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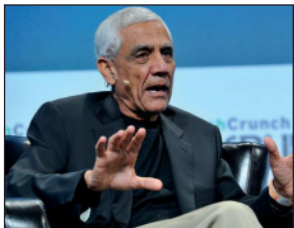
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## Blindspot to backlash: Modi and party misread the mood

By Rupam Jain

MUMBAI - Indian Prime Minister Narendra Modi's government did not anticipate the protests against a new citizenship law that have raged across the country and is now scrambling to control the damage, members of his ruling party said.

In Modi's biggest challenge since taking office in 2014, hundreds of thousands have protested against the law offering citizenship to immigrants from non-Muslim minorities who have fled Afghanistan, Bangladesh and Pakistan.

At least 21 people have died in clashes with police.

Ruling Bharatiya Janata Party (BJP) leaders were taken aback by the backlash, some party members told Reuters. They said they had been prepared for some anger from Muslims, but not the widespread protests that have convulsed most major cities for two weeks.

Now the party and the government are reaching out for help in defusing the crisis to allies and opponents sidelined when the bill passed earlier this month, the sources said.

"I really did not see the protests coming," Sanjeev Balyan, a ruling party legislator and junior federal minister, told Reuters. Balyan, who initially said other BJP lawmakers were also caught off guard, said on Thursday he had been wrong to suggest that and that he could not characterize their thinking.

While there is no threat to his big parliamentary majority, the 69-year-old Modi's reputation as a master strategist with his finger on the pulse of the people has taken a hit.

Publicly, his government has prioritized development, seeking to make India a \$5 trillion economy by 2025.



Demonstrators shout slogans during a protest rally against a new citizenship law in Bengaluru, India on Dec. 22, 2019.

But Modi's muscular pro-Hindu platform has also gone down well in a nation that is over 80% Hindu: he won back-to-back national elections with thumping majorities.

Outrage at the citizenship law has been fanned by resentment against the government for following a majoritarian agenda instead of addressing an economic slowdown and loss of jobs.

### CITIES CONVULSED

In a nation with a history pocked with sectarian bloodshed, many Muslims fear the new law - and a planned national citizenship register - could make the minority second-class citizens.

Students, politicians and rights activists, both Hindus and Muslims, have also taken to the streets, saying Modi is jeopardizing India's secular constitution.

The government denies the citizenship register is imminent

and says none of the changes will affect existing citizens.

Three other BJP lawmakers and two federal ministers, who spoke on condition of anonymity, said they were mobilizing party supporters from all walks of life to start community dialogues and dispel discontent over the law and the register.

"I believe that the political math behind the clearance of this law was not taken into account," said one of the federal ministers, an apparent reference to lack of consultation with allies and opposition parties.

Home Minister Amit Shah, widely seen as the second most powerful man in the country, repeated in a television interview on Tuesday that Muslims had no cause for worry.

"We are all in damage control mode," said the other federal minister, adding that the BJP and hardline Hindu allies have launched a campaign to explain that the law is not

discriminatory.

The Rashtriya Swayamsevak Sangh (RSS), which is the ideological parent of the BJP, has also launched a movement across urban slums to counter opposition to the bill.

"The violent protests are not because the people were not properly informed about the new law, but because they were intentionally wrongly informed by forces with vested interests," Manmohan Vaidya, a senior RSS leader, told Reuters.

### "AUTOCRATIC STYLE"

Analysts say various reasons for discontent were coalescing.

"It's evident that people are protesting against the law and also venting against Modi's autocratic style of leadership," said Sanjay Kumar, director of research institute the Center for the Study of Developing Societies.

"The economic crisis gives further incentive ... I don't see these protests fading very soon."

**Thought of the Week:** "Tomorrow is the first blank page of a 365-page book. Write a good one." - Brad Paisley

Wishing our readers & advertisers a new year rich with the blessings of love, joy, warmth and good health.

# HAPPY NEW YEAR



# Why India's new citizenship plans are stirring protests



Police officers stand as demonstrators gather to attend a protest, organised by various political parties, against a new citizenship law, in Chennai, India on December 23, 2019.

By Swati Bhat

MUMBAI - Thousands of Indians have been protesting against a new citizenship law as well as possible plans for a National Register of Citizens (NRC), alleging the measures are an attack on a secular constitution and against minority Muslims.

The Citizenship Amendment Act (CAA) aims to fast-track citizenship for persecuted Hindus, Parsis, Sikhs, Buddhists, Jains and Christians who arrived in India before Dec. 31, 2014, from Muslim-majority Afghanistan,

Bangladesh and Pakistan.

The passing of the bill on Dec. 11 triggered widespread demonstrations in the eastern state of Assam, as protesters feared it would convert thousands of illegal migrants from neighbouring Muslim-majority Bangladesh into legal residents.

Elsewhere in India, protesters say the citizenship law will be followed by the national register, which they fear is designed by the Hindu-nationalist government to expel Muslims who do not have sufficient citizenship documentation.

The government has refuted those allegations and vowed to protect all citizens equally.

## WHY IS THE CITIZENSHIP ACT CONTROVERSIAL?

Under the law, India will grant citizenship to the six communities that Modi's government says have historically faced persecution in the three Muslim-dominated neighbours. The government says Muslims cannot be treated as persecuted minorities in those countries.

Critics say the law discriminates against Muslims and undermines India's secular constitution. They question why the law does not include Muslims fleeing Sri Lanka and Myanmar, which are majority Buddhist.

## WHAT IS THE NATIONAL REGISTER OF CITIZENS?

Authorities in the northeastern state of Assam began using the NRC to identify illegal immigrants in 2015, on the orders of the Supreme Court. It was only meant to be used for the ethnically-diverse region but since then, there have been calls from officials of the ruling party and its supporters for its nationwide implementation.

A final list of citizens in Assam,

published on Aug. 31, excluded nearly 1.9 million residents, most of them Muslim but including some Hindus.

## WHAT WOULD A PAN-INDIA NRC LOOK LIKE?

The 2019 manifesto of Modi's ruling Bharatiya Janata Party (BJP) said "in future we will implement the NRC in a phased manner in other parts of the country" but did not provide details.

If a nationwide NRC is enacted, activists and opposition politicians expect that residents unable to prove citizenship would be taken to detention centres, as is happening in Assam.

Most of India's 1.3 billion people are Hindu, about 14% are Muslim and the rest are Christians, Buddhists and others.

In Assam, excluded people were given 120 days to prove their citizenship at quasi-judicial bodies known as Foreigners Tribunals. Those deemed to be illegal immigrants can appeal to higher courts.

## MODI'S LAWS

Religious minorities and liberals are growing increasingly uneasy with Modi's Hindu agenda, which appears to have gained emphasis since his re-election

in May.

The citizenship bill comes after a November Supreme Court decision that handed Hindu groups control of a contested site where a 16th-century mosque was razed by Hindu zealots in 1992, paving the way for the construction of a temple there, as long promised by the BJP.

That followed a government decision in August to strip Muslim-majority Jammu and Kashmir state of its special status and split it into two federally administered regions in what the government said was a bid to integrate the restive region with the rest of India.

## WHAT HAPPENS NEXT?

The CAA has been challenged in the Supreme Court by a Muslim political party, lawyers and rights groups on the grounds that it violates the secular constitution.

The Supreme Court has said it would hear petitions challenging the law on Jan. 22.

On Sunday, Modi said his government had no immediate plans for a countrywide NRC, but his comments contradicted statements by his closest lieutenant, Home Minister Amit Shah. Government officials have not clarified the position.







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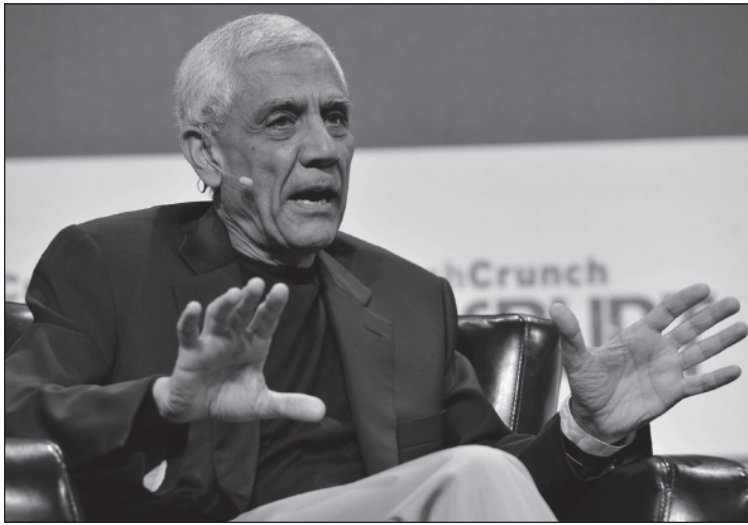
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## Billionaire Khosla wins ruling limiting public access to his private beach



Indian American billionaire businessman and venture capitalist Vinod Khosla

SAN FRANCISCO, CA - Billionaire venture capitalist Vinod Khosla's long-running fight to block public access to a stretch of Pacific Ocean beach adjacent to his property got new life thanks to an appeals court ruling that could make it harder for surfers and sun seekers to get to the crescent-shaped cove an hour south of San Francisco.

The beach had been open to the public for decades before Khosla bought the 89-acre property in 2008 for \$32.5 million and shut off the lone road leading there.

Many thought Khosla had hit a dead end last year when the U.S. Supreme Court refused to

take up his cause, but the ruling late last month breathed life into it, finding the prior owners' willingness to let beach goers use the road didn't amount to a "public dedication" because they collected fees for parking.

That strengthens Khosla's position if and when he obtains a permit from the California Coastal Commission to restrict the hours when a gate at the top of the road is open.

The Friends of Martin's Beach, which has been sparring with the billionaire for years, wanted the court to find there was a long-established precedent for keeping the road open.

Instead, the three-judge panel upheld a trial judge's ruling in Khosla's favor, finding there was substantial evidence that the previous owners didn't intend to dedicate the road for public use because they charged fees.

"Payment of a fee to access or use property implies that such use is not a matter of right but

instead is a permitted use," the San Francisco-based appeals court said. "A party who pays for a privilege and is granted the privilege in exchange for the payment is not acting as though he or she had an unfettered right to exercise the privilege."

The beach is sheltered on the north and south by high cliffs,

making a single access road the only practical route. The previous owners used the property as a business, maintaining restrooms and a small convenience store.

Khosla, 64, is the founder of Khosla Ventures and co-founder of Sun Microsystems, now part of Oracle Corp.

## President and CFO of NJ company charged with \$17 million fraud scheme

NEWARK, NJ – The president and the chief financial officer of a now defunct New Jersey-based marble and granite wholesaler have been arrested for allegedly orchestrating and participating in a scheme to defraud a bank in connection with a \$17 million secured line of credit, U.S. Attorney Craig Carpenito announced.

Rajendra Kankariya, 61, of Tenafly, New Jersey, and Rakesh Sethi, 44, of Basking Ridge, New Jersey, are charged by complaint with one count each of conspiracy to commit wire fraud affecting a financial institution. Both defendants made their initial court appearances before U.S. Magistrate Judge Cathy L. Waldor in Newark fed-

eral court and were each released on \$500,000 bonds secured by property.

According to documents filed in this case and statements made in court:

From late 2015 to early 2016, Lotus Exim International Inc. (LEI) obtained from the victim bank a \$17 million line of credit to discharge a prior debt and gain working capital. The line of credit was to be secured by LEI's accounts receivable and assets. In reality, LEI's accounts receivable and assets were insufficient to serve as collateral for the line.

In order to conceal the lack of sufficient collateral, LEI and its employees, including Kankariya and Sethi, devised

a scheme to create fake email addresses on behalf of LEI's customers so they could pose as those customers and answer the bank's and outside auditor's inquiries about the accounts receivables. The scheme involved numerous fraudulent accounts receivable where the outstanding balances were either inflated or entirely fabricated. The scheme caused the victim bank losses of approximately \$17 million.

Conspiracy to commit wire fraud affecting a financial institution carries a maximum potential penalty of 30 years in prison and a fine of \$1 million or twice the gross gain or loss derived from the offense, whichever is greater.

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



## Lab owner charged with paying kickbacks in \$127 million Medicare scheme



PITTSBURGH, PA - A resident of Monroeville, Pennsylvania, was charged in federal court with three conspiracy counts and one substantive count related to the payment of unlawful kickbacks, United States Attorney Scott W. Brady announced late last month.

Ravitej Reddy, 52, was charged by criminal Information with two counts of conspiracy to pay and receive kickbacks, one count of conspiracy to pay kickbacks, and one count of offering and paying kickbacks.

"In less than a year, Ravitej Reddy and his partners in crime were responsible for more than \$125 million in genetic testing claims submitted to Medicare as the result of a sophisticated, na-

tionwide kickback scheme," said U.S. Attorney Brady.

According to the Information, the defendant owned two testing laboratories - Personalized Genetics, LLC, d/b/a Personalized Genomics (PGL), located in Pittsburgh, and Med Health Services Management, LP (MHS), located in Monroeville. Beginning as early as May 2018, and continuing through approximately April 12, 2019, the Information alleges that the defendant participated in three separate conspiracies related to Medicare billing for two types of genetic testing: cancer genomic testing (CGx) and pharmacogenetic testing (PGx). CGx testing used DNA sequencing to detect mutations in genes that could indicate a higher risk of developing certain types of cancers in the future. CGx testing, however, was not a method of diagnosing whether an individual presently had cancer. PGx testing detected specific genetic variations in genes that impacted the metabolism of certain medications. In other words, PGx testing helped determine, among other things, whether certain medications would be effective if used

by a particular patient.

As alleged, the defendant and a group of co-conspirators comprising business consultants, marketers, and the operator of a telemedicine entity, among others, acquired thousands of testing samples from Medicare beneficiaries located throughout the United States, as well as the corresponding prescriptions that PGL and MHS needed to bill Medicare for CGx and PGx testing. For their part, the marketers used targeted campaigns to induce beneficiaries to submit CGx and PGx specimens by means of cheek swabs sent to their homes or provided to them at purported "health fairs" held throughout the United States. Marketers, in turn, were paid percentage-based kickbacks depending upon the Medicare reimbursements for beneficiaries whose samples they had obtained and submitted to PGL or MHS.

Likewise, the operator of a Florida-based telemedicine entity allegedly was paid kickbacks in connection with obtaining CGx and PGx prescriptions from physicians who were contracted by

his company to review the beneficiaries' personal and familial medical histories. As alleged, contract physicians authorized testing for greater than 95% of beneficiaries despite the fact that the doctors did not conduct a proper telemedicine visit, were not treating the Medicare beneficiaries for cancer or symptoms of cancer, did not use the test results in the treatment of the beneficiaries for cancer, and generally were not qualified to understand and interpret the test results.

According to the Information, the defendant and his co-conspirators took advantage of PGL's and MHS's physical locations within the Medicare coverage area that offered the highest reimbursement rates in the United States. As alleged, the co-conspirators used PGL and MHS as the billing laboratory despite the fact that the labs did not possess properly validated equipment to conduct any CGx testing on-site and, as such, were forced to send samples for proper testing by a so-called reference laboratory that was located outside of the lucrative coverage area.

The three charged conspiracies involve similar conduct related to the acquisition of CGx and PGx specimens. The first conspiracy, however, allegedly involved billings only through PGL, while the second and third conspiracies involved billings through MHS. According to the Information, the defendant engaged in the second and third conspiracies with some, but not all, of the same co-conspirators as the first conspiracy, and he pursued these alleged side deals, in part, as a means to increase his share of the profits relative to the PGL-based conspiracy. Finally, the Information charges one substantive kickback count, alleging that the defendant paid percentage-based kickbacks to another unrelated marketing entity in connection with the acquisition of PGx and other testing samples between October 2017 and April 2019.

In total, between May 2018 and April 12, 2019, the defendant's laboratories billed Medicare more than \$127 million for CGx and PGx testing, with reimbursements of approximately \$60 million.

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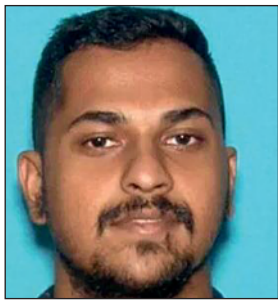
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## NATIONAL NEWS

# Man arrested in Thanksgiving Day killing of student from India



Abhishek Sudhesh Bhat

SAN BERNARDINO, CA - A suspect surrendered to police last month in connection with the fatal shooting of a 25-year-old Cal State University, San Bernardino graduate student at an area motel on Thanksgiving Day, authorities said.

Abhishek Sudhesh, also known as Abhishek Sudhesh Bhat, died in the attack, which took place about 12:40 p.m. in the 100 block of South E. Street, according to San Bernardino Police Department officials.

The victim was studying computer science and working toward his master's degree while working a part-time job at the motel where he was killed.

Officers responded to reports of a shooting when they encountered Sudhesh Bhat, who was suffering from a gunshot wound, San Bernardino police Sgt.

Albert Tello said in a written statement. Paramedics pronounced him dead at the scene. The killer had run away before police arrived.

"The suspect was identified and turned himself in to authorities on the morning," Tello said.

Eric Devon Turner, also known as Devon Erick Turner, 42, of San Bernardino, was booked on suspicion of murder, San Bernardino County booking records show.

"The motive for the shooting is under investigation," Tello said. No further details were released.

Sudhesh Bhat originally came from the city of Mysuru in India, where he earned his bachelor's degree in computer science and engineering, according to his profiles on Facebook and LinkedIn. He moved to San Bernardino in March of 2018 and began studying at CSU San Bernardino the following month. He also served as a teaching assistant at the university.

Sudhesh Bhat's Facebook profile was filled with messages of sorrow and condolences. A website set up to help his family with the costs of services and travel to the U.S. had raised

more than \$22,000.

"He was attacked while he was looking after a motel in his free time on behalf of his friend. The family grieves for him deeply," according to the memorial page. "Everyone who knew him remembers him as a very sweet and caring person who went out of his way to help others. He had a good academic record at college and his professors and colleagues appreciated

him dearly."

"He had decided to go abroad to study with the only aim and ambition to help and be there for his family," according to the statement. "He worked hard day and night to fulfill this dream. He wanted to fund his younger brother Abhishreshtha's medical education fees apart from being financially available for everyone in his family."

Turner was being held with-



Eric Devon Turner

out bail pending his initial court appearance.

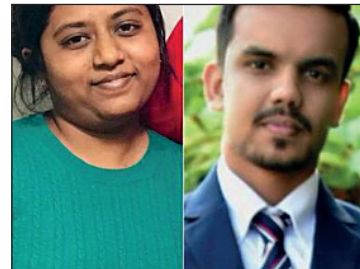
## Fundraiser hopes to send bodies of students killed in hit-and-run to India

NASHVILLE, TN - Thousands of miles away, two families are in mourning after a Thanksgiving hit-and-run in Nashville claimed the lives of two Tennessee State University students.

A GoFundMe has been set up to help send their bodies back home to India.

23-year-old Judy Stanley and 26-year-old Vybhav Gopisetty had high hopes to excel, not just for themselves but for their families back in India.

"They are irreplaceable," said Dr. Ankit Patras, their faculty advisor, "I won't be able to find



Judy Stanley and Vybhav Gopisetty such great students like them again."

Both students were attending TSU's college of agriculture. Stanley was seeking a master's and Gopisetty was working towards his doctorate.

"Judy was very bright and

I would call her my star scientist... Vybhav was such a smart kid who wanted to do well, he wanted to be on the faculty one day," said Patras. "I'm still thinking it's a bad dream and I'll wake up and it'll be different but hard fact its reality what has happened."

But on Thanksgiving night, the two students were killed in an apparent hit and run. Police say a pickup truck, allegedly driven by David Torres, crashed into the students' car. The car then went off the road, through a fence and slammed into a tree on the Walmart property.



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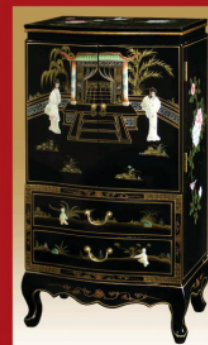
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## Modi's party loses Indian state election amid protests over citizenship law



FILE PHOTO: Indian Prime Minister Narendra Modi and Bharatiya Janata Party (BJP) President Amit Shah wave towards their supporters after the election results at party headquarter in New Delhi, India on May 23, 2019.

NEW DELHI - Indian Prime Minister Narendra Modi's party lost control of another state, adding to a string of electoral losses since last December amid protests that mark the biggest challenge to the Hindu-nationalist leader.

Modi's Bharatiya Janata Party (BJP) conceded defeat in the eastern state of Jharkhand, with an alliance of the main opposition Congress party and a regional bloc slated to take control of the resource-rich province.

"I dedicate this victory to the people of Jharkhand," Hemant Soren, leader of the regional

Jharkhand Mukti Morcha party, said after claiming victory.

The loss comes in the middle of a sometimes deadly wave of nationwide protests triggered by a new citizenship law, which critics say discriminates against Muslims and has brought thousands of people out on to the streets in opposition.

The polls in Jharkhand opened on Nov. 30, before the demonstrations kicked off and do not represent the current public mood. However, the BJP's defeat will be a shot in the arm for India's opposition parties, some of which have used

popular anger against the Citizenship Amendment Act to their advantage.

The Modi government insists that the law is needed to help persecuted non-Muslim minorities from Afghanistan, Bangladesh and Pakistan who came to India before 2015 by giving them Indian citizenship.

And in a show of strength, the BJP staged a protest, attended by several hundred people, in Kolkata in support of the CAA.

"Today, we have seen that Bengal stands with Modi ji and it welcomes the Citizenship Amendment Act," said Jagat Prakash Nadda, the BJP's national working president, using an honorific for the prime minister.

But groups opposed to the law gathered in the southern cities of Bangalore and Chennai, the capital New Delhi and north eastern Assam state, in the latest demonstrations against the CAA

and the Modi government's proposal to conduct a nationwide National Register of Citizens.

In Assam, protests have been held since Dec. 10, initially turning violent but largely peaceful over the past week.

Assam's finance minister, Himanta Biswa Sarma, told reporters that since Dec. 10, 393 people have been arrested for arson, violence and looting and 10 for "inflammatory" social media posts.

## Pakistan's Musharraf calls death sentence a 'personal vendetta'

ISLAMABAD - Speaking from his hospital bed in Dubai, Pakistan's former military ruler Pervez Musharraf said a special court's decision to sentence him to death in a high treason case was the result of a "personal vendetta".

Musharraf, who was tried and sentenced in absentia, said in a video released late on Wednesday the allegations against him were politically motivated and it was "an unprecedented case in which neither the defendant, nor his lawyer were allowed to defend the case."

An anti-terrorism court sentenced Musharraf to death on

Tuesday after finding him guilty of high treason and subverting the constitution in 2007.

The verdict sent shudders through the military, which has ruled Pakistan for the a large portion of its history and remains highly influential. The army issued a strongly worded statement and accusing the court of ignoring legal process, defending Musharraf's patriotism, and saying the ruling had caused "pain and anguish" in the ranks.

The 76-year-old Musharraf seized power in a coup in 1999 and later ruled as president.

When Nawaz Sharif - an old rival whom he deposed in the 1999 coup - was elected prime minister in 2013, he initiated a treason trial against Musharraf and in 2014 the former general was charged for high treason.

"This case was taken up only due to personal vendetta by some people against me," Musharraf said in the video statement.

Musharraf travelled to Dubai, where he is receiving medical treatment, after a travel ban was lifted in 2016 and he has refused to appear before the court, despite multiple orders.



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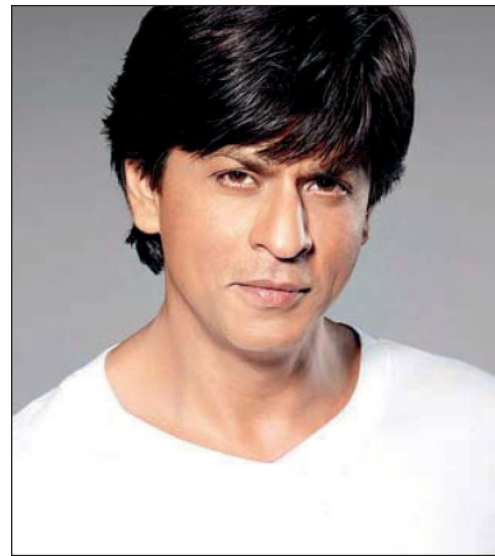
## Director urges Bollywood stars to break silence over citizenship law, violence



Salman Khan



Aamir Khan



Shahrukh Khan

By Shilpa Jamkhandikar

MUMBAI - One of Bollywood's leading directors called on three superstar actors to break their silence about a new citizenship law that has triggered riots in India, saying they could influence millions of fans.

At least 21 people have died since crowds took to the streets enraged by the Hindu nationalist-led government's legislation, which critics say discriminates against Muslims.

The violence and the political storm raging around it has posed

a dilemma for a film industry that is dominated by Muslim actors, directors and crew but caters for India's broader, predominantly Hindu population.

A handful of figures have spoken out against the law and the violence, some at rallies in Mumbai, the heart of Bollywood. But none of its three leading stars - Aamir Khan, Salman Khan and Shah Rukh Khan - have made public statements. All three are Muslim.

"These three actors and their fan following is something else. One word from them can influ-

ence millions," director Anubhav Sinha, a critic of Prime Minister Narendra Modi, told Reuters.

"I ... understand why they may not be able to speak out. I am not angry at them" said Sinha, who directed Shah Rukh Khan in the 2011 film "Ra One".

He said it did not matter what they said about the law or the violence, just that they contributed to the debate. "I am not saying they should agree with me or others. Their opinion can be the opposite of what we have."

Rajeev Masand told Reuters.

Modi has regularly appeared alongside actors and film industry figures at public events. The industry has, in turn, produced films that some critics have said approached political endorsements.

Three movies have appeared this year with lead actors in prime ministerial roles, including a biopic titled "PM Narendra Modi".

Actress Sayani Gupta - who appeared with Shah Rukh Khan in his 2015 film "Fan" - last week retweeted a selfie that popular young actors including Ranveer Singh and Alia Bhatt took with Modi at an event. She added the message: "The time has come to speak up guys."

A representative for Ranveer Singh said he was not available for comment while Bhatt's spokeswoman did not immediately respond.

For protesters, especially those at Jamia Millia University in New Delhi, where Shah Rukh Khan was enrolled in his youth, his silence feels like a betrayal.

"Someone like him staying silent is unacceptable," said literature student Zoya Nadeem Azmi.

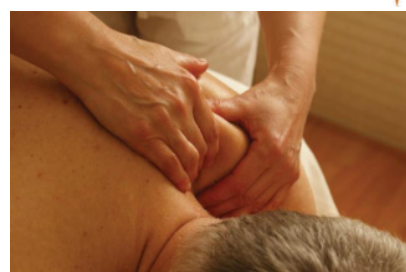
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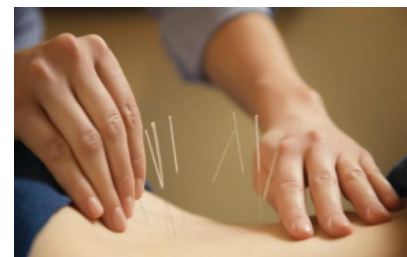


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# BOLLYWOOD Insider™

## Bollywood Beat

**Manushi voted the Sexiest Vegetarian Personality by PETA**



Manushi Chhillar is gearing up for her debut in YRF's biggest historical film Prithviraj starring superstar Akshay Kumar. Manushi's infectious beauty was discovered globally when she won the coveted Miss World title in 2017 and looks like even before her big Bollywood debut, Manushi is adding more feathers to her achievement hat! Manushi has now been voted the Sexiest Vegetarian Personality by American animal rights organisation PETA (People for the Ethical Treatment of Animals).

The gorgeous girl has been a strong advocate for vegetarianism and has expressed her views on the subject even on global platforms. When asked to react on the Sexiest Vegetarian award, Manushi says, "Being a vegetarian has actually been a way of life for me. My parents were vegetarians and while they gave me the choice I never felt like I was missing on something. I've always been a vegetarian and have never felt like I needed to change that."

Manushi propagates that being a vegetarian, she has witnessed several health benefits. She says, "I do believe vegetarian food is extremely nutritious and has tremendous health benefits in terms of regulating cholesterol, blood pressure, among others. As an animal lover, my core is at peace with this decision and I'm happier being a vegetarian."

## Tanhaji The Unsung Warrior

Banner:  
Ajay Devgn FFilms  
T-Series

Producer:  
Ajay Devgn  
Bhushan Kumar  
Krishan Kumar

Director:  
Om Raut

Starring:  
Ajay Devgn  
Saif Ali Khan  
Kajol  
Jagapathi Babu  
Sharad Kelkar

Music By:  
Ajay-Atul  
Sachet-Parampara  
Mehul Vyas

Release Date:  
January 10, 2020

*Tanhaji: The Unsung Warrior* is an upcoming Indian Hindi-language biographical period action film starring Ajay Devgn, Saif Ali Khan, Kajol, Jagapathi Babu and Sharad Kelkar. Directed by Om Raut, the film's narrative is set in the 17th century and based on the life of Tanaji Malusare, who was the military leader of King Chhatrapati Shivaji Maharaj, founder of the Maratha Empire. Principal photography commenced on September 25, 2018 and it is scheduled to be theatrically released in 3D on January 10, 2020.



In the late 17th century, the Mughal Emperor Aurangzeb declares strategic hill fortress Kondhana as the capital of Southern India from which he planned to expand Mughal empire into South India. However, The Maratha Emperor Chhatrapati Shivaji Maharaj orders his General Tanaji Malusare to capture Kondhana at any cost to protect Southern India from Mughal invasion, while the Mughal emperor sends his trusted commander

Uday Bhan to defend the fortress, thus leading to a battle between the two armies for control of the fortress. The Battle is known as the Battle of Sinhagad which decided the fate of Southern India.

Earlier marketed as *Taanaji: The Unsung Warrior*, it was revealed on twitter by Ajay Devgn that the film will be known as *Tanhaji*. In December 2017 the release date of *Tanhaji* was revealed as November 22, 2019. But in December 2018 director

Om Raut shared on his Twitter account that the date is postponed to December 2019 due to shooting problems. On January 1, 2019, director Om Raut released first-look image of *Tanhaji*. The official posters of the film were released throughout November 2019 by the team of *Tanhaji*.

On November 19 the official trailer of the film was launched by T-Series. On December 16 T-Series launched the second official trailer of the film.

## UNKNOWN FACTS ABOUT BOLLYWOOD CELEBRITIES



Sushant Singh Rajput was a great student in his school days. He was a National Olympiad winner in Physics. Sushant dropped out of Delhi College of Engineering (now DTU) to pursue acting.



Kriti Sanon impressed everyone with her performance in 'Bareilly Ki Barfi'. She won the Dadasaheb Phalke Excellence Award in 2018 for a memorable performance in that film.

### Top 3 Bollywood Films

- Dabangg 3** - Directed by Prabhu Deva  
Starring: Salman Khan, Sonakshi Sinha, Sudeep and Saiee Manjrekar
- Pati Patni Aur Woh** - Directed by Mudassar Aziz  
Starring: Kartik Aaryan, Bhumi Pednekar and Ananya Panday
- Mardaani 2** - Directed by Gopi Puthran  
Starring: Rani Mukerji and Vishal Jethwa

### Top 10 Bollywood Film Songs

- "Naina Lade" - *Dabangg 3*
- "Dheeme Dheeme" - *Pati Patni Aur Woh*
- "Chandigarh Mein" - *Good Newwz*
- "Naah Goriye" - *Bala*
- "Lamborghini" - *Jai Mummy Di*
- "Mummy Nu Pasand" - *Jai Mummy Di*
- "Shankara Re Shankara" - *Tanhaji*
- "Munna Badnaam Hua" - *Dabangg 3*
- "Nok Jhok" - *Chhapaak*
- "Muqabla" - *Street Dancer 3D*

### Bollywood Trivia

**What is the Nationality of Akshay Kumar?**

- Indian
- American
- English
- Canadian

Answer: 4

**Which was the debut movie of Amitabh Bachchan?**

- Saat Hindustani
- Anand
- Parwana
- Reshma Aur Shera

Answer: 1



# BOLLYWOOD Insider™

## MOVIE REVIEW

### Dabangg 3

**Banner:**  
Salman Khan Films  
Arbaaz Khan Productions  
Saffron Broadcast  
& Media Limited

**Producer:**  
Salman Khan  
Arbaaz Khan  
Nikhil Dwivedi

**Director:**  
Prabhu Deva

**Starring:**  
Salman Khan  
Sonakshi Sinha  
Sudeep

**Music By:**  
Sajid-Wajid

**Released Date:**  
December 20, 2019



Salman Khan's career got a new lease of life with *Wanted* [2009]. But it was *Dabangg* [2010], that released a year later, which confirmed that he was there to stay on top for a long, long time. Audiences too loved the superstar like anything in his Chulbul Pandey act. *Dabangg 2* [2012] also repeated the blockbuster commercial success of the first part, though collections didn't grow much as response was not unanimously positive. Now seven years later, Salman and producer-brother Arbaaz Khan present *Dabangg 3* and release it in the beneficial Christmas week. What's more, massy director Prabhu Deva is helming the flick this time. So does *Dabangg 3* emerge as a complete entertainer that will give fans their money's worth? Or does it fail to entertain? Let's analyse.

*Dabangg 3* is the story of a badass cop. Chulbul Pandey (Salman Khan) is now the SP of a town named Tundla. As soon as he arrives, he nabs a bandman-turned-goon Guddu (Nawab Shah) and reforms him. He then busts a human trafficking racket under Chinti Valia

(Dolly Bindra). The kingpin of this business is Bali Singh (Kichcha Sudeepa). As soon as Chulbul finds out about this aspect, he goes into a shock. Some repressed traumatic memories come alive in front of his eyes. The story then goes in a flashback mode. This is a time when Chulbul's name was Dhaakar. He comes across the picture of Khushi (Saiee M Manjrekar). She was selected as the bride for Dhaakar's brother Makkhi (Arbaaz Khan). But Dhaakar falls for her. He meets her and wins her heart with his progressive thoughts and of course, style. At the insistence of Khushi, he changes his name to Chulbul. The alliance was fixed and all was going well. One day Bali Singh bumps into Khushi and he falls for her. But when he learns that Khushi is madly in love with Dhaakar, he gets enraged and kills her in front of Dhaakar. On top of that, Dhaakar is jailed for the murder of Khushi and her parents. In the prison, he comes across a large hearted police officer Satyendra Singh (Sharat Saxena). He helps him get acquitted and also motivates him to join the police force. As soon as he turns cop under the name

of Chulbul Pandey, the first thing he does is to throw Bali Singh down a cliff. He is presumed to be dead. Hence, Chulbul is shocked that Bali survived and is now back to challenge him. What happens next forms the rest of the film.

Prabhu Deva's direction is average and again, the story is to blame. He tries to add something new but doesn't succeed in all scenes. Also, there are far too many songs that hamper the film's pace. And shockingly, an important mystery, with regards to Bali Singh, remains unsolved till the very end. It's bewildering why the makers chose to do that.

*Dabangg 3* belongs to Salman Khan and he's the one who makes the film watchable. The superstar is enjoying playing this part and it shows. His sense of humour is spot on. Also he looks dashing in the flashback portions. Sonakshi Sinha as expected lends support. She looks energetic in the songs. Newcomer Saiee M Manjrekar seems beautiful and tries her best. But her dialogue delivery is not upto the mark. Kichcha Sudeepa looks evil and menacing. But his track ought to be more terrifying for

a better impact. Arbaaz Khan is fine and has a crucial part in the second half. Dolly Bindra is loud but suits her part. Nawab Shah is over the top. Pramod Khanna plays the part essayed by his deceased brother Vinod Khanna in the first two parts and slips into the role effortlessly. Bharat Dabholkar is wasted. Sharat Saxena is decent. Rajesh Sharma (S S Sharma) and Paresh Ganatra (Dabboo) try to be funny but don't really succeed.

Sajid-Wajid's music won't have a huge shelf life. 'Hud Hud' is the best of the lot followed by 'Munna Badnaam Hua'. 'Naina Lade' is sweet. 'Yu Karke' and 'Habibi Ke Nain' are forced. 'Awara' is not memorable. Sandeep Shirodkar's background score is heroic and exhilarating.

On the whole *Dabangg 3* is a predictable revenge saga which capitalises on the star power of Salman Khan. At the box office, it has enough masala for Salman Khan fans which will result in terrific opening weekend [extending into Christmas holidays] post which it might face a slowdown at the multiplexes.

**Rating:** ★★☆☆

### Bollywood Beat

#### Arbaaz opens up about parting ways with Malaika



Arbaaz Khan and Malaika Arora have parted ways for a couple of years now and Arbaaz has finally opened up about it in a recent interview. He spoke about how difficult it was for them to part ways at that point but it was the only way they could make their equation as okay as possible. It was difficult because they have a kid, Arhaan Khan, but it was a necessary step nevertheless.

Speaking about Arhaan's reaction to their situation, Arbaaz revealed that they did not really require sitting and talking Arhaan through it. He had a fair understanding of the situation and was ready to support his parents. Arbaaz also went on to say that we end up underestimating the kid's level of understanding sometimes.

#### Amitabh skips National film awards due to ill health

Amitabh Bachchan skipped the National Film Awards ceremony owing to ill health. At the beginning of the awards ceremony, where Vice President M Venkaiah Naidu is the chief guest, it was announced that Bachchan, who has been named as the recipient of the prestigious Dada Saheb Phalke award, is unable to attend the ceremony due to ill health. Earlier on Sunday, the actor, in a tweet, stated that he will not be able to attend the prestigious award ceremony because he is "down with fever" and that he is not allowed to travel.

### Celebrity Birthdays

<b>December 29th</b> Sharib Sabri (1988) Twinkle Khanna (1973)	<b>January 5th</b> Deepika Padukone (1986)	<b>January 10th</b> Hrithik Roshan (1974) Suresh Menon (1967) Kalki Koechlin (1984) Omi Vaidya (1982)
<b>January 1st</b> Vidya Balan (1979)	<b>January 6th</b> A R Rahman (1967) Diljit Dosanjh (1984)	
<b>January 3rd</b> Gul Panag (1979) Naresh Iyer (1981)	<b>January 7th</b> Irrfan Khan (1967)	
<b>January 4th</b> Aditya Pancholi (1965)	<b>January 9th</b> Farhan Akhtar (1974)	

### Upcoming Films

<b>Street Dancer</b> Varun Dhawan, Shraddha Kapoor and Prabhu Deva	<b>Baaghi 3</b> Tiger Shroff, Riteish Deshmukh and Shraddha Kapoor	<b>Malang</b> Aditya Roy Kapur and Disha Patani
<b>Sooryavanshi</b> Akshay Kumar and Katrina Kaif	<b>Shamsher</b> Ranbir Kapoor	<b>Tanhaji</b> Ajay Devgn, Kajol and Saif Ali Khan
<b>Jawaani Jaaneman</b> Saif Ali Khan and Tabu	<b>Brahmastra</b> Ranbir Kapoor, Alia Bhatt and Amitabh Bachchan	<b>83</b> Ranveer Singh and Deepika Padukone



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# Virat Kohli eyes ICC trophy after 'beautiful' year

MUMBAI - India will keep pursuing success on cricket's global stage, captain Virat Kohli has said after his team capped "a beautiful year" with a one-day international series win against the West Indies at Cuttack on Sunday.

India retained their position at the top of the International Cricket Council's rankings for

test cricket while they finished second behind World Champions England in the 50-over format.

But India have not tasted triumph in a global tournament since lifting the 2013 Champions Trophy under Mahendra Singh Dhoni and exited this year's 50-overs World Cup with a semi-final defeat to New Zealand de-

spite topping the group stage.

"Well, it's been one of the best years for Indian cricket, to be honest, apart from playing the cricket that we played for half an hour in the World Cup," Kohli said at the presentation ceremony on Sunday after India's series win against West Indies.

"I think apart from that it's



Virat Kohli gesture towards stands after completing their innings during the second ODI against West Indies.

## Bumrah back for India's limited-overs series v Sri Lanka and Australia



Indian fast bowler Jasprit Bumrah during a match.

India fast bowler Jasprit Bumrah has recovered from a back injury and has been named in their Twenty20 and one-day international (ODI) squads for series against Sri Lanka and

Australia, the country's cricket board (BCCI) said on Monday.

Bumrah, India's leading bowler at this year's 50-over World Cup with 18 wickets, sustained a stress fracture in his lower

back which has ruled him out of action since September.

India are set to host Sri Lanka in three T20Is followed by three ODIs against Australia in January.

Medium-pacer Deepak Chahar is set for a spell on the sidelines with a lower back injury which ruled him out of Sunday's third ODI against the West Indies.

"Deepak Chahar has been diagnosed of a stress fracture in his lower back," the BCCI said in a statement. "He has started his rehabilitation at the NCA (National Cricket Academy) and is expected to regain match fitness by April 2020."

been a beautiful year for us. We'll keep chasing that ICC trophy, it's something that this team deserves, it's something that I feel should be an accumulation of all the hard work we've done in the last few years, and we'll keep chasing it.

"We'll have that vision in place, but I think apart from that, the way we've played, the brand of cricket, it's been wonderful to be a part of it."

After taking over as the chief of the country's cricket board in October, former captain Sourav Ganguly also underlined the need for India to stamp their authority

on global tournaments.

India will get their next opportunity to end the wait at the Twenty20 World Cup in Australia next year.

Kohli's limited-overs deputy, Rohit Sharma, will be a vital cog in the wheel for that campaign after finishing 2019 with 2,442 runs across formats, the most by an opening batsman in a calendar year.

The right-handed batsman, who scored seven ODI centuries in 2019 including five during the World Cup in England, was adjudged the player of the series against West Indies.

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## BUSINESS

## BIZ BRIEFS

## Kashmir sees \$2.4 billion losses since lockdown

A lockdown in Indian-administered Kashmir has cost its economy more than \$2.4 billion since the government stripped it of its special status, officials of the Himalayan region's main trade organisation said.

"In the last 120 days we have witnessed how each and every sector has bled ... we fear this crisis will further intensify in 2020," Sheikh Ashiq Ahmed, president of the Kashmir Chamber of Commerce and Industry (KCCI), told Reuters.

The government in August revoked the constitutional autonomy of Jammu and Kashmir, India's only Muslim-majority state, splitting it into two federal territories in a bid to integrate it fully with India and to rein in militancy.

## Gold demand tepid in major Asian hubs

Gold demand was subdued in major Asian hubs, with India in the midst of protests against a new citizenship law that disrupted some retail buying and traders elsewhere banking on the Chinese New Year for an uptick in sales.

Dealers were offering a discount of up to \$2.50 an ounce over official domestic prices this week in India, compared to \$2 an ounce last week. The domestic price includes a 12.5% import tax and 3% sales tax.

"In many towns retail consumers deferred purchases due to the protests," said Ashok Jain, proprietor of Mumbai-based gold wholesaler Chenaji Narsinghji.

Gold futures were trading around 38,050 rupees per 10 grams after hitting a two-month low of 37,100 rupees this month.

# Indian tribunal orders reinstatement of Mistry as chairman of Tata Sons

By Aditi Shah

NEW DELHI - Cyrus Mistry, who has been embroiled in a legal battle with Tata Group since being ousted in 2016, won backing from a tribunal to be reinstated as executive chairman of its holding company, lawyers said last Wednesday.

Holding company Tata Sons has four weeks to file an appeal with India's top court over

the ruling of the quasi-judicial National Company Law Appellate Tribunal, one of the lawyers representing the Tata Group said.

The ruling is a setback for the Tata group, one of India's largest and oldest conglomerates with interests stretching from technology and steel to automobiles.

Mistry, who had alleged shareholder oppression and

## India will emerge stronger from economic slowdown, Modi says

NEW DELHI - Indian will emerge stronger from an economic slowdown, Prime Minister Narendra Modi said in a speech last Friday, reassuring investors about their long-term bets on Asia's third-biggest economy.

India, once the poster child of economic growth in the developing world, grew at the slowest pace in six years during the July-September quarter.

"India has witnessed such ups

and downs previously as well," Modi said in a Hindi speech to businesses leaders in capital New Delhi. "And each time, we have emerged even stronger. That's why even now India will forge its path ahead with firmer determination and confidence."

The federal government will spend 100 trillion rupees (\$1.4 trillion) in the coming years to develop the country's infrastructure further, Modi said.

## Reliance calls government move to enforce arbitration payment 'premature'

MUMBAI - India's biggest company Reliance Industries Ltd has called a government move to try and force the refinery-to-telecoms behemoth to pay dues from an offshore oil and gas field "premature" with an arbitration process still underway.

The government and Reliance, along with partner Royal Dutch Shell Plc, are locked in a battle over the Panna-Mukta and Tapti offshore oil and gas field to the west of the country, with the government claiming it is owed revenue from the operators of the block.

Last Saturday, local daily the Times of India, citing an affida-

vit filed in the Delhi High Court, reported that the government in September sought to block the sale of a 20% stake in Reliance's refinery and petrochemicals business to oil giant Saudi Aramco unless Reliance makes the payments from the offshore field.

Reliance said in a statement that the government had approached the court prematurely to enforce its claim.

"RIL (Reliance) maintains that except as quantified by the tribunal no amounts can be said to be payable at this stage."

It declined to comment on any link to the stake sale.



FILE PHOTO: Cyrus Mistry, chairman of Tata Group, smiles during the Tata Consultancy Services Ltd. (TCS) annual general meeting in Mumbai on June 27, 2014.

mismanagement at the holding company, called the judgement "a victory for the principles of good governance and minority shareholder rights".

"The outcome of the appeal is a vindication of my stand taken when the then board of Tata Sons, without warning or reason, removed me, first as the executive chairman and subsequently as a director of Tata Sons," Mistry said in a statement.

Tata Sons said the company would take appropriate legal recourse. In a statement it also said that it has always operated in a "fair and equitable manner" and "acted in accordance with the law and will continue to do so".

Shares in group company Tata Motors fell 3%, Tata Global Beverages was down nearly 4% and Indian Hotels Company closed almost 3% lower.

In a letter to employees, Tata Sons' present chairman N Chandrasekaran, who was appointed in February 2017, urged everyone to stay focussed on the business and the welfare of stakeholders.

Mistry had contested his

removal as chairman, accusing the group of not following due process and alleged inappropriate interference in the company's affairs by family patriarch and the conglomerate's former chairman, Ratan Tata.

The NCLAT two-judge bench in its 172-page order sided with Mistry. It deemed the appointment of N Chandrasekaran illegal and asked Ratan Tata not to interfere with matters. The tribunal also ordered that Mistry be reinstated as director of Tata Group companies.

"It is a landmark ruling underlining the need for a board to be the effective institution for governing a company," said Soma-sekhar Sundaresan, an advocate representing Mistry.

The clash between Mistry and Ratan Tata has been one of the most high-profile and publicly fought corporate battles in India.

Mistry is a scion of the Shapoorji Pallonji family that holds a minority stake in Tata Group.

Tata Trusts, a group of public charities, owns a controlling 66% stake in holding company Tata Sons and is chaired by Ratan Tata.

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# India-based firm pays California over foreign workers' visas

SACRAMENTO (AP) - California has settled with an India-based technology company that it accuses of misclassifying foreign workers and related tax fraud, the state attorney general's office said.

Infosys Limited, a business consulting, information technology and outsourcing company, and its subsidiary, Infosys BPM Limited, will pay California \$800,000.

The company brought in

workers using the wrong visas to underpay them and avoid paying California payroll taxes such as unemployment insurance, disability insurance and employment training taxes, Attorney General Xavier Becerra



Infosys headquarter in Electronic City in Bangalore, India.

## India leads the world in internet shutdowns

By Anand Katakam

In an unprecedented move, the Indian government suspended mobile internet services in parts of the capital New Delhi last Thursday, as protests over a citizenship bill seen as discriminating against Muslims escalated.

As of 2018, India led the world in internet shutdowns, according to a report by internet advocacy group Access Now, accounting for 67% of the total recorded worldwide.

An internet shutdown is a suspension of internet access ordered by the authorities. Telecoms companies then turn off the cellular networks at transmitting towers providing mobile phone internet services in the area.

Countries with far more restrictive control over the internet, such as China and North Korea, did not feature prominently in the num-

bers compiled by Access Now because of the lack of publicly accessible data, the group noted.

Since January 2012, there have been 373 halts in India's internet service, according to the Software Freedom and Law Center (SLFC), which has been tracking the suspensions since then.

India's Home Ministry referred Reuters' inquiries about internet shutdowns to the Information and Broadcasting Ministry, which in turn referred questions to the Ministry of Electronics and Information Technology. The latter ministry said such shutdowns were a matter for local police departments.

Delhi is not the only state to have its internet cut off due to protests over the bill, which makes it easier for non-Muslim minorities from Afghanistan, Bangladesh and Pakistan who settled in India prior to 2015 to obtain Indian

citizenship.

Assam, Tripura, Meghalaya, Arunachal Pradesh and parts of West Bengal, Karnataka and Uttar Pradesh have also experienced shutdowns in response to protests.

Shutdowns aren't always state-wide. Some, such as the one in Delhi, are instituted across a few districts for a short span of time.

State governments take this step when they believe it is necessary to maintain law and order. Most of Jammu and Kashmir has had no internet service for more than four months, after the Indian government clamped down on communications following the revocation of the state's autonomy on Aug. 5.

In total, the Jammu and Kashmir region has had 180 shutdowns since 2012, accounting for nearly half of the country's suspensions.

said in a news release.

About 500 Infosys employees were working in California on company-sponsored B-1 visas rather than H-1B visas from 2006 and 2017, the state said. Aside from paying state taxes, H-1B visas also require employers to pay workers the local prevailing wage and can be challenging to obtain because there are a limited number available each year.

The settlement "shows that attempting to evade California law doesn't pay," Becerra said

in a statement.

The company said the settlement avoids the time and expense of litigation and notes that Infosys strongly disputes the allegations and admits no wrongdoing.

The company has annual revenue of \$11 billion, and Becerra said the settlement covers California's losses.

A whistleblower who brought the allegations to the attention of state officials will receive 15% of the settlement under state law.

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# Exercise reduces falling risk for older adults



FILE PHOTO: Elderly and middle-aged people exercise with wooden dumbbells during a health promotion event at a temple in Tokyo's Sugamo district, Japan on September 19, 2016.

By Lisa Rapaport

Older adults who exercise may reduce their risk of falls by more than a third compared to sedentary peers, a research review suggests.

Workouts that focus on improving balance, coordination, mobility and flexibility all may help reduce the risk of falls more than getting no exercise at all, the study found. And getting a variety of different types of exercise may

have the greatest effect, regardless of whether individuals start out with a low or high risk for falls.

"All older adults should be regularly undertaking exercises that safely challenge their balance to prevent falls," said Cathie Sherrington of the University of Sydney in Australia, the study's lead author.

"Frailer people should see a health professional for such exercise to be prescribed but fitter

people can attend a local gym or community exercise class," Sherrington said by email. "The trick is to find an exercise regimen that you enjoy and will stick too as it fits with your other priorities and commitments."

The current study, published in the British Journal of Sports Medicine, updates findings Sherrington and colleagues reported earlier this year in the Cochrane Library journal, which analyzed results from randomized controlled trials through May 2018.

The new study includes findings from 25 countries, including results that weren't available when the original came out, and provides more certainty about the effect of exercise on older adults, Sherrington said.

For the current analysis, researchers examined data from 59 trials with a total of almost 13,000 participants. They found with "high certainty" that exercise reduces the rate of falls by 23% among adults aged 60 and up.

The risk reduction with exercise was similar when researchers only looked at adults 75 and older, as well as when researchers looked only at people with a high risk for falls.

Balance and functional exer-

cises - workouts designed to make people safer during daily activities like dressing and bathing - were associated with a 24% lower risk of falls, the study found.

And when people did multiple types of exercises - typically a mix of balance and functional workouts as well as resistance training to improve muscle strength - they had a 34% lower risk of falls than people who didn't exercise.

Tai chi, a Chinese meditation practice that combines deep breathing and slow, fluid movements, was associated with a 19% lower risk of falling.

Workouts supervised by physical therapists or other health professionals appeared more effective at reducing the risk of falls than unsupervised exercise.

Researchers didn't have enough data to determine whether workouts that only involve resistance exercises, walking or dancing might reduce falls.

Most of the smaller studies in the analysis didn't report the risk of fracture, hospitalization, medical attention or other adverse events associated with falls, the authors note.

The analysis also wasn't designed to determine what exact exercises to do or how intensely

or frequently people need to exercise for maximum fall-prevention benefits.

While exercise can help prevent falls, many other precautions also matter, said Dr. Eric Larson of the Kaiser Permanente Washington Health Research Institute in Seattle.

"Exercise, if you don't already do so, is really valuable," Lawson, who wasn't involved in the study, said by email. "Aim for at least 30 minutes a day on most days - more might be better if it's not too exhausting."

Fall-proofing at home is also key, he said.

"Check for loose rugs, cords, and other items that you could trip on," Lawson advised. "Get good lighting and, for nighttime, get motion lights near your bed, especially if you often go to the bathroom at night."

Footwear matters, too.

"Avoid walking around barefooted or in stocking feet - a good tennis shoe is often safest of all shoes," Larson added. "Don't be too proud to use a cane or walker if your balance is poor and especially if you are prone to falling, and use the cane or walker to stay as physically active as possible."

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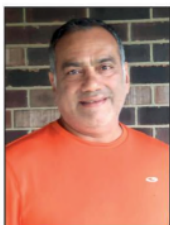
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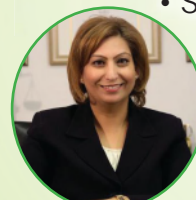
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# Long hours at a desk job linked to hidden high blood pressure

By Linda Carroll

Working long hours behind a desk might raise the risk of undiagnosed high blood pressure, or hypertension, even when readings in a doctor's office are normal, a new study suggests.

In an analysis of data from more than 3,500 white collar workers, researchers found those who spent long hours on the job were 66% more likely to have sustained hypertension and 70% more likely

to have so-called masked hypertension - blood pressure that is normal in the doctor's office, but high at other times.

"People should be aware that long work hours might affect their heart health, and if they're working long hours, they should ask their doctors about checking their blood pressure over time with a wearable monitor," the study's lead author, Xavier Trudel, an assistant professor in social and preventive medicine at Laval

University in Quebec, said in a statement.

"Masked hypertension . . . is associated, in the long term, with an increased risk of developing cardiovascular disease," Trudel said. "We've previously shown that over five years, about one in five people with masked hypertension never showed high blood pressure in a clinical setting, potentially delaying diagnosis and treatment."

The authors did not respond to



Working long hours behind a desk might raise the risk of undiagnosed high blood pressure, or hypertension, even when readings in a doctor's office are normal, a new study suggests.

a request for comment.

To take a closer look at the possible impact of long work hours on blood pressure, Trudel and his colleagues recruited 3,547 white collar employees at three public institutions in Quebec that mainly provide insurance coverage to the general population.

Trudel and colleagues checked volunteers' blood pressure during the first year, in year three,

and again in year five. To simulate a doctor's office reading, the researchers used an office at the workplace and measured each volunteer's blood pressure three times on one morning. For the rest of that workday, the volunteers wore a blood pressure monitoring device, which took readings every 15 minutes, collecting a minimum of 20 additional blood pressure readings for that day.

## Sustained weight loss in middle-age may lower breast cancer risk

By Linda Carroll

In women over age 50, losing just four pounds and keeping the weight off can lower breast cancer risk, a new study suggests.

Researchers who reviewed data from 180,000 women found the more weight a woman lost - and kept off - the lower her risk of breast cancer, according to the report published in the Journal of the National Cancer Institute.

"We've known for some time that excess body weight (raises the risk) of breast cancer," said lead author Lauren Teras, sci-

entific director of epidemiology research at the American Cancer Society. "In this study we found that losing weight and keeping it off is associated with a lower risk of breast cancer in women aged 50 and older who are not taking hormone replacement therapy. This is particularly important for women who are overweight and in the U.S. about two-thirds of women are overweight or obese."

Women with the most sustained weight loss, 20 pounds (about 9 kilograms) or more, had a 26% lower risk compared to women whose weight remained

stable.

Those with sustained weight loss of 4.4 to 10 pounds (2 to 4.5 kg) saw a 13% reduction in risk and those who lost 10 to 20 pounds (4.5 to 9 kg) had a 16% reduction in risk.

When the researchers analyzed various subsets of women, they found these benefits of weight loss were confined to women who weren't receiving hormone replacement therapy. The largest effect, a 32% reduction in breast cancer risk, was seen in women who lost 20 pounds or more and were not taking hormones.

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**WEEKLY HOROSCOPE**

(January 5 - 11, 2020)

**Aries (March 21 to April 20)**

The coming week is likely to be a phase dominated by planning. You could spend time drawing up a growth path - what you want to achieve in the coming year. You look for someone you trust to assess it.

**Taurus (April 21 to May 21)**

This is a phase with rapid developments in career. You may need to make swift choices. There could also be the requirement to put in seed money into a project or pay a middleman/agent to accomplish a vital process.

**Gemini (May 22 to June 21)**

Those born under this sign of the zodiac may be quite thrilled with a new purchase/ gift/ travel - there is excitement and a sense of accomplishment as well. You may rub shoulders with the who's who - there is status elevation and new relationships budding, too.

**Cancer (June 22 to July 22)**

A really good week is predicted, if you can keep your outlook practical and dismiss trivial irritants. There may be strain on your physical health as there's too much to accomplish in little time.

**Leo (July 23 to August 22)**

The coming week brings significant travel and newer experiences. Some of you could be preparing to join work in a new place. There could be a challenge for those working in research/academic environment - you get to deal with a domineering person.

**Virgo (August 23 to September 23)**

The coming week is certainly about work for the Virgo born individuals. There are tasks to finish before the year end professionally and then there is the Virgo, ever willing to give back to the society - there is a likelihood of you getting involved with a charity project or helping the underprivileged in some way.

**Libra (September 24 to October 23)**

It is a time of introspection as well as new choices for people born under this sign of the zodiac. You could be itching for a change as anything routine begins to appear boring. There could be a new opportunity in a distant place and it piques your interest.

**Scorpio (October 24 to November 22)**

It is likely to be a week that brings mixed results for the Scorpio born individuals. There may be challenges related to interpersonal relationships as old memories and fears create difficulties. There is some degree of apprehension about your job as well.

**Sagittarius (November 23 to December 21)**

This could be on tricky phase for you as there may be misunderstandings caused due to miscommunication - secret complexes about yourself could make you overly defensive about your appearance, choices or views.

**Capricorn (December 22 to January 20)**

This could be phase of spiritual/personal growth for you. There may be a clamoring inside to settle down, and focus on the issues of higher self. You may meet religious heads/ preachers/ sages to solve the puzzle of the moment.

**Aquarius (January 21 to February 19)**

The Aquarius born individuals may have some quirks of character showing up during this time. It may not all be good, as it may feel authoritative for a while, but may antagonise people around you.

**Pisces (February 20 to March 20)**

The Pisces individuals could be worried about work. The Pisces folk who have partnerships in business will do well but will need to keep an eye on outflows. This is the time for new ideas and flights of fancy.

**University of Texas students demand firing of professors with sexual misconduct violations**

AUSTIN, TX - Students held four protests this semester against faculty sexual misconduct and the continued employment of English associate professor Coleman Hutchison and Sahotra Sarkar, an integrated biology and philosophy professor. Both professors are scheduled to teach classes in the spring of 2020 after they were temporarily suspended by the University of Texas for violating sexual misconduct policies.

Here is the timeline of of Sarkar and Hutchison's cases and the response by students and the University to faculty sexual misconduct.

**SUMMER 2016**

Students and student employees file anonymous Title IX complaints against Sarkar, according to a summary provided by the University. According to the complaints, Sarkar solicited nudes, invited students to nude beaches, held academic meetings in bars and had conversations in class of a sexual nature that made students uncomfortable.

**OCTOBER 25, 2016**

Sarkar responds to the Office of Inclusion and Equity's investigation and acknowledges he may have created an uncomfortable lab environment, but quickly implemented changes, according to his letter. He did confirm going to a nude beach for field work and invited a student with him. He denies taking nude photos of students or asking for nudes.

**JANUARY 2017**

OIE finds Sarkar in violation of sexual misconduct policies. Maurie McInnis, executive vice president and provost, suspends Sarkar from teaching, advising or conducting research on campus for one semester and places him on half-time leave, according to the investigation summary.

**OCTOBER 2017**

Anonymous complaints are filed through the University's Compliance Services Reporting Hotline against Hutchison, according to an investigation summary provided by the University. The complaints allege that Hutchison sexually harassed one graduate student and four more students were subject to sexual misconduct.

**APRIL 2018**

OIE finds Hutchison failed to disclose a relationship with a student and made inappropriate comments to graduate students. According to the OIE investigation, he violated a sexual misconduct



policy, sex discrimination and sexual harassment policy, consensual relationship policy, nondiscrimination policy and a prohibition of sexual discrimination, sexual harassment, sexual assault, sexual misconduct, interpersonal violence and stalking policy.

**JUNE 2018**

McInnis suspends Hutchison for two years and prohibits him from supervising graduate students alone during his suspension. According to a letter sent by McInnis, Hutchison said the disciplinary action is "both appropriate and proportionate."

**SUMMER-FALL 2018**

The University removes Hutchison from the fall 2018 and spring 2019 course schedule after it receives public criticism.

**APRIL 2019**

The University schedules Hutchison to teach two undergraduate English classes in fall 2019.

**OCTOBER 16, 2019**

The University releases the Spring 2020 course schedule, and Sarkar and Hutchison are listed as teaching undergraduate courses.

**OCTOBER 25, 2019**

Around 60 students hold the first Sit-In for Student Safety outside the provost's office to demand the termination of Sarkar and Hutchison and a clear listing of professors investigated for sexual misconduct.

**OCTOBER 30, 2019**

In the University's first statement regarding the protest, McInnis announces the University will be hiring outside experts to review the University's Title IX policies.

**NOVEMBER 7, 2019**

UT President Gregory Fenves sends out a campuswide email referencing the hiring of outside

experts and announces the University will be forming an internal working group to review sexual misconduct policies.

**NOVEMBER 8, 2019**

About 20 students hold a second sit-in outside the Provost's office to call for a campuswide email explicitly naming Hutchison and Sarkar and an apology for employing professors found guilty of sexual misconduct.

**NOVEMBER 19, 2019**

In a campuswide email, Fenves says the Misconduct Working Group will consist of graduate students, faculty and staff, and that membership will be finalized in December. He also announces the hiring of law firm Husch-Blackwell as the outside experts to review the University's Title IX policies.

**NOVEMBER 20, 2019**

Students hold a third sit-in outside the Provost's office and request a universitywide report of faculty found guilty of misconduct, a student-led town hall, more investment into interpersonal violence prevention and the creation of a restorative justice program.

**DECEMBER 6, 2019**

Students hold a fourth protest outside the Tower and demand the University release a report with the names, courses and actions of professors found guilty of sexual misconduct, an explanation of how the University decides sanctions for sexual misconduct, a restorative justice program and more on campus confidential advocates.

**SPRING 2020**

A student-led town hall will be held on Jan. 27, where University administration and students will discuss sexual misconduct policies, McInnis said. The Misconduct Working Group will also issue its recommendations in April, according to the group's website.





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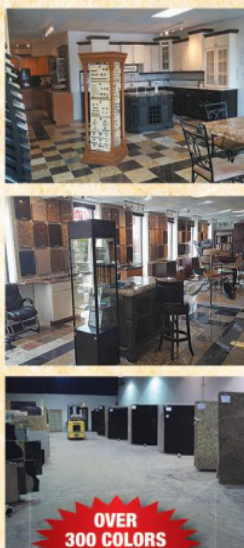
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