

6th INTERNATIONAL YOGA Day

SAHAJA YOGA - Today's Maha Yoga

50 Glorious years (1970-2020)

MEDITATION as Inner Peace Day

Shri Mataji travelled across various countries to give self-realisation to seekers (All castes, colours and religion) of truth which gave them relief from stress and INNER PEACE. Sahaja Yoga Meditation is observed as Inner Peace Day on March 21 by 32,00,000 students of 970 Schools in 51 countries. Improved memory and concentration, self-confidence, teamwork, and self-discipline has been observed in students who started doing Sahaja Yoga Meditation.

Inner Peace began as Inner Peace Day, an international celebration of 21st March (Birthday of Her Holiness Shri Mataji Nirmala Devi) as the World Day for Inner Peace. The idea is to establish a day in schools dedicated to World Peace, where students could experience inner peace for themselves. Meditate to Regenerate was set up to spread the message of peace in some of the most troubled areas around the world: refugee camps, occupied territories and places devastated by war.

Sahaja Yoga Unites the World on International Yoga Day Sunday, 21st June 2020

Global Experts, Professionals, Social Activist, coming LIVE with 30+ sessions from more than 20 countries in more than 10 languages performing from Sunrise to sunrise, to share the unique method of YOGA by Kundalini Awakening and Self Realization through which one can achieve a Beautiful state of Thoughtless Awareness.

Sahaja Yoga

A Divine Gift to Humanity, H.H Shri Mataji Nirmala Devi. Please follow the Link to listen, these Global Speakers on

<https://www.SahajaYoga.org.in/YogaDay>

Also Visit for more details on Sahaja Yoga :

www.sahajayoga.org
www.nirmaldham.org
www.sahajayogamumbai.org
www.sahajayoga.org.in
www.freemeditation.com

“ You cannot know the meaning of your life until you are connected to the power that created you ”



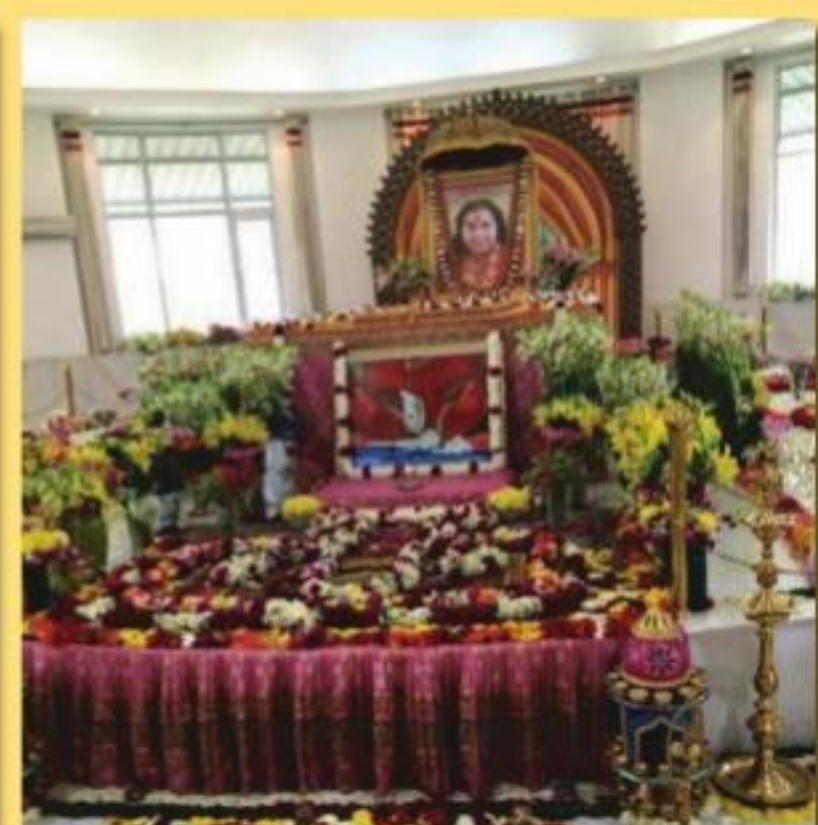
HER HOLINESS SHRI MATAJI NIRMALA DEVI
The Founder of Sahaja Yoga

Self-realisation by Kundalini awakening

On this International Yoga Day, we all the Sahaja Yogi children of the world gratefully bow down to You again and again, that You discovered Sahaja Yoga and worked untiringly for the emancipation of the mankind. Millions of Sahaja Yogis across the globe are enjoying the blessings showered by Thee.



Birth Place Chindwara (M.P.)
21st March 1923



Nirmal Dham Delhi (Samadhi)
23rd February 2011

Her Holiness Shri Mataji Nirmala Devi incarnated on 21st March, 1923 at 12.00 noon, at Chindwara (M.P.). Her father Shri P. K. Salve was a man of great character. Nationalist to the core, he became a prominent figure in the India's freedom movement. On 7th April 1947, She married Shri C.P. Srivastava, IAS, who later became Secretary to Shri Lal Bahadur Shastri. Later Shri C.P.S. became secretary, International maritime organization for 16 years. After fulfilling her family duties, Shri Mataji launched Sahaja Yoga – the system of en masse Self-Realisation and through Kundalini awakening, on 5th May 1970. With Sahaja Yoga Meditation, millions of seekers today are leading peaceful and stress free lives.

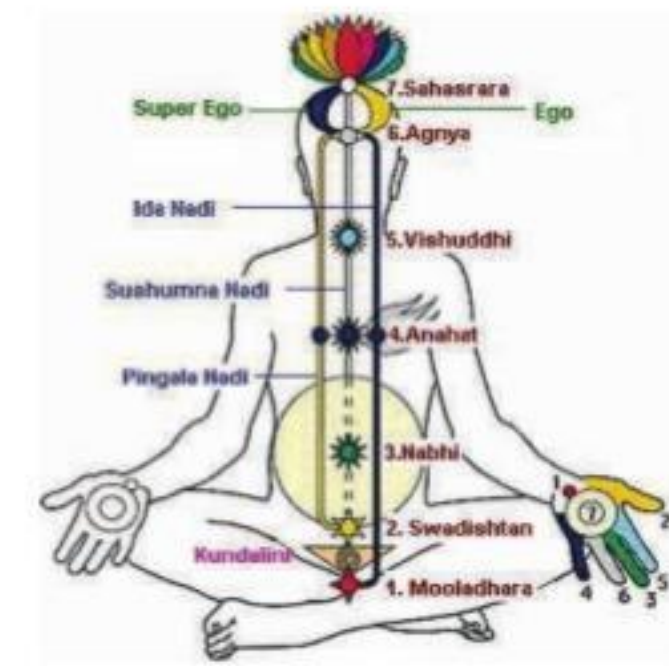
Yoga recognised Globally

Today, Yoga is practiced in various forms around the world and continues to grow in popularity. Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131. The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga.

The draft resolution establishing the International Day of Yoga was proposed by India and endorsed by a record 175 member states. The proposal was first introduced by the Hon'ble Prime Minister of India, Sh. Narendra Modi, in his address during the opening of the 69th session of the General Assembly, in which he said: "Yoga is an invaluable gift from our ancient tradition. Yoga embodies unity of mind and body, thought and action... a holistic approach [that] is valuable to our health and our well-being. Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world and the nature."

The resolution notes "the importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health." In this regard, the World Health Organization has also urged its member states to help their citizens reduce physical inactivity, which is among the top ten leading causes of death worldwide, and a key risk factor for non-communicable diseases, such as cardiovascular diseases, cancer and diabetes.

In the words of Shri Mataji Nirmala Devi, "What is Yoga? In simple words, it is taking your attention to the Spirit. What does the Kundalini do? She raises your attention and takes it to the Spirit. Only after knowing the Spirit you can know God."



Proclamation in memory of Shri Mataji Nirmala Devi

The Mayor of the District of Columbia, Vincent C. Gray, in recognition of Shri Mataji's achievements, has proclaimed March 21, 2012 as 'SHRI MATAJI NIRMALA DEVI DAY', in Washington, D.C. He also called upon residents to join in observing this day, enhancing one's inner awareness and world peace. On this occasion, there was a special segment dedicated to Shri Mataji during the celebration on March 21.

Shri Mataji Nirmala Devi was born on March 21, 1923 to Prasad and Cornelia Salve in India. In 1970, she founded a unique method of achieving inner peace, balance and personal growth called Sahaja Meditation, also known as Sahaja Yoga, with the message and practise spreading to over 100 countries. Since, 1998, the National Institute of Health has been hosting weekly Sahaja Yoga Meditation programmes for patients and staff.

Shri Mataji has been nominated twice for the Nobel peace prize for her universal vision of a unified humanity and her extraordinary global work.

She has also created number of NGO and authored a book called 'Meta Modern Era', which offers deep insights and solutions for the crisis of modern times, and has merited and love and respect of countless friends and family.

Why Sahaja Yoga Meditation? (for good health & well being)

Sahaja Yoga is a simple and effective form of meditation that helps to reduce stress and enhance physical, emotional, mental and spiritual well-being. It is an effortless meditation. With pure desire to have self-realisation (SR), a seeker gets it in just a minute or few. There is no physical exercise or mental exercise involved, but the state of thoughtless awareness is achieved.

Sahaja Yoga meditation grants a seeker 'YOGA' or union with the all-pervading power, by awakening the Sacred Energy (Kundalini) lying dormant in three and half coils, in the sacrum bone of every human being. The awakening of the Kundalini is felt by the seeker as a cool breeze either on top of his head or on the palm of the hand. Once the Kundalini starts flowing freely through the subtle instrument of the seeker he/she enters into a meditative state and becomes conscious of the profound and peaceful silence known as "Thoughtless Awareness". After regular meditation, a seeker can give self-realization to others.

The Founder of Sahaja Yoga, Shri Mataji Nirmala Devi, brought forth the divine knowledge of how to give en-masse self-realization on May 5, 1970. Shri Mataji gave self-realisation to a small group

of seekers to start. Today Sahaja Yoga has spread more than 140 countries and seekers practising this meditation have experienced transformation in their lifestyle and are easily able to manage stressful situations. Sahaja Yoga/ Self-realization is always free of charge, in line with the principle laid down by Shri Mataji.

- Sahaja Yoga meditation is very easy and can be done along with professional and family life
- People from all walks of life can derive benefits, irrespective of their religion, caste or creed
- Health improves. Relief from mental illness due to stress and other health and psycho-somatic problems. And natural cure from addictions.
- No need for any sort of rituals, penance, fasts, asceticism or physical deprivations
 - For students – progress in studies due to improvement in memory & concentration
 - Latent artistic talents get developed
 - Peace, contentment and joy are the hallmarks of Sahaja Yoga
 - Entirely scientific technique with no promotion of blind faith
 - Self-realization through Sahaja Yoga is entirely free

This is brought to you by M B Ratnannavar and Team of Sahaja Yogis Email: mbratan@gmail.com

SUNDAY, JUNE 21, 2020

Fe Lines

STORIES AND TRENDS FROM INDIA AND AROUND THE WORLD THAT CAUGHT OUR FANCY

VAISHALI DAR

TILL EARLIER THIS YEAR, we were making good progress in the fight against climate change, as countries across the world were banning single-use plastic items like bags, cups, straws, takeaway containers, etc. But then the coronavirus crisis came knocking on our doors and we got introduced to personal protective equipment (PPE) kits, which include goggles, face shields, masks, gloves, coveralls, or gowns, and head and shoe covers—all made of plastic but highly beneficial in reducing the risk of contracting infection.

The bottomline, however, remains that this plastic-based equipment could end up in the natural environment, adding to the near 1.2 billion pieces of single-use plastic items that are anticipated to seep into the landfill and the natural environment by 2050. Undoubtedly, the virus has challenged efforts to reduce this toxic waste. As an emergency health order, in fact, many stores across the world have started using single-use paper or plastic shopping bags to prevent new infections.

Even people who swore off plastic have had to resort to using it to protect themselves. US-based environmentalist and social media star Lauren Singer prided herself on never using plastic, but the virus changed all that. "I sacrificed my values and bought items in plastic. Lots of it, and plastic that I know isn't recyclable in NYC (New York City) or maybe even anywhere... why would I go against something that I have actively prioritised and promoted?" she posted on Instagram, where she has 3.83 lakh followers. Singer went on to admit that as the seriousness of Covid-19 dawned on her, she stocked up on home items for the long term, many of them packaged in plastic.



The plastic challenge

The fight against climate change took a beating with the outbreak of the virus, as protective equipment made of plastic became crucial. But it's time we realise that it's as important to save the planet as one's health

carriers, as per the National Oceanic and Atmospheric Administration, US Department of Commerce.

A report published on the World Economic Forum website by senior writer Kate Whiting estimates that a plastic grocery bag adrift in the ocean could take up to 20 years to decompose, whereas a plastic bottle could stick around for up to 450 years.

There is some hope though, as sustainability is the focus for many businesses. Today, it's quite easy to find eco-conscious accommodation. Hong Kong Ocean Park Marriott Hotel, for one, is taking steps to curb its carbon footprint by implementing a ban on single-use plastic, choosing organic toiletries and transporting guests in EVs. Its restaurants are also eschewing plastic and emphasising on plant-based dishes.

Closer home, Delhi-based non-profit initiative ApnaMask.org inspired Rajan Anand of Sequoia India, Vijay Shekhar Sharma of Paytm, Vishal Goyal of GoQii and brands like Urban Company, MakeMyTrip, Dunzo, HealthifyMe and Zomato to make and wear homemade masks. Then there is online shopping brand India Circus by

Krsna Mehta, which has unveiled sustainable face masks, while Nivedita Saboo Couture has produced washable masks in a reusable bag with easy identification within family members.

Our overdependence on plastic has been one of the major reasons for the degradation of the environment. But one must remember that recycling works better than bans. That's why Indian beverage brand Responsible Whatr has launched natural mineral water in recyclable aluminium cans and Finnish natural mineral water brand Veen offers it in glass bottles made of 100% recyclable extra-flint crystal-clear glass. International home fashion brand The Rug Republic also uses recycled bicycle tubes, PET yarns extracted from recycled water bottles and recycled silk yarns to create vibrant carpets. UK-based A Plastic Planet has developed plastic-free visors made from FSC paper board and PEFC cellulose from wood pulp. The visor is both recyclable and home compostable. The pandemic has given us time to ponder what comes next. We must realise that protecting health, as well as the planet is the long-term solution and must go hand-in-hand.

TECH-NOW-LOGY

At the touch of your finger

Going out to buy essentials today has become a challenge. But apps are stepping in, helping people get access to essential items without them having to leave home

SHRIYA RAO

A FEW MONTHS BACK, stepping out to buy groceries or any other essentials would have been considered a normal thing to do. However, in these unprecedented times, stepping out is both unsafe and a luxury that not many can afford. Even though the lockdown, enforced as a result of the rapid spread of the virus, is now being lifted slowly, stepping out unless absolutely necessary is neither advisable nor safe.

But with this restriction in movement, many people have been finding it difficult to get hold of essential and other supplies. And it's here that online delivery services have come to the rescue, helping citizens get access to essential items without them having to step out of their homes.

Online grocery startups like BigBasket and Grofers have even hired new employees to meet the demand and smoothen the process of delivering essentials to customers. Apart from them, many new players have also jumped at the chance to meet the increasing demand. Food delivery apps like Swiggy and Zomato have joined hands to deliver groceries and essentials as well. Swiggy has expanded its services to over 125 cities across India, and has also launched the local delivery service, 'Genie', in over 15 cities. The Swiggy Genie feature includes a pickup

and drop-off service to send packages across a city or purchase essentials from a particular store.

Mumbai-based CoutLoot has introduced an 'essentials' service category on its platform. The new category uses CoutLoot's extensive offline seller network to pick and deliver essential goods sold through its platform. CoutLoot has also listed several grocery shops and medical stores on its platform, allowing consumers within a 3-km radius to place orders. Then Rapido has also launched RapidoBoxm a new on-demand delivery service, where customers can request pickup and drop of food, groceries and medicine on the app from, or to, another customer. The person-to-person delivery service enables users to exchange food, groceries or medicines with their family and friends who are not able to step out of their homes. Foodtech startup Box8 has also allowed ordering of groceries through its feature 'Inst-Fresh'. Users can order essentials, including dairy products, fruits, poultry products, among others.

Bengaluru-based digital payment startup Instamojo has also come up with an initiative for stores, pharmacies and logistics companies to help deliver essentials. The startup offers a 'Priority KYC' feature on its platform for essential services. Payment app PhonePe has also launched a new feature on the 'Stores' section of its app to enable delivery of essentials.

Another platform ClickPost is helping its clients, including Nykaa, Realme and Pharmeasy, reduce RTO rates, prevent delays, cut down on logistics and customer care costs, and provide the best after-purchase experience. Clickpost is also monitoring stuck shipments and blocked lanes across all routes and updating the pin-code serviceability on the basis of on-ground data. Many e-commerce and retail

companies have taken to Clickpost's logistics intelligence platform to partner with the right logistics companies to deliver essential goods.

Shopclues is another app that is delivering grocery and essential items through its platform. There's a separate grocery option available on the app and the website. People can just click on the option and order groceries and other daily essentials.

Bengaluru-based grocery delivery platform StoreSe has also partnered with More Retail, Vishal Mega Mart and Metro Cash to deliver essentials and groceries. Visitor and community management app NoBrokerHood has launched its own grocery delivery service, which enables society residents to order daily essentials at their doorstep and volunteers within the society can consolidate the order and get them delivered.

Wellness app Curefit has added a wide range of grocery essentials, with the aim to supply them within 24 hours of ordering. It has partnered with the likes of Saffola, MTR, Britannia and MDH to provide daily essentials amid the pandemic. Giants Uber and BigBasket have also partnered to

Online grocery stores like BigBasket and Grofers have hired new employees to meet the demand and smoothen the delivery process

deliver everyday essentials to people. Uber's driver partners are, in fact, helping BigBasket with deliveries. Uber does not charge any commissions for these trips. The commission is directly transferred to the driver partner. Delivery app Dunzo also partnered with Britannia, Cipla and Marico recently to deliver medicines and groceries directly from those companies' distribution centres.

Ride apps Uber and Ola are also providing cars for emergency services. While Ola Emergency allows citizens to travel to hospitals, Uber Medic is specifically for healthcare workers to help them travel between their workplace and home.



A FATHER'S DAY FIESTA

Today, on Father's Day, there could be nothing better than to spend some quality time with your dad. Why not rustle up some popcorn and watch a movie with him? Here is a list of some great father-themed movies to make the day even more special. Compiled by **Reya Mehrotra**

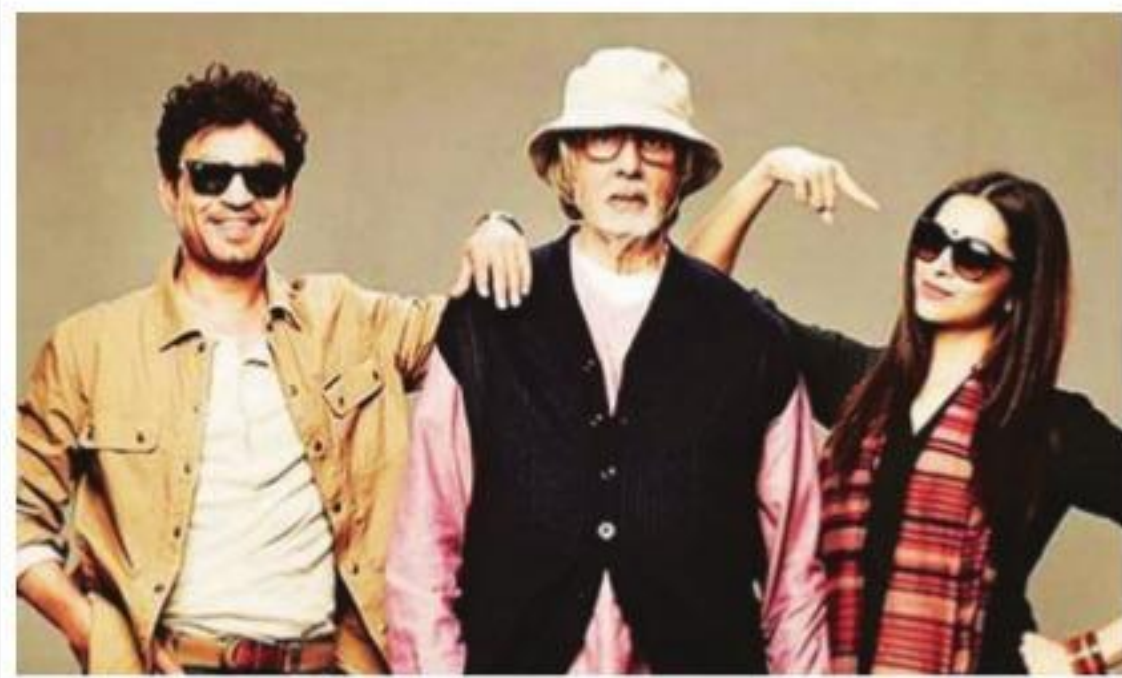


Piku

The 2015 movie starring Deepika Padukone as Piku and Amitabh Bachchan as Bhaskor, her nagging father, touched the audience on many levels. A road trip undertaken by the father-daughter duo to Kolkata, their hometown, brings them closer despite their ideological differences. They fight and argue over trivial issues but still care for each other. Piku plays a dutiful daughter who won't marry because she has the responsibility of her "70-year-old child", saying any man who marries her would have to adopt him. She is protective and cares for him so much so that she takes to discussing his motions on her date!

Taare Zameen Par

The 2007 film starring Aamir Khan as a paternal figure to Ishaan, played by Darshel Safary, came as an eye-opener when students were being pushed for better grades. Ishaan, a below average student, is often criticised by his parents and teachers for his poor academic performance and sent away to a boarding school. A teacher at the school, Ram, realises that the child is dyslexic, but a brilliant painter. He informs the parents and makes them understand that their child is different but no less than any other child. The movie taught parents to stop forcing their children to be the best and accept them as who they are.



Three Men and a Baby

The 1987 movie starring Tom Selleck, Steve Guttenberg and Ted Danson shows three bachelors trying to adjust their lives around a newly arrived toddler who is the love child of one of them. They make you laugh as they try to adapt themselves to fatherhood leaving behind their fun-filled life of parties and flings with women. It was based on a 1985 French film Three Men and a Cradle. It also has a Bollywood remake Heyy Babyy with Akshay Kumar, Riteish Deshmukh and Fardeen Khan in the lead roles. As days go by, the three men start loving the child and become responsible fathers.

nowhere to go and looks for a temporary lodging to house his son and himself.

Bicycle Thieves

This one is a black-and-white 1948 Italian movie, but with thousands of emotions to hold on to. It revolves around a poor father searching for his stolen bicycle, his only source of income to support his family, in a post-World War II era in Rome. He reports it to the police, but to no avail. He and his son resort to finding the bicycle themselves, but with slim chances of recovery. He is highly idealised by his son despite his low income and struggles.

Father of the Bride

The father in Father of the Bride is a typical father who does not want to give away his daughter on learning that she is



Dangal

Another Aamir Khan masterpiece, this one talks about the role of a father in the career of his daughters. The movie is based on the life of Geeta Phogat who won India's first gold medal in wrestling in the Commonwealth games in 2010 and also was the first Indian

woman to have qualified for the Olympic Summer games. Mahavir Singh Phogat, a former wrestler, trains his daughters as wrestlers to fulfil his dream of winning a gold medal for his country. He deals with the social stigma of women in wrestling and pushes his daughters towards success by guiding

them. The movie shows the sacrifices of parents to see their children win.

The Pursuit of Happyness

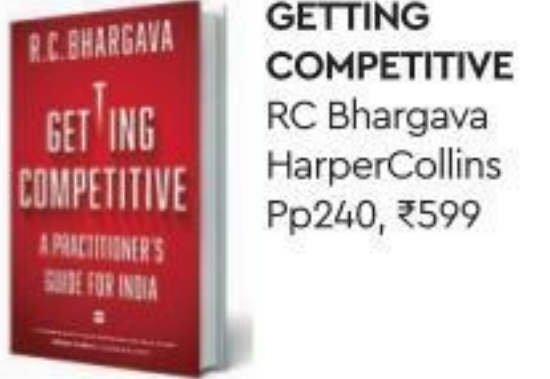
The 2006 movie is based on the life and struggles of Chris Gardner, a homeless salesman in the 1980s who, without a wife, struggled to raise a young son. In

1987, he founded his own brokerage firm and is now a businessman and motivational speaker. The emotional story revolves around how he struggles to study, work and makes sacrifices to bring up his only son during the low phase of his life. Gardner's role is played by Will Smith. During a particular phase, he has

getting married. He eventually learns to live with his son-in-law and realises that he's happy if his daughter is happy. The 1991 movie starred Steve Martin, Diane Keaton and Kimberley Williams in the lead roles. Its sequel Father of the Bride Part II was released in 1995. Steve Martin plays the possessive father.

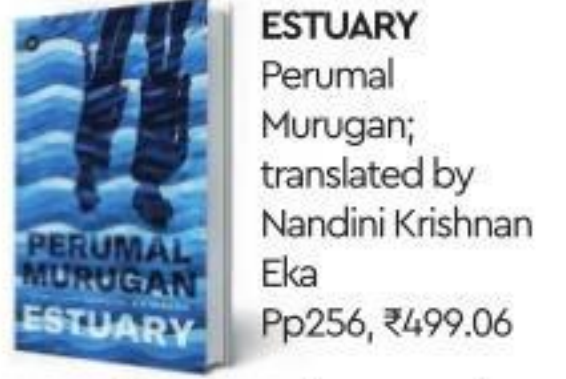
Words Worth

SUNDAY, JUNE 21, 2020



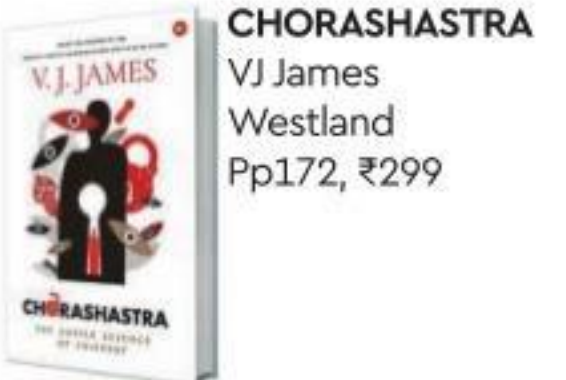
GETTING COMPETITIVE
RC Bhargava
HarperCollins
Pp240, ₹599

Manufacturing is far from competitive in India and contributes only 15% of the GDP. As a result, removing the wide socio-economic disparities remains a distant dream. Bhargava draws upon his experience as a policymaker and industry leader to give practical suggestions.



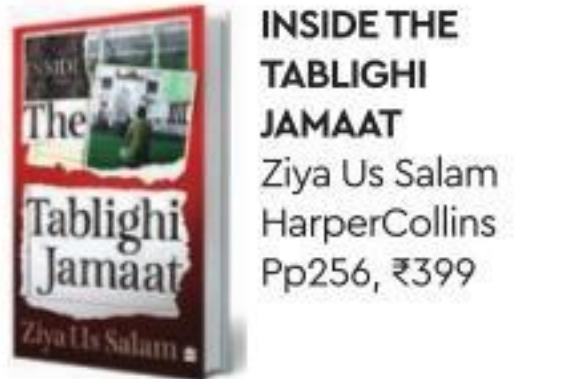
ESTUARY
Perumal Murugan;
translated by Nandini Krishnan
Eka
Pp256, ₹499.06

Perumal Murugan's latest novel, his first in an urban setting, is a razor-sharp parody of everything from e-commerce to the fitness industry, art appreciation to political manipulation, cram schools to social networks. Murugan tells of a world wrecked by unchecked consumerism and an obsession with growth.



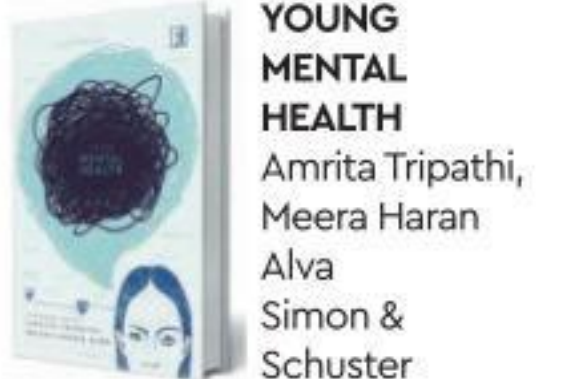
CHORASHASTRA
V.J. James
Westland
Pp172, ₹299

Hoping to break out of his coconut-robbing father's petty legacy and strike it big, a small-time thief breaks into the house of an eccentric professor. On the night of the break-in, the professor is immersed in *Chorashastra*, a manuscript that holds within its pages tips and tricks for thieves.



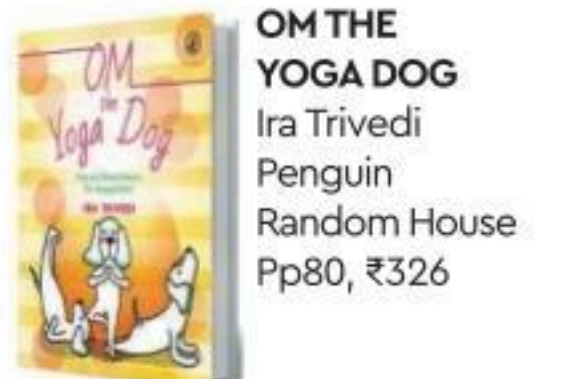
INSIDE THE TABLIGHI JAMAAT
Ziya Us Salam
HarperCollins
Pp256, ₹399

Not much is known about what is arguably the world's, and certainly India's, largest Islamic organisation, the Tablighi Jamaat. Author Ziya Us Salam provides an inside view of the organisation that unwittingly became a 'hotspot' during the novel coronavirus pandemic in 2020.



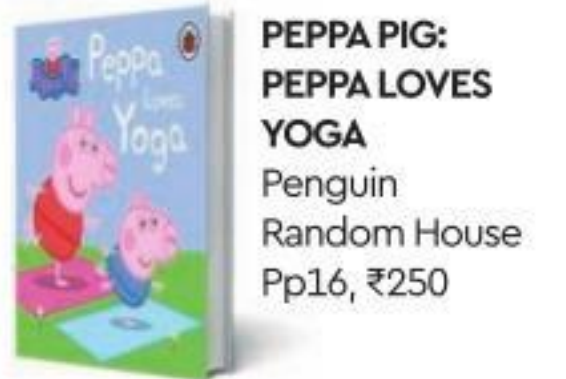
YOUNG MENTAL HEALTH
Amrita Tripathi,
Meera Haran Alva
Simon & Schuster
Pp256, ₹399

How do we talk about mental health? Are we having the sometimes-difficult conversations that we need to with our children? The book shares a unique insight into what it means to be an adolescent or young adult in India today, the kinds of pressure they face and how to start such conversations.



OM THE YOGA DOG
Ira Trivedi
Penguin
Random House
Pp80, ₹326

Packed with easy-to-follow instructions and step-by-step illustrations, this book will help children develop flexibility, strength, inner peace and mindfulness. Written by Ira Trivedi, a well-known yoga *acharya*, *Om the Yoga Dog* helps children explore yoga.



PEPPA PIG: PEPPA LOVES YOGA
Penguin
Random House
Pp16, ₹250

It is a very busy day at Peppa and George's playgroup, as they have a very special visitor coming in the afternoon. Miss Rabbit is going to teach the children how to calm down and relax with yoga. The children love learning it and the parents love picking up their calm children!

All books available as e-books

EXCERPTS: *THE DEATH SCRIPT: Dreams and Delusions in Naxal Country*

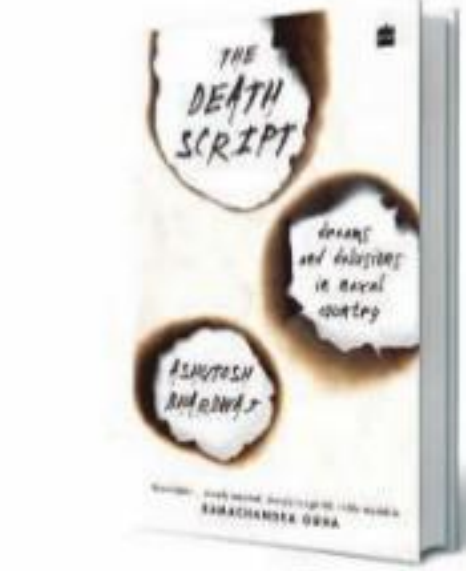
A long streak of red

Dwelling on his reportage of the conflict in Bastar, author Ashutosh Bhardwaj brings the discord alive as he weaves a human narrative in his book, *The Death Script*



A Maoist camp at an undisclosed location

EXPRESSION PHOTO



The Death Script: Dreams and Delusions in Naxal Country
Ashutosh Bhardwaj
HarperCollins
Pp280, ₹599

MY MADAM. THAT'S what I called her. I wanted to have a baby with her. I'm a dead man now. Whom will she have a baby with, I don't know. My name was Korsa Joga. It still is. Your name doesn't change after you've been murdered. The police register says: *Korsa Jogaram, alias Ranjit Madkam, alias Shivaji. Notorious Maoist. Age thirty-five years. Gond tribe.*

I was murdered fourteen days ago. The first day of the year 2015. In district Bijapur, division Bastar, Chhattisgarh state. The police people got my post-mortem done. On a piece of paper, they wrote about how I was murdered, how many wounds I received, and all the spots where daggers had pierced me. I had been in the Party for eleven years. I carried an AK-47, was deployed across Dandakaranya, ambushed and killed many policemen, and never received a single bruise. But my former comrades killed me within eighteen months of my joining the police. They attacked me when I was going to my village near Ganganur. One of them was a boy I had recruited three years ago. He lived near my village. I brought him to the Party, and he was the first to stab me. After killing me, they threw me on the road.

I knew they were planning to murder me. Additional Sahab – the additional police superintendent of Bijapur – had asked me to be cautious since I was on their hit-list, and advised me to live in the police barracks. Surrendered Naxalites live in the police lines and remain safe. But I thought that I could tackle my old friends easily. I did not leave the jungle to live with weapons and policemen. I wanted to live in my village with my Madam. I was getting a small home built for us. I was on my way to the construction site when I was attacked.

Sahab often called me for information on the jungle. Sahab gave me a new name: 'gopaniya sainik' or informer. I told Sahab many secrets about the Party. I had

once stopped a passenger bus in Murkinar, ridden it with my comrades and ambushed a police post. I had also looted a godown of explosives at the National Mineral Development Corporation in Bailadila, Dantewada, on 9 February 2006. Nineteen tonnes of explosives, fourteen self-loading rifles and 2,430 cartridges. Us Naxalites had never looted such a large quantity of gunpowder earlier. We could now plant battery-operated landmines across Dandakaranya that would explode with the slightest pressure, even the unsuspecting tyre of a motorcycle. We could now blow up the dreaded anti-landmine vehicles of the

police. Scared, the policemen stopped venturing out of their camps. Our authority was stamped upon the jungle.

I joined the Party in 2002. I lived in Silger village, in the district of Bijapur. East of Ganganur. Silger's neighbouring village Sarkeguda saw the murder of many advisers by the police in June 2012, but I remember that year for a different reason. I was then a member of the South Bastar Division Committee of the Communist Party of India (Maoist). I headed a platoon and carried an AK-47. Once, I stopped at Penkram village with my boys. She was a teacher in a government school – I saw her and... I was instantly struck...

We left Penkram the next day. I wanted to go back, but I was a senior commander – I needed to have a reason to visit the village. So I devised a plan. Maoist commanders often call meetings of sarpanches, gurus, health workers. I began calling meetings of the gurus of that area. She would come... and then...

I cannot speak any more. The dead must not jabber on.

She had told me to stay back in Mysore. She did not want to return. But I could not grasp the significance of her words. Had we remained in Mysore, I would have gradually learnt some traits of the city. I would not have been mur-



Cycles being loaded in a truck at Hero Cycles in Ludhiana

EXPRESSION PHOTO BY GURMEET SINGH

Winning the two-wheel race

The account of a successful family business also becomes a lesson in entrepreneurship

SUMIT JHA

THE LARGELY HAGIOGRAPHICAL account of the Munjal brothers, told by an effusive second-generation member of the family, is refreshingly

imbued with homely and warm undertones, which, to the credit of author Sunil Kant Munjal, prevents the book from spiralling into a sugar-coated self-indulgent work.

Even though Brijmohan Munjal, the author's father and the visionary credited for Hero's rise to the top, is the protagonist in the story, his brothers rally around for the cause at every step of the way. While one brother travels abroad in search of technology and partners, the other gets down to brass-tacks—design and manufacture of bicycle parts in Ludhiana in the rudimentary settings.

Instead, the story of a family that

established Hero Cycles as the largest cycle maker in the world in 1986, 30 years after its inception, strikes a balance required for narrating a story of characters that spans nearly 100 years without getting bogged down in details that only labour the point.

And the point of the story is the stuff of potboilers. The young sons of a middle-class family in north-west Punjab (now in Pakistan) start working in Quetta around 1930. They are denied a consistent run due to a devastating earthquake in Quetta first, followed by a debilitating and devastating partition of India accompanied with unmitigated communal violence.



The Making of Hero: Four Brothers, Two Wheels and a Revolution that Shaped India

Sunil Kant Munjal
HarperCollins
Pp 252, ₹699

The story then moves on to independent India where the family, like thousands of others, tries different permutations to eke out a living in various cities like Amritsar, Agra and Delhi before finally settling down in Ludhiana. The story is also about a business, manned by four brothers not educated beyond matriculation, that gets off the block as a trading entity of bicycle parts, morphs into a manufacturing unit and finally a world-beating behemoth.

The Making of Hero: Four Brothers, Two Wheels and a Revolution that Shaped India dwells briefly on the business climate during Indira Gandhi's reign as prime minister in the early 1970s. The stifling business environment was underlined by extreme red-tape that worked for bureaucrats, but was crippling for businesses during this period. While

none of this is novel for readers who have even a passing understanding of the era, it's still quite instructive.

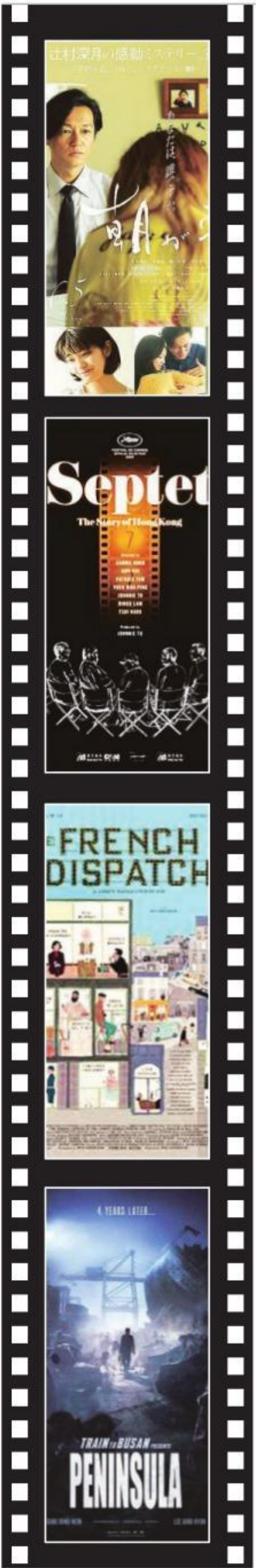
Some of the anecdotal accounts are gripping and fun to read. For instance, the executives at Honda sprung a surprise on Brijmohan Munjal by asking him to partner the Japanese in making motorcycles instead of the scooters on which earlier discussions were based. While this led to absolute frenzy in the Munjal contingent in Tokyo, marked by doubts about whether Indian consumers wanted scooters more or motorcycles, the patriarch eventually picked up the gauntlet. This is a testament to how true leaders perceive risky options that have the potential to change the fortune of the entire company.

Other interesting anecdotes revolve around the branding of Hero products—both cycles and motorcycles. The first-ever jingle for the cycles—*Chale Hawa Ki Chaal*—was written and shot by a freelancer which was played in theatres before the movies. This caught on and was instrumental in making Hero Cycles a brand name. Later on, the Hero Honda brand roped in a professional agency to craft the famous *Fill it, Shut it, Forget It* advertisement that distinguished it from its competitors. The two-wheeler team also bet on the *Mahabharata* show on television to place their ads, enabling them to reach virtually every household in the country.

The family business established by the four brothers is now in the hands of the third generation, which continues to transact with third-generation suppliers and fourth-generation auditors. There is a lesson here somewhere on running a successful enterprise and keeping it amicably within the family—a task that many family-run businesses have found hard to achieve without the eventual acrimony and break-ups.

Leisure

SUNDAY, JUNE 21, 2020



Reeling in reality

Cannes film festival may have been cancelled this year, but it has nevertheless assembled a compelling 2020 official selection list to rally behind struggling filmmakers

FAIZAL KHAN

THE CORONAVIRUS PANDEMIC forced the cancellation of the Cannes film festival this year, only the second time in its more than seven decades of history. That, however, hasn't stopped the influential annual event on the French Riviera to pore over thousands of hours of reels and put together an official selection to rally behind struggling filmmakers. The Cannes 2020 selection of 56 films, many of which will be screened at certain other festivals later this year, reflects the reality of contemporary world, from racism to the state of uncertainty.

Two new films by British director Steve McQueen—*Lovers Rock* and *Mangrove*—that deal with racism are the highlights of the Cannes official selection along with such films as American filmmaker Wes Anderson's *The French Dispatch*, half way between comic strip and animation, Japanese Naomi Kawase's *True Mothers* and American director Jonathan Nossiter's *Last Words*, which is about the end of the world. Like last year, there are no Indian films in the 2020 official selection.

Race & justice

Lovers Rock and *Mangrove* by McQueen, who won the Best Picture Oscar for *12 Years a Slave* in 2014, tell the story of the black community in London in the 70s. The period movies are part of the director's five-film anthology series, *Small Axe*, developed from a TV series of the same name. *Small Axe* is a 1973 Bob Marley song about the rights of the marginalised inspired by the Caribbean proverb: "If you are a big tree, we are a small axe." "This is, of course, very topical today," said Cannes festival's general delegate Thierry Fremaux, while unveiling the official selection on June 3. Soon after the Cannes selection, McQueen, also a Turner Prize-winning artist, dedicated *Lovers Rock* and *Mangrove* to George Floyd, the African-American whose death in police custody in the US has led to protests against racial injustice across the world. McQueen is no stranger to Cannes having won the Camera d'Or for his debut film *Hunger* in 2008.

Lovers Rock, the title taken from the reggae music style that dominated London's cultural scene in the 70s, is a fictional story, while *Mangrove* is a true story about a landmark trial, also in the same period, that was a turning point for

the black community in Britain. The subject of *Mangrove* is the trial of nine black men—called *Mangrove Nine*—who were part of a cultural movement by the West Indian community in Notting Hill against racial dominance.

Pandemic & future

The Cannes selectors have also responded to the pandemic that has paralysed the world by including on the list a post-apocalyptic drama. Set in 2086, Nossiter's *Last Words*, a French-Italian co-production, presents a world without crops and power, and where no child has been born for 10 years. Based on the novel *My Last Words* by Argentinian writer-filmmaker Santiago Amogorena, the film turns the focus on the last few people left in the world after climate change wipes out the rest of the human population.

Shot in Italy, the film stars Nick Nolte, Charlotte Rampling and Stellan Skarsgard. "You might think that it was written last week," said Fremaux of *Last Words*. "It very much resonates with the very peculiar times we are experiencing. I hope this (the pandemic) won't happen again," he added, while listing out the selected films that come without the usual Cannes categories, including the prestigious competition section for the Palme d'Or, the festival's top prize.

Domination of Asia

Instead of categories, the selection this year comes under titles *The Faithful* (for regular Cannes participants), *The Newcomers*, *The First Features*, *An Omnibus Film* (a movie on Hong Kong), *3 Documentary Films*, *5 Comedy Films* and *4 Animated Films*. The Omnibus entry, *Septet: The Story of Hong*, is directed by seven renowned filmmakers from Hong Kong (including prolific director-producer Johnnie To), each of them exploring the history of the special administrative region of China recently hit by anti-government protests in the past seven decades.

A year after Korean film *Parasite* won the Palme d'Or, the selection has 11 films from Asia, among them Kawase's *True Mothers*, South Korean Im-Sang-soo's *Heaven: To the Land of Happiness*, compatriot Yeon Sang-



BLACK BRITISH MUSIC

Black British music is a long-established and influential part of British music. Its presence in the UK stretches back to the 18th century, encompassing concert performers such as George Bridgetower and street musicians like Billy Waters



(Clockwise from above) The 73rd edition of Cannes festival scheduled to take place in May was cancelled due to the pandemic; the festival's general delegate Thierry Fremaux; and posters of some of the selected films for this year



ho's sequel to his highly-acclaimed *Train to Busan*, titled *Peninsula*, Lebanese director Danielle Arbid's love story *Passion Simple* and Chinese filmmaker Wei Shujun's road movie *Striding Into the Wind*.

The Cannes festival, known for packing films with heavy political content, has also selected several women-centric films this year, notably the documentary *Nine Days at Raqqa* by French

director Xavier de Lausanne. The film is about the battle of Leila Mustapha, the 30-year-old mayor of Raqqa, to rebuild the former Islamic State capital in Iraq, which was reduced to ruins after the war. The Cannes selection, which considered films that would see theatrical release until next May, also has *Green Book* actor Viggo Mortensen's directorial debut *Falling*. Anderson's *The French Dispatch*, on the other hand, is a tribute to journalism.

For the first time, Cannes received more than 2,000 entries this year. "We needed to give these movies a boost," said Pierre Lescurie, president of Cannes festival. "There will be no winners this year. This time, everybody will be allowed to give out their own Palme d'Or," said Fremaux, who noted that cinema was very much alive during the lockdown, as people watched movies on TV. "The film narrative is the story of cinema, about people going out to theatres and watching movies," he added.

Faizal Khan is a freelancer

The bizarre bazaar

From snail mucin to cochineal dye, here's how people across the world are consuming some weird animal ingredients and still loving it

VAISHALI DAR

THE IDEA OF CONSUMING creepy creatures might be upsetting to some, but there are many beauty rituals that use bizarre animal ingredients. Think snails crawling on your face, fish pedicure, bird poop facial, snake or snail massage, and leech and urine therapy.

Then there are the cosmetics we use. Women love to pose for selfies with a close up of their puckered lips, but how many know that some lipsticks and blushers have cochineal dye, which is collected from crushed cochineal beetles? The insects feed on cactus plants in Central and South America and the females eat the red cactus berries. When they're crushed, an intense red dye is produced. Mascaras and nail polishes also contain guanine, a crystalline shimmering substance found in crushed fish scales. Animal fat like tallow is common in eye makeup or makeup base. The carcasses of slaughtered animals are boiled to churn out a fatty substance, which is added to the base that you could be applying on your face almost every day. Squalene, an oil obtained from shark livers, finds widespread use in sunscreens, lipsticks, foundations, lotions and many other cosmetic



ics. Even gelatin, used in cream-based cosmetics and even ice cream, is processed by boiling skin, tendons, ligaments and bones of animals.

Makeup removers, too, aren't devoid of weird ingredients, as they contain lanolin, excretion from wool-bearing mammals. Ambergis, derived from the waxy oil that lines a whale's stomach, is used for the scent in perfumes.

The icky factor doesn't end here. Snail

mucin is big in K-beauty for its hydrating potential and regeneration of skin, as it contains glycolic acid and glycoprotein enzymes. Snail slime, an unpleasant, slippery and thick semi-solid substance, is processed and packaged as creams, gels, serums, toners, moisturisers and gel face masks—experts say snail beauty therapy has been big in south Asian countries like Japan, China and the West for some time now. In fact, snail farming, known as heli-

culture, involves raising land snails for human use: flesh is used as edible escargot, eggs as gourmet caviar and slime for cosmetics and pharmaceuticals.

Italy's largest agriculture industry association Coldiretti recently estimated that 44,000 tonnes of live and preserved snails are produced annually in the country, making it an industry worth \$292 million. "We are seeing record numbers of new avant-garde snail-production businesses," claimed Roberto Moncalvo, president, Coldiretti. "We raise them naturally, feed them only vegetable matter and then extract the slime with water that contains ozone, which kills all the bacteria," Moncalvo added (the lockdown has, however, had a negative impact on snail businesses in Italy because farmers haven't been able to transport produce). The government has now set up a 100-million-euro fund to support agricultural businesses).

Closer home, the Nagas relish river snails cooked with *dal*. Speaking of food, even that industry isn't far behind when it comes to making use of creepy and weird ingredients. If you love marshmallows, maybe you've been topping off a whole lot of animal protein on your scrumptious strawberry shake for years, as marshmallows are made from gelatin.

Some foods may be sweet in taste, but a slight mention of the ingredient will leave you sick. Take, for instance, a colourful candy coated with shellac, a sticky substance derived from the secretions of the female *Kerria lacca*, an insect native to Thailand. Jelly beans pack a punch of gooeyness but they use shellac

too. And don't be amazed if you find ocean saltwater injected into food. Some packaged meats like raw chicken may contain salt or other ingredients injected into them to enhance flavour and increase the weight.

Do you like sprinkling loads of shredded cheese on your pizza? Cheese has wood pulp, officially ascribed as 'cellulose' to boost fibre and add creaminess to low-fat foods and to help keep shredded cheese from clumping together. Ingredients like rennet, an enzyme found in the stomach of nursing cows, lambs and goats, which is extracted by killing the animal, are also found in cheese.

Chewing gum is made with lanolin—a secretion from the skin glands of sheep—which makes it chewy. Chewing gums that don't use lanolin are often made out of synthetic rubbers instead. Canned mushrooms also have traces of maggots and mites. You may, in fact, find an average of 75 or more mites per 100 gm of drained mushrooms and the proportionate liquid in a can.

Even beers are filtered through isinglass, a gelatin made out of fish bladder. Animal rights group PETA, in fact, warns on its website that many wines "include blood and bone marrow, casein (milk protein), chitin (fibre from crustacean shells), egg albumen (derived from egg whites), fish oil, gelatin and isinglass". The animal rights group has also asked luxury brands to stop using exotic

skins, and wants a ban on their sale.

While that may still take some time, Wuhan, the epicentre of the coronavirus crisis, has completely banned the consumption of wild animals and has made wildlife trade illegal. The ban includes all terrestrial animals, animals that live and reproduce in the wilderness, and precious aquatic wild animals. In April, the Chinese ministry of agriculture and rural affairs compiled a list of "special livestock"—non-domesticated animals like reindeer, alpaca, guinea fowl, ostrich and emu can be farmed for meat, while animals like mink, silver fox, arctic fox and raccoon dog can be farmed for fur. China has also upgraded the protection of the pangolin—believed to be the

intermediate host of the virus—to that of first-class protected animal on a par with other endangered species like giant pandas. And Shenzhen has become the first Chinese city to ban the sale and consumption of dog and cat meat.

Colombia's capital Bogotá, one of the oldest blighting cities in the Americas, has also outlawed the mistreatment and killing of animals in a move aimed at eventually banning the events. The Scottish government is also going to ban the fish farming industry from shooting seals to save a 180-million-pound export business to the US, which plans to stop import of fish from countries which allow seals to be killed to protect fisheries, as per reports.

Spotlight

SUNDAY, JUNE 21, 2020



FAN ARMY

The Barmy Army is often called the unofficial 12th man of England's cricket team. It was given the name by Australian media during the 1994-95 Test series reportedly because of the fans' audacity

THE SILENCE OF THE STADIUMS



SHRIYA ROY

THE YEAR 2020 was hailed to be the year of sports. With major sporting events like the Olympics and the UEFA European Championship (informally known as the Euros) lined up after a four-year wait, it was touted to be a busy year for sports and sports fans across the world. But then coronavirus threw a spanner in the works and everything came to a grinding halt. Wimbledon was cancelled. The NBA, Premier League, Champions League and other major football leagues were suspended. And the Olympics, French Open, Euros and Formula One were postponed. Closer home, IPL, considered to be a cash cow for the BCCI, was also dealt a sharp blow. Its 13th season, slated to commence from March, was first postponed and later suspended. The I-League tournament, too, was cancelled last month. The future of the league, in fact, looks uncertain, as the participation of foreign players is under deliberation by the authorities.

Fans have clearly been left disappointed. "I was really looking forward to the Premier League season. The match on March 12, where Atletico Madrid knocked Liverpool out of the UEFA Champions League was the last one I watched and it somehow feels like a year ago," rues Guwahati-based football buff Uddinab Mahanta, a third-year B.Tech student.

There is some good news now, though, as sporting events are slowly resuming across the world. But even as the drama unfolds on the field, the possibility of fans coming in to watch matches doesn't look likely anytime soon, as most of the sports will take place behind closed doors as a preventive measure to stop the spread of the virus. With empty stadiums and indoor games, the face of sports will change forever. But what does that mean for the fans?

A new game

Sporting leagues and federations are grappling to restart proceedings with closed door matches. The English Premier League started this week on June 17 and is being played behind closed doors. The league will go on till July 26.

The West Indies cricket team also recently reached England to play a three-match Test series in July. Top players Darren Bravo and Shimron Hetmyer, however, refused to travel with the team, expressing concern over the spread of the virus in the UK. The matches will be held behind closed doors and players will be constantly tested to rule out coronavirus symptoms. There will also be a 'no-touch, no-saliva' rule in place once the game starts.

Interestingly, this will be the first time in 25 years that England's cricket team will play a Test match without the chant of its iconic fans, The Barmy Army, booming from the stands. The Barmy Army, however, wants to make its presence felt and has asked the England and Wales Cricket Board to use the PA system to play out recordings of its famous chants and anthems to cheer up their team when they take on the West Indies from July 8.

Spanish football league La Liga also started on June 11 with empty stadiums. The lack of crowds is, however, being made up for by having virtual fans and crowd noise from a computer game. The league has also collaborated with Norwegian broadcasting technology firm Vizrt, so viewers watching from home will be able to see images of seated fans wearing the home club's colours in 'virtualised' stands.

Sporting events are slowly resuming across the world. But even as the drama unfolds on the field, the stadiums will remain empty as matches will be played behind closed doors. But what does that mean for the fans?



When the game is stopped, these virtual images will be transformed into a canvas to display messages from the fans. Plus, for the safety of players, all common areas like changing rooms will be disinfected and aired before, during and after the games.

The German football league Bundesliga returned to action on May 16. To encourage players, cardboard cutouts of fans were put up in the stadiums for some matches. Piped applause is also being played through an app.

Tennis star Novak Djokovic has, however, called the coronavirus safety protocols, planned in order for the US Open to take place, "extreme"—the protocols include a complete ban on travel to Manhattan, staying in hotels at the airport, players and staff being tested at least thrice a week, and only one person being allowed to accompany the players at all times. The Grand Slam tournament is scheduled to start from August 31 at Flushing Meadows in New York, one of the worst affected cities. Rafael Nadal, on the other hand, feels that even though the matches will be held behind closed doors, travelling will still be a huge risk for players.

In the many years of its existence, the sporting world hasn't seen a time as grave as this. The virus has hit the idea of live sports straight out of the park. Surprisingly, though, there are some cases, where it has resulted in good news as well. Take, for instance, Spain's bullfighting tradition. For long, animal rights activists have called for its suspension, calling the sport "outdated and cruel". Today, the pandemic has left the sport, which relies on crowd participation in large numbers, rudderless. With strict social distancing norms, it's hard to tell whether the bullfighting fiesta will be able to bear the costs and survive.

The fan chant

It is said that sports require a team spirit, but any sport is incomplete without its fans. If you do not have thousands cheering for you from the stands, you can be a Cristiano Ronaldo or a Roger Federer, but there will be something missing always. Be it thousands chanting as Dhoni hits a six or going berserk when Barcelona beats Real Madrid in an El Clásico match, fans can make or break the atmosphere of

(Top) The UEFA Europa League match between Inter Milan and FC Ludogorets was played behind closed doors in Milan, Italy; (above, left) life-size cardboard cutouts of fans were put up in the stands to encourage players for some matches of German football league Bundesliga; and a fan watches from a balcony a recent match between Rayo Vallecano and Albacete in Madrid, Spain

(Bottom) A La Liga match in progress between Sevilla and Real Betis in Seville, Spain



a match. It's, therefore, hard to imagine an empty Wankhede Stadium, Eden Gardens, Stamford Bridge and Rolland Garros.

While fans can catch the action live on their TV screens, it won't be the same as being in the stadium. There will be no chance to collectively curse the opposing team when there is a foul or a red card. No 'ooohs' in unison when Nadal bangs his racket on the ground. No collective tears of joy when your country wins an Olympic gold. It will be a world where the stadium will not burst with noise when Shikhar Dhawan makes a century or when Lionel Messi scores a hat-trick.

This new normal is certainly hard, especially for a fan. "I was used to the idea of live sports. If not football, it was tennis or cricket or even NBA. Sports was always there to rescue no matter how bad the day had been. It was like a beautiful escape. I am struggling to come to terms with this new reality where there is sports happening, but you can't actively be a part of it. It's not the same," says 28-year-old Prashant Gupta, a Bengaluru-based financial analyst who is a die-hard Arsenal and Djokovic fan.

Talking about missing the iconic East Bengal versus Mohun Bagan matches at Kolkata's Salt Lake Stadium, Kolkata-based media professional Asmitabha Manna says, "I miss the banter between the fans... the Mexican wave inside the stadium." He also admits to feeling worried about the future of sports. "Even though sports is coming back, there are a lot of changes taking place and things will not be the same any more. Social distancing in sports might be the worst thing that a fan can imagine," the 26-year-old Chelsea fan says.

He is right. Spectator sports may be returning, but the fan experience has been altered. Who would have thought that one day an empty Signal Iduna Park stadium would host the German football derby between Borussia Dortmund and Bayern Munich with the yellow flags and the iconic yellow wall of the stadium replaced by glaring empty seats? It is quite evident that the world of sports is going through a major survival crisis.

Players weigh in

While the new rules have come as a big blow for fans, they have affected players as

well. After all, the magic of playing in front of a full crowd cannot be matched. For players, fans add to the atmosphere, experience and the thrill. They also lend an emotional aspect to the game. In a stadium, it's the stands that are oftentimes the source of noise, drama and colour. What makes sports stadiums special, in fact, is the history etched into their walls and the people that fill the stands, their voices echoing in unison. "Empty stadiums would be disappointing for players who are competing. There are a lot of times when players respond to spectators. If someone plays a good shot, the manner in which the crowd responds also brings in that energy. Similarly, if a bowler bowls a fiery spell and the crowd is responding to it, it builds a kind of pressure on the opponent team," says cricketer legend Sachin Tendulkar, adding, "Spectators are integral to any sport. Their encouragement, vociferous chants for or against you is a necessity."

Indian skipper Virat Kohli agrees, saying that cricket in empty stadiums is a real possibility now, but the magic would be missing. "I honestly don't know how everyone is going to take to that because we are all used to playing in front of so many passionate fans. That feeling of the crowd connecting with the players and the tension of the game which everyone goes through in the stadium... those emotions are very difficult to recreate," Kohli says.

Former England batsman Kevin Pietersen, however, says sportsmen will have to deal with playing in empty stadiums, as the world gears up for isolated sports events. "The new versions of sports will have to be played behind closed doors until we find a vaccination for coronavirus and the sportsmen have got to deal with it no matter how hard it is," Pietersen says, adding, "Fans need a morale boost. Their morale at the moment is so negative, so down in the dumps."

In an attempt to boost fans' morale and stay connected, perhaps, many players are now turning to social media. While footballer Cesc Fabregas is trying his hand at comedy on Twitter, Aussie cricketer David Warner has taken to TikTok to keep his fans amused.

The suspension of the IPL left millions of fans who would flock to the stadiums in the scorching summer heat disap-

pointed. With the fate of the league hanging in balance, fans have now turned to social media to see their stars in action in the virtual world. The various IPL teams have been keeping fans entertained by conducting daily live chats with players and putting out quizzes for fans. While Royal Challengers Bangalore have been posting daily fitness tips and videos by skipper Kohli, Kolkata Knight Riders have been engaging with fans through a Bengal 'food fest', wherein players rustle up dishes on Instagram Live sessions.

Hope for the future

There are some countries, however, that are allowing sports with spectators in attendance. Take, for instance, Vietnam. Soccer is back in the country and so are the fans in stadiums. Its top domestic league, V-League, resumed on June 5, with more than 1,000 fans in attendance at Hai Phong. Fans were, however, subjected to temperature checks as they entered the premises. "We are obviously happy to play in front of fans, as this is what makes football special," said Jung Hae-sung, the coach of Ho Chi Minh, a football club part of the V-League.

The best news perhaps has come from New Zealand's Dunedin, where a capacity crowd packed the Forsyth Barr stadium on June 13 to celebrate the return of professional Super Rugby almost three months after the tournament was stopped as a result of the pandemic. It was a momentous moment for New Zealand, as fans returned to the stadiums for the first time. The stadium had over 22,000 people in the stands before the kickoff between the Highlanders and the Chiefs.

In Russia, too, authorities have reportedly chalked out a plan to allow 10% spectator capacity in stadiums during football matches, while in Hungary, clubs have been given clearance to hold games with a limited number of fans.

All this because players and organisers alike know and understand the critical role fans play in a sporting spectacle. Many a times, in fact, players have stressed that they didn't lose because of the opposing team, but because of its supporters. Be it the intense rivalry among fans during an Indo-Pak cricket match or the ruthless English fans booing Australia's players, it's the fans who can at times make or break the players' morale. They are the ones who can transform an ordinary street in Kolkata to resemble one in Argentina or Brazil as the two countries clash in the football world cup.

For now, though, fans will have to take a backseat. Twenty-five-year-old Chinmoy Sonowal, a Delhi-based filmmaker, gives it a funny twist, saying that at least now the Indian cricket team "will not lose overseas Test matches as they aren't going to play one anytime soon!" His friend Priyank Singh, a 26-year-old tech consultant based in Delhi, adds, "I want to see a bustling stadium again... shouting fans intimidating the other team. I want to witness the thrill of an intense last-minute finish of a Champions League match, hoping for a referee decision to pull the match in favour of my team."

Acknowledging that the world of sports has suffered a huge blow, Sonowal feels fans need to practise some patience now more than ever. "While I do definitely miss watching Kohli and Rohit Sharma bat together and don't know when that is going to happen next, I also understand that the world is going through a rough time and we need to be patient," he says.

Footloose

SUNDAY, JUNE 21, 2020



CARAVAN TALES

An early type of caravan is the horse-drawn covered wagon that, from circa 1745, played a significant part in the opening up of the interior of the North American continent to white settlement



Worried about social distancing during travel? Rent an RV

Recreational vehicles were gaining in popularity before the pandemic. Now, with travel restrictions loosening, a surge of travellers is drawn to the relative solitude that RVs offer

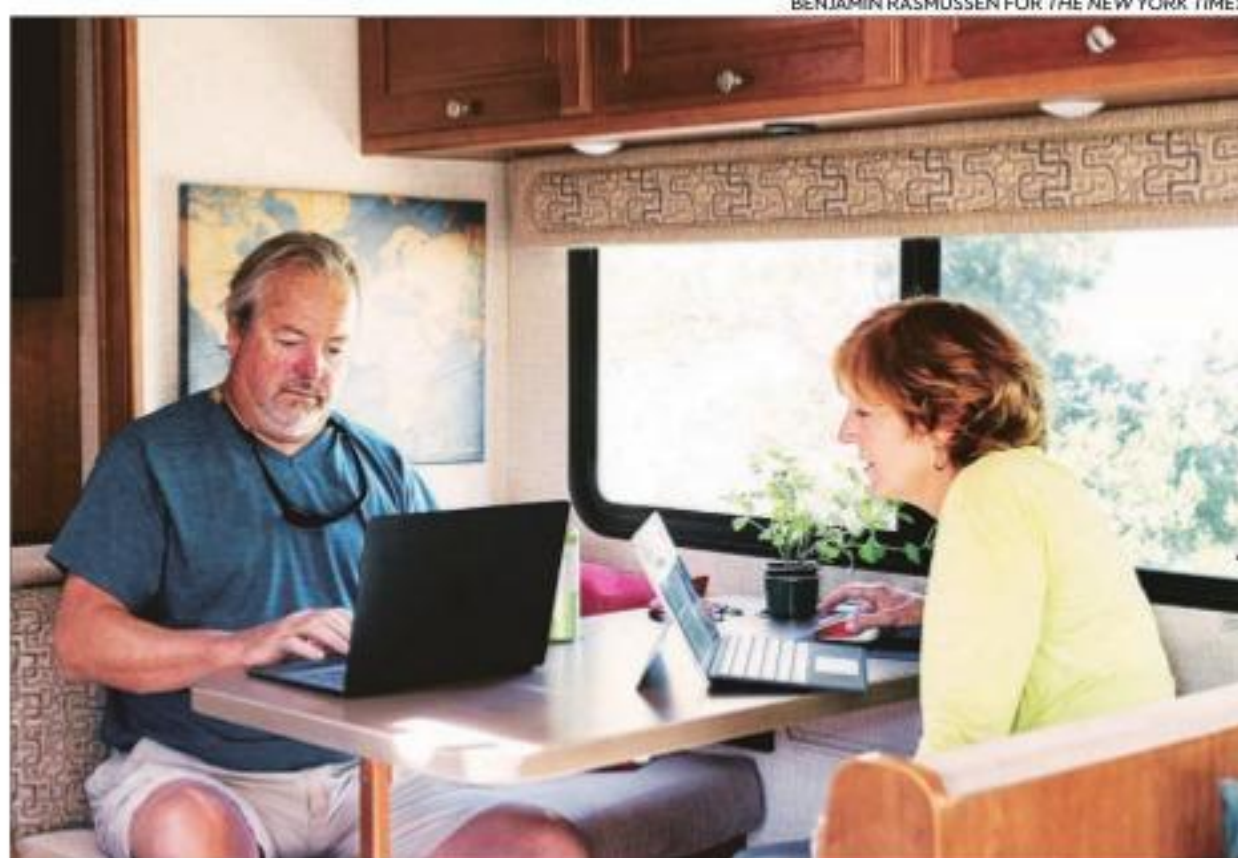
ELAINE GLUSAC

SINCE SELLING THEIR home in Fort Collins, Colorado, in September 2018, Tom and Mona Mesereau have logged 18,000 miles through 30 states in their 32-foot Class A recreational vehicle, running their public relations business from the road. "Starting out in an RV is a little like moving into a new house," Tom wrote in an email, listing tasks such as hooking up to power and water sources. "It is somewhat daunting at first, but it gets easy quickly. After the first couple of times setting up and breaking down, your trip will just get better."

That's some encouragement for the anticipated surge of new RV travellers who are turning to these homes on wheels as a way to travel safely and maintain social distancing. RV rental companies are reporting huge increases in summer bookings after the industry virtually shut down because of pandemic-related travel restrictions. RVshare, a RV sharing site, said the number of days booked via its site has more than doubled year-to-date compared to last year. "When you rent an RV, you're getting a rental car, hotel and more direct access to where you want to go," said Jon Gray, the chief executive of RVshare. You also usually get a private bathroom, which is helping drive interest in RVs, according to a survey of 4,500 households in the US and Canada by the private campground company Kampgrounds of America. About half of respondents said having a private bathroom in a cabin or RV was very important.

Rent a vehicle or share one

Since buying an RV can set you back anywhere from \$10,000 to \$300,000, it



When you rent an RV, you're getting a rental car, hotel and more direct access to wherever you want to go, say experts

makes sense to rent. Rental options range from companies that own their rooms on wheels, like Cruise America, or marketplace platforms like RVshare and Outdoorsy where you can find someone else's RV to rent. RVshare brings together two groups that make sense: "People who want to go on an RV trip but don't own one and people who have one parked in their driveway 50 weeks a year," said Gray. "In a world where social distancing is at a premium, the ability to take your bathroom and sleeping arrangements with you positions RVs very nicely." At Outdoorsy, where it's easy to find vintage, pet-friendly or budget vehicles, the owners of its roughly 200,000 vehicles on the site offer local travel advice. "They are bringing great recommendations to the table," said Jen Young, the co-

founder of Outdoorsy. "That's going to become important as people focus on in-state and local travel to have that expertise spread across the country." Like booking through Airbnb or other peer-to-peer sites, the platforms work as marketplaces for renters to meet owners and they don't oversee the cleaning of the vehicles. To address the hygiene issue associated with the sharing economy, Outdoorsy is encouraging owners to let their vehicles sit empty for 48 hours between rentals. RVshare recommends its owners follow cleaning guidelines established by the Centers

RVs are like tiny houses on the road, tricked out to accommodate a bed, kitchen and amenities like wall-mounted TVs



ROLANDO DIAZ FOR THE NEW YORK TIMES

for Disease Control and Prevention before renting and is working on offering professional cleaning. The company also has a partnership with TaskRabbit through which owners can find cleaning services (with additional fees included in the rental agreement). Cruise America disinfects each vehicle between uses and the company says it exceeds the guidelines established by the CDC. Whether you rent from Cruise America or via a marketplace, vehicle rates are often just the base of the bill. Pricing RVs follows "the old car rental model," said Smalley, noting charges for

mileage and not emptying sewage.

Van life gets an upgrade

On the small end of the spectrum of RV models, campervans are the tiny houses of the road, tricked out to accommodate a bed, kitchen and amenities like wall-mounted TVs. Most campervans lack bathrooms but have cachet, as celebrated under the hipster nomadic Instagram hashtag #vanlife. Before it was a social media darling, it was a way of life in Australia, where Omar Bendezu, the owner of the 13-van rental company Ondevan in Miami, got the idea to bring the concept stateside in 2017. An engineer by training, Bendezu remodelled his vans, including kitchenettes and queen-size beds, with the help of a carpenter and got the muralist Muta to paint the

early vans. "I saw the opportunity here to give people the means to explore by themselves," he said.

Ondevan cost about \$100 a day and the company encourages drivers to stop at local campgrounds, farms and shops highlighted on a supplied map that Bendezu said is designed "to build community with other small businesses." Jucy campervans, painted in signature green and purple, are ubiquitous around New Zealand, where the company is based. But its North American operations, reliant on foreign travel, is struggling this year, especially with the postponement or cancellation of major events, including the Coachella Valley Music and Arts Festival and Burning Man.

"Since those and other festivals are not happening, our business has been seriously impacted," wrote Hiron Menon, the general manager for North America at Jucy, in an email. Based in Oakland, Las Vegas and Los Angeles, Jucy rents Dodge minivans, retrofitted with kitchenettes accessible from the hatchback and often with a tent that pops up on the roof; they run from \$20 to \$150 a night. In late May, the category got an upgrade with Seattle-based Cabana. The start-up offers 10 Ford Transit vans retrofitted with queen-size memory foam mattresses, toilets, flat-screen TVs, mini-refrigerators and showers supplied by onboard water tanks. "I love getting dirty hiking in the mountains and I also love taking a hot shower and sleeping in a comfortable bed," said Scott Kubly, CEO and founder of Cabana, who describes the vans as "everything you would get with a hotel but crammed into a van using every cubic inch like a game of Tetris."

Additional reporting by Lauren Sloss
NYT

Flying was once routine. Now, it is a feat

JACK EWING

RECENTLY, I STEPPED aboard the subway in Frankfurt for the first time since February, the start of a 4,000-mile trans-Atlantic journey to rejoin my wife after a three-month separation. The trip to the US is one I've made dozens of times over the quarter-century I've lived and worked in Germany. But this time, in the midst of the pandemic, it felt like a voyage into the unknown.

About two dozen people were in line at check-in when I arrived at Frankfurt Airport on the morning of my trip. A few minutes later I had my boarding pass and was walking past rows of shuttered duty-free shops. I could hear my own footsteps echoing on the polished marble tile floor. And here's the weird thing. There was something strangely enjoyable about travelling through a deserted airport. So much of the stress of air travel comes

from standing in long lines and fighting through crowds, yet Frankfurt was peaceful. Even the guards wrangling plastic trays at security seemed cheerful.

The feeling of odd contentment continued on the plane. There was at least one empty seat between passengers, except for families. In other words, we weren't packed in like sardines. The staff offered assurances that the plane had been thoroughly disinfected. Still, I cleaned my armrests and seat tray with a disinfectant wipe. I also wore a mask the entire trip.

The only downer was lunch. No one expects much from in-flight cuisine, but in the name of sanitation the bland "spicy chicken" and fruit cup came in packages sealed with plastic film that had to be peeled off. Afterward there was no coffee



Masks, health checks, bad food. Long-distance travel may never be the same again

or tea. Somehow I have the feeling that small privileges like coffee and fresh rolls are never coming back.

About eight uneventful hours later we landed at Dulles International Airport near Washington, where I planned to get a connection to Burlington. At Dulles, a woman in a nurse's smock checked my form, asked me if I felt sick and held a sensor to my head. It's easy to imagine health checks like these becoming a permanent part of international travel, along with worse food. Travellers can only hope the pandemic will also bring some positive changes, like less crowded flights and more freedom to change flights without paying stiff fees.

The sensor said my body temperature was 98.1 degrees Fahrenheit. Good to go. Dulles seemed even sleepier than

Frankfurt. All but a few airport restaurants were closed. I was glad I had packed some energy bars. The plane to Burlington was so empty that the pilot asked the flight attendants to move passengers to the front of the plane.

Vermont requires people arriving from out of state to quarantine for 14 days. But there was no one taking names when I landed, just my wife's friendly face. It seemed the only enforcement was a sign at the exit to the airport, like the kind highway crews use to warn of roadwork ahead. "Stay home," it said. I underestimated Vermont state government. A few days later, I got a telephone call from an amiable woman at the Department of Health asking if I felt all right, reminding me of the quarantine rules and offering information on where to get a coronavirus test if I wanted one. I'm fine, I said, but thanks for asking.

NYT

Well-Being

SUNDAY, JUNE 21, 2020



AIDING DEVELOPMENT

In the 19th century, developmental psychologists such as Friedrich Fröbel proposed playgrounds as a developmental aid, or to imbue children with a sense of fair play and good manners. The first purpose-built public-access playground was opened in a park in Manchester, England, in 1859

CHRISTINA CARON

THE PLAYGROUND PADLOCKS are starting to come off. And children in some areas are once again zipping down slides and swinging from monkey bars after months of waiting. While this is good news for children, some parents are being a bit more cautious. The coronavirus is still spreading, and a vaccine isn't expected until next year at the earliest. Infections are climbing quickly. So is it really okay to return to the playground?

Are playgrounds safe now?

It's impossible to negate all risks of contracting the virus at a place like a playground, which is frequented by large numbers of people who may have different views about social distancing and hygiene. But outdoor playgrounds do have the benefit of fresh air and more space between people than what most indoor spaces offer. There is a growing consensus that if you're going to leave your home, it's safer to be outdoors than in an indoor public gathering space, like a mall. When air is stagnant, respiratory droplets could linger, experts say, whereas the air flow outside can help dilute the virus.

A crowded playground, however, might present a bigger risk. In Massachusetts, for instance, caregivers "will be required to seek alternative facilities" if the playground is so crowded that social distancing cannot be maintained, according to the Executive Office of Energy and Environmental Affairs.

Can the virus live on playground surfaces?

It's unclear how long the coronavirus can live on plastic and metal playground structures that are touched by hundreds of tiny, and often dirty, hands. The Centers for Disease Control and Prevention has said that people can get Covid-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose or eyes, but this was "not thought to be the main way the virus spreads."

A study published in *The New England Journal of Medicine* found that the virus lives longest on plastic and stainless steel and can survive on those surfaces for up to 72 hours. Another study, published in *The Lancet*, found that the Covid-19 virus remained viable up to four days on stainless steel and plastic, but the researchers said the method they used to extract the virus from these objects wasn't analogous to casually touching a surface.

The World Health Organization cautioned that those studies were conducted under laboratory conditions where the surfaces were neither cleaned nor disinfected so they "should be interpreted with caution in the real-world environment." And it's also unclear whether the virus the researchers detected would have infected people who came in contact with these surfaces.

The CDC recommends that playground surfaces made of plastic or metal, like grab bars and railings, be cleaned regularly, but said they do not require disinfection. Some studies suggest that sunlight could help to reduce the amount of virus lingering on surfaces, but that doesn't appear to have been studied in playgrounds.

Should children wear a mask at the playground?

Yes, the CDC recommends wearing masks in playgrounds. Face coverings are believed to reduce transmission of the virus. Even the World Health Organization, which had long refused to endorse face masks, con-



Here's how to keep kids safe in a playground

Parents and caregivers are weighing the risks of bringing children to playgrounds, where social distancing can be a challenge and hard surfaces are everywhere



cluded in June that governments should encourage mask wearing because of "a growing compendium of observational evidence." Cloth masks worn by the general public aren't as effective as surgical masks or N95 respirators, but they still offer some barrier protection against the large respiratory droplets generated when an infected person sneezes, coughs or breathes.

But for very young children, say two or three years old, wearing a mask can sometimes be counter-

productive, said Sean O'Leary, MD, the vice chair of the American Academy of Pediatrics' Committee on Infectious Diseases and an associate professor of pediatrics at the University of Colorado Anschutz Medical Campus and Children's Hospital Colorado.

For example, if your child is continually touching their face and readjusting the mask, "they might become infected themselves," O'Leary said.

The CDC says children younger than two should not wear face coverings

because of the risk of suffocation.

What else can caregivers do to protect themselves and children at playgrounds?

If a playground is full of children, consider coming back at a different time of day — perhaps early in the morning when the crowds are thinner. If there aren't bathrooms nearby to wash children's hands regularly, the CDC recommends carrying hand sanitizer. Apply enough to coat every surface of both hands and then tell your child to rub their hands together until they are dry. Consider cleaning your child's hands before they eat a snack on the playground and also after leaving it.

If you plan to use sanitizer, it's wise to have a bottle of water on hand as well. That way, if your child's hands become covered in dirt or sand you can rinse them off before applying the sanitizer. The CDC says that sanitizer is less effective on dirty or greasy hands.

Finally, don't assume that the children are the primary vectors of disease. Adults spread the virus more readily than children, O'Leary said. "That's why the adults that are supervising should be careful about staying away from other folks," O'Leary said.

Why isn't my playground open yet?

Some localities, have decided that playgrounds present too much of a risk right now. To give children more space to play, New York City, for instance, has opted to close certain streets to vehicle traffic and will also be setting up water misters in some parks.

The National Recreation and Park Association has recommended that playgrounds stay closed until there is no longer widespread community transmission of the virus because playgrounds have a tendency to become crowded and it is difficult to keep surfaces clean and disinfected. The CDC has also said that playgrounds are difficult to keep safe. "Now in reopening, we have to actually double-down on our diligence," New York governor Andrew M Cuomo said. If people continue to use hand sanitizer, stay away from large gatherings, wear masks, and stay physically distanced, he continued, "the virus spread will be contained."

NYT

NANCY WARTIK

AS THE CORONAVIRUS spread across the country, blood supply faced a dire shortage across the world. Blood drives were cancelled when businesses closed, and many people feared going into donation centres. Even now, the rate of blood donations has yet to bounce back to previous levels. Chris Hrouda, president of biomedical services for the American Red Cross, which collects about 40% of the country's blood donations, calls it a "staggering" drop in supply. "Our inventories have been cut in half," Hrouda said. "We're starting to get into a critical situation."

Here's what you need to know about donating in a time of crisis.

Who can give blood?

Almost any healthy person can, although requirements may vary by state. Recently, the Food and Drug Administration loosened some restrictions, including making it easier for gay and bisexual men to donate. Talk to your local centre about

What you need to know about donating in a time of crisis

eligibility guidelines. In most places, you have to be 17 years old and above; with parental consent, some places allow donors to be 16. You must weigh at least 110 pounds. There are no standing upper age limits.

Claudia Cohn, director of the Blood Bank Laboratory at the University of Minnesota and chief medical officer of American Association of Blood Banks (AABB), said in an interview earlier this year that normally, older people are the best donors.

"They give a disproportionate amount of blood," Cohn said. "Even though we think their risk is very low, we want to protect them if they want



to be careful about going out."

That means centres are asking younger people to step up and donate more than they usually do.

Can you get coronavirus by donating blood?

"This is not a blood-borne disease, that is clear," Cohn said. "Blood itself

is safe." Coronaviruses in general don't seem to be blood transmissible, as evidence from earlier outbreaks of SARS and MERS has shown.

How are blood centres ensuring donor safety?

"We completely understand people are hesitant," said Pampee Young, chief medical officer of biomedical services at the American Red Cross, earlier this year. "We want to reassure the public that we're handling this with an abundance of caution."

Red Cross blood centres have ramped up ordinary procedures, with staff members masked, gloved and conducting extra temperature checks, on both themselves and donors. All surfaces are repeatedly wiped down and donors are spaced six feet apart. "With centres taking extra measures to eliminate risk, it's safer than going to the store," Cohn said.

How to donate blood

I was told to stay home. Can I still donate?

Yes. "The recommendations are to shelter in place except for essential things," said Young. "Public health officials recognise that blood donation is essential and they've made an exception for it."

Can I donate if I've had the coronavirus or Covid-19?

Yes, with some caveats. Your donation might actually be extra-valuable. So-called convalescent plasma — drawn from donors who've recovered from the disease — contains viral antibodies. "Antibody therapy holds promise for the treatment of current Covid-19 patients and it's being tested now," said Eduardo Nunes, a spokesman with the AABB. "Most centres prefer you to have been symptom-free for 28 days before donating."

You must meet certain other qualifications; for more information see the COVIDPlasma.org website.

Christopher Flavelle contributed reporting
NYT

Mind & Games

SUNDAY, JUNE 21, 2020

Has pandemic snacking lured us back to big food and bad habits?

We may think that we turned a corner on healthful eating habits with all that sourdough baking we did, but the food industry isn't about to let us off its hook that easily

MICHAEL MOSS

DURING A SPRING CONFERENCE call, the maker of Oreo and other iconic snacks shared some exciting news with Wall Street analysts. In the early days of the coronavirus pandemic, cookie and cracker sales had shot up by nearly 30%, a gargantuan leap in the world of groceries. "We executed well in the first quarter, even as the virus was spreading," said Dirk Van de Put, the chief executive of Mondelez International. This wasn't just a result of hoarding by nervous shoppers, he said. Consumers in the US and in many other countries bought more, ate what they stashed away and kept coming back for snacks as the weeks of social distancing stretched on.

The company did some investigating, and what it found has the entire processed food industry eagerly making new plans for our future. We may think that we turned a corner on our eating habits with all that sourdough baking we did, but Big Food isn't about to let us off its hook that easily. For starters, the pandemic revealed that sheltering in our homes turns our kitchens into one huge vending machine. "In-home, there is more grazing, more continuous eating, and snacking takes up a much bigger role," Van de Put said.

On top of that, he noted that there are powerful new emotions at play in those compulsions to graze. "Sharing a snack with your kids as everybody is sort of cooped up in the house brings back a feeling of normalcy, of togetherness, calming everybody down," he said. Lastly, the company found, many of us are finding ourselves drawn toward products that never attracted us before—a marketer's dream. Did we really fall that hard for the kinds of processed snack foods that many of us had been trying to avoid?



Back in 2014, Alexia Howard, a Sanford C Bernstein food industry analyst with a reputation for pulling no punches, spotted the trend among younger adults to avoid highly processed foods because of health concerns. Soon after that came the remarkable admission by Campbell Soup's chief executive that "we are well aware of the mounting distrust of Big Food." Now, Howard told me, the pandemic does indeed appear to be giving the industry a comeback. "There was a huge surge in sales of packaged food in mid-March as all the panic-buying played out across the country," she said. "But sales are generally still extremely strong across the board due to the collapse in food service sales to restaurants, schools, etc."

Data from the research firm Nielsen that tracked Americans' grocery buying from March to May bore this out. Campbell's reaped a 93% increase in sales of its canned soup before settling back to a still-amazing 32% growth. At General Mills, breakfast cereal jumped 29% in late March, and jumped again to 37% in the third week of April. Deep into the pandemic, we were still buying 51% more

frozen waffles, pancakes and French toast from Kellogg's. And so on.

To help gauge what we might do once social distancing ends, Howard also took an early measure of how the pandemic changed our eating habits. A survey by her firm, done on April 2 of 1,052 consumers who were representative of the US population, found that six in 10 adults were cooking more of their meals from scratch, a trend that broke fairly evenly among different age groups. But there were some generational splits on other matters. Not quite one in three people said the virus had caused them to eat healthier, which older people tended to define as helping them lose weight or control diabetes, and younger adults defined as "real food" with simple ingredients. By contrast, one in four people said they were eating more salty and sugary snacks, and these people were dominated by the same group that had given Big Food a hard time back in 2014: young adults ages 18 to 29. Amy Trubek, chair of the nutrition and food sciences department at the University of Vermont, said that when her stu-



dents had to flee campus in March, they cooked up a healthy storm. But she has her doubts about whether they or the rest of us can keep this up without some concerted effort. "American habits die hard," she said. "I don't think sourdough starter is going to make everybody into a home cook of whole foods. It's the everyday relentlessness of figuring out how to feed yourself that is always the problem. And as things ease up, we have a habitual system in our society where you don't have to cook, you can have other people cook on your behalf, or you buy food that's prepared for you in some way, shape or form."

Enter the processed food companies and their plans to capture the moment we're in, building on strategies they employed even before the pandemic began. In listening to their marketing executives and pitches to Wall Street, we might expect to see a game plan that looks like this: Keep their foods in our heads through ads on our mobile phones. This started out silly, with bags of Doritos measuring six feet between people. They went deeper into our isolation with "pick your quarantine house" from Skittles and played on our social distancing with virtual hugs from M&Ms. But even when not tied to the pandemic, their pitches are staggeringly effective. Taco Bell has 1.9 million followers. Fight harder for shelf space. Mondelez employees go into supermarkets to stock the company's products themselves, which became a huge advantage in the pandemic. When grocers focused on restocking staples like flour and let the snacks aisles sit empty, Mondelez agents kept the Oreos and Ritz crackers coming. Look for fierce shelf wars among firms going forward.

Focus on new markets. In China, the pandemic hurt sales initially, but Mondelez bounced back in part by refocusing their marketing efforts. "We started to realize that cooking with Oreos was something that they really like to do," said Van de Put. "So, we switched our communication to cooking with Oreos." Recapture impulsiveness. The pandemic has accelerated the industry's efforts to get us to buy things not on our shopping list. One trick that's getting renewed attention: the full basket. With free shipping on orders of \$35 or more, for example, shoppers just short of that sum get prompted to add items.

And finally, food companies are hoping to regain our trust about the health risks of processed foods by reducing their use of sugar, salt and saturated fat, and by taking steps to help consumers avoid overeating. NYT



The iciest waters around Antarctica are less icy

The sea ice that surrounds Antarctica is seasonal: it increases during winter and largely melts in the summer. The exception has been the Weddell Sea, which retains much of its ice from year to year because of cold winds from the south and a circular current, or gyre, that keeps the ice from drifting into warmer waters that would cause it to melt.

That makes the Weddell an important area for species that prefer colder conditions. But from 2016 to 2017, the Weddell had a sharp drop in sea ice coverage during the Southern Hemisphere summer compared with the previous summer. The loss was nearly 350,000 sq miles.

So what's going on? After analysing satellite data and weather records, researchers say two elements led to the initial sea ice loss in 2016-17, and the loss has persisted because of a phenomenon also seen in the Arctic.

First, they report in a recent study in *Geophysical Research Letters*, unusually strong westerly winds in September 2016 pushed a lot of sea ice out of the Weddell. And that December, record strong storms brought in warm air from the northeast.

In the Weddell, the researchers said, the initial loss of sea ice that winter led to a rise in the sea temperature of about 0.5 degree Celsius.

HENRY FOUNTAIN/NYT

CROSSWORD

- ACROSS**
- 6 15th Greek letter (7)
 - 7 Lending money at an exorbitant rate of interest (5)
 - 9 "___ Wonderful Life" (3,1)
 - 10 Founder of Binani Cement (4,6)
 - 11 Conduct business (8)
 - 13 Surpassed; got the better of (6)
 - 15 Fast moving consumer goods, abbr. (4)
 - 17 Eccentricities or peculiarities? (5)
 - 18 Gymnast Korburt (4)
 - 19 Money placed in care of third party until all legal obligations are met (6)
 - 20 Chinese province popular for its spicy cuisine (8)
 - 23 Landed property (4,6)
 - 26 Ardent or eager (4)
 - 27 Lewis Carroll beast—"ranks" anagram? (5)
 - 28 Give the right to? (7)
- DOWN**
- 1 "V" in JVSL, the Jindal Group's steel unit (10)
 - 2 Airlines from UAE: Air ___ (6)
 - 3 Peruvian Indian (4)
 - 4 The shoes for wet weather (4-4)
 - 5 Broken-down remains (4)
 - 6 External, not inner (5)
 - 8 Pulling or tugging sharply (7)
 - 12 Nurses; is inclined to (5)
 - 14 Colgate product (10)
 - 16 "M" in HMV, the music company (7)
 - 17 Big name in Japanese motorcycles (8)
 - 21 They happen! (6)

KAKURO

In Kakuro sum puzzles, the numbers in the black squares refer to the SUMS of the digits, which you are to fill into the empty spaces directly below or to the right of the black square containing the number. No zeroes are used here, only the digits one through nine. An important point: A digit cannot appear more than once in any particular digit combination.

BIZ QUIZ

- As per the recent change in the definition of MSMEs, what is the investment limit for an enterprise to be classified as a medium enterprise?
- Who are the beneficiaries of the newly launched scheme PM SVANIDHI?
- Which private-sector bank has partnered with Mastercard India to launch a digital point-of-sale solution named 'Soft POS'?

ANSWERS

BUZZ WORD

The Buzz Word is a substitution cipher in which one letter stands for another. If you think that X equals O, it will equal O throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is **by trial and error.**

Today's clue: ZGL equals **FAD**

Ldzmid opka wkwmdvvp spgyv tydgayo vp rgrprq dav tgi vdd rdqx gv opk lp. - Sdpasd Z.Wkaiv

BRIDGE BOUTS

L. SUBRAMANIAN

TOO TRICKY

An army friend of mine showed me the deal below from a Rubber Bridge game. His partner who learnt the game very late in his life, went down in 4S as he could not find the correct line of play at the table. It proved a little too tricky for him. Let me see whether you can handle the cards better.

Dir: North SA 7 3 N S
 Vul: N-S HA J 7 6 1NT 3S
 D 8 7 4 4S Pass
 CA QJ

N
S

SKQJT9
H 5 4 2
DA
CT 9 6 5

Contract: 4S by south. West led the DQ. Declarer won and played to a spade to the ace followed by another to his king, west showing out. How should he proceed?

Bidding comment: You will agree that 3S response was as primitive as it can get. Generally, it should show slam intentions, suggesting a very good suit and upwards of thirteen points, something like SK-Q-T-x-x H K-x-x DA-J-x C-x

How the declarer played: He drew two more rounds of trumps and took the club finesse. East won and played a second diamond which he was forced to ruff. He cashed his two club winners in dummy, but could not enjoy the fourth club as there was no entry to his hand. So, down one!

Correct play: When west shows out on the second trump, take the club finesse. RHO wins and returns a diamond. Ruff, play a club to dummy's queen and draw trumps. On the last trump, discard the CA from dummy, cash your clubs and the HA for ten tricks!

The complete hands were:

SA 7 3 S 8 6 5 2
 HA J 7 6 HQT 9 3
 D 8 7 4 DK 6 2
 CA QJ CK 7

N
S

SKQJT9
H 5 4 2
DA
CT 9 6 5

Discussion: You would have perceived how important it was for declarer to abandon trumps once he came to know of the 4-1 break and also to realise the blockage in clubs. He was able to deal with the blockage by getting the club honor out of the way on the fourth trump. A less-than hand indeed!

LEXICON

DEATHIST

n. A person who is prejudiced against the belief that science and technology will someday overcome human death.

Of course, people obsessed with control have to eventually confront the fact of their own extinction. The response of the tech world to death has been enthusiastic. We are going to fix it, Google Ventures, for example, is seriously funding research into immortality. Their head VC will call you a "deathist" for pointing out that this is delusional. —Maciej Ceglowski, "The Moral Economy of Tech," *Idle Words*, June 26, 2016

SCATHING ATTACK

Pompeo tears into China for 'escalating' tension with India

The top American diplomat called the Communist Party of China a 'rogue actor', saying it wants to undo all progress the free world has made through institutions like NATO

PRESS TRUST OF INDIA Washington, June 20



US secretary of state Mike Pompeo

Sea and has also laid claims on the Senkaku islands under the control of Japan in the East China Sea. Vietnam, the Philippines, Malaysia, Brunei and Taiwan have counter claims over the South China Sea. The US periodically deploys its naval ships and fighter planes to assert freedom of navigation...

American companies have invested in China with great optimism. It outsourced supply chains to places like Shenzhen, opened education institutions for PLA-affiliated students and welcomed Chinese state-backed investment in their countries...

CPC isn't just a rogue actor in its own neighbourhood, it lied about the Coronavirus and let it spread to the rest of the world, while pressuring the WHO to assist in its cover-up campaign. Hundreds of thousands of people have died and the global economy has been decimated...

Judge: Bolton can publish book despite efforts to block it

ASSOCIATED PRESS Washington, June 20

A FEDERAL JUDGE ruled Saturday that former national security adviser John Bolton can move forward in publishing his tell-all book despite efforts by the Trump administration to block the release because of concerns that classified information could be exposed...

The ruling clears the path for a broader election-year readership and distribution of a memoir, due out Tuesday, that paints an unflattering portrait of President Donald Trump's foreign policy decision-making during the turbulent year-and-a-half that Bolton spent in the White House...

Apple recloses some stores, raising economic concerns

ASSOCIATED PRESS Washington, June 20



A file photo of an Apple store in Manhattan, New York

APPLE'S FRIDAY DECISION to close stores in four states with surging Coronavirus cases highlights a question that other businesses may soon face: Stay open or prepare for more shutdowns?

Many other businesses, including manufacturing, travel, dining, and entertainment, have been steadily reopening where they can while taking health precautions. But some have recently pulled back or paused their plans...

Apple, like many other major US retailers, shut down all of its US locations in March. On Friday, it said it would shut 11 stores, seven in Arizona, two in Florida, two in North Carolina and one in South Carolina, that it had reopened just a few weeks ago...

Home-goods chain Pier 1 is shutting down. "Remaining open may be existential for some retailers and I would expect they will stay open where local regulations allow," Perkins said in an email...

US President intends to nominate Indian-American to IDFC board

PRESS TRUST OF INDIA Washington, June 20

Development Finance Corporation will be for a term of three years. He is the managing director at software investment firm Insight Partners.



US President Donald Trump

Development Finance Corporation will be for a term of three years. He is the managing director at software investment firm Insight Partners.

Last month, he co-hosted a virtual fundraiser for former vice president Joe Biden, who is the Democratic presidential nominee against Trump.

UN experts: Gold from Congo is going to armed groups, criminals

ASSOCIATED PRESS United Nations, June 20



UN EXPERTS SAY armed groups, criminal networks and some law enforcement agents in Congo are reaping vast sums of money from illegally exploiting gold and other natural resources...

The council imposed sanctions on Congo after the end of back-to-back wars that destroyed much of the central African nation by 2002. Sporadic violence has continued to plague the vast nation's mineral-rich eastern border region...

Rwandan genocide. The panel of experts said it traced Congolese gold to regional refineries and other international destinations and found that some refineries acted as brokers, used cash payments, undertook refiner-to-refiner trading...

From the Front Page

67L workers get ₹50k-cr helpline

"Our rural governance systems and field level workers such as Asha workers who built public awareness in rural areas have played a very important role in fighting Covid-19..."

use to some extent for the mission-mode project.

Manufacturers burst balloon

Any increase in duties would raise cost for vendors, which would be passed on to the manufacturers and onwards to consumers. Since domestic manufacturing of such components is not enough...

bring down dependence on China, which accounts for about a fourth of India's annual auto parts imports of \$18 billion. Indian exports to China in this segment, however, are only about \$300 million annually...

"It is no secret that a substantive part of India's supply chain has its roots in China. Efforts are underway to enhance self-dependency. Meanwhile, we remain confident that the Indian and Chinese leaderships will find a lasting solution for the current border impasse..."

head and executive vice-president of Godrej Appliances, said, "For the next few months, there is enough stock of components and parts for consumer electronics and though there will be disruption in the long term, it can be mitigated with alternatives available..."

Branding that's in your face, literally

"It is a great promotion tool which you can't go wrong with. Presently, we are giving away one matching face mask free with every garment sale that we make..."

Delhi cases: Institutional quarantine order revoked

After this meeting, Sisodia said outstanding issues had been resolved. "The doubts the LG had regarding home isolation have been cleared and the practice will continue..."

Advertisement for VRL LOGISTICS LIMITED featuring a financial results table for the quarter and year ended March 31, 2020. The table includes columns for Particulars, Quarter ended March 31, 2020, Quarter ended March 31, 2019, Year ended March 31, 2020, and Year ended March 31, 2019.

CLASSIFIED CENTRES IN MUMBAI

Bejoy Ads, Opera House, Phone: 23692926 / 56051035. Color Spot, Byulla (E), Phone: 23748048 / 23714748. FCA Communications, Nariman Point, Phone: 40020550 / 51. Fulfront Advtg & Mktg, Juhu Hill, Phone: 24159061, Mobile: 976238274 / 9969408835. Ganesh Advertising, Abha Rahman Street, Phone: 2342 9163 / 2341 4596. J.K. Advertisers, Hornumal Circle, Fort, Phone: 22663742. Mani's Agencies, Opp.G.P.O., Fort, Phone: 2263 00232, Mobile: 9892092257. Mangyot Ads, Carve Road (E), Phone: 24700338, Mobile: 9820460262. OM Sai Ram Advtg, Carve Road, Phone: 9967375573. Pinta Advertising, Macaagon, Phone: 23701070, Mobile: 9869040181. Premier Advertisers, Mumbai Central, Phone: 9819891116. Sanjay Advertising, Jurlado, Phone: 66626983. Sanjeet Communication, Fort, Phone: 40924682 / 40792205. S. Arts Advtg, Masjid, Phone: 2422 9341 / 2422 0465. Taj Publicity Services, Byulla (W), Phone: 2305 4894, Mobile: 982011371. Yagambha Advertising, Gajagan, Phone: 2386 8065, Mobile: 9869074144. Aaