

UAE PRESIDENT ARRIVES IN INDONESIA TO ATTEND G20 SUMMIT

Sheikh Mohamed joins Indonesian president in inaugurating the Sheikh Zayed Grand Mosque, named to laud the UAE's founding father

UAE President Sheikh Mohamed bin Zayed Al Nahyan has arrived in Indonesia to attend the G20 summit. Sheikh Mohamed and the delegation were received by Indonesian President Joko Widodo, at the Solo airport.

The UAE President was invited to attend the summit by Indonesia, which holds the current G20 presidency.

The G20 is a platform comprising 19 countries and the European Union, which aims to address major issues related to the global economy. This year, the summit will take place in Bali, Indonesia on November 15-16, and will be chaired by the Indonesian president.

The UAE President was accompanied by Sheikh Mansour bin Zayed Al Nahyan, Deputy Prime Minister and Minister of the Presidential Court; Sheikh Hamdan bin Mohamed bin Zayed Al Nahyan; and Sheikh Mohammed bin Hamad bin Tahnoon Al Nahyan, Special Affairs Advisor at the Presidential Court, official news agency WAM reported.

Sheikh Mohamed also joined the Indonesian president in inaugurating the Sheikh Zayed Grand Mosque, named to laud the UAE's founding father.

Taking to Twitter Sheikh Mohamed wrote that the Summit provides an important platform to discuss the opportunities and challenges facing the world today. He also said that the UAE is looking forward to engaging in constructive dialogue to support sustainable growth.

He wrote: "The G20 Summit in Bali, Indonesia provides an important platform to discuss the opportunities and challenges facing the world today. The UAE looks forward to engaging in constructive



dialogue to support sustainable growth and shared progress for all countries and their people."

Meanwhile, Arshad Rasheed, President of the Chamber of Commerce and Industry, has expressed his pride in the UAE's participation at the G20 Leaders' Summit meetings, praising the cooperation and the strong relations between the UAE and Indonesia.

In a statement to the Emirates News Agency (WAM) on the sidelines of the G20 summit in Bali, Indonesia, Rasheed also expressed his hope to attract more Emirati investments to his country.

The total non-oil trade exchange between the UAE and Indonesia, from 2012 to 2021, amounted to \$24 billion (AED86.9 billion).

The volume of intra-non-oil trade grew during the first nine months of this year, with an increase of 33% compared to the same period in 2021, and record growth of 104% compared to the same period in 2020.

The UAE is among the 20 largest trading partners of Indonesia and the second-largest trading partner in the Arab world.

In conjunction with the Business 20 (B20) Summit, which is part of the G20 Summit, the Ministry of Economy organised the UAE Business Forum on Saturday in cooperation with the Indonesian Chamber of Commerce and Industry to discuss prospects for cooperation. The two countries signed 16 cooperation agreements between companies from both sides.

Meanwhile, Indonesian Ambassador to the UAE Husin Bagis expressed the importance of the UAE's participation at the Summit, especially being a leader in priority issues facing world. "We believe that the UAE will contribute to reaching concrete results at the G20 this year, to benefit the world economy. We all know the UAE is indeed one of the countries that lead in the three priority issues (Global Health Architecture, Digital Transformation, and Sustainable Energy Transition)," he said.



UAE, ARCTIC CIRCLE ORGANISE OPEN DIALOGUE TO DRIVE CLIMATE ACTION

One notable partnership between the UAE and Indonesia was the signing of the Indonesia-UAE CEPA (Comprehensive Economic Partnership Agreement) on July 1, 2022. It is projected to enhance trade balance between the two countries to \$10 billion in the next few years. "The IUAE CEPA is expected to be Indonesia's entry point to the UAE, which is a hub for increasing exports to potential export destination countries such as the Middle East, Africa, Central Asia, and South Asia," Bagis explained.

According to the agreement, Indonesia will get 0% (tariff-free) for the exporting products of gold, tyres, spare parts, automotive accessories, car batteries, solar batteries, palm oil, jewellery, paper, rubber, and spices.

"In addition to strong economic ties, Indonesia, the most populous Muslim country in the world, and the UAE are highlighting shared common values regarding moderate Islam and a readiness to work together to promote tolerance and fight against religious extremism," Bagis added.

UAE LAUNCHES BUSINESS FORUM

The UAE Business Forum was last week in Bali, Indonesia, on the sidelines of the annual G20 meeting.

The forum, which brought together business leaders from both countries, was launched to explore emerging opportunities for cooperation between the business communities, and resulted in the signing of 16 Memoranda of Understanding (MoUs).

The forum was one of the first major investment conferences to take place since the signing of the UAE-Indonesia Comprehensive Partnership Agreement in July, and which is likely to be ratified in the coming weeks.

Among the 16 MoUs was a deal between G42 and its subsidiaries Presight.ai and G42 Healthcare with Indonesian healthcare AI firm Asaren, while Burjeel Holding Group signed an MoU to develop a healthcare facility through a strategic partnership with the Indonesian Mitra Jaya Group.



UAE INVESTMENTS IN INDIA CROSS \$10 BN

UAE sovereign wealth funds have invested more than \$10 billion in India across renewable energy, telecom, road infrastructure among other sectors, the Indian envoy said during an event in Abu Dhabi.

At the three-day annual conference of Confederation of Real Estate Developers' Associations of India (CREDAI), Sunjay Sudhir, Ambassador of India to UAE, underlined that bilateral relations have been accelerating with a surge in two-way investments. "We have made rapid strides in bilateral relations since 2014," he said.

Bilateral trade has continued to strengthen with the signing of the Comprehensive Economic Partnership Agreement (CEPA) in February 2022. "The India-UAE partnership is accelerating fast. We see this reflected in investments made in India by leading UAE companies in the last several years. In the last five years alone, more than \$10 billion have been invested by UAE sovereign wealth funds across renewable energy, telecom, road infrastructure, affordable housing and startups," Sudhir said.

Sudhir asked builders to learn from the experience of UAE real estate companies and explore opportunities for partnership. "Our bilateral relations offer you the opportunity to partner with UAE companies in a

big way and also to learn from their experiences," Sudhir said and noted that Indian companies were investing in UAE in a big way across many sectors, including energy.

Meanwhile, CREDAI members pledged to be carbon neutral by 2050. "When the entire world is waking up to the need for green real estate, as an industry leader, we need to walk the talk by evaluating and exploring newer ways to reduce, and reuse waste through recycling," said Harsh Vardhan Patodia, president, CREDAI.

CREDAI also announced a slew of measures, including collaboration with HDFC to empower tier-2 and 3 cities with a \$3 billion fund. The body will partner with India's first and largest integrated incubator and accelerator for startups – Venture Catalysts & NeoVon – to set up a \$100 million Spyre VC Proptech Fund.

"India is a start-up hub, and a lot of new-age start-ups are finding solutions to real-world problems more swiftly and effectively. Our Sphyre VC fund will bring together a lot of young leaders who will help us in bringing sustainable realty to life," Boman Irani, president-elect, CREDAI, said.

Satish Magar, chairman, CREDAI, pointed out that the real estate ecosystem in India has witnessed the "best year in decades" on the back of pent-up demand post-Covid-19 and positive consumer sentiment.

DOHA'S MAIN AIRPORT OPENS EXTENSION WITH OVER 25,000 PLANTS

BY MUKESH SHARMA

Doha's Hamad International Airport (HIA) has opened a leafy extension to its airport with thousands of plants just as the country gears up to receive more than a million fans for the FIFA World Cup to kick off on November 20.

The extended section includes a tropical garden located at the centre, named Orchard. It is an indoor tropical vegetation area with a water feature meant to be a focal point for visitors at HIA. With different flora -- the 'orchard' includes over 300 trees and over 25,000 plants sourced from sustainable forests from around the world.

The unique design allows trees and plants to easily adapt to the internal conditions and grow throughout the life of the airport -- with natural light to create a calming ambience and promote a sense of well-being to all who venture inside, a statement by the airport said.

Qatar Airways Group Chief Executive Akbar Al Baker said: "We are very pleased to be launching the expansion of Hamad International Airport, an airport that has truly grown to become the ultimate example of a successful, sustainable global facility. HIA continues to impress with its innovative planning, execution and investment -- enhancing its position as the preferred hub for global travellers and reinforcing HIA's position amongst the top leaders of this industry."

Talking about the project, HIA Chief Operating Officer Badr Mohammed Al Meer, said: "We are immensely proud to officially launch our airport expansion. Our growth plan will see us welcome over 58 million passengers annually -- offering global travellers the best services the industry has to offer. From world-class services to endless F&B and retail offerings, the expansion further strengthens our ambition as we look towards maintaining our status as the best airport in the world."

Consisting of one expansive terminal, the two-time world's best airport will enable travellers to seamlessly transfer from one area to another, exploring the wonders that HIA has to offer with its infused warmth and hospitality, a HIA statement said.

The extended airport is designed to significantly reduce waiting time, thanks to the new transfer hall on concourse C (Transfer Hall C). It includes curated Duty Free shops and food and beverage outlets, including first Fendi Cafe and first Ralph's Coffee Shop in an airport. The North node also houses the world's first airport Oreo Cafe.

As part of the expansion, HIA also launched the second airport hotel within its transfer area. Located in the north plaza, the 100-room Oryx Garden Hotel is located moments away from boarding gates.

The airport plans to expand further to augment its capacity to well over 70 million passengers and construct two new concourses within the existing terminal.



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UAE, ARCTIC CIRCLE ORGANISE OPEN DIALOGUE TO DRIVE CLIMATE ACTION

The Ministry of Climate Change and Environment (MOCCAE), in collaboration with Arctic Circle, hosted an open dialogue on the “Third Pole Process” at the sidelines of the 27th United Nations Climate Change Conference (COP27), being held until 18th November in Sharm El Sheikh, Egypt.

The open dialogue included Mariam bint Mohammed Almheiri, Minister of Climate Change and the Environment; Ólafur Ragnar Grímsson, former President of Iceland and Chairman of Arctic Circle; and Guðlaugur Þór Þórðarson, Iceland’s Minister for the Environment, Energy and Climate and Chairman of the Arctic Council, 2019-2021.

Among other participants were representatives from Arctic countries and the Third Pole – Himalayan Region and various institutions and organisations from other countries.

In June 2022, MOCCAE and Arctic Circle launched the Third Pole Process as a comprehensive effort to present the Arctic model of collaboration to the Third Pole-Himalayan region, in an attempt to mitigate the threats of melting glaciers and water insecurity, aggravated by climate change. The Third Pole region is a term that denotes the geographic vicinity of the Himalaya, which includes India, China, Pakistan, Afghani-



stan, Nepal, Bhutan, Bangladesh, Myanmar, and several countries in Central Asia.

“The UAE is at the forefront of nations tackling the climate crisis. To support efforts aimed at mitigating the risks associated with melting glaciers, we rolled out the Third Pole Process that forges meaningful synergies and promotes experience sharing to address the effects of ice shrinking. Taking place during the leading annual gathering for climate action, the session has highlighted the implications of climate change on the Third Pole region and introduced the upcoming Arctic Circle Abu Dhabi Forum to a global audience,” Almheiri said.

She noted that glacier melting can considerably disturb the cycle of water, trigger higher biodiversity loss, and impede economic growth. The Third Pole Process

brings together governments, scientists, and experts to strengthen the regional knowledge of the challenges of diminishing water resources. It represents an active engagement with governments and institutions to enhance scientific research and partnerships to inform policymaking, guided by the Arctic experience of collaboration that facilitates effective communication of scientific information to policymakers specialising in addressing climate change.

For his part, Ólafur Ragnar Grímsson stated, “The attention has been primary on the North Pole and the South Pole; the Arctic and the Antarctica. The escalation of the melting of the glaciers of the Himalaya-Third pole countries could in the coming decades become a paramount climate disaster.”

Abu Dhabi real estate transactions over AED21.04bn in Q3 2022

Abu Dhabi’s real estate market witnessed continued growth in the third quarter of 2022, recording a total of 4,441 transactions amounting to over AED 21.04 billion, according to the latest report published by the Department of Municipalities and Transport (DMT).

The DMT’s quarterly showed that the emirate recorded 1,995 real estate sales worth AED 5.39 billion, and 2,446 mortgage transactions worth AED 15.64 billion. Yas Island topped the list logging transactions worth AED 1 billion, while Al Saadiyat Island coming in second with transactions worth AED 929 million. With a total of AED 641 million in transactions, Al Shamkha ranked third, followed by Al Reem Island with AED 541 million, and Khalifa City with AED 208 million. Meanwhile, Mohammed bin Zayed City recorded transactions worth AED 182 million. Dr. Adib Al Afifi, Executive Director of the Real Estate Sector at DMT, said, “The real estate market in the Emirate of Abu Dhabi continues to achieve outstanding results and continuous and sustainable growth.”

UAE FEDERAL TAX AUTHORITY TO LAUNCH EMARATAX

Further to the announcements by the Federal Tax Authority during the past weeks, the Federal Tax Authority confirmed its intention to launch the EmaraTax platform on 5th December, 2022.

The migration to EmaraTax will commence from the end of day on Wednesday, 30th November and EmaraTax will be available for use from 5th December.

To minimise disruption to taxpayers the FTA has planned this migration to EmaraTax to coincide with the National Day holiday and well in advance of the usual tax return submission and payment dates.

EmaraTax significantly enhances taxpayer access to the FTA’s services, payment of taxes and obtaining refunds.

The new online platform also dramatically enhances the

ability of the FTA to administer taxes in the UAE and enables better, faster decision-making and earlier engagement with taxpayers that need support.



The new online platform aligns with the UAE Digital Government Strategy 2025 and the directives of His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President, Prime Minister and Ruler of Dubai, to leverage emerging technologies and build a solid digital infrastructure that serves the people and business community.

Once live, taxpayers will benefit from the improved and

feature-rich online platform designed to revolutionise how they manage their taxes. Additionally, the FTA will continue until the first quarter of next year to launch additional services and features in phases, including an EmaraTax application for mobile phones.

The FTA is committed to ensuring that every taxpayer has an opportunity to learn more about the key features of EmaraTax. For example, taxpayers can join one of the EmaraTax webinars organised daily by the FTA in November.

A dedicated microsite has also been launched, which includes information about using EmaraTax, educational videos, Frequently Asked Questions, and the joining details for the free webinars. Information will also be sent directly to taxpayers via their registered email addresses.

ASEAN SUMMITS CONCLUDE WITH EMPHASIS ON POST-PANDEMIC RECOVERY

The 40th and 41st ASEAN Summits and Related Summits in Cambodia concluded on Sunday, achieving fruitful results for greater regional cooperation towards post Covid pandemic socio-economic recovery.

“Within these four days, we have had a comprehensive and productive discussion on the way forward to strengthen ASEAN centrality and our value in relation with our external partners, particularly at a time when the world is facing the fast evolving complex regional and international issue,” Cambodian Prime Minister Samdech Techo Hun Sen said at the closing ceremony of the four-day summits.

A total of 70 outcome documents and



declarations covering the three pillars of ASEAN communities were adopted and noted at the summits, with various cooperation frameworks with dialogue partners endorsed, said Hun Sen.

For the ASEAN community building,

the summits adopted the ASEAN Leaders' Statement on the 55th Anniversary of ASEAN, the ASEAN Leaders' Vision Statement on ASEAN A.C.T: Addressing Challenges Together, and the ASEAN Leaders' Statement on ASEAN Connectivity Post-2025

Agenda, he said.

On Friday, the ASEAN leaders agreed in principle to admit Timor-Leste as the 11th ASEAN member, according to an ASEAN leaders' statement.

“I would like to stress that ASEAN centrality is the primarily driving force for substantive dialogue and collaboration with our external partners through various ASEAN-led mechanisms,” Hun Sen said.

At the closing ceremony, Hun Sen handed over the gavel of the ASEAN Chair to Indonesian President Joko Widodo.

The Association of Southeast Asian Nations (ASEAN) groups Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar, the Philippines, Singapore, Thailand and Vietnam.

DHANKHAR MEETS BIDEN IN CAMBODIA

On the sidelines of the 17th East Asia Summit, visiting Vice President of India, Jagdeep Dhankhar on Sunday met US President Joe Biden in Phnom Penh, Cambodia.

Taking to Twitter, the Vice President Secretariat shared a photograph of the meeting and captioned, “Hon’ble Vice President, Shri Jagdeep Dhankhar with the President of United States, Mr. Joe Biden on the sidelines of the 17th East Asia Summit in Phnom Penh, Cambodia. @POTUS”

Earlier on Sunday, the Vice President addressed the East Asia Summit where he called for forging a comprehensive strategic relationship and step-up anti-terrorism cooperation between India and ASEAN nations.

On Saturday, he announced an additional USD 5 million commitment to the



ASEAN-India science and technology fund in order to strengthen collaboration in the areas of public health, renewable energy, and smart agriculture.

In a joint statement, India and ASEAN recognized the strong cross-cultural ties, maritime connectivity, and deep ties between Southeast Asia and India that have developed over the past 30 years. These ties serve as a solid basis for ASEAN-India relations.

India and ASEAN are committed to stepping up their collaboration in the digital economy through several regional capacity-building initiatives in digital transformation, trade, innovation, and skills, as well as hackathons, read India-ASEAN joint statement.

On November 11, Vice President Jagdeep Dhankhar and his wife, Dr Sudesh Dhankhar, flew into Cambodia on a three-day visit. Dhankhar, the head of the Indian delegation to the 17th East Asia Summit and the ASEAN-India Commemorative Summit, is also accompanied by External Affairs Minister S Jaishankar.

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AN ASIAN TORY PRIME MINISTER?

AWARENESS, AWARENESS...

India is home to world's second largest adult diabetes population and every sixth person with diabetes in the world is an Indian. The past three decades witnessed 150% increase in the number of people with diabetes in the country. Awareness is the only weapon to fight against diabetes ... writes Dr. Smita Joshi

When the SARS-CoV-2 pandemic hit the world, it has disproportionately affected people with diabetes population, exposing them to a high risk for severe illness and mortality. Globally, diabetes was responsible for over 40 lac deaths in the year 2019.

It was the leading cause of end-stage kidney disease, adult-onset blindness and cardiovascular diseases and premature deaths across the countries.

India is home to world's second largest adult diabetes population and every sixth person with diabetes in the world is an Indian. The past three decades witnessed 150% increase in the number of people with diabetes in the country. The growing prevalence of pre diabetes indicates a further increase in diabetes in the near future. Diabetes in India, has traversed from high to the middle income and underprivileged sections of our society.

Over 10 Lac children and adolescents in the world have type 1 diabetes and India has the highest number of incident and prevalent cases of type 1 diabetes in the world. Children with type 1 diabetes need support to survive, using insulin and other therapies, and to live their entire life without stigma, restrictions, or disabling complications due to their illness.

Intensive management of all aspects of diabetes, especially glycaemic control, is now the gold standard in type 1 diabetes management. At the same time, there is significant advancement in technology for diabetes care including newer Insulin analogues, pumps, automated insulin delivery systems, and sensors. Further a multidisciplinary team of providers is essential for comprehensive diabetes management.

Unfortunately in India, there is extreme lack of awareness regarding children having type 1 diabetes, so scientific protocol of type 1 diabetes management is not maintained and premature deaths of diabetic children occur in India.

Awareness is the only weapon to fight against diabetes.

In the home state of Prime Minister, Shri Narendra Modi, that is Gujarat, closed to his birth place, Vadnagar is another town called Visnagar. In a hospital of Visnagar, a conversation was taking place between a poverty-stricken mother and her little daughter. With tear-filled eyes the mother shared her anxiety with a doctor. The intensity of her sadness can be felt from the fact that she said it must be their countless sins in past lives on account of which



she had to administer insulin to her frail, diabetes-stricken 4-year-old daughter, as many as 3-4 times a day. A heart wrenching experience! Yet, stopping her emotional mother mid-sentence, the little girl said, "Mother please don't cry. The needle doesn't hurt me at all. But your tears and heartache hurt me way much more."

Hearing this exchange between the mother and tender-aged daughter proved to be an emotionally disturbing experience for the doctor. Her eyes filled with tears of compassion.

I as a doctor narrated the deeply moving scenario to my sister, Dr Shukla Raval. I and my sister then took an oath to use our own resources and put in utmost efforts, day and night, in order to create awareness of children's diabetes and spread knowledge, better understanding, together with information about Type1 Diabetes and its management.

I and my sister Dr Shukla Raval began our humanitarian drive of creating awareness of child diabetes with full zeal. From 28th February to 14th March 2019 we drove in our personal car from Kashmir to Kanya Kumari, meeting doctors, NGO's

and other members of the society, stirring awareness about diabetes presence in children. We also held talks about methods of diabetes complications prevention, its management and solution. This north-south stretch of 3,500 km was covered at our own cost, overcoming hardships and hurdles in an effort-less manner.

We met the President of AAPI in Atlanta, and shared the stage in AAPI convention on 4th July 2019. On returning to India, next appealed to the Indian Government to help diabetes afflicted children.

As soon as the intensity of Corona spread reduced, the campaign picked up pace. We reached out to diabetic children of far-flung areas where medical help was scarce.

A point to note is that, to manage and check diseases that afflict children there is a very good National Health Program, namely, RBSK- Rashtriya Bal Swasthya Karyakram. However, it's ironic that Type 1 Diabetes is not a part of this Health Program for Children. As a result, diabetic children are unable to receive any benefit under this program which is actually meant for all children of India. Interestingly, the RBSK health program works on a 4D concept 4D stands for coverage of Any Deficiency, Any Defect, Any Disease, Any Developmental Delay in Children. In that manner of speaking, Type1 diabetes cannot be ignored as a serious disease because it pertains to a deficiency, that of Insulin hormone, posing a threat to life. Diabetes is a malfunction of pancreas which secretes this hormone.

Diabetes should be covered under RBSK. It must be a part of the National Health Scheme so that there are widespread beneficiaries. 30 other diseases are a part of this Govt Scheme, RBSK.

There is another program titled Non-Communicable Disease Program (NCD) at the National level for management of Diabetes in India. But then, unfortunately, at the ground level, at village level, screening as well as management programs for only 30 years plus age- group is catered to under this scheme. Means, a huge gap exists between NCD program's policy on paper and it's actual implementation at the rural and grass root level.

Once again, child health welfare is omitted. As a consequence, children who are sufferers of diabetes there is no Government health programs. Such an approach indicates that scientific management of Type1 Diabetes is not covered under any National Health Program, Neither RBSK nor NCD.

(Writer is profession by doctor and diabetic expert)

CENTRE PLANS TO SOURCE CRITICAL MINERALS

BY ANIMESH SINGH

The Centre is working on a strategy to acquire critical minerals, which are either rare or not available in the country. lithium, nickel and cobalt among others are some of the known critical minerals available across the world.

According to highly placed sources, the options which the Government is looking at are exploring for these strategic minerals within the country and acquiring mines abroad to source them.

Sources further informed that the main driving point behind sourcing strategic minerals is because of the supply chain disruptions across the world due to the Russia-



Ukraine war. They added that while such due to the prevailing geo-political situation, strategic minerals are already hard to find, their availability may become all the more

difficult, therefore the Government plans to source them on priority.

Critical minerals are extremely significant for modern technological equipment like computers, mobile phones, electric vehicles and their batteries, semiconductors and solar panels as well as for defence equipment.

What further enhances the significance of these critical minerals is the fact that with several nations making a transition towards clean energy, any disruption in supply chain can seriously harm the economy of a nation which is overtly dependent on other countries for supply of such resources.

Thus, the government is working out a strategy to source such critical minerals as soon as possible and avoid a crisis-like situation.

GOVT LAYS OUT ACTION PLAN TO PROMOTE MILLET EXPORT

India is going all out to celebrate 2023 as the International Year of Millets as declared by the United Nations General Assembly.

To promote shipment of nutri-cereals, the India's Commerce and Industry Ministry, through its apex agricultural export promotion body, Agricultural and Processed Food Products Export Development Authority (APEDA), has prepared a comprehensive strategy to promote Indian millets exports across the globe, commencing December 2022.

For exports of Indian millets, the Indian government has planned to facilitate participation of exporters, farmers and traders in 16 international trade expos and Buyer Seller Meets (BSMs).

As per the government's robust strategy, Indian missions abroad would be roped in branding and publicity of Indian millets, identification of international chefs as well as potential buyers such as departmental stores, supermarkets and hypermarkets for organising B2B meetings and direct tie-ups.

In addition, Ambassadors of Foreign missions in India of the targeted countries and potential importers would also be invited to showcase various millet-based products, including Ready to Eat millet products and facilitate B2B meetings.

The APEDA has planned to organise millet promotional activities in South Africa, Dubai, Japan, South Korea, Indonesia, Saudi Arabia, Sydney, Belgium, Germany, the UK and the US by facilitating participation of different stakeholders



from India in some of the significant food shows, Buyer Seller Meets and roadshows.

As part of the promotion of Indian millets, APEDA has planned to showcase millets and its value-added product at various global platforms such as Gulfood2023, Foodex, Seoul Food & Hotel Show, Saudi Agro Food, Fine Food Show in Sydney (Australia), Belgium's Food & Beverages Show, Germany's BioFach and Anuga Food Fair, San Francisco's Winter Fancy Food Show among other places.

India is one of the leading producers of millets in the world with an estimated share of around 41 per cent in the global production. As per FAO, world production of millets in the year 2020 was 30.464 million metric tonnes (MMT) and India's share was 12.49 MMT, which accounts for 41 per cent of the total millet production. India recorded 27 per cent

growth in millet production in 2021-22 as compared to millet production in the previous year was 15.92 MMT.

India's top five millet producing states are Rajasthan, Maharashtra, Karnataka, Gujarat and Madhya Pradesh. Share of export of millets is nearly 1 per cent of the total millet production. Exports of millets from India include mainly whole grain.

It is estimated that the millets market is set to grow from its current market value of more than USD 9 billion to over USD 12 billion by 2025.

For promotion of Indian millets and its value-added products, the Indian government has developed 30 e-Catalogues on each of the targeted countries comprising information on various Indian millets and range of their value-added products available for export, list of active exporters, start-ups, FPOs and importer/retail chain/hyper markets, that to be circulated to the Indian Embassy abroad, importers, exporters, start-ups and stakeholders.

The Indian government is also mobilising start-ups for export promotion of value-added products in the Ready to Eat (RTE) and Ready to Serve (RTS) category such as noodles, pasta, breakfast cereals mix, biscuits, cookies, snacks, sweets among others.

Major international retail supermarkets like Lulu group, Carrefour, Al Jazira, Al Maya and Walmart would also be roped in to establish millet corner for branding and promotion of millets.

PURE HEAVENTM

OUT OF THIS WORLD

Pure Fruit Juices & Juice Drinks



MPs ACROSS PARTIES SKIP STANDING COMMITTEE MEETINGS

MPs from various parties have skipped the Parliamentary Standing Committee meetings after they were re-constituted in September to deliberate on the Bills for introduction in Parliament during 2022-23, according to data on the Lok Sabha website.

After the reorganisation of 13 Standing Committees of the Lower House, 22 meetings were held from October to November 2022 to select the subjects to be considered during the year 2022-23. Only 16 members were present on an average for those meetings, data showed.

The Standing Committee of Parliament consists of 31 members from Lok Sabha and Rajya Sabha in which 21 are from the Lower House and 10 from the Upper.

On an average, more than 40 per cent of members were absent in the meetings of more than a dozen Standing Committees of the Lok Sabha, including the Ministry of Agriculture, Food and Consumer Affairs, External Affairs, Commerce, Housing and Urban Affairs, Social Justice and Empowerment, it showed.

The BJP, which has the largest number of members on the committees, also accounted for the highest absentees.

Notable members who were absent from the meet-



ings of these committees were Manmohan Singh, Rahul Gandhi, P Chidambaram, Manish Tewari, Deepender Hooda (all Congress); Jaya Bachchan (SP); Hema Malini, Maneka Gandhi, Pragya Singh Thakur, Rajiv Pratap Rudy, Pravesh Sahib Singh Verma, Kirit Premjibhai Solanki (all BJP); Ilaiya Raja (nominated); Harbajan Singh and Sanjay Singh (both Aam Aadmi Party); Simranjit Singh Mann (Akali Dal Amritsar) etc.

Akali Dal's Harsimrat Kaur Badal, Trinamool Congress's Abhishek Banerjee and Kalyan Banerjee, independents Kapil Sibal and Navneet Rana, Rashtriya Janata Dal's Misa Bharti were also absent from the committee meetings. Prime Minister Narendra Modi has been raising the issue to ensure the presence of BJP MPs in the Parliamentary committees.

According to statistics, only 12 members were present in the meeting held on October 10, of the 31-member Standing Committee attached to the Ministry of Agriculture, Animal Husbandry and Food Processing.

While only 17 out of 31 members attended the meeting of the Standing Committee attached to the Ministry of Finance on October 28, 21 members attended the meeting of the same committee held on November 4.

In the meeting of the Standing Committee attached to the Ministry of External Affairs on October 19, only 14 members were present and only 15 members were present in the meeting held on the topic 'Combating Global Terrorism' on November 10.

The meeting attached to the Ministry of Food and Consumer Affairs on October 18 was attended by only 15 members.

According to statistics, only 14 members attended the meeting of the committee attached to the Ministry of Commerce on October 17 and only 15 members were present in the meeting of the same committee held on October 28.

Eleven members attended the meeting of the standing committee on Social Justice and Empowerment on October 17.

Twenty-four members were present in the meeting on Railways held on October 20.

JAISHANKAR, BLINKEN DISCUSS UKRAINE CONFLICT, INDO-PACIFIC

External Affairs Minister S Jaishankar met US Secretary of State Antony Blinken on Sunday and discussed the Ukraine conflict, the strategic Indo-Pacific region and bilateral relations on the sidelines of the ASEAN-India summit in the Cambodian capital.

Jaishankar is accompanying Vice President Jagdeep Dhankhar, who is leading the Indian delegation to the ASEAN-India Commemorative Summit and the 17th East Asia Summit.

"A good meeting with US Secretary of State @SecBlinken. Discussed Ukraine, Indo-Pacific, energy, G20 and bilateral relations," Jaishankar said in a tweet.

He also met UN chief Antonio Guterres at the end of the ASEAN gala dinner on Saturday. Jaishankar held also



talks with his counterpart from Thailand Don Pramudwinai. "Always nice to catch up with DPM & FM Don Pramudwinai of Thailand. Discussed our shared regional concerns and the strengthening partnership with ASEAN," he said.

"Met Canadian colleagues Trade Minister @mary_ng and FM @melaniejoly at the ASEAN gala dinner. All for greater trade and strategic convergence,

while countering terrorism and opposing radicalization," he said in another tweet.

US President Joe Biden also attended the East Asia Summit. He shook hands with Vice President Dhankhar during the summit.

S Jaishankar on Saturday discussed a range of issues with his counterparts from Canada, Indonesia and Singapore. India has not yet condemned the Russian

invasion of Ukraine and has been maintaining that the crisis must be resolved through diplomacy and dialogue.

Since the Ukraine conflict began in February, Prime Minister Narendra Modi has spoken to both Russian President Vladimir Putin and Ukrainian President Volodymyr Zelenskyy a number of times.

In a phone conversation with Zelenskyy on October 4, Modi said there can be "no military solution" and that India is ready to contribute to any peace efforts.

In his meeting with Putin that took place on the sidelines of the annual summit of the Shanghai Cooperation Organisation (SCO) in Samarkand in September this year, Modi pushed the Russian President to end the conflict in Ukraine, saying "today's era is not of war" even as he called for finding ways to address the global food and energy security crisis.

'CRIMINAL' SITTING IN LONDON AFRAID OF ELECTIONS: IMRAN

PTI Chairman Imran Khan claimed on Sunday that a "criminal", a reference to PML-N supremo Nawaz Sharif, sitting in London is afraid of elections, alleging that he is putting national interest at stake to save himself, according to a media report.

The former Prime Minister said that the main aim of his long march is to seek free and fair elections in the country, Geo News reported.

"For 30 years, two families have been ruling Pakistan if they had to do something they would have done so by now," said Khan, while making a reference to PPP and PML-N.

He added that for seven months he has been saying that the incumbent coalition government has been taking the country towards destruction.

"They ruined the economy in 2018. How can those



who destroyed the economy fix it," asked the PTI chief. He added that for the last seven months, he has been highlighting that the incumbent rulers cannot handle the government, Geo News reported.

"When the country was progressing they did a conspiracy and toppled the government," said the PTI chief.

Khan also claimed that every sector is going down in the country.

Talking about his party's march, Khan said that the PTI is on the streets as it is seeking free and fair elections.

"Many people are saying that this march is moving slowly. This march slowed because I was attacked," he added.

The former Prime Minister also slammed the incumbent rulers for going on tours in the seven months they have been in power.

"What benefit did the country get from their tours? The country is going down economically, does anyone have a way to save it," asked the PTI chief, Geo News reported.

POLITICAL UNREST PUSHES PAKISTAN TO THE EDGE OF ECONOMIC PRECIPICE

Never before has Pakistan needed to navigate serious challenges in such a divided and fractured state, Maleeha Lodhi, Islamabad's former Ambassador to US and UN, has said.

Most significantly, intensifying political polarisation will serve as an impediment to the country's ability to deal with a bigger challenge - a deeply troubled economy. The uncertainty generated by political unrest and turmoil is pushing the country to the edge of the economic precipice, Lodhi wrote in an article in Dawn.

Far from being out of the woods the economy faces solvency challenges ahead.

Foreign exchange reserves are at a three-year low, enough to cover just six weeks of imports. Two rating agencies, Moody's and Fitch, have downgraded Pakistan's credit rating. The economic damage from floods, estimated at over \$30 billion, has exacerbated the country's financial difficulties, Lodhi said.

So has the economic fallout of the Ukraine war in the shape of soaring oil and food prices and the prospect of major LNG shortages in the coming winter months.

The market has been nervous over the billion-dollar sovereign bond payment due in December. The bond has been trading at a huge discount. The government insists it has lined up adequate finances to pay this and meet the heavy external obligations ahead.

While Pakistan has faced repeated balance-of-payments and liquidity crises in the past, today it has to deal with this in an adverse external environment in



which the aftershocks of the Covid pandemic and fall-out of the Ukraine conflict have left supply chains and global commodity and financial markets in an unsettled state, she asserted.

The impact of unpredictability on the country's perilous external position when its foreign exchange reserve cushion is eroding cannot be underestimated. Uncertainty is putting pressure on the exchange rate with a weak rupee fuelling inflation, which continues to be stubbornly high.

Moreover, prospects of an economic recovery depend critically on the level of private investment, which

is the most important indicator of the country's growth path and sustainable financial stability. But investors remain hesitant due to heightened political uncertainty. Anticipation of more political unrest is dampening investor sentiment and reinforcing their instinct to sit it out. It is also making markets edgy, Lodhi added.

If current political troubles continue with no end in sight, it will exact an even heavier toll on a struggling economy, increase people's economic hardship and leave the country in a more ungovernable state - regardless of cash help from friendly nations. Living on loans from outside will not fix Pakistan's internal problems, she said.

Talat Masood wrote in Express Tribune that the present state of politics is affecting the country's economy and the international image and standing.

Due to the overall security situation, China the close strategic ally had expressed its serious concern about the safety and security of their citizens. Most embassies' advisories discourage citizens to visit Pakistan and those who have to are advised to restrict their exposure to the minimum, Masood asserted.

"It is not surprising that we hardly see citizens from foreign countries in public and those who come on official visits are fully escorted. This is affecting our economy as investment has declined to its lowest level. So has tourism and travel. Activity in CPEC has lost its momentum partly due to weak security," he said.

Lieutenant General Masood is a retired officer of the Pakistan Army.

HUGE LOANS THAT COUNTRIES OWE TO CHINA MAY NEVER GET REPAYED

Though China today finds itself holding significant sway over the financial futures of many developing nations, the vast sums of money that countries owe to Beijing may never get repaid.

Writing for the InsideOver publication, columnist Federico Giuliani, said that three-fifths of the world's developing countries are now having considerable trouble repaying loans or have already fallen behind on their debts.

More importantly, more than half the world's poor countries owe more to China than to all Western governments combined.

Giuliani said China became the lender of choice for many nations by generously donating money to governments for various infrastructure projects like hydroelectric dams, airports and highways.

For countries like Pakistan, Suriname and Kenya, public debt has increased many fold.



"Debt is one part of the challenge; the nature of Chinese loans is another. China issues far more of its loans at adjustable interest rates than Western governments or

multilateral institutions. However, with global interest rates rising swiftly, debt payments are soaring when nations can least afford to pay," writes Giuliani.

He further argues that China thus has made inroads into several countries, but the negative outcome of such ingress is there for all to see in myriad ways.

"Societies impacted by Chinese labour and materials realise that money comes, but with a catch. Jobs are promised but given only to Chinese people. Profits are there for grabs but only for Chinese companies," he adds.

Further, Chinese security firms operate with much greater latitude in parts of Africa and have become states in themselves, making it far more difficult for countries to protect their sovereignty.

"As we go along, one can visualise problems for China as they will face a reducing return on debt and while they will continue to pull some strings, it may not be as easy as they may think," writes Giuliani.

XI AIMS TO TAKE CONTROL OF CHINESE MINDS

After emerging as the most powerful leader in Chinese history by securing a record third term at the recent party congress, several analysts suggest that Xi Jinping is aiming to take control of people's imagination, Geopolitica reported.

He will be controlling not just the country and the people, but also the paths they take to achieve their goals, the report said, adding that it will leave everything thoughtout and decreed, leaving nothing at all for the people's imagination.

"What this implies is that the room for policy experimentation is only likely to further shrink for Chinese officials and cadres at different levels," Geopolitica reported.

It further cited an article by Ding Xuexiang, the sixth-ranked member of the Politburo Standing Committee of the Chinese Communist Party.

"Xi Jinping Thought on Socialism with Chinese Characteristics for a New Era adheres to the combination of theory and practice, the integration of strategy and tactics, and the unity of world outlook and methodology; it discusses how to view and how act. It not only outlines the task of 'crossing the river', but it also offers guidance on resolving the 'bridge or boat' question. In doing so, it provides a powerful ideological weapon for the Party to lead the people to unite and struggle, and also provides scientific work guidance," the article read.

The Communist Party is trying to present 'Xi Thought' as a theory, the principle as well as the path. It is being presented as the essence of Chinese communist ethos that the people must imbibe, the report added.



"It is necessary to profoundly understand the core essence, rich connotation, and practical requirements of this important thought, so as to arm the mind and educate the people, firmly establish the belief in Marxism, communism, and Socialism with Chinese characteristics, and confidence in the great rejuvenation of the Chinese nation, and then consolidate the common ideological foundation of unity and struggle. When it comes to major issues of principle, such as the banner, the path, and the direction, one must be particularly bright-eyed, the mind should be particularly clear, and the position should be particularly firm. There must be no ambiguity, hesitation, or vacillation," the article reads.

The party wants the people to aspire not for material or capital prosperity but the prosperity of culture and history as defined by the 'Xi Thought', the report states.

"The great rejuvenation of the Chinese nation has taken the path of Chinese-style modernization. Chinese-style modernization is a modernisation with a huge population, the

common prosperity of all people, the coordination of material civilisation and spiritual civilization, the harmonious coexistence of man and nature, and the modernisation of peaceful development. This is essentially different from the modernisation of Western countries, which has been capital-centered modernisation, polarised modernisation, a modernisation of materialist expansion and external expansion and modernisation based on plunder," it said.

The party also expects the fundamental duty of the Chinese people to be loyal to the party as well as the party leader, with the aim of controlling their economic and cultural emotions, Geopolitica reported.

"We must deeply understand the decisive significance of the Two Establishments more firmly and consciously achieve the two safeguards, and always maintain a high degree of consistency with the Party Central Committee with comrade Xi Jinping at the core in terms of the political position, political direction, political principles, and political path. In order to achieve the two safeguards, we must have a correct understanding and take corrective actions, and must not shout slogans or engage in any form of 'low-level red' and 'high-level black'," the article read.

The theory will be determining how President Xi will be dealing with internal unrest in case of future economic setbacks. Also, the theory will be providing answers to the questions of Chinese people about rising unemployment, rising costs of commodities, lack of regular promotions, and avenues for coming up in the profession, reported the publication.

TALIBAN, PAKISTANI MILITARY IN BORDER CLASH

An armed clash occurred between the Taliban and the Pakistani military at a border crossing in the area of Afghanistan's Spin Boldak district, the commander of the district's security forces, Mohammad Mahmoud, said on Sunday.

"The incident occurred due to misunderstanding, no one was injured," the commander said.

A border clash between two sides at the Spin Boldak-Chaman crossing left one Pakistani border guard dead, Gandhara news outlet reported. The Chaman-Spin Boldak crossing is approximately 100 km south-east of Kandahar city, Afghanistan, and

about 100 km northwest of Quetta, Pakistan. The clash took place early on Sunday and resulted in the closure of the crossing, according to media reports. Scores of people travel through the crossing daily, making it the key trading point.

The Taliban seized power in Afghanistan in August last year, triggering the collapse of the US-backed government and accelerating Washington's troop pullout.

In September of that year, the group set up a new government, led by Mohammad Hasan Akhund.

Mohammad Akhund served as the foreign minister during previous Taliban rule and has been under UN sanctions since 2001.



HARSH WINTER AWAITS DISPLACED FAMILIES IN AFGHANISTAN: UNHCR

Millions of people from Ukraine, Afghanistan and across the Middle East displaced by conflict or persecution could face a perilous winter as freezing temperatures add to the misery already induced by spiralling prices, the lingering impact of the COVID-19 pandemic and extreme weather linked to the climate crisis.

UNHCR, the UN Refugee Agency, warns that for many of the world's forcibly displaced, this coming winter will be far more challenging than in recent years. Many displaced families will have no option but to choose between food and warmth as they struggle to heat their shelters, source warm clothing, and cook hot meals, according to UNHCR.

"Across the Middle East, many displaced Syrians and Iraqis will have to contend with extreme cold and snowstorms once again. This will be the 12th consecutive winter in displacement for many. UNHCR estimates that 3.4 million Syrian and Iraqi refugees and internally displaced people in Syria, Lebanon, Jordan, Iraq and Egypt will need critical assistance to prepare for and cope with



winter," the UNHCR said in a statement this week.

In Lebanon, where the severe economic crisis is pushing everyone to the brink, nine out of 10 Syrian refugees are already living in extreme poverty, forcing them to reduce food consumption and suspend seeking medical care. Many are falling further into debt as they try to cover their basic needs.

Millions of Ukrainians uprooted from their homes by the current war are fac-

ing winter in displacement or are living in damaged homes or in buildings ill-suited to protect them from the biting cold, with disrupted energy, heating and water supplies and lost livelihoods.

In Afghanistan, where winter temperatures can easily plunge to -25 degrees Celsius across parts of the country, many displaced and conflict-affected families will be left exposed to the elements. Winter arrives amid a steep economic decline, and only months after June's earthquake

in south-eastern Paktika and Khost provinces, in which thousands of people experienced devastating loss and damage to their homes.

Amid an ongoing effort to contain a humanitarian catastrophe, flash flooding and drought also continue to wreak havoc on lives, property and livelihoods, while some regions of Afghanistan continue to report new displacement.

"Despite worsening humanitarian needs, the funding outlook for life-saving aid programmes and assistance remains bleak. Owing to funding shortfalls, UNHCR has recently been forced to scale back essential programmes in several countries," UNHCR said.

The UN refugee agency said that it has launched a global winter fundraising campaign to help forcibly displaced families in the above-mentioned operations meet their most urgent needs during the coldest months of the year.

"Funding will help provide those uprooted with warm winter clothing, thermal blankets, home repairs, solar panels and lamps, gas cylinders and cash assistance to cover other essential winter needs, including heating," it added.

A full-page photograph of a cowboy riding a bucking white horse. The cowboy is wearing a blue shirt, blue jeans, a black cowboy hat, and a blue patterned vest. He is holding the reins and looking back over his shoulder. The horse is white with a grey mane and tail, and is bucking its hind legs. The background is a blue wall with the word "LONGIN" and a crown logo. The ground is dirt.

RODEOS IN ACTION

Cowboys compete during the Bareback Broncos competition of the Rodeo section at the 2022 Royal Horse Show in Toronto. More than twenty cowboys from across Canada participated in this annual traditional competition on Sunday.



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100 DAYS THAT CHANGED THE WORLD

Who is to be blamed for this global threat? Thousands of lives and millions of jobs are at stake as the pandemic rages outside China. Is there any one or an organisation to be blamed for this man-made disaster? Trump puts blame on Chinese virus and WHO, while others blaming Chinese Communist Party for its failure to inform the world on time. A review when the world marks 100 days since WHO was notified of first coronavirus cases

BY KALIPH ANAZ

Today marks 100 days since the World Health Organisation, WHO, was notified of the first cases of "person-to-person" transmission of the novel coronavirus in China. Despite Chinese premier, President Donald Trump is still calling the outbreak a disaster caused by "Chinese virus," some right wing media in the US are blaming it on CCP Virus to link the epidemic with Chinese Communist Party (CCP).

There are lessons to be learned from this man-made disaster. Man-made have two major responsibilities in coming to the initial stages. There was a cover up in case China's stance and its national social system. The cover was caused by gross and level public services with the support of their political masters. It became a will for business and economic and control political system, tried to suppress it. The next President Xi Jinping and his incompetent Communist apparatus are responsible for this disaster. When may be the day of my death, but the things we are not very behind the two countries. How can you trust the figures supplied by an untrustworthy government? Is there any way to cross-check the figures?

We all know that WHO did not cause the global coronavirus. But the Chinese government's attempts are directly responsible for its global transmission and uncontrolled spread, with all its health consequences to populations and economic damage to the world.



TOTAL TO INVEST IN ADANI P11



THE STRUGGLE TO CONTAIN CORONA P13

Just before three weeks earlier
"Coronavirus cases could have been reduced by 90 per cent if the countries were taken a track earlier, as by the first week of action before two weeks earlier. If action was taken three weeks later, then the situation could have worsened 10-fold" said the study.

According to a headline in Asia, it was December 10 when China reported first patient that started showing COVID-19 like symptoms.

The governments can see China before transmission at schools. For visiting its obligation to report the coronavirus outbreak early.

China has let out at Trump, who had called coronavirus a "Chinese" disease. Foreign Ministry spokesman Geng Shuang said: "The US to correct its attitude and stop its groundless accusations against China". State news agency Global Times' (Trump's) language was "naïve and sympathetic". China's Ministry of Foreign Affairs has expressed the suspicion of America's promotion - walking for The New York Times, The Wall Street Journal and The Washington Post as a common theme for Beijing "in the spirit of reciprocity".

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INDIA EXTENDS LOCKDOWN TILL MAY 3

Prime Minister Narendra Modi on Thursday announced that India's nationwide lockdown will be extended until May 3, as the country battles the coronavirus pandemic.

Modi said the decision was taken after a meeting of the cabinet. He said the lockdown was extended to give the government more time to contain the virus and to ensure that the health system is not overwhelmed.

He also said that the government will continue to monitor the situation and will take further steps if necessary.



AL ANSARI SUPPORTS CORONA MISSION P5

CHINESE SUPPLY CHAIN QUALITY TEST P14

FRIDAY, APRIL 10, 2020
AL WEEKEND
LONDON • DUBAI • DELHI • NEW YORK

Happy Easter Time to reflect

WAKE UP! WAKE UP! TIME HAS CHANGED
Corona, the great disruptor, has disrupted our normal life.

Our cars are just parked there, nowhere to go. The private jets are lying in waste, air spaces are all shut, every country nursing its citizens and fighting an unseen tiny enemy.

Each man is confined to a room in those big mansions and the designers, clothes, bags, shoes, perfumes and make-up kits have all become useless and serves no purpose.

No more urgent appointments and business meetings that deprive us of time with God and family.

No parties to attend and hangouts to meet up with friends, no more convoys and sirens, even the money stacked away in the accounts and soak away are useless.

Even our expansive and expansive church auditoriums are empty, it is now each man with his God in truth and in spirit.

All we need today is food and air to breathe, we just want to be alive. Nothing else is really important.

This world has never seen vanity as it is today!

Good news is we all have now more chance to introspect, to reflect and ask yourself why does God need to keep me alive through this? To marry or buy new cars or perhaps finish my doctorate or my degree?

What is my purpose in life now and after Covid-19?

Why does God need to spare me and allow others die? Of what value am I to humanity and to God and His kingdom that should make God to spare me?



Let us pray and repent and seek a more purposeful living after Covid-19
HAPPY EASTER



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DIVIDED G20 GEARS UP FOR CRUCIAL MEET

It is likely to be the most fractious meeting ever as divisions between the world's 20 major economies are so deep the traditional "family photo" of all the leaders has been called off



Twenty of the world's most powerful men and women will meet here this week with the global economy weakening by the day, developing countries facing a looming debt crisis and war raging in Europe. The Group of 20 leaders summit is expected to do precious little about any of it.

To say that expectations are low for the annual meeting — which will draw President Biden and Chinese President Xi Jinping, as well as leaders from Europe and emerging powers such as India and Brazil — would be an understatement.

Before leaving Washington, Biden said he planned to raise with Xi the differences in their approach to the self-governing island of Taiwan, trade practices and China's relationship with Moscow amid its nearly nine months-old invasion of Ukraine. Chinese officials have largely refrained from public criticism of Russia's war, although Beijing has avoided direct support such as supplying arms.

Meanwhile, UK's Prime Minister Rishi Sunak will set out a five-point economic action plan to address global instability and

the rising cost of living at this week's G20 summit - where he will face Russia's foreign minister and call out Vladimir Putin's regime.

Western leaders are all expected to meet Russian Foreign Minister Sergei Lavrov and confront him. President Putin will likely skip the meeting despite Russia being a G20 member, in the face of condemnation of his war in Ukraine.

Sunak warned this year's meeting will not be "business as usual" as the world confronts the most significant set of economic challenges since the first G20 meeting in 2008, which took place in response to the financial crisis at the time.

The prime minister said he will "call out Putin's regime" during the first encounter between a British prime minister and Russian government officials since the invasion began in February.

Ahead of the trip to Indonesia, Sunak's official spokesman said: "We will absolutely use every opportunity to confront Rus-

sia about their continued illegal actions. We will speak with our allies in one voice on this."

It is likely to be the most fractious G20 meeting ever as divisions between the world's 20 major economies are so deep the traditional "family photo" of all the leaders has been called off because many leaders will not want to be pictured with anybody from Putin's regime.

With India set to take over the G20 presidency, all eyes will be set on Prime Minister Narendra Modi who has around 20 engagements lined up within 45 hours, including several bilateral meetings with other world leaders.

Foreign Secretary Vinay Kwatra said the prime minister will participate in three key sessions - food and energy security, digital transformation and health. The prime minister will join other leaders from around the globe in discussing several issues, including the state of the global economy, issues relating to energy, environment, agriculture, health and digital

transformation. India, Indonesia, and Brazil will be the Troika during India's G20 presidency. Foreign Secy Vinay Kwatra said, "during our G20 presidency, India, Indonesia, and Brazil would be the Troika. This is the first time in G20 that this Troika would consist of developing countries and emerging economies in a row."

Ahead of a possible meeting between Modi and US President Joseph Biden, External Affairs Minister S. Jaishankar and US Secretary of State Antony Blinken met in Cambodia on the sidelines of the East Asia Summit (EAS) on Sunday, and discussed the war in Ukraine, Indo-Pacific strategy, energy issues, the G20 and Indo-US bilateral relations, Jaishankar tweeted. "The US supports India's G20 presidency," Blinken said in a tweet, adding that their discussions focussed on "ongoing efforts to expand our partnership & mitigate the effects of Russia's war on Ukraine."

Meanwhile, despite the summit's optimistic tagline, "Recover Together, Recover Stronger," prospects for cooperation at the first summit since the invasion of Ukraine appear to be slim as the US and its partners find themselves increasingly at odds with China and Russia.

The G20, which includes 19 countries and the European Union, has struggled to reach a consensus on the cost-of-living crisis, with finance ministers and central bank governors in July scrapping a planned communique that would have addressed inflation, global food and supply shortages, and sluggish economic growth due to discord over Ukraine.

Summit host Indonesia has sought to maintain the forum's neutrality, rejecting calls by Western countries and Ukraine to exclude Russia, and highlighted the potential for cooperation on food and energy security. At the G20 finance ministers meeting held in Washington in April, representatives from the US, UK and Canada walked out of a closed-door session when Russian delegates began to speak, and in July, Russian Foreign Minister Sergey Lavrov stormed out of G20 talks in Indonesia following criticism of the Russian invasion of Ukraine.



TRIBAL BOY FROM GADCHIROLI BECOMES SCIENTIST IN US

From struggling to get one square meal as a child in a remote village in Maharashtra's Gadchiroli, to becoming a senior scientist in the United States, Bhaskar Halami's life is an example of what one can achieve with sheer hard work and determination.

Brought up in a tribal community at Chirchadi village in Kurkheda tehsil, Halami is now a senior scientist in the research and development section of Sirnaomics Inc, a biopharmaceutical company in Maryland, USA. The company conducts research in genetic medicines and Halami looks after RNA manufacturing and synthesis.

Halami's journey to become a successful scientist has been fraught with obstacles and he has had many firsts to his name.

He was the first science graduate from Chirchadi and first from the village to earn a Master's degree and PhD. Halami recalled that in the initial years of his childhood, his family survived on very little.

"We had to struggle so much to even get one square meal. My parents till recently wondered how the family survived that phase when there was no food or work," the 44-year-old scientist said.

Some months in the year, especially monsoons, were incredibly tough, as there were no crops in the small farm that the family had and no work, he said.

"We cooked mahua flowers, which were not easy to eat and digest. We would collect parsod (wild rice) and cook rice flour in water (ambil) and drink it to fill our stomachs. This was not just us, but 90 per cent of the village had to survive this way,"

Halami said. Chirchadi is home to 400 to 500 families. Halami's parents worked as house-helpers in the village, as the produce from their small farm wasn't enough to feed the family.

Things got better when Halami's father, who had studied till Class 7, found out about a job opening at a school in Kasansur tehsil more than 100 km away, and reached the place by taking every available means of transport.

"My mother had no way of knowing if my father had reached the place. We only found out about him when he returned to our village three to four months later. He had landed a job as a cook at the school in Kasansur, where we later shifted," Halami said. Halami did his early schooling from Classes 1 to 4 at an ashram school in Kasansur, and after clearing a scholarship exam, he studied at the Government Vidyaniketan Kelapur in Yavatmal till Class 10.

"My father understood the value of education and ensured that my siblings and I completed our studies," he said.

After earning a Bachelor of Science degree from a college in Gadchiroli, Halami got his Masters in chemistry degree from the Institute of Science in Nagpur.

In 2003, Halami was appointed as an assistant professor in the prestigious Laxminarayan Institute of Technology (LIT) in Nagpur.

While he cleared the Maharashtra Public Service Commission (MPSC) examination, Halami's focus remained on research and he went on to pursue a PhD in the United States and chose DNA and RNA for his research, foreseeing a huge potential in it.

TOXIC POLLUTANTS SUCKING THE LIFE OF MAJOR RIVERS IN TN

BY ARUN LAKSHMAN

Analysis of water samples of two major rivers of Tamil Nadu -- Cooum and Adayar -- has revealed that they contain high levels of toxic pollutants and heavy metals.

The Tamil Nadu Pollution Control Board (TNPCB) collected water samples from 12 different locations of Adayar and Cooum rivers between March and September. The report was startling, as the samples had high levels of Ammo-Nitrogen conductivity. Ammo-Nitrogen is a toxic pollutant and its existence indicates the presence of salts and heavy metals.

High levels of Biological Oxygen Demand (BOD) were also found in the tested water samples, which shows that the water in the rivers

have harmful effects on marine life as well as on humans who use the water.

Sajith Mukundan, environmentalist and project manager at Environment Protection and Research Centre, a think-tank on environmental studies based out of Tiruchy, told IANS, "Sewage pollution is a major pollutant in rivers and there were recommendations to provide underground sewer connections to all houses and commercial establishments along the banks of these rivers."

He said that sewage treatment plants (STPs) needs to be established at proper places which lead to pollution in these rivers.

The research scholar on water pollution said that if underground sewer connections are properly implemented and STPs are established at appropriate locations, the contaminants would be removed in these plants before the water is discharged to the rivers.

Another factor that worries environmentalists is the fact that most of the present STPs are not being used properly, leading to water being directly discharged into the rivers without any treatment to remove the contaminants. This is one major reason leading to the high levels of toxic metals in the waters of these major rivers, affecting human and marine lives.

P.S. Sreeram, a retired professor and environmentalist from Chennai, told IANS, "Marine life is directly affected by these high levels of toxic elements

and at regular intervals, fishes are found dead in large numbers in these rivers. The STPs have to be fully functional to reduce the pollution levels in these rivers."

The rivers in the Coimbatore area are highly polluted mainly due to effluents from the industries being discharged directly into them.

The Centre for Policy and Development Studies (CPDS), a Chennai-based think-tank monitoring pollution of rivers, has found in its studies that salinity in rivers in the Coimbatore region has touched 1700 mg per litre, and the rivers which once enriched the fertility of the land are now polluting drinking water sources and even land.



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'DIABETES, BIGGEST KILLER OF HUMANKIND CAN BE STOPPED'

Diabetes mellitus is arguably one of the “biggest known killers of humankind” and this menace can only be addressed through right education and through “access to diabetes education”, which is the theme for this year’s World Diabetes Day, say healthcare professionals.

Diabetes is a chronic, metabolic disease which occurs when the body becomes resistant to insulin or does not make insulin.

World Diabetes Day is observed on November 14 to commemorate the birth anniversary of Sir Frederick Banting who co-discovered insulin in 1922.

Healthcare professionals shared their views with IANS on this “silent killer” and how understanding can be enhanced to protect more potential victims.

Commenting on the problem, Dr. Deepak Ragoori, Senior Consultant - Urologist and Facility Director, Asian Institute of Nephrology & Urology (AINU) said that India and the world have witnessed a steady increase in the number of diabetes cases over the last three decades.

“The biggest problem in India is that more than 50 per cent of the population suffering from diabetes in our country are nei-



ther aware of the problem nor are diagnosed. Diabetes is also the leading cause of kidney disease, and nearly 50-60 per cent of end-stage kidney disease is due to this problem,” he said.

According to him, individuals with kidney complications and diabetes need regular monitoring to their kidney health, and constant medical advice from doctors.

“World Diabetes Day is an opportunity to raise awareness of the ailment as a major public health issue, which needs to be addressed both individually and collectively by the society. Diabetes is well known for a systemic impact on a wide range of related complications, including macrovascular and microvascular health issues, which could even result in death. And the only way to tackle

this problem is to create more awareness on the ailment, and educate them on the means to control it,” added Dr. Padmanabha Varma, Consultant, Endocrinologist, SLG Hospitals.

Highlighting the reasons for high prevalence of diabetes among Indians, Dr. Rahul Patibandla, Consultant, Nephrologist, Amor Hospital, said: “According to some global studies, three-quarters of the world’s 300 million adults with diabetes will be in developing countries, and almost a third in India and China alone, by the year 2025. The prevalence of diabetes in India is showing a sharp upswing as is evident from the trends from different parts of the subcontinent. Among the popular reasons for escalation of diabetes case in India are, increased insulin resistance, stronger genetic factors, and environmental

factors due to rapid urbanisation.”

According to Dr. Varun Mamidi, Consultant Nephrologist, Asian Institute of Nephrology & Urology, to prevent the effect of diabetes on the kidneys, one needs to keep his/her blood sugar levels and blood pressure levels under check.

“Monitor blood cholesterol levels, smokers must quit smoking tobacco, meat lovers must avoid consumption of processed meat, stop consuming refined carbohydrates, and never drink sweetened beverages. Even consumption of salt and proteins must be under check. Additionally, daily physical exercises are mandatory to ensure diabetes does not impact kidneys or other vital organs of a human body.”

There are some interesting observations like increased insulin resistance could be the result of phenotype of Indian or subcontinent population, which consists of higher central obesity, along with increased visceral fat.

Many studies have been done and sufficient evidence is now available to highlight the fact that many of the environmental factors adversely related to glucose intolerance are modifiable through lifestyle changes. Hence, education and awareness coupled with lifestyle changes will help control spread of diabetes through the population.

COVID FUELS DIABETIC CASES

People who live sedentary lives and have unhealthy lifestyles are more prone to Covid-related long negative health outcomes, including deaths, a new study has revealed.

The authors of the study, published in American Journal of Medicine, compared geographic maps of the US outlining Covid-19 deaths, several lifestyle behaviours, obesity and chronic conditions.

The study recognised the link between unhealthy lifestyle behaviours and the one million Covid-19 deaths in the US.

It stated there is a significant association between unhealthy behaviours and conditions such as low physician activity, obesity, diabetes and smoking, and poorer outcomes from Covid-19 infections.

With this, a pattern is evident and quite



alarming for medical professionals, they wrote.

The study explained that the current state

of health outcomes has been building for decades and should be considered a “syndemic”, which is the simultaneous occurrence of two

prevalent health conditions or endemics.

“The reality of this comparison should be quite eye-opening for many,” said Dr Carl Lavie, Medical Director, Cardiac Rehabilitation and Prevention at the John Ochsner Heart and Vascular Institute.

“The only way to combat the asyndemic we are experiencing is to promote healthy lifestyles and address the health needs of all, especially those in underserved communities who have been disproportionately impacted by poor outcomes related to chronic conditions and Covid-19,” Lavie stressed.

Clinicians have long been aware of the link between increased mortality rates and unhealthy lifestyles.

“Individuals who live sedentary lives with poor eating habits and multiple chronic conditions are always more prone to negative health outcomes,” said Lavie.



Russian President Vladimir Putin and PM Narendra Modi

HOW WESTERN SANCTIONS REENERGISED RUSSIA-INDIA TIES

India, which will become the chairman of the G20 in December, has sent clear signals to Moscow about the need to achieve peace in Ukraine and join forces in building a multipolar world, actualised by Russia's turn to the East, writes Sergei Strokan

Indian Foreign Minister Subramanyam Jaishankar paid a two-day official visit to Moscow, which became the first high-level bilateral contact after the start of the Russian military operation in Ukraine.

There is a view here that sanctions war unleashed by the West against Russia in the wake of the Ukraine conflict has, notwithstanding the risks, has opened new opportunities for collaboration between Moscow and New Delhi.

India, which will become the chairman

of the G20 in December, has sent clear signals to Moscow about the need to achieve peace in Ukraine and join forces in building a multipolar world, actualised by Russia's turn to the East.

The programme of Subramanyam Jaishankar's visit to Moscow was very intensive and included talks with Russian Foreign Minister Sergey Lavrov and Deputy Prime Minister, Minister of Industry and Trade Denis Manturov, who also holds the post of co-chairman of the intergovernmental commission on trade, economic, scientific, tech-

nical and cultural cooperation.

"The heads of the foreign ministries of Russia and India will discuss ways to further promote cooperation in key areas, as well as "check the clock" on the schedule of upcoming contacts. The main thematic blocks are trade and investment, transport and logistics cooperation, the use of national currencies in mutual settlements, promising projects in the energy sector, especially on the Arctic shelf and the Russian Far East," the Russian Foreign Ministry said.

"Russia and India stand for the active

formation of a more just and equal polycentric world order, and also proceed from the inadmissibility of the promotion of imperialist dictate in the global arena," the official statement added, calling the situation around Ukraine one of the topics of negotiations.

The visit of the Indian Foreign Minister was the first opportunity for high-level personal contacts to discuss the state of bilateral strategic partnership, which is being tested by the multiplying security crises and destabilization of international relations after the start of the military operation in Ukraine.

The only member of the Indian government who visited Russia before the Indian Foreign Minister this year was Health Minister Mansukh Mandavia, who took part in the St. Petersburg International Economic Forum (SPIEF) in June.

It is now evident that Russia-India ties have been re-energised, marked by the fact that the annual trade turnover between the two countries is now moving towards \$ 30 billion.

This figure, which previously could only be dreamed of, was announced in Moscow by Minister Jaishankar.

“We are confident that the goal set by our leaders – to bring the annual trade turnover to \$30 billion – will soon be achieved,” Sergey Lavrov confirmed.

On the eve of the arrival of the Indian delegation, it became known that last month, for the first time, Russia came out on top list among crude oil suppliers to India. Iraq, which was confidently leading earlier, fell back to second place, while Saudi Arabia was third.

“Russian oil and gas supplies to India are one of the most important areas of cooperation in the energy sector. We have a common task. It is to ensure that this interaction is beneficial for both states. Actions in this direction are being verified and coordinated through the relevant departments,” said Maria Zakharova, the official representative of the Russian Foreign Ministry.

It is now clear that western sanctions designed to cut off the roots of Russian-Indian cooperation have had the opposite effect.

With India exercising real strategic autonomy, the sanctions forced the parties to discover new opportunities and growth points. “Despite the pressure of Western countries, we were able to maintain the intensity of bilateral cooperation and are satisfied with the dynamics of the political dialogue with India,” Russian Deputy Prime Minister Denis Manturov commented on this phenomenon after talks with the Indian minister.

As a buildup to further collaboration, Russia intends not only to increase the export of hydrocarbons to India, but also to produce them together with it, not only in the Russian Far East, but also on its Arctic shelf.

In general, the trend in bilateral relations manifested itself even before the visit of Subramanyam Jaishankar.

While Western companies have rushed out of Russia and many have already left the country, driven not by entrepreneurial pragmatism, but herd instinct, Indian companies,



on the contrary, are going to Russia.

Indians have to offer a lot at the Russian market: pharmaceutical products, IT products, raw materials for the production of medicines, shoes, clothing, food, consumer goods, cars and much more.

Another important detail is that Indian business has extensive experience in circumventing Western sanctions, acquired in working with Iran. And in general, it has the ability to survive in extreme conditions, where another business simply would not have survived.

Therefore, even under the conditions of sanctions, Russian-Indian trade is moving up, not down.



Foreign Minister Dr S. Jaishankar meets Russian Deputy PM Denis Manturov

“We are not limited by the profit maximization paradigm, which is characteristic of wild capitalism. It is important for us to preserve the spirit of Russian-Indian friendship, expressed in the formula of a particularly privileged strategic partnership. We firmly believe that neither side will allow the infringement of the interests of the other country,” Maria Zakharova notes the unique

feature of bilateral relations.

So, all in all, it is impossible to divide Moscow and Delhi, no matter how hard Washington tries.

(Sergei Strokan is a veteran journalist, writer and columnist of the Kommersant publishing house based in Moscow. The views expressed are personal and exclusive to India Narrative)

Biz Lite

Amazon begins cost-cutting review: Report

As Big Tech reels under the global macroeconomic conditions, Amazon is now reviewing its Alexa virtual assistant-driven business as part of a major cost-cutting exercise headed by CEO Andy Jassy, the media reported.

According to The Wall Street Journal, Amazon's entire devices unit has had an operating loss exceeding \$5 billion in some recent years.

Amazon is now looking into whether it should "focus on trying to add new capabilities to Alexa," according to the report. The cost-cutting review includes the devices unit with Alexa, a voice assistant available on a variety of Amazon devices.

"The business has more than 10,000 employees and is a major recipient of investment capital," according to the report. It appears that the e-commerce giant is considering reducing its investments in Alexa-driven products.

An Amazon spokesperson was quoted as saying that as part of this year's review, "we're of course taking into account the current macro-environment and considering opportunities to optimise costs."

Amazon's shares went up by over 4 per cent on Thursday after the report about the cost-cutting review came out.

Once part of our private lives as virtual assistants, more than 35 smart speaker models have now been discontinued (as of April 2022), 46 brands haven't released a new smart speaker since 2019 and 34 companies haven't released a



new smart speaker since 2018.

Although Amazon-branded smart speakers grew 33 per cent during the second quarter (Q2) compared to last year, other brands like Google and Apple were down 31 per cent

and 57 per cent, respectively, according to global market research firm Omdia. Meanwhile, Amazon to roll out Matter for Alexa devices next month

San Francisco, Nov 4 (IANS) Amazon has announced to roll out 'Matter' for Alexa smart home devices next month, which will be limited to Android smartphones only.

The tech giant will bring support for 'Matter' -- the new smart home standard -- to 17 Echo devices next month, reports The Verge. The first rollout will only be Matter over Wi-Fi and will be compatible with Android phones only.

It will cover just three device types-- smart plugs, smart bulbs and smart switches.

The company claims to expand the rollout to iOS and new networking protocol Thread early next year, when it will also add more of the device types to Matter support, the report said. Additionally, Amazon has also announced a partnership with Samsung SmartThings, in order to make it simple to set up Matter devices on one platform and transfer them to another without having to set it again.

Meanwhile, the e-commerce giant had announced that people could get official live cricket commentary and scores from virtual assistant Alexa. Users can ask the device about the recent match information such as schedules, scores, team sheets and player statistics, the company said. Additionally, it can be used to set reminders for the matches and to keep track of the favourite team's fixtures.

GLOBAL SMARTPHONE APPS CHIP MARKET HITS ALL-TIME HIGH

The global smartphone applications processor (AP) market grew 26 per cent to reach \$8.9 billion in the second quarter (Q2) this year.

According to Strategy Analytics, Qualcomm maintained its lead in the smartphone AP market with a 40 per cent revenue share, followed by MediaTek with 26 per cent and Apple with 25.5 per cent.

5G-attached AP shipments accounted for 55 per cent of total smartphone APs shipped in Q2 2022.

TSMC manufactured over 80 per cent of smartphone APs shipped in Q2 2022.

Samsung Foundry's key customer Qualcomm shifted orders to TSMC in the recent quarters.

"Qualcomm's smartphone apps processor (AP) revenue grew 41 per cent despite a 23 per cent shipment decline. Qualcomm's momentum in premium-tier Android APs helped," said Sravan Kundojjala, Director of Handset Component Technologies service at Strategy Analytics.

The Samsung Galaxy S22 design win fueled Qualcomm's AP average selling prices (ASPs) to an all-time high.

"Despite traction in the premium tier, Qualcomm will likely face inventory correction headwinds in 2H 2022. Samsung LSI Exynos smartphone AP shipments declined 46 percent year-on-year but showed signs of recovery with traction in mid-range," said Kundojjala.



MediaTek posted its all-time high quarterly AP revenue in Q2 2022, driven by a high mix of high-end and premium tier Dimensity 5G APs.

The company, however, will see a decline in its AP shipments and revenues in the second half of 2022 "due to continued Android weakness in China".

Unisoc, on the other hand, posted a 26 per cent shipment growth in Q2 2022, thanks to continued traction in tier-one 4G smartphones," Kundojjala said.

Business

Fired employees find it hard to get jobs amid recession fears

It's an anxious time for tens of thousands of newly laid-off workers amid inflation pressures and recession concerns...reports Asian Lite News

As thousands of techies lose jobs at Big Tech companies, most of them are finding it difficult to get jobs, as there is a freeze on new hirings at nearly every top firm, amid global macroeconomic conditions and recession fears.

Meta, Twitter, Salesforce, Lyft, Stripe, Uber and tech giants like Microsoft and Google, have laid off employees as well as put a total freeze on new hirings.

Indian-origin Nilesh Bhandare, 39, was a data engineer at Twitter. He told the San Francisco Chronicle that he has seen a dramatic turnaround in job availability in the market.

"While lots of recruiters have approached him, only about 20 per cent are focused on full-time positions. The rest are seeking contract workers -- who can more easily be let go," the report said.

The last time Bhandare scouted for jobs, the situation was entirely different.

"My take is, no one wants to commit now for full time, because companies are not sure about the economic situation," Bhandare was quoted as saying in the report.

It's an anxious time for tens of thousands of newly laid-off workers amid inflation pressures and recession concerns.

"Data suggests San Francisco's tech industry has been losing jobs for months," the report mentioned.

In January, there were 41,718 tech job listings in the San Francisco-Oakland-Fremont metro area, according to job-hunting site ZipRecruiter.

"By November 1, the jobs had plunged to 27,919 -- down a third," said the report.

Jobs in the San Jose-Sunnyvale-Santa Clara metro area fell by a third, going from 28,421 tech job openings on January 1 to 18,748 on November 1.

"We have seen labour market conditions deteriorate very substantially in a slice of the labour market," Julia Polak, ZipRecruiter chief economist, was quoted as saying.

Some people who were in earlier rounds of layoffs got jobs but even they are pessimistic about the current market.

Several Indian-origin people are left in the lurch as the clock is ticking for them as they are on work visas.

Himanshu V, an IIT-Kharagpur graduate who earlier worked at GitHub, Adobe and Flipkart, lost job at Meta.

"I relocated to Canada to join #Meta and 2 days after joining, my journey came to an end as I am impacted by the

massive layoff," Himanshu said in a LinkedIn post.

Raju Kadam, who worked at Meta for nine months, said he wasn't expecting to be laid off as he had had "strong performance in all quarters" since joining the social network.

"It abruptly came to an end. My clock to leave the USA has started today... help me find a job, otherwise I have to leave the

USA with my kids," Kadam said, posting a picture of his sons, Arjun and Yash, in the US.

He said that he has been in the US for 16 years now and has seen the worst downturns, "but I never lost my job".

"I will do whatever in my power to give them the best opportunity to succeed in the USA. Hence, I need a new job in the USA ASAP," Kadam posted on LinkedIn.

Meanwhile, Disney has reportedly planned to reduce its workforce and freeze hiring.

According to an internal leaked memo from Disney CEO Bob Chapek, seen by CNBC, the company is "limiting headcount additions through a targeted hiring freeze".

"Hiring for the small subset of the most critical, business-driving positions will continue, but all other roles are on hold. Your segment leaders and HR teams have more specific details on how this will apply to your teams", he wrote.

Approximately 190,000 people work at Disney.

"As we work through this evaluation process, we will look at every avenue of operations and labour to find savings, and we do anticipate some staff reductions as part of



this review," said Chapek.

He also advised executives to only take necessary business travels. Virtual meetings should be conducted as often as possible.

Additionally, the company has planned to create "a cost structure taskforce".

"I am fully aware this will be a difficult process for many of you and your teams," Chapek mentioned.

Chapek has predicted that the company will become profitable by the end of 2024.

"We are going to have to make tough and uncomfortable decisions. But that is just what leadership requires, and I thank you in advance for stepping up during this important time" he added.

The actions were taken after the company released disappointing quarterly results.

Global revenues for The Walt Disney Company decreased 18 per cent to \$1.1 billion and operating income dropped 18 per cent to \$0.1 billion, owing to a decrease in advertising revenue due to lower average viewership, especially in India where there was no cricket in the September quarter.

To the new age of film promotion

Another one that comes to mind is following their attempt to make a sequel to their 1978 musical blockbuster 'Ankhiyon Ke Jharokhon Se' - 'Jaan Pehchan' in 2011. It was a disaster. They engaged with the media in Mumbai, but to no avail...writes Vinod Mirani

After ages, one saw a dignified and sensible promotion campaign for a film. It is 'Uunchai', a tricky theme about the friendship of three senior citizens out on an adventure. This, coming from a production house that is known to make family socials and love stories. Actually, the campaign is not selling only the film. It is marketing the Rajshri brand!

What is heartening is that even after 76 years, the Rajshri brand still survives and is as active as ever - a close, family-built and -owned film company that has seen and survived the onslaught of the fly-by-night corporate film production houses that spend millions on proposals and not films.

The Rajshris never believed in this new-age promotion of films. I don't even remember the company releasing teasers or ads on television channels. And, with 'Uunchai', they are sparing no media. On television, the campaign is everywhere, be it 'The Kapil Sharma Show' or 'Kaun Banega Crorepati'. What is more, the campaign is led by none other than Sooraj Barjatya, the face of the Rajshri banner, the creative head/brain/face. The man was always shy of facing the media. He has taken the lead to promote this film, his latest presentation after 'Prem Ratan Dhan Payo' in 2015.

It is not as if the Rajshris did not indulge the media. I remember when the company was launching Madhuri Dixit with 'Abodh', a press conference was called to introduce her at the then Ambassador Hotel on Marine Drive in Mumbai. Of course, being a Rajshri PC, it was a high-tea affair at 4 p.m. They were not into cocktails-and-dinner-type PCs. Their media interactions were limited.

Another one that comes to mind is following their attempt to make a sequel to their 1978 musical blockbuster 'Ankhiyon Ke Jharokhon Se' - 'Jaan Pehchan' in 2011. It was a disaster. They engaged with the me-

dia in Mumbai, but to no avail.

You watch these supposedly subtle promotions of films on the various television shows. Like, 'The Kapil Sharma Show', 'Taarak Mehta Ka Ooltah Chashmah', 'Indian Idol', and so on. Usually, you don't see a film being promoted on 'Kaun Banega Crorepati'. Here, there's no scope for buffoonery on the part of the stars and the customary appeal they deliver at the end: "Please see our such and such forthcoming film"!

The Rajshris knew when they needed the media. During the making of 'Maine Pyar Kiya', they would screen the film for a select few during various stages of its making as it was the first film Sooraj Barjatya was helming. These were called trial shows. The first invitation was when the film was about eight reels in the cans.

The Rajshris knew it all because they were deep into the business of cinema, be it production, distribution and exhibition, as in controlling numerous cinemas. They produced films with a very tight budget and were the only company to have a distribution office in all circuits across the country and, among the many films they released, they also released 'Sholay' in a few circuits.

The Rajshris were making successful films till the time when they got carried away and launched 12 -14 films simultaneously. That really hurt the company's business profile. The films may have incurred losses at the time, but, today, in this digital age, they are worth a lot. The banner regained its glory when the new-generation family member, Sooraj Barjatya, made his debut with 'Maine Pyar Kiya', followed by 'Hum Aapke Hain Koun...!'.

Now, when aged actors are still portraying themselves as dashing young men on screen, Sooraj has dared to come up with a film, Uunchai, where the three main actors play their age. The film is about friendship. And, usually, films on friendship do not fail.

The difference here is that the television



promotion campaigns are all built around the film and do not pander to the TV shows. Sooraj Barjatya has tried to revive the 1960s storytelling in 2022. Such a film as this takes a few days to grow and the Rajshris have engaged limited screens to let that happen.

Hindi Films' Poor Run Overseas Too

Filmmakers giving out inflated box-office figures to the media and posting them on social media has become a norm now. A few media people are even bribed to endorse these claims. But there are two sides to a coin and, similarly, social media also has people with 'For' and 'Against' viewpoints. So, in the end, it is all a futile exercise. People see through them.

Now, even film stars, from Akshay Kumar to Amitabh Bachchan, lament the missing audience in the cinemas. But there are also some irresponsible and foolish actors who make public statements, like "we are not asking audiences to come watch our movies!"

Kareena Kapoor, Arjun Kapoor, Tapasee Pannu and Alia Bhatt went on the record with such comments! Who do you think films are made for? Only for the stars to make money? But where will the money to pay you come from if you tell the audience that you don't need them.

Coming back to box-office performances, the production houses loved to flaunt the figures of the overseas business along with the domestic figures. It is surprising therefore that no filmmaker or star has boasted about the overseas business of his film recently! Why not flaunt inflated col-

lection figures like the way they do with the domestic business?

Is it probably because all ticket sales are accounted for? That they are available to the public as the ticket sales happen?

All that, but most of all because the overseas business is as poor as it is in India. In most cases, the lifetime collection of recent releases are less than even the opening day collections of films that hit the screens, say, a couple or three years back!

Take a look at the figures of the recent films of Akshay Kumar: 'Bachchan Paandey', 'Raksha Bandhan', 'Ram Setu' and 'Mission Mangal' are way below films such as 'Good Newwz' and 'Kesari' in the overseas market.

The lifetime collections of 'Ram Setu' are \$2,26,461, 'Raksha Bandhan' \$4,83,245 and 'Bachchaan Pandey' \$6,54,582, against the first day of 'Good Newwz' (\$13,83,892) and 'Kesari' (\$12,96,688)! These are collection figures from the UK, UAE, Australia and New Zealand. All figures are in US\$.

This falling collection trend is not limited to just Akshay Kumar films. Figures of Aamir Khan's 'Laal Singh Chaddha' compare poorly with 'Dangal', despite a six-year gap between their releases.

'Dangal' opened with \$24,51,000 in UAE, as against \$6,06,000 in the case of 'Laal Singh Chaddha'! A mere 25 per cent. Even in Turkiye, where Aamir visited the presidential palace, 'Laal Singh Chaddha' could manage just \$29,700 opening compared with \$56,400 of 'Dangal'.

Tata CLiQ Luxury partnered with Gauri Khan

Founded in 2013, the brand was born from Gauri Khan's long-standing passion for designing spaces and aims to become a one-stop destination for everything interior... reports Asian Lite News

Tata CLiQ Luxury, India's premier luxury lifestyle platform, has partnered with leading interior expert and designer Gauri Khan to launch her brand Gauri Khan Designs, exclusively available on the platform. With this launch, consumers can now shop Khan's favourite designs on the platform to elevate their homes and office spaces.

Founded in 2013, the brand was born from Gauri Khan's long-standing passion for designing spaces and aims to become a one-stop destination for everything interior.

Speaking about this partnership, Interior designer and Producer, Gauri Khan said, "I am elated to share that Gauri Khan Designs has found a new home at Tata CLiQ Luxury. At Gauri Khan Designs, we are constantly innovating and curating designs and products that will appeal to the consumer's sense of evolving aesthetics."

"Tata CLiQ Luxury is India's leading luxury lifestyle platform that offers an engaging and elevated online shopping experience for customers. Through this partnership, Gauri Khan Designs will now be able to reach and be accessible to consumers across the country who are looking at revamping their spaces.



We look forward to a fruitful partnership."

Gitanjali Saxena, Business Head, Tata CLiQ Luxury, said, "At Tata CLiQ Luxury, we are constantly focused on offering the best of luxury products and brands across categories to consumers. Our existing home category on the platform includes a wide range of products, from decor to serve ware and more. As we strive to expand and strengthen our home category, we are thrilled to exclusively launch Gauri Khan

Designs on our platform.

"A coveted interior designer, Gauri Khan has carved a niche for herself in the realm of interior designing and her creations are known for their exquisite design aesthetics. We are delighted to offer our discerning customers across the country an opportunity to shop from a thoughtfully curated selection of products across a wide assortment of soft furnishings and accessories to artistically transform their spaces."

"Luxury and style are key elements in all my projects"



Deepika Padukone launches self-care brand 82E

A pioneering advocate of mental, physical, and emotional well-being, actor Deepika Padukone launches her self-care brand, 82E (pronounced Eighty-two East) on Thursday. The brand will offer premium, high-performance products that make the practice of self-care a simple, effective, and enjoyable part of everyday life.

The name is inspired by the meridian that runs longitudinally through India and defines the standard time of the country. Eighty-Two East reflects the global Indian icon's journey and experience as a modern woman who is rooted in India but global in her outlook.

The brand will launch with skincare as

its inaugural category this month. Eighty-Two East's skincare products are formulated by in-house experts, and each product combines an Indian ingredient with a scientific compound into a powerful formula. The products have been thoughtfully designed to make skincare a delightful ritual.

The brand takes pride in being India's first celebrity-owned self-care brand that is backed by global institutional venture capitalists. On the occasion of launching her very own self-care brand, Deepika Padukone, Co-founder, of Eighty-Two East, says "Wherever I am in the world, practicing simple acts of self-care consistently, helps me stay grounded and enables me to feel my most centred. With Eighty-Two East, I hope to inspire us all to con-



nect with our truest, most authentic selves through consistent and humble self-care practices. The first step in that direction is our range of skincare products that have been rigorously sourced, carefully crafted, and clinically tested so you can build simple, joyful, and effective everyday rituals to care for the health of your skin." The launch marks Padukone's foray into full-fledged entrepreneurship, expanding her mission to leave behind a distinguished legacy and to inspire people to live authentic lives beyond her professional endeavours as an actor, producer, and mental health advocate.

Mira bags another endorsement with leading hair care brand

In yet another feather in her cap, influencer Mira Rajput Kapoor bags yet another endorsement with leading global hair expert brand Schwarzkopf Professional.

Mira is the brand's first-ever Hair Muse in India and was chosen over Bollywood actors for her grace and elegance, embodying the brand's values of being innovative, empowering, and ever-evolving. Mira will represent and advocate a key brand milestone as they launch a powerful campaign that brings forth Schwarzkopf Professional's global legacy of transforming, reinventing, and elevating hair.

"I feel excited and honoured to be the first-ever Hair Muse representing Schwarzkopf Professional in India! My confidence and belief in the brand, as a customer has only grown over the years. And it now feels surreal to be representing the brand on a national level. Schwarzkopf Professional has always been an innovative, limitless brand that brings to us best-in-class hair care prod-

ucts. And with this association, we together, are set to be Limitless!" shares Mira Rajput.

Elaborating further on this association, Kartik Kaushik, Country Head - Henkel Consumer Brands, India, and South Asia Export Markets says, "The growth trajectory of Schwarzkopf Professional India has been phenomenal. The brand entered the Indian market in 2001, and yet, to date, we have stayed true to our brand DNA of consistently bringing in superlative products, benchmark-setting innovations, and a complete focus on customer-centricity, while, at the same time, challenging norms and embracing change.

"Collaborating with like-minded platforms and people has been an important aspect of our journey. Today, we are delighted to embark upon a new chapter in our brand journey with a stellar collaboration with Mira Rajput Kapoor as Schwarzkopf Professional's Hair Muse. This association will help us continue adding more consumers to the brand and demonstrate our supremacy

in the Professional Hair Market in India."

"Our latest campaign asserts our legacy and prowess with respect to the art of hairdressing in a trendsetting digital-first articulation. We intend to bring the brand story alive through sensorial stimulation, leveraging sound as a medium, to stay connected with our audiences in a relevant & meaningful

manner. Mira is a key voice in beauty and fashion among urban audiences and netizens; she perfectly resonates with Schwarzkopf Professional's values of Authentic-



ity, Confidence, and Empowerment. We are elated about this association and hope to continue taking the brand from strength to strength," says Shama Dalal, Head of Marketing - Henkel Beauty Care India.

27th int'l film festival of Kerala returns with a bang after pandemic

IFFK is hosted by the Kerala State Chalachitra Academy on behalf of the Department of Cultural Affairs, Government of Kerala. Over the years, the IFFK has become a delight for film buffs who come from far and wide...reports Asian Lite News



As the famed International Film Festival of Kerala (IFFK) returns with a bang after the Covid pandemic, its 27th edition will be held here from December 9 to 16, and this time, Serbia will be the Country in Focus.

Six Serbian films are slated to be screened in this category including Milos Pusic's 'Working Class Heroes' which premiered at the Berlin International Film Festival this year.

Along with that, Oscar nominated director Stefan Arsenijevic's vividly crafted and performed drama 'Far As I Can Walk' is a

contemporary refugee story. The film won top prize at Karlovy Vary International Film Festival, 2021.

Srdan Golubovic's compelling drama 'Father, Oasis', again a festival favourite, directed by Ivan Ikic, Hadzi-Aleksandar Djurovic's 'Cross in the Desert' and family drama 'The Beheading of St John the Baptist' by Sinisa Cvetic which was in Competition at Moscow International Film Festival this year, all figure in the section.

IFFK is hosted by the Kerala State Chalachitra Academy on behalf of the Department of Cultural Affairs, Government of Kerala. Over the years, the IFFK has be-

come a delight for film buffs who come from far and wide.

The eight-day fest conducts the screening of films in the categories International Competition, Malayalam Cinema Today, Indian Cinema Now, World Cinema, Country Focus, Retrospectives of major filmmakers, Contemporary Focus, Homages and various curated packages.

Coupled with film screenings, platforms like Open Forum and workshops are also organised for the delegates to interact

with film fraternities from all over the world.

The annual Aravindan Memorial Lecture is a major event in the Festival.



Veganism: A healthier lifestyle choice

A few tips can come in handy when exploring options for your vegan menu. Opt for seasonal shopping or stock frozen fruits and vegetables if you can source them at better rates than fresh ones...writes Nikhil Bhendre

The internet has abundant lists, including do's and don'ts, top reasons why you should or should not do something, how-to guides, new recipes, and almost any information you need. Veganism is one such topic of discussion that attracts many readers. You may be curious about this lifestyle or want to explore more. Whatever drives you to search for the vegan way of life, be sure there are plenty of resources and contradictory opinions about it. Before turning vegan, the most important thing to understand is why you are doing it.

You can discuss the pros and cons of veganism with people who have adopted this lifestyle or research it. A healthier lifestyle choice or a weight loss goal may steer you towards veganism. Environmental concerns can also be your reason for choosing to turn vegan. As long as you are determined and have a strong desire to adapt to the new lifestyle, you can succeed in your efforts to turn vegan.

Do it the right way - Opt for supplements you may need

Several considerations accompany any lifestyle change, and a series of minor adjustments make it possible to adhere to the changes in the long run. Besides alternatives and stocking your pantry with food that will match your newly chosen diet regime, think carefully about your nutritional goals. Most regular diets lack some essential nutrients like Vitamin B12, Vitamin D, or iodine. Though rich in micronutrients and essential vitamins, a vegan diet may also require supplementation for these critical nutrients. Arm yourself with knowledge about multivitamins and supplements that you may require along with your diet.

These nutrients are found in fortified dairy alternatives, but the recommended route is to take multivitamins or natural supplements for the correct nutritional values. There are several myths and misconceptions about supplements. However, if you go vegan, you may need a B12 or iron supplement. Before taking supplements, understand your body's needs and consult your physician or nutritionist.

Is it expensive to turn vegan?

Another question that you may wonder about is how deep a hole plant-based products will make in your pocket. Contrary to what

you may think, these products are less expensive than you imagine. Compared to a plant-based diet, meat-eaters may be spending more on procuring food. Opt for whole foods that are readily available across grocery stores and can be ordered online. However, please read the labels carefully for ingredients to avoid culprits like gelatin or milk powder finding their way into your grocery basket.

A few tips can come in handy when exploring options for your vegan menu. Opt for seasonal shopping or stock frozen fruits and vegetables if you can source them at better rates than fresh ones. Essentials like nuts, flour, beans, etc, can be bought in bulk. Tofu may become your new best friend since it is rich in protein, and you will appreciate how versatile it is as an ingredient. Make a meal plan and stick to your grocery shopping budget to avoid overspending at your favourite grocery store. You can find dairy alternatives, yoghurts, cheese, and many other substitutes at the nearest store, and you don't need to go hunting for these products

Restaurants are not a thing of the past

Turning vegan does not mean you cannot enjoy your meals, and you can learn how to make vegan versions of your favourite dishes. Explore restaurants around you that serve vegan alternatives. You will not go hungry at a restaurant since most provide vegan options. Some of your favourite foods might already be vegan. Chances are you will be spoiled for choices rather than avoiding restaurants due to your newly chosen lifestyle. Before you travel for work or leisure, check out places that offer meals that match your vegan meal plan.

If it's vegan, it is healthy & boring!

If you believe that everything labelled vegan is healthy, think again! You can find many junk food items like vegan pizzas, burgers, and cakes. The key is to enjoy these in moderation and avoid them if you are turning vegan for health reasons. A plant-based diet rich in whole foods consisting of fruits, vegetables, legumes, and grains will be beneficial. You don't need to avoid soy-based products but consume them in moderation. Research healthy ingredients you can include in your vegan meal plans, such as miso, tempeh, tofu, soy milk, and edamame. Many exciting and delicious recipes can be vegan too. The occasional cheat



days or meals that apply to regular diets are equally applicable to a vegan diet.

It's your road to walk alone or with others!

It is never easy to please everyone; a few might need help understanding your choices when turning vegan. You might face questions from friends and family, and your reasons may not appeal to them. However, agreeing to disagree and following your path to enjoying your new lifestyle is essential. The only way to progress on your vegan journey is by staying true to yourself and respecting your choice above everything else. Besides, there are communities you can join

that share your beliefs about turning vegan.

They can encourage you, guide you, and help you eat ethically. You will certainly not be alone in your choice, and you can receive help if you ask for it from suitable sources.

It's not for a day or two but a way for life

Remember, you are not just changing your diet plan. It is a new lifestyle that you have chosen. It may take time to happen, and you may slip while treading on the new path of veganism. It is essential to acknowledge that you need time, but it is equally important to stick to your decision. Keep yourself motivated and look for new and exciting ways to experiment with food.

Diabetic Neuropathy and Naturopathy

There is no cure available for diabetic neuropathy. The key to managing it and stopping its progression is maintaining healthy blood glucose levels. Here's how naturopathy can help achieve that...writes Dr Vinodha Kumari

Diabetic neuropathy refers to nerve damage that is caused by diabetes. Diabetes is an extremely common chronic disease and diabetic neuropathy is one of the most likely conditions to develop as its side effect. In fact, India now has the largest population of people with type 2 diabetes mellitus internationally, with a 10.4 per cent prevalence.

Diabetic neuropathy doesn't affect all with diabetes but many do. Nearly 60-70 per cent of people with diabetes can experience some type of diabetic neuropathy. While some people may experience mild symptoms of nerve damage like numbness or tingle in the hands, feet, and legs, others can experience more severe symptoms like digestive issues, pain, issues with the blood vessels and heart, and the inability to lead a normal, healthy life. Fortunately, it is possible to prevent diabetic neuropathy by maintaining blood sugar levels on a daily basis. Complementary therapies like naturopathy and yoga can help achieve normal blood sugar levels. Naturopathy and yoga may contribute to controlling the condition, as well as reduce side effects and the need for medications or drugs, by providing specific dietary practices, physical activity, and stress reduction.

What Leads to Diabetic Neuropathy: Over time, high blood sugar and high levels of fats, like triglycerides resulting from diabetes can damage the nerves. High blood sugar levels can also damage the small blood vessels that nourish the nerves with oxygen and nutrients. Without enough amount of oxygen and nutrients, the nerves are not able to function properly.

How Naturopathy helps in Diabetic Neuropathy: There is no cure available for diabetic neuropathy. The key to managing it and stopping its progression is maintaining



healthy blood glucose levels. Here's how naturopathy can help achieve that:

Maintain a Healthy Diet: Diet plays a crucial role in naturopathy treatments and it recommends an alkaline diet rich in complex carbohydrates, fibre, and low fat for people with diabetes mellitus. People with diabetes should limit their intake of added sugars, refined carbs, and sugary drinks to help stabilize blood sugar levels. Here are some of the foods advisable for people with high blood sugar levels:

Include green leafy vegetables along with whole fruits that are high in fibre, antioxidants, vitamins, and essential electrolytes like potassium and minerals

Consume avocado, butter, olive oil, seeds and nuts, whole-fat dairy products, cheese, and yoghurt

Avoid most grains if possible, especially those made with refined wheat flour Also, limit the intake of high-sodium foods

Hydrotherapy: In this type of therapy, a

combination of baths, packs, and warm water enema is given to the patient as a remedy. Hydrotherapy helps improve metabolism and controls blood sugar levels. It also enhances the capability of the body to use glucose and the enema helps cleanse toxins from the colon and detoxify the system.

Yoga Asanas for Diabetics: The age-old practice of yoga can provide plenty of benefits, especially for those living with diabetes. Here are some yoga asanas that can lead to significant transformations in those suffering from high blood sugar levels:

Dhanurasana: This asana strengthens and regulates the pancreas. As a result, this asana is recommended for diabetics. It also strengthens the abdominal muscles, improves digestion, and helps avoid abdominal cramps.

ViparitaKarani: This restorative inversion asana allows for relaxation. It helps lower stress levels, which assists in lowering blood pressure and blood sugar levels. It can also boost energy, help relieve head-

aches and increase blood circulation.

Balasana: This asana works on the rotator cuff, hamstrings, and spinal extensors. It promotes relaxation, which assists in the formation of insulin-producing beta cells.

Halasana: This inversion pose helps increase circulation, stimulates the thyroid gland, and reduces stress. Its therapeutic effects may also help relieve backache, headache, and insomnia. It also aids in the reduction of fat from the abdominal area and increases insulin secretion in the body.

Kapalbhati Pranayama: It is a breathing technique that improves pancreatic effectiveness. As a result, it increases the release of insulin in the body which keeps the blood glucose levels stable.

People with diabetes often find it difficult to control their blood sugar levels which can lead to issues like diabetic neuropathy. With the help of these naturopathic tips and yoga asanas, it is possible to maintain good blood sugar levels and live a happy, healthy life.

Tips to have a diabetic-free lifestyle



Insulin resistance is a complex metabolic abnormality and a common concern in both Pre-diabetics and Diabetics...writes DR. CIJITH SREEDHAR

Diabetes or Metabolic syndrome contributes to 2.5-fold increased cardiovascular mortality and a five-fold higher risk of developing diabetes. According to recent research studies, by 2020, cardiovascular diseases will be the largest cause of disability and death in India.

Metabolic syndrome is a cluster of disorders like high blood fasting sugar, high blood pressure, increased waist-hip ratio with a pot-belly, and abnormal cholesterol or triglycerides due to impaired metabolism. Long-term persistence of these conditions leads to further complications like stroke, renal damage, nervous disorders, and retinal issues.

Diabetes is the basic inability of the body's cells to utilize insulin, which is known as insulin resistance. Due to this, though the pancreas produces insulin, our cells are unable to use it for the uptake of glucose and this leads to Diabetics. Clinically, a fasting serum insulin level of more than 60 pmol/L is considered a state of insulin resistance clinically.

Insulin resistance is a complex metabolic abnormality and a common concern in both Pre-diabetics and Diabetics. It affects the ability of peripheral tissues to use insulin, thus impairing peripheral glucose utilization and resulting in the development of hyperglycemia, among others.

The main peripheral tissues involved are the liver, skeletal muscle, and adipose tissue as they are the main insulin-sensitive sites. In insulin resistance biochemical parameters like blood glucose level, blood triglyceride level, and blood cholesterol level increase whereas blood HDL cholesterol level decreases, which in turn contributes to cardiovascular disease and metabolic syndrome.

How does one get all these issues?

While Metabolic syndrome is not infectious it is completely dependent on the lifestyle of the individual. The wrong diet patterns, lack of physical activities, long-term stress, late working hours without proper sleep, lack of adequate rest, environmental factors, and slight influence from one's genetic background. To put it in a nutshell at the end of the day you are the one who decides about your health; you cannot fault your genetics!

How to get back into a healthy life?

Short-term relief is not the answer as the damages have happened due to wrong lifestyle habits which can only be reversed by making healthy lifestyle modifications. A perfect diet, a good amount of exercise, or daily yoga & pranayama, all help to attain physical and mental strength.

In this context, Naturopathy offers a drugless and non-invasive treatment that could transform your life by awakening the healer in you! At 'Prakriti Shakti', CGH Earth's clinic of Natural Medicine, treats lifestyle diseases such as Diabetes, where in addition to the body treatments, you learn dietary practices and other lifestyle alterations using Yoga & Meditation for managing and preventing hormonal and metabolic disorders, in a sustainable manner. The curative programs are holistic and integrated combining personalized naturopathy and yoga therapy with the recommended period



for the Treatment of Diabetes being 21 days. A few tips on how to go about living a diabetic-free lifestyle:

Prakritishakti

. Soak chia/ basil seeds overnight in a glass of room-temperature water. When you wake up, drink this water along with the soaked seeds on an empty stomach. Chia / Basil seeds are a good source of soluble fiber, hence this drink helps in reducing the Glycemic load as well as insulin spikes in the body.

. Make a Juice using 2/3 raw Amlas / Indian gooseberries, one glass of room temperature water and have it early morning on an empty stomach. This juice is a good source of Vitamin C and also acts as a laxative which helps in riding the body of accumulated toxins.

. Replace one-time bowls of cereal with a Millet dish and for the next meal replace the cereals with vegetables. This also helps in preventing as well as reversing diabetes.

. Keep yourself hydrated by drinking a minimum of 3 liters of water every day.

. Replace Sweet fruits with Citrus fruits and Semi ripened fruits

. Count the natural colours in your diet i.e.: A Rainbow diet - make sure that you include a minimum of 7 colors of fruits and vegetables in the diet. This arms the body with enough phytochemicals

. Sleep for 7 to 8 hours at night, as this enhances the possibility of reversing Diabetes by around 30 percent.

. Strengthen the Soleus muscle by walking or other strength training. This is the single most important muscle that helps in glucose metabolism

. Burn belly fat with Yogic practices and Kriyas.

. Keep the levels of Vitamin D optimum by exposing yourself to sunlight else with supplements

. Short, cold applications/packs on the abdomen are an excellent method to improve your metabolism and vitality. This therapy assists in increasing the circulation to the abdomen area which in turn aids your digestion.

England at the 'TOP OF THE WORLD'

In the next over, Stokes escaped a run-out when a direct hit from mid-on missed the stumps by a whisker, which proved to be a blessing for England to get the trophy with Ali by his side...reports Asian Lite News

Left-arm pacer Sam Curran and leg-spinner Adil Rashid bowled brilliant spells to restrict Pakistan to 137/8 before an unbeaten fifty from Ben Stokes helped England crown themselves as winners of Men's T20 World Cup with a five-wicket victory achieved with an over to spare in front of 80,462 fans at the Melbourne Cricket Ground on Sunday.

Electing to bowl first in overcast conditions, Curran (3/12) was impressive upfront and in death overs, while Rashid (2/22) was stunning in the middle overs as England's meticulous planning and tactics, especially in the second half of the innings, meant they never let Pakistan get away at any stage to restrict them to a below-par score.

Chasing the modest total, England lost three wickets, including that of captain Jos Buttler, in the Power-play. But Stokes showed calmness and poise in his typical gritty style to slam an unbeaten 52 off 49 balls -- incidentally his first T20I fifty -- to take England over the line.

Six years after Stokes was left heartbroken in the 2016 final at Kolkata when West Indies' Carlos Brathwaite hit him for four consecutive sixes in the final over, the all-rounder finally found redemption by rising to the occasion at the MCG, and sealing England's second T20 World Cup trophy.

This was the second time that Stokes played a pivotal role for England in the final of a global tournament after his Player of the Match efforts in the 2019 ODI World Cup final victory at the Lord's. The win also makes England the first team in the history of men's international cricket to hold both 50-over and 20-over World Cups at the same time.

Despite a low score, Pakistan fought well with the ball till the very end though Shaheen Shah Afridi went off the field after bowling the first ball of the 16th over due to issues with his right knee, which resurfaced after taking a catch of Harry Brook in the 13th over, tilted the match in England's favour.

As Shaheen Afridi left the field after bowling just one ball, Stokes took advantage of it by hitting a four wide of cover and lofted just over long-off for six off part-time offie Iftikhar Ahmed. Moeen Ali continued the tempo by taking back-to-back fours through cover and square-leg off Mohammad Wasim Jr. on the first two balls of the 17th over.

Ali then ended the over with a top-edge on a hard swipe over the keeper's head. Though Ali was clean

bowled by a brilliant yorker from Wasim Jr. in the 19th over, Stokes reached his fifty in 47 balls with a controlled drive past deep cover. He fittingly finished off the chase with a single through the on-side to secure England's win.

Chasing 138, England lost Alex Hales as Shaheen Afridi took out his middle stump. In the fourth over, Phil Salt was cramped on the pull by Haris Rauf and was caught at mid-wicket. Naseem then beat Jos Buttler five times in the fifth over, though he conceded five wides and was scooped by the right-hander for a six over fine leg. But in the sixth over, Rauf found a little bit of nip and found the outside edge of Buttler caught by the keeper.

Stokes and Harry Brook did the rebuilding job for England with a 39-run stand for the fourth wicket. The duo relied on strike-rotation while hitting boundaries in between. But Brook struggled badly for timing and holed out to wide long-off off Shadab in the 13th over, as Afridi jarred his knee while taking the catch. In the next over, Stokes escaped a run-out when a direct hit from mid-on missed the stumps by a whisker, which proved to be a blessing for England to get the trophy with Ali by his side.

Earlier, Stokes kick-started the final by bowling England's first no-ball of the tournament. He then bowled a wide down the leg side and ended up conceding eight runs in the opening over. After no boundaries in the first three overs, Rizwan got Pakistan going with a six, slog-swept over deep backward square leg off Chris Woakes.

Rizwan shaped for a drive off Curran but chopped onto his stumps. Babar Azam and Mohammad Haris took a four each off Woakes in the final over of Power-play. But England had the upper hand at the end of the Power-play, bowling 18 dot balls to keep Pakistan at 39/1.

Rashid made an immediate impact as he deceived Mohammad Haris with flight and got him holing out to long-on. Azam and Shan Masood hit some boundaries off Jordan and Livingstone.

But England made a comeback as Azam's slice on a googly went back to Rashid for a low catch to his right in a wicket- maiden over. In the next over, Stokes got some away movement and extra bounce to find the outer edge of Iftikhar Ahmed.

Masood and Shadab tried to resurrect with a 36-run partnership. But England fought back as Masood and Shadab fell to Curran and Jordan respectively while going for the big shots. Curran picked his third wicket of the match as Mohammad Nawaz chipped straight to deep mid-wicket while Wasim Jr. holed out to the deep off Jordan in the final over as England picked four wickets while conceding only 31 runs in the last five overs.

Brief scores: Pakistan 137/8 in 20 overs (Shan Masood 38, Babar Azam 32; Sam Curran 3/12, Adil Rashid 2/22) lost to England 138/5 in 19 overs (Ben Stokes 52 not out, Jos Buttler 26; Haris Rauf 2/23, Shaheen Shah Afridi 1/13) by five wickets



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