understands her?

The film is a story of three young characters. Story of the movie revolves around all three of them. Ayushmann Khurrana is a printing press owner whereas Rajkummar Rao is working in the printing press under Ayushmann Khurrana. Kriti Sanon is playing the female lead in the movie, playing the role of a young contemporary girl in Uttar Pradesh.

While the film has already been wrapped up, we recently came across an intriguing fact about the script of the same and reportedly, the film is an adaptation of a French novel *The Ingredients of Love*.

And guess who came across the book, the director of the film, Ashwiny Iyer Tiwari. When she was returning to Mumbai from the final schedule of her directorial debut, *Nil Battey Sannata*, she was whiling away time at a bookstore at Delhi's international airport. She picked up an English translation of a French book, titled *Ingredients of Love* out of alacrity. Totally captivated by the story of that book, not only did Ashwiny complete the book in a couple of days but she also ensured that her husband, writer-film maker Nitesh Tiwari reads it.

Talking about the same, she said, "I was tired, but I couldn't put the book down. I even made Nitesh read it and he agreed that the basic story could become the theme for a film." She added, "I was so excited, I even told my producers, Abhay Chopra and Juno Chopra (late filmmaker BR Chopra's grandsons)



about the story immediately. They put in a lot of effort to contact the publishers in France and procure the rights to the book."

In fact, Nitesh, who adapted the book into the script, has changed the setting of the story from France to Uttar Pradesh. It has been co-written by Shreyas Jain along with him.

Describing the difficulty they faced whilst adapting it as per the theme, Nitesh went on to say, "Its difficult to adapt any book into a film. The French settings are alien to us, so we have only retained the basic theme and infused our own colours, quirks and characters into the story. The parents, friends and lovers, their professions and their basic habits have all been adapted

to our culture. I got time to work on the script because Ashwiny was caught up with the post-production of her first film. I just hope that the audience likes my first tryst with breezy cinema."

When asked if both of them were under pressure to deliver, as both their films were praised, Ashwiny admitted, "I would be lying if I said no. I don't want people to say, 'Yeh kyun kiya!' Though, Nitesh is a harsh critic and has not been too critical in his views so far, I am still anxious about what the audience would think. I hope I have done justice to his writing. The team was excited at the very thought that Nitesh was writing it."

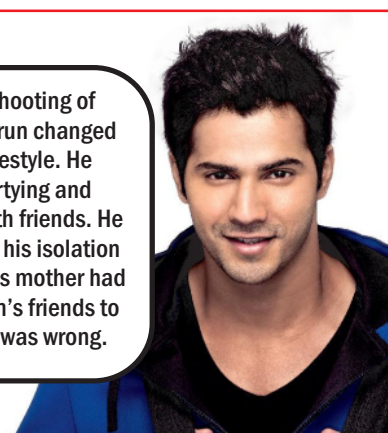
*Bareilly Ki Barfi* is scheduled to release on August 18.



Parineeti is trained as a singer as she also has completed BA (Hons) in music. Parineeti stood 1st all over India in her 12th standard exams for which she was rewarded by the then President of India.

## UNKNOWN FACTS ABOUT BOLLYWOOD CELEBRITIES

During the shooting of 'Badlapur' Varun changed his entire lifestyle. He stopped partying and hanging out with friends. He began to enjoy his isolation so much that his mother had to call up Varun's friends to find out what was wrong.



### Top 3 Bollywood Films

- 1) **Mubarakan** - Directed by Anees Bazmee  
Starring: Arjun Kapoor, Anil Kapoor, Ileana D'Cruz, Athiya Shetty and Neha Sharma
- 2) **Jab Harry Met Sejal** - Directed by Imtiaz Ali  
Starring: Shah Rukh Khan, Anushka Sharma, Evelyn Sharma, Sayani Gupta and Chandan Roy Sanyal
- 3) **Munna Michael** - Directed by Sabbir Khan  
Starring: Tiger Shroff, Nawazuddin Siddiqui, Chetna Pande, Nidhi Agerwal and Ronit Roy

### Top 10 Bollywood Film Songs

- 10) "Baat Ban Jaye" - *A Gentleman*
- 9) "Kaavan Kaavan" - *Lucknow Central*
- 8) "Zindagi Meri Dance Dance" - *Daddy*
- 7) "Sweety Tera Drama" - *Bareilly Ki Barfi*
- 6) "Rocket Saiyaan" - *Shubh Mangal Savdhan*
- 5) "Hawa Hawa" - *Mubarakan*
- 4) "Hans Mat Pagli" - *Toilet - Ek Prem Katha*
- 3) "Raftaar" - *The Rally*
- 2) "Radha" - *Jab Harry Met Sejal*
- 1) "Mere Rashke Qamar" - *Baadshaho*

### Bollywood Trivia

Which actor played the character of Jiah Sharma in the movie "Rock On 2"?

- 1) Parineeti Chopra
- 2) Priyanka Chopra
- 3) Shraddha Kapoor

Answer: 3

Name the debut film of Siddharth Malhotra?

- 1) Hasee Toh Phasee
- 2) Student of the Year
- 3) Ek Villain

Answer: 2

# BOLLYWOOD Insider™

## MOVIE REVIEW

### Jab Harry Met Sejal

Banner:  
*Red Chillies Entertainment*

Producer:  
*Gauri Khan*

Director:  
*Imtiaz Ali*

Starring:  
*Shahrukh Khan  
Anushka Sharma  
Evelyn Sharma  
Sayani Gupta  
Chandan Roy Sanyal  
Aru Krishansh Verma  
Paras Arora*

Music By:  
*Pritam*

Released Date:  
*August 4, 2017*

Tour guides are an important part of people's travel experience most of the times. A visit to a fascinating monument or tourist destination is incomplete if the guide doesn't give the required information and thereby enhance the experience. But have we ever paused to realize if the guide is actually enjoying his job? Yes they do, most of us would argue. After all, getting a chance to visit some of the best places of the city on a daily basis is a dream job. But by visiting the same place again and again, does the charm remain for the guide? What if the guide himself is lost and needs guidance? *Jab Harry Met Sejal* attempts to tell the story of one such guide and his predicament. So are audiences able to relate with the guide or does the entire experience turns out to be boring, let's analyse.

*Jab Harry Met Sejal* is a story of a bored tourist guide whose life takes a turn thanks to a spunky tourist. Harry (Shah Rukh Khan) takes visitors on a tour across several European countries. He's a bit aloof, rude and finds it difficult to maintain long lasting

relationships. Sejal (Anushka Sharma) is a tourist who has taken the services of Harry along with her entire family. She gets engaged during the trip to Rupen (Kavi Shastri). Unfortunately, her engagement ring gets lost and she refuses to go back to Mumbai until she finds it. She compels Harry to help her find the ring and he agrees to do so reluctantly. How Harry and Sejal discover each other and also themselves during the course of their 'mission' forms the rest of the film.

*Jab Harry Met Sejal* begins on a swift pace. No time is wasted in explaining Harry's life - his enthusiasm as a guide, his moments of loneliness when no one is watching and his troubled relations with women are well explained in a few minutes in the song 'Safar'. Sejal is also introduced in no time and the fun begins as they try to find the misplaced ring. The humour comes out very well and the first half moves at a breezy pace. The sequence where Sejal gets into trouble in a Prague bar and the scene thereafter stands out as the best and most exciting portion of the first half. The song 'Hawayein' is also played at a poignant and sweet point of the film minutes before the intermission. Post-intermission, the film becomes a drag. The makers seem confused as the narrative gets chaotic. The twist in the tale, related to the ring, might come across as stupid or unfair by a section of audience. At one point, one wonders where exactly the film is heading to. The finale also has a twist but this one is better than the first. The film ends on a predictable, clichéd note.

Imtiaz Ali's story is weak and gives a déjà vu of some of the prominent love stories of Shah Rukh Khan. Imtiaz Ali's screenplay is faulty and rather inconsistent. Some sequences are deftly handled and bring out the emotions. Watch out for the sequence where Harry innocently asks Sejal for a hug. But there's not much of a backstory provided.



What prompted Harry to leave his village and what exactly was his equation with his family? Why did he never return back to his 'pind'? Harry getting overwhelmed in the church and crying seems bizarre. Same goes for him crying out the name of the girl in the echo sequence. Even Sejal's actions seem unjustified. The manner in which she pretends to be Harry's girlfriend and is vying for his attention and praises from him don't make the intended impact. It's also bewildering how Sejal's family members leave her alone in Europe and they don't seem too worried about her. Nobody decides to cancel their return journey to Mumbai for Sejal's sake and she is left on her own. Moreover, it is revealed that Harry is a man with loose character who has been caught getting physical with his clients. In fact, he was to get deport after one more such case. Yet, Harry's bosses have no qualms when such a high-profile client like Sejal is left at his mercy. Imtiaz Ali's dialogues however are straight out of life and yet well-worded.

Imtiaz Ali's direction, just like the script, is also a bit shaky. Known for handling films like

*Jab We Met, Love Aaj Kal, Rockstar* and *Highway*, the writer-filmmaker doesn't seem to be in complete form.

Performances are wonderful. Shah Rukh Khan looks dashing and performance-wise, he is good. He brings out the angst beautifully without going overboard. Also, the trademark sarcasm that he nailed in *Kabhi Alvida Naa Kehna* and *Kal Ho Naa Ho* is brought out here in few scenes and it works very well. However, some of his Punjabi dialogues are difficult to comprehend. Anushka Sharma is on another level altogether in this film. She gets into the skin of her character and her performance makes one smile, guffaw and even move viewers, as and when required. Chandan Roy Sanyal (Gas) has a miniscule role. Aru K Verma (Mayank) has a crucial part and is quite decent. Evelyn Sharma (Mayank's fiancée) doesn't get much scope.

On the whole, *Jab Harry Met Sejal* has its moments. But the film is riddled with clichés and flaws that takes the film down, thanks to the poor script.

Rating: ★★☆☆

### Bollywood Beat

#### Kapil Sharma's show not to be axed



Rumours of Sony Entertainment axing Kapil Sharma's very popular show are just that...rumours. Sources at Sony Entertainment confirm that the show will get yet another season of life, albeit with changes.

"The current format has run its course. Sunil Grover and Ali Asgar's departure and Bharati Singh and Chandan Prabhakar's re-entry are not the issue. We've realized that the entire show needs to be revamped," says a Kapil Sharma team mate.

Kapil's show will now take a break and come back with a completely different look and format. The focus on inviting Bollywood stars would be diminished.

#### Dilip Kumar discharged from hospital

Fans of veteran star Dilip Kumar can now heave a sigh of relief since their favourite actor has been discharged from the hospital. Earlier this week we had reported that Dilip Kumar was admitted to Lilavati Hospital after complaints of dehydration. But now all is well and the actor is out of the hospital safe and sound.

At the start of the week, there were reports of Dilip Kumar being admitted due to dehydration with further claims that he may be in need of dialysis if his health worsens. However, former actress and Dilip Kumar's wife Saira Banu had asserted that his health has been improving and he has been discharged.

#### Celebrity Birthdays

|  |   |   |
|--|---|---|
| August 12th<br>Sayesha Saigal (1997)                         | August 16th<br>Saif Ali Khan (1970)<br>Manisha Koirala (1970) | August 21st<br>Bhumika Chawla (1978)  |
| August 13th<br>Sridevi Kapoor (1963)<br>Kamya Punjabi (1979) | August 17th<br>Sharat Saxena (1950)                           | August 23rd<br>Malaika Arora Khan (1973)<br>Gauhar Khan (1983)                      |
| August 14th<br>Sunidhi Chauhan (1983)<br>Johny Lever (1957)  | August 18th<br>Ranvir Shorey (1972)                           |  |
| August 15th<br>Adnan Sami (1973)                             | August 20th<br>Randeep Hooda (1976)                           |   |

#### Upcoming Films

|   |  |  |
|---|--|--|
| <b>Padmavati</b><br>Deepika Padukone,<br>Shahid Kapoor and Ranveer Singh              | <b>Bhoomi</b><br>Sanjay Dutt<br>Aditi Rao Hydari                     | <b>Thugs of Hindostan</b><br>Aamir Khan, Amitabh Bachan<br>Katrina Kaif, Fatima Sana<br>Shaikh and Jackie Shroff |
| <b>Padman</b><br>Akshay Kumar,<br>Sonam Kapoor, Radhika Apte<br>and Amitabh Bachchan  | <b>The Ring</b><br>Shah Rukh Khan<br>Anushka Sharma<br>Evelyn Sharma | <b>Aksar 2</b><br>Zareen Khan<br>Gautam Rode   |
| <b>Fukrey Returns</b><br>Sayani Gupta, Priya Anand,<br>Varun Sharma and Pulkit Samrat | <b>Poster Boys</b><br>Sunny Deol, Bobby Deol<br>and Shreyas Talpade  | <b>Judwaa 2</b><br>Varun Dhawan, Jacqueline<br>Fernandez, Taapsee Pannu  |

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# Hotel says it's not to blame for athletes' stomach bug

LONDON - The London hotel at the center of an outbreak of sickness that has struck down scores of competitors at the World Athletics Championships said on Tuesday it was not the source of the illness.

Several Botswana, German, Canadian, Irish and Puerto Rican athletes staying at the Tower Hotel, near Tower Bridge, have been taken ill over the last few days, with some put into effective quarantine and others forced to miss their events.

The victims included Botswana's Isaac Makwala, who was ordered by the global athletics body, IAAF, to withdraw from Tuesday evening's 400 meters final, where he had expected to be the lead challenger to world record holder Wayde van Niekerk.

Thirty German competitors arriving on Tuesday, as well as Olympic javelin champion Thomas Rohler who arrived on Monday, have been moved to other hotels.

"It is purely a precautionary measure," German team spokesman Peter Schmitt said.

Competition organizers said on Monday that the illnesses were a result of gastroenteritis, but public health officials said on Tuesday that laboratory tests have confirmed two cases of norovirus among approximately

30 illness victims.

Norovirus, sometimes called "the winter vomiting bug," is easily spread, partly because the virus can survive for several days outside the body, Britain's National Health Service says.

"The main issue facing the organizers will be one of trying to attain swift containment, which will be pretty challenging due to the nature of the virus," Shirley Kirnon, a lecturer in Infection Control at Birmingham City University, said.

"It is highly infectious. For those affected, symptoms of nausea, vomiting and diarrhoea can occur within a relatively short period of time; approximately 12-48 hours after exposure."

Tower Hotel, used annually as the base for the London Marathon, said in a statement: "We have worked collaboratively with the EHO (Environmental Health Officer) and the IAAF to investigate the origins of the illness and can confirm that the hotel was not the source."

"We have followed strict hygiene protocol, ensuring that those affected are not in contact with other guests and all public areas have been thoroughly sanitized."

London 2017 organizers said on Monday night that a number of teams had reported cases of gastroenteritis.

"Those affected have been supported by both team and LOC medical staff, in addition we have been working with Public Health England to ensure the situation is managed and contained," the organizing committee said in a statement.

Makwala was withdrawn from the 200-metre heats on Monday after vomiting in the call room where athletes make their final preparations. He had still been hoping to be cleared to race in Tuesday's 400m final, before the IAAF's medical delegate withdrew him from that as well.

"According to IAAF medics I am apparently suffering from food poisoning which has affected several other athletes in the athletes' hotel," Makwala wrote on his Facebook page late on Monday. "Lets hope they will allow me to run my final tomorrow."

Irish athletes were staying at the Tower, and their 400m hurdler Thomas Barr was another to suffer, missing his semi-final on Monday.

"I wasn't feeling great yesterday evening and later in the night I was hit with a bout of gastroenteritis," he said. "My whole year has been focused on the World Championships and to not be able to go out and compete for Ireland today is beyond disappointing."

At least seven Canadians were



Members of Italy's athletics squad eat outside the Tower Hotel in London, Britain on August 8, 2017.

affected, including Eric Gillis, who was forced to drop out of Sunday's marathon after around 20 miles.

"I was one of the athletes in quarantine," Canadian sprinter Aaron Brown said. "I was in my room the entire day in the dark. I was like a vampire. I was holding my stomach the entire night."

Brown recovered well enough

to race in Monday's 200m heats and ran an impressive 20.08 seconds, only to be disqualified for a lane violation.

Olympic champion Elaine Thompson was also physically sick before the 100 meters final on Sunday, though the Jamaican said that was not unusual for her and hadn't had any effect on her below-par performance. She finished fifth.

## Davinder Kang becomes first Indian to qualify for javelin throw finals



Davinder Singh Kang

LONDON - Davinder Singh Kang has become the first Indian to qualify for the final round of the javelin throw World Championships while his more fancied compatriot Neeraj Chopra crashed out in the qualification round.

Competing in the qualification round Group B on Thursday, Kang, who was carrying a shoulder injury, cleared the automatic qualification mark of 83m in his third and final throw as he sent the iron spear to a distance of 84.22m. He had covered 82.22m in his opening throw and then came up with 82.14m in his second.

The 26-year-old athlete from Punjab was under pressure to touch the 83m in his final attempt and he was the last man to take the throw. He did it in style by sending the spear beyond the qualification mark to the huge relief of the Indian camp.

Thirteen throwers - five from Group A and seven from Group B - crossed the automatic qualification mark of 83m and all of them will compete in the final round on August 12.

Kang's best effort of 84.22m put him in the seventh position among the final round qualifiers. His final round qualification was all the more noteworthy as he was carrying an injury since the Indian Grand Prix in New Delhi in May. He competed yesterday with his right shoulder strapped.

No Indian has ever qualified in the men's javelin throw final round in any world championship.

"Once I came to know that Neeraj did not qualify (for the final round), I wanted to qualify for it. I wanted to do something for the country, I wanted to do something which no Indian has done before. By the grace of God, I did something for the country," Kang said after his race.

"I have been carrying a right shoulder injury which I sustained in May during the Indian Grand Prix but it is not that big a problem. Our team masseur put these straps today and I am OK. But I had to ask my friend Sri Lankan competitor (Waruna Rankoth Pedige) to do some stretching before my third and final throw," he said showing his right shoulder injury.

## Indian boxer beats Chinese rival but doesn't want his belt



Indian boxing and WBO Asia-Pacific Super Middleweight champion Vijender Singh (L) fights with WBO Oriental Super Middleweight champion of China Zulpikar Maimaitiali during their fight for the double title in Mumbai, India.

MUMBAI - Indian boxer Vijender Singh won his fight last Saturday and then offered to give his Chinese opponent's belt back in a gesture of peace between the two rival nations.

The fight against China's Zulpikar Maimaitiali went all 10 rounds with Singh the winner in a unanimous verdict - 96-93, 95-94, 95-94.

Singh successfully defended his WBO Asia Pacific super middleweight title and also took his

opponent's WBO Oriental super middleweight belt.

Singh hugged top Bollywood star Amitabh Bachchan and other celebrities among fans at the National Sports Club of India in Mumbai, the country's financial and entertainment capital.

Singh then came back into the ring, took the microphone and said: "I don't want this title. I will give it back to Zulpikar."

He added: "I don't want tension on the border. It's a message of

peace. That's important."

India's government objects to Chinese plans to build a road through the Dokhlam region (or Donglang in Mandarin), a plateau that links India, China and Bhutan. Officials say that troops now face each other 150 yards apart, raising fears of a repeat of the 1962 war that was ignited by Chinese road-building in a different part of the 3,500km frontier shared by India and China.

India, which claims to be objecting on behalf of Bhutan, is concerned that the road would grant access to its strategically vulnerable "chicken's neck", a 12-mile wide corridor linking northeastern states to the Indian mainland. On Thursday, China's defence ministry said it would not back down from the project.

Although widely praised on Indian social media, Mr Singh's gesture did not please nationalists. "Chinese met a grand defeat in Mumbai and the same will happen in Doklam," tweeted yoga guru Baba Rambdev.

## BUSINESS

## BIZ BRIEFS

## Global demand for gold drops 14 percent

Global demand for gold fell 14 percent in the first half of this year due mainly to a sharp decline in purchases by exchange traded funds, the World Gold Council said in a report last Thursday.

Central bank buying also fell slightly in the first half but purchases of bars, coins and jewellery grew thanks to strong demand in India and Turkey, the industry-funded WGC said in its latest Gold Demand Trends report.

Gold-backed ETFs saw record inflows last year to match a 30 percent rise in gold prices between January and June.

## Tata Steel swings to profit in first quarter

Tata Steel Ltd returned to profit in the first quarter of this year after a loss a year ago, helped by the ramp up of its Kalinganagar plant in the Indian state of Odisha.

Revenue in the quarter jumped 19 percent, aided by increased capacity in India and Tata's restructuring efforts in Europe, said Koushik Chatterjee, group executive director (Finance and Corporate).

The steelmaker's net profit came in at 9.21 billion rupees (\$144.37 million) in the quarter ended June 30, compared to a loss of 31.83 billion rupees a year earlier.

It said it expected to conclude a deal with the British regulator "shortly" to allow it to cut benefits for its 15 billion pound UK pension scheme. The scheme is the main stumbling block in Tata's efforts to merge its European operation's with Germany's Thyssenkrupp.

# India plans crackdown on marketing by drugmakers

MUMBAI - India, one of the world's largest markets for pharmaceuticals, is drawing up its first set of marketing rules for drugmakers, restricting gifts and trips offered to doctors and pharmacists to 1,000 rupees (\$15), according to a draft proposal seen by Reuters.

While such rules are common elsewhere in the world and adhered to by large pharmaceutical companies, they are not set in stone in India, where campaigners have long demanded a crackdown on unethical selling practices. These have included gifts ranging from electrical appliances to foreign junkets to encourage doctors and pharmacists to prescribe and stock certain medications.

Currently, India has only a voluntary marketing code that critics say is ineffective.

"In India, corruption and bribery of doctors is widespread," said Samiran Nundy, one of India's leading gastrointestinal surgeons. "I've seen a range of ways in which this works, from presents to doctors to paying for them to attend conferences in places like Thailand."

"It's great that marketing rules are coming into place, but there are a huge number of regulations in India that are not enforced," he added. "I hope that these will be enforced."

Apart from limiting marketing spending, the draft proposal drawn up the Department of Pharmaceuticals and being reviewed by India's law ministry would also forbid drugmakers from making misleading claims around the curative abilities and efficacy of drugs.

The rules also impose strict limitations on the number of trial samples offered to doctors.

An official at the Department of Pharmaceuticals declined to comment on the specifics of the draft, but told Reuters that the order was being reviewed.

The official, who asked not to be named, said no timeline has yet been set on the implementation of the new rules.

According to the draft seen by Reuters, a failure to abide by the rules will result in a marketing ban on a drugmaker for more than a year depending on the degree of the violation, and the confiscation of "all packets of the highest selling brand of drugs" made by that company.

The seized drugs will be handed over for use at government hospitals across the country.

Companies can turn a marketing suspension order into a cash fine, according to the proposal. They will have to pay penalties of between 500,000 rupees (\$7,800) and 100,000,000 rupees (\$1.56 million) to reverse a marketing suspension order, depending on the severity.

In a letter last year, Tapan Sen, a member of India's upper house of Parliament, urged the government to act on drafting a mandatory code on the



FILE PHOTO: A representative for Abbott enters a doctor's clinic in Pune on August 27, 2012.

marketing of pharmaceuticals, citing irregular practices by several companies.

Indian media reported that the letter said the country's largest drugmaker, Sun Pharma, Abbott India and privately-held Macleods Pharmaceuticals were among drugmakers found to have sent doctors on "pleasure trips."

Abbott said at the time that it

had a strict policy against providing gifts and other incentives to doctors, while Macleods refuted the allegations.

A Sun spokesman told Reuters the company organizes 'continuous medical education' programs to educate doctors, not promote its products, and these are compliant with the voluntary marketing guidelines set by the government in 2015.

## India set to unveil new biofuel policy in bid to cut oil, gas, coal imports: minister

NEW DELHI - India will soon announce a new policy to promote biofuels as part of efforts by the world's third-largest emitter of greenhouse gases to cut imports of fossil fuels like oil, gas and coal, a government minister said on Thursday.

The government aims to develop a biofuel economy worth 1 trillion rupees (\$15.6 billion) in the next two years, Oil Minister Dharmendra Pradhan told a conference on renewable energy on Thursday.

India's top three state-owned oil companies have pledged a combined \$2 billion to carry out research to develop biofuel technologies and the government has pledged to guarantee a return on

their investments, Pradhan said.

"The roadmap to lower crude oil imports is connected to bio-fuel," Pradhan said. India, the world's third-biggest oil consumer, aims to cut its crude imports by 10 percent by 2022.

New Delhi also plans to lower its carbon footprint by raising the use of natural gas in its energy mix to 15 percent in the next three to four years, up from 6.5 percent currently.

The government has already asked state oil companies to set up ethanol plants at 12 locations over the coming year.

Energy consumption in India is expected to grow as the government aims for economic growth of 8-9 percent this

fiscal year through March 2018, against around 7 percent in 2016/17.

Indian Oil Corp, the country's top refiner, plans to enhance the capacity of its biofuel refineries to 100 tonnes a day from about 12 tonnes a day in the next two years, Chairman Sanjiv Singh told reporters at the conference.

IOC runs three biofuel plants with an investment of about 30 billion rupees and is looking to increase the number of such plants, Singh said.

India needs private investment in the sector and once the cost of production comes down, the country could see some private sector participation, Singh said.

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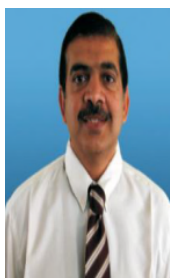
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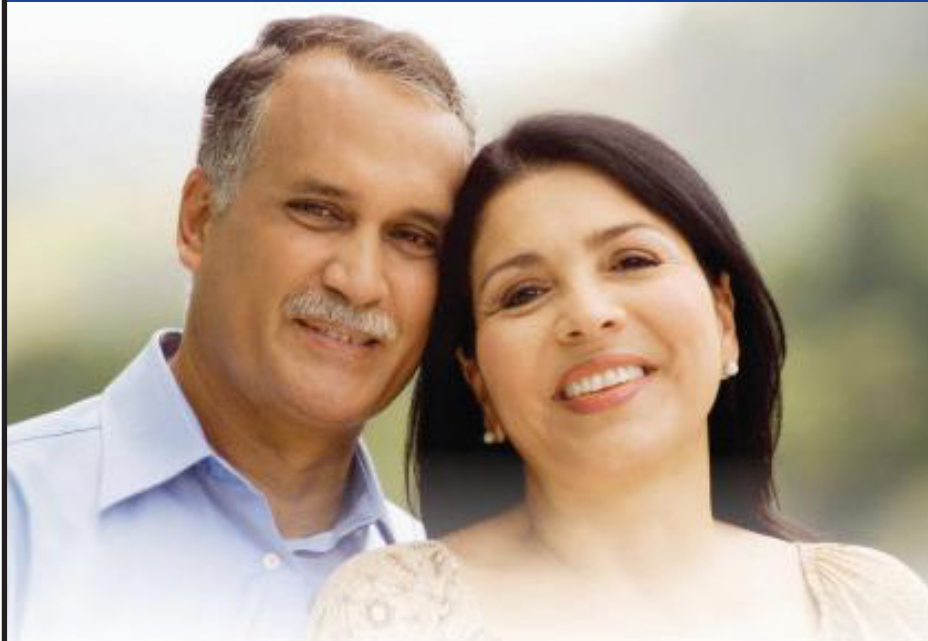
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# Get ready for first filing deadline, GST chief says

NEW DELHI - Millions of companies in India are still not ready to file their first returns under the new Goods and Services Tax (GST) ahead of an Aug. 20 deadline, a top official told Reuters, urging them not to leave things to the eleventh hour.

Navin Kumar, chairman of the GST Network, also said barely half of the 34 service providers accredited to help firms bulk-file invoices online had received approval to go live.

Yet he gave an assurance that

the huge IT back end that is designed to crunch up to 3 billion invoices a month and calculate companies' taxes would be stable, even if there is a last-minute rush to file.

"It will not crash," he told Reuters in an interview. "We are working on the assumption that 50 percent of the people will come on the last day."

Billed as India's biggest-ever tax reform, the GST has replaced a slew of federal and state levies. It has also cleared barriers

between India's 29 states, uniting its 1.3 billion people into a common market for the first time.

Yet the complexity of the tax - which has main rates of 5, 12, 18 and 28 percent and multiple exceptions - has raised concerns that companies will struggle to comply and file their monthly returns on time.

Even before the GST filings kick in, business surveys showed both the services and manufacturing sectors contracting at their fastest rate in years, heralding a



REUTERS/Amit Dave

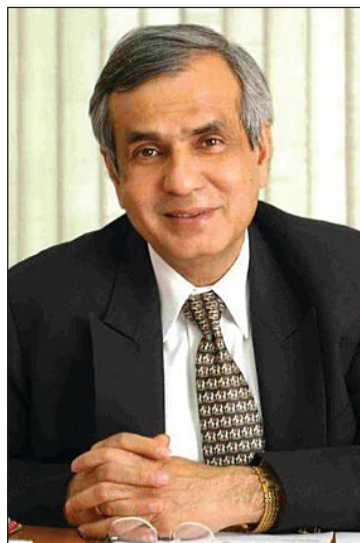
Traders holding placards bearing anti-GST messages, attend a protest against the implementation of the Goods and Services Tax (GST) on textiles, in Ahmedabad, India on July 15, 2017.

## India appoints economist Rajiv Kumar to govt. think-tank

NEW DELHI (Reuters) - India named economist Rajiv Kumar as the vice-chairman of the government's main policy think-tank, the state broadcaster said last Saturday.

He replaces Arvind Panagariya, who is standing down after two-and-a-half years in the job and returning to New York in September.

Kumar is a senior fellow at public policy think-tank Centre for Policy and Research (CPR). Prior to that he served as the secretary-general of the Federation of Indian Chambers of Commerce and Industry



Rajiv Kumar

(FICCI), an industry lobby.

The Indian-born, U.S.-educated economist Panagariya was named by Prime Minister Narendra Modi in January 2015 as the first manager of the Policy Commission, which replaced an earlier body responsible for drawing up Soviet-style five-year economic plans. He is returning to Columbia University.

Modi sees the body as an enabler of his brand of "cooperative federalism", coordinating reforms with India's 29 states and drafting a new long-term development strategy.

likely dip in indirect tax revenues.

The government has allowed firms to file simplified, self-assessed GST returns by Aug. 20 for the month of July, when the tax was launched.

They will have to file complete returns in early September that itemise and reconcile every single sales invoice under a regime that, by comparison with other countries, is labour and data-intensive.

More than 7 million existing taxpayers have activated accounts on the GST's portal - although around a third have yet to com-

plete the form-filling required to file a full tax return, Kumar said.

Another 1.3 million new firms have registered to pay GST.

He waved away concerns that companies would not be able to cope, saying that those used to paying value-added tax - now abolished - were used to online filing.

Although companies can upload invoices directly into the GST portal, big businesses will rely on a new breed of service provider whose applications can format, reconcile and upload invoices in bulk.

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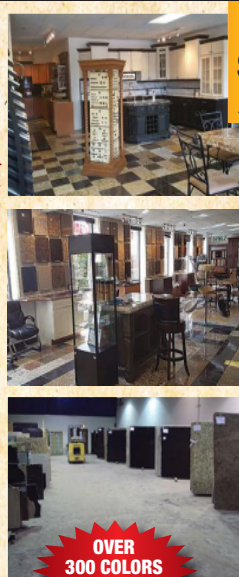
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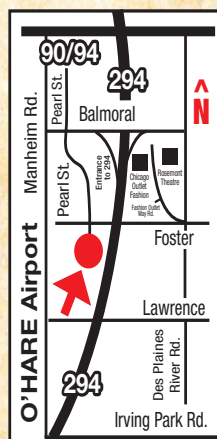
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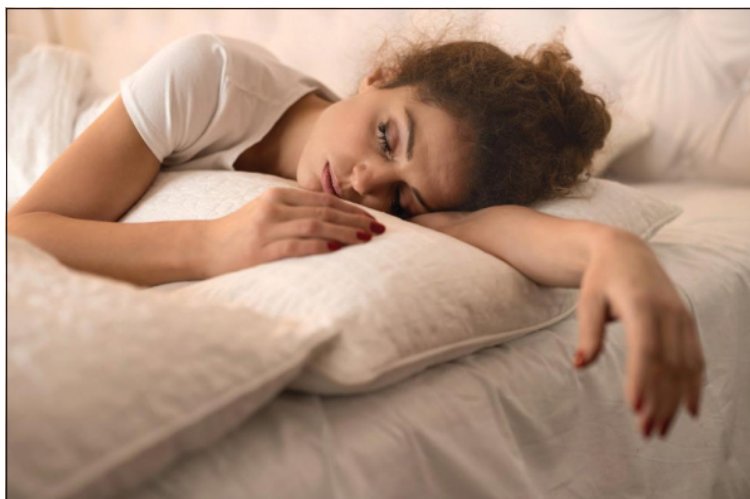
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# Short sleep linked to body mass, waist size



Yorkshire, and his colleagues analyzed four years' of data from a national diet and nutrition survey that also tracks other health and lifestyle habits among people in England, Northern Ireland, Scotland and Wales.

There are currently ongoing studies trying to figure out the mechanisms behind sleep and weight issues, said Goel, but she thinks it's clear the source of the weight gain is overeating.

"Some of it is that when people are sleep deprived, they tend to

go for high calorie, fatty, good tasting foods, and one of the ideas behind that is that it may be that some of the reward centres in the brain are affected by sleep loss. Those centres stimulate people to go for those higher fat foods," she said by email.

Dr. Samuel Klein, director of the Center for Human Nutrition at Washington University School of Medicine in St. Louis, noted that short experimental studies in research units show that short sleep increases hunger,

increases appetite and increases food intake.

Klein, who wasn't involved in the study, said people can get better sleep by focusing on a combination of two things: getting more sleep for the hours spent in bed and increasing the time they allocate for sleeping.

"Things like keeping the room where you sleep cool and dark, don't have a lot of lights on before bedtime, keep it dark, don't watch TV in bed," he said by email.

Getting one extra hour of sleep each night might shave a third of an inch off your waist and a couple of pounds off the number on the bathroom scale, a recent study suggests.

Getting one extra hour of sleep each night might shave a third of an inch off your waist and a couple of pounds off the number on the bathroom scale, a recent study suggests.

Among some 1,600 people in the UK, researchers found that those who slept more than eight hours a night had lower body mass index (BMI) - a measure of weight relative to height - and slightly smaller waists when compared to people who slept less than seven hours.

Longer sleepers also had slightly higher levels of HDL

"good" cholesterol.

"Most of the findings are in line with what experimental sleep loss studies have shown. I think maybe a plus of this is that obviously it's a much larger sample than something you would see in a laboratory," Namni Goel, a sleep researcher at the Perelman School of Medicine at the University of Pennsylvania in Philadelphia who wasn't involved in the study.

For the study, published in PLoS One, Gregory Potter of the School of Medicine at the University of Leeds in West

## Typical adults eat enough salt to damage heart

The amount of salt a typical American adult consumes each day may be enough to damage the heart muscle and make it harder to pump blood, a U.S. study suggests.

A high-salt diet has long been linked to higher odds of developing high blood pressure and heart disease as well as an increased risk of heart attack, stroke and heart failure. But determining the ideal amount of dietary salt is controversial because some research has also found an elevated risk of heart disease, high blood pressure and heart attacks in otherwise healthy people who

consume too little salt.

In the current study, half of the people consumed at least 3.73 grams a day of sodium, the equivalent of about two teaspoons of table salt.

Compared with adults who ate less sodium, people who consumed more than 3.7 grams of sodium a day were more likely to have enlargement in the left chambers of the heart that are responsible for pumping oxygen-rich blood into the body. They were also more likely to have signs of muscle strain in the heart that can precede structural damage.

Cardiovascular diseases are the leading cause of death worldwide, killing almost one in every three people.

Sodium is found not only in table salt, but also in a variety of foods such as bread, milk, eggs, meat, and shellfish as well as processed items like soup, pretzels, popcorn, soy sauce and bouillon or stock cubes.

To lower the risk of heart disease, adults should reduce sodium intake to less than 2 grams a day, or the equivalent of about one teaspoon of salt, according to the World Health Organization (WHO).

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## Walking and biking tied to lower risk of hospitalization with sciatica



Lifestyle factors like obesity and smoking are known to raise people's risk of developing sciatica, but a new study finds that regular walking and biking may have an opposite, and just as powerful effect.

Lifestyle factors like obesity and smoking are known to raise people's risk of developing sciatica, but a new study finds that regular walking and biking may have an opposite, and just as powerful effect.

Researchers in Finland analyzed data on more than 35,000 people in that country who were followed for up to 30 years, and found that smoking and obesity each raised the risk of being hospitalized for sciatica by 33 percent or more, while regularly commuting on foot or by bicycle lowered the risk by 33 percent.

"The harmful effects of overweight, obesity and smoking, and the protective effect of walking or cycling to work on hospitalization are substantial,"

said lead study author Dr. Rahman Shiri of the Finnish Institute of Occupational Health in Helsinki.

"These findings have important implications for prevention," he told Reuters Health by email.

About 2 to 5 percent of people have sciatica, the authors note in the American Journal of Medicine. The painful condition typically results from a herniated disc in the lower back and a compressed nerve root, with shooting pain from the lower back along the sciatic nerve that extends down the back of the thighs and legs.

Sciatica rarely leads to surgery or hospitalization, but it's considered one of the more

long-lasting and severe low back pain syndromes, Shiri said.

The study team analyzed data from four long-term studies with a total of 34,589 participants and 1,259 hospitalizations for sciatica during 12-30 years of follow-up. They looked at risk factors such as smoking, body mass index, obesity, age, sex, education and occupation, as well as the frequency, intensity and duration of physical activity.

Although smoking increased the risk of hospitalization for sciatica by 33 percent, former smokers were not at increased risk. Obesity increased hospitalization risk by 36 percent, especially abdominal fat, which pushed the increase to 41 percent.

At the same time, commuting to work by walking or cycling reduced the risk by 33 percent, which was true regardless of body weight and other activity.

"Other types of leisure time physical activities had no effect on hospitalization," Shiri added. "That was somewhat unexpected."

Regular low-level physical activities such as walking

and cycling may be helpful because they don't strain the lower back, the study authors note, as opposed to higher-intensity exercise that may be harmful.

One limitation of the study is that it relies on self-reported data, and the researchers are unable to verify what other health factors were involved with hospitalization for sciatica. The studies also used different questions about leisure-time physical activity, and two surveys didn't have enough information to distinguish between potential

gender-related differences.

Future studies should analyze long-term data related to these factors and measure the physical activity directly, the study authors write.

"It could be, for example, that there is something else associated with smoking and independently makes people more likely to be admitted to the hospital for sciatica," said David Coggon, a professor of occupational and environmental medicine at the University of Southampton in the UK.

### Dog owners more likely to exercise regularly

Dog owners who walk their pets outside are more likely to have regular exercise habits, regardless of weather, according to a new study.

Regular dog walkers were more active on days with cold, rainy weather - and on days with the worst weather conditions, they had 20 percent higher activity levels and were more active for 30 minutes per day, compared to people who didn't have dogs.

"As we get older, we decline in the amount of physical activity we get, and we tend to be less active at the time in our lives when it's

best to be active," said study author Andy Jones of the University of East Anglia in Norwich, UK.

Jones and colleagues analyzed data collected as part of a large study of community-dwelling adults ages 40 to 79 in Norfolk, UK. Overall, the average age was around 70, and 57 percent were female.

Participants wore accelerometers to record their daily physical activity and sedentary behavior. They also answered questions about environmental conditions, age, education, gender, health status and pet ownership.

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# Blood pressure fluctuations linked to dementia

People whose blood pressure varies widely from day to day may be more likely to develop dementia than adults who have fairly steady blood pressure, a Japanese study suggests.

Researchers examined data from one month of daily home blood pressure readings for 1,674 older adults without dementia. During the next five years, compared to individuals with little to no fluctuation, people with the most variations in blood pressure were more than twice as likely to develop dementia.

"The present study demonstrated that an increased day-to-day blood pressure variation (measured at home) was significantly associated with the development of all-cause dementia, vascular dementia, and Alzheimer's disease, regardless of average home blood pressure," said lead study author Dr. Tomoyuki Ohara, of the Graduate School of Medical Sciences at Kyushu University in Fukuoka City.

While the study didn't assess why this might be the case, it's possible that daily variation in blood pressure might cause changes in the brain's structure and function that contribute to the development of dementia,

Ohara said by email.

Consistently high blood pressure, or hypertension, is a known risk factor for dementia. Previous research has also shown a link between cognitive impairment and dementia and different blood pressure readings at the doctor's office.

Home monitoring might give a more reliable snapshot of blood pressure than tests at the doctor's office because stress or anxiety about these exams sometimes leads patients to have higher blood pressure at the office than they do at home, a so-called "white coat" effect.

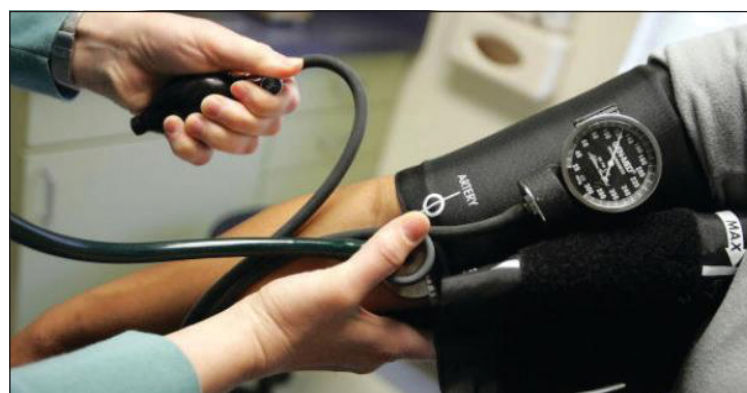
Participants in the current study were 71 years old on average. For one month, they typically measured their blood pressure three times each morning before eating breakfast or taking medication. About 43 percent of them took drugs to manage high blood pressure.

Researchers reviewed data from blood pressure readings taken during that month, conducted cognitive testing to uncover the development of dementia, and reviewed medical records for the occurrence of stroke.

Five years later, 134 partici-

pants had developed Alzheimer's disease and 47 had developed what's known as vascular dementia, which results from diminished blood flow to the brain and is often related to the occurrence of small strokes.

People with the most variation in daily blood pressure readings at the start of the study were more than twice as likely to develop Alzheimer's disease and almost three times more likely to develop vascular dementia, researchers report in *Circulation*.



People whose blood pressure varies widely from day to day may be more likely to develop dementia than adults who have fairly steady blood pressure, a Japanese study suggests.

## Gum infections linked to several cancers in women

Older women with gum infections are more likely to get many common cancers than their peers who have perfect oral health, a recent study suggests.

Researchers focused on what's known as periodontal disease, serious infections in the mouth that are caused by bacteria in dental plaque. Daily brushing and flossing can prevent gingivitis, the milder form of periodontal disease, but untreated cases can lead to permanent damage to the gums and bone.

Compared to women without oral health problems, women with periodontal disease were

14 percent more likely to develop cancer, the study found.

The biggest risk was for cancer of the esophagus, which was three times more likely in women with periodontal disease. Women with periodontal disease were also 31 percent more likely to be diagnosed with lung tumors, 73 percent more likely to get gallbladder cancers, 13 percent more likely to have breast tumors and 23 percent more likely to have melanoma.

"We know that periodontal disease can lead to tooth loss if not treated, and it is also associated with diabetes and other chronic diseases," said senior study author

Jean Wactawski-Wende, dean of the School of Public Health and Health Professions at the University at Buffalo in New York.

"Here we found an association with cancer," Wactawski-Wende said by email. "Although not certain, maintaining optimal oral hygiene may help to reduce the risk of developing cancer."

Periodontal disease was associated with increased risks of several types of cancer in postmenopausal women, even in women who had never smoked, researchers note in the journal *Cancer Epidemiology, Biomarkers and Prevention*.



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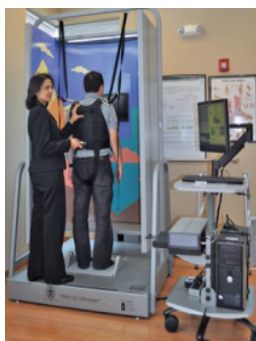
"Our goal is to help people get back into their daily life as quickly as possible," says Rupangi. "Patients have noticed a difference in as little as two visits."



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## Health Bulletin

### BENEFITS OF APPLE



**1. Get whiter, healthier teeth:** An apple won't replace your toothbrush, but biting and chewing an apple stimulates the production of saliva in your mouth, reducing tooth decay by lowering the levels of bacteria.

**2. Avoid Alzheimer's:** A new study performed on mice shows that drinking apple juice could keep Alzheimer's away and fight the effects of aging on the brain. Mice in the study that were fed an apple-enhanced diet showed higher levels of the neurotransmitter acetylcholine and did better in maze tests than those on a regular diet.

**3. Decrease your risk of diabetes:** Women who eat at least one apple a day are 28 percent less likely to develop type 2 diabetes than those who don't eat apples. Apples are loaded with soluble fibre, the key to blunting blood sugar swings.

**4. Beat diarrhea and constipation:** Whether you can't go to the bathroom or you just can't stop, fibre found in apples can help. Fibre can either pull water out of your colon to keep things moving along when you're backed up, or absorb excess water from your stool to slow your bowels down.

**5. Prevent gallstones:** Gallstones form when there's too much cholesterol in your bile for it to remain as a liquid, so it solidifies. They are particularly prevalent in the obese. To prevent gallstones, doctors recommend a diet high in fibre to help you control your weight and cholesterol levels.

## High-fat diet linked to lung cancer

People who eat a lot of saturated fat - the "bad" kind of fat that's abundant in foods like butter and beef - are more likely to develop lung cancer than individuals on low-fat diets, a recent study suggests.

Compared to adults who didn't get a lot of fat in their diets, people who ate the most total fat and saturated fat were 14 percent more likely to get lung malignancies, the study found. For current and former smokers, the added risk of a high fat diet was 15 percent.

While the best way to lower the risk of lung cancer is to not smoke, "a healthy diet may also help reduce lung cancer risk," said study co-author Danxia Yu of Vanderbilt University Medical Center in Nashville, Tennessee.

"Specifically, our findings suggest that increasing polyunsaturated fat intake while reducing saturated fat intake, especially among smokers and recent quitters, may (help prevent) not only cardiovascular disease but also lung cancer," she said.

The American Heart Association recommends the Dietary Approaches To Stop

Hypertension (DASH) diet or a Mediterranean-style diet to help prevent cardiovascular disease. Both diets emphasize cooking with vegetable oils with unsaturated fats, eating nuts, fruits, vegetables, low-fat dairy products, whole grains, fish and poultry, and limiting red meat and added sugars and salt.

"Those guidelines are the same for avoiding heart disease, stroke and diabetes, and I would say they are also exactly the same for helping with cancer prevention in general and lung cancer in particular," said Dr. Nathan Berger, a

researcher at Case Western Reserve University and University Hospitals Cleveland Medical Center who wasn't involved in the study.

"This doesn't mean you need to throw away all the steak and butter in your freezer, but cutting back to once a week would be good for you," Berger said in a phone interview.

For the current study, researchers examined data from 10 previously published studies in the United States, Europe and Asia that looked at how dietary fat intake influences the odds of lung malignancies.

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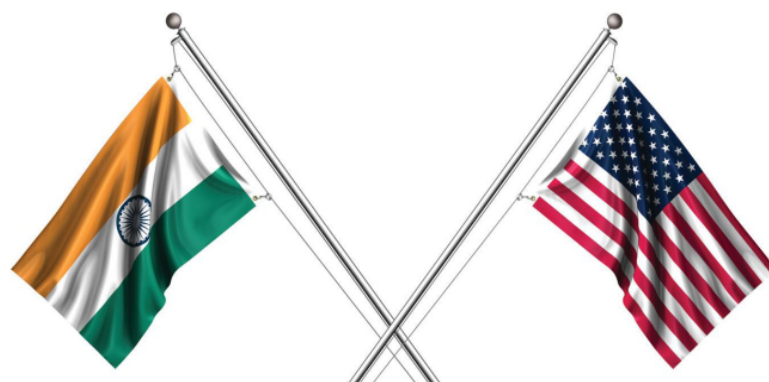
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— Jawaharlal Nehru  
(on Indian Independence Day, 1947)



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## WEEKLY HOROSCOPE

(August 20 - 26, 2017)

### Aries (March 21 to April 20)

You might be immersed in work-related matters. It may seem that you have to push really hard with little results, but the wait isn't much for you to see the outcome. Better times are in sight, and maybe even an incentive.

### Taurus (April 21 to May 21)

You look inward, contemplating spiritual matters and holistic growth. There are philosophical discussions, and you may even go on a pilgrimage. The later half of the week brings the focus back on the material world and your role at work.

### Gemini (May 22 to June 21)

You are likely to mull over the past, not constructively though. But, if you disallow any pity party in your mind, you may be able to see your own relationship and behaviour patterns. There will be increased demands on your time and attention at work.

### Cancer (June 22 to July 22)

You may be dealing with relationship-related issues as the week opens up. It may be important to point out here that comparison with others is extremely counterproductive, and you would do well to count your blessings.

### Leo (July 23 to August 22)

You are forced to look at your health with greater seriousness. Work could have been quite demanding, and you may be irritated by constant opposition from certain people who feel insecure in your presence. Handle difficult conversations tactfully.

### Virgo (August 23 to September 23)

There may be additional attention and effort required on your part to address the needs of children. Some could be concerned about the financial aspect of education. Some could take a competitive exam now.

### Libra (September 24 to October 23)

Domestic matters take precedence over everything else. You are overwhelmed by the way you feel for your loved ones and wish to provide for them in the best possible manner. Expenditure on property and comforts is indicated.

### Scorpio (October 24 to November 22)

You could be extra conscious about one's rights and strongly reactive to any perceived threat. This may be especially true in cases where settlement and division of inheritance are underway. Be careful in handling the concerns raised by closely related people.

### Sagittarius (November 23 to December 21)

You could be primarily concerned with financial matters. There may be gains during this phase, but it may not be either satisfying or sufficient for your requirements. There may also be a sense of hurry to achieve big.

### Capricorn (December 22 to January 20)

You are likely to have a favourable week where positive results of efforts give a big boost to your morale. There is a sense of achievement as you bring a long-pending task to a close! There may be a celebration in the family or a small get-together with loved ones.

### Aquarius (January 21 to February 19)

It might be tough coming to terms with reality. A sudden change could affect you, and you may find it difficult to deal with the new way of living. You may also feel alienated, especially if you have moved away, or have come out of a long-term relationship.

### Pisces (February 20 to March 20)

Money is the theme for this week. It could either be about securing a job, or financial security, or rearranging your investments, or closing an old loan, etc. Some may even look at turning into entrepreneurs. But remember, hurry makes bad curry.

## Q&A: Sidharth Malhotra on "A Gentleman" and taking over from the Khans

Sidharth Malhotra made his debut with Karan Johar's "Student Of The Year" in 2012 and has never quite managed to shake off the tag of being Johar's protégé with a boy-next-door image. But the actor says he is trying to become his own man by trying different roles and discovering his style and craft.

His next film, "A Gentleman", is an action-comedy where he plays a man who is mistaken for a criminal. Malhotra spoke to Reuters about the film and why he doesn't take success or failure too seriously.

**Q:** How would you describe "A Gentleman"?

**A:** It's a new-age action-comedy that has everything in a film that I would want to watch. It has action, comedy and a new take on the double role. It's definitely light-hearted, not something that you'll be stressed about and it won't make you think.

**Q:** The directors' (Raj and Krishna DK) last film "Happy Ending" didn't do well at the box office and nor did yours. Were there apprehensions about doing a film with them?

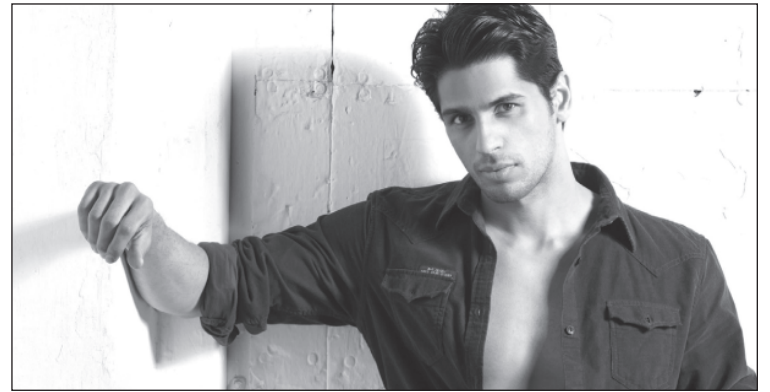
**A:** Not at all. I signed this during "Kapoor and Sons". I didn't judge them by their previous successes or failures. I had seen "Go Goa Gone" and "99" and liked both of them. I knew what they were capable of. Not everyone can have an A-grade slate like Mr. Raju Hirani. We only have one of him. Everybody else has experienced some ups and downs. I liked the script, plus I hadn't done this genre of film before. You cannot judge someone by their past work. It is just not fair.

**Q:** But coming off failure is more difficult than coming off success, right?

## Salman Khan returns Rs. 32.5 Crores to distributors for "Tubelight"; Will Shah Rukh Khan follow suit for "Jab Harry Met Sejal"?

On Wednesday, Salman Khan called the distributor to compensate for the losses suffered at the Box-Office over "Tubelight". Salman, on the behest of his father Salim Khan, agreed in June to reimburse for the losses suffered for "Tubelight".

Says a source close to the development, "Salman Khan had promised to return his distributor's money by the end of July. However, he was busy shooting abroad for "Tiger Zinda Hai". Now that he's back in Mumbai,



**A:** I have come to realise, with whatever little experience I have, is that none of them last that long. I cannot live off my success for too much time. I cannot keep saying "Ek Villain" was a 100-crore film, because it is in the past. It's all about what you are doing this year and this film. You ask any actor who has given a hit film – it is equally scary to come off success because there is so much pressure. The game in this industry is more mental. I am actually enjoying this phase of my career so much more. Like this film, then Neeraj Pandey's "Aiyaary" and "Ittefaq" - they are all such distinctly different films and I am learning so much about my style, my craft, my body.

**Q:** You are part of the next generation of actors after the Khans, all of whom enjoy a huge fan following. Do you think you are catching up with them?

**A:** I think it (the process) is at the beginning, even by doing stories that they cannot do now because of their age. They are doing more interesting stuff because of their age. It is a matter of two or three more years. It hasn't fully happened because they are still hugely popular and command a big fan following. But it is the most natural progression and it will happen.

**Q:** Do you think you are

getting the kind of roles you want? Are the right types of roles being written?

**A:** We definitely have a dearth of writers. Right now, all the good writers are directors - they are only writing for themselves. Raju Hirani, Karan Johar, Imtiaz Ali... Where are the writers who write stuff for other directors? That has to increase. I won't say we aren't getting the roles, because I have tried to keep it different in each film. But the audience is also becoming unpredictable. They might like a small film... or they might diss a humongous film with a big star. We are competing with international content, with TV series, with movies. I think you just have to follow your instinct and go with it.

**Q:** Given that the competition is coming from everywhere, do you find yourself looking over your shoulder every time?

**A:** No. I don't think it is productive energy. I can make my film to the best of my abilities and that's all you can really control. Why complicate your life unnecessarily? Yes, for sure, you watch a lot of series and movies from outside. But again, a majority of India doesn't watch that. A majority of India doesn't watch Netflix. They watch TV. Many times we are competing with what comes on TV and not any of these new platforms.



he has agreed to return Rs. 32.5 crores to the distributors. This is half of the total losses suffered by distributors over "Tubelight".

Interestingly, the same distributor, Shreyans Hirawat has suffered losses of around Rs. 50 crores on the Shah Rukh Khan starrer "Jab Harry Met Sejal".

The buzz is Shah Rukh Khan will follow in Salman's footsteps and compensate for the losses.



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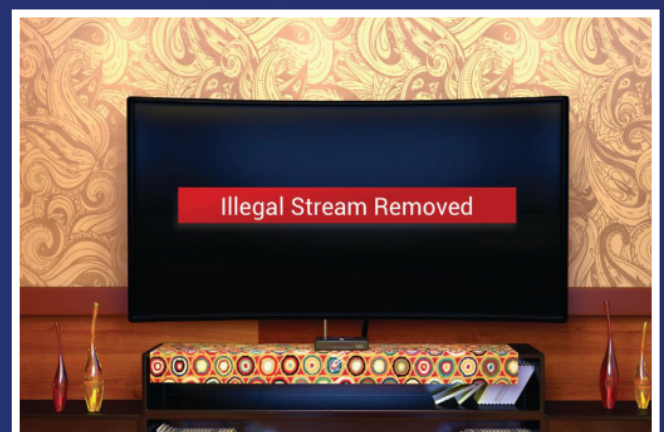
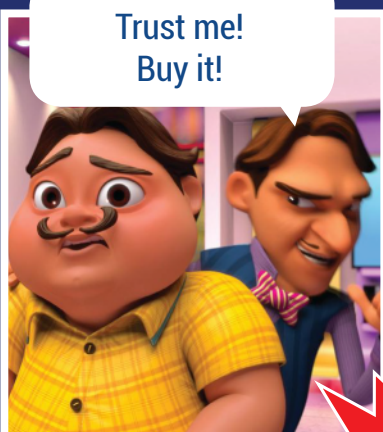
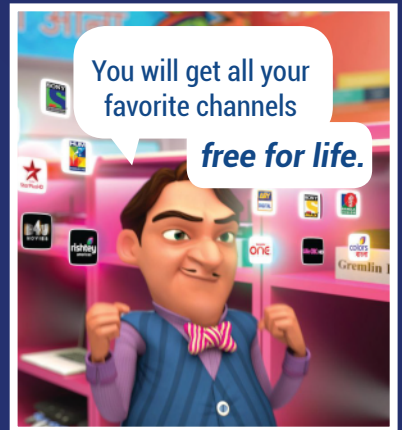
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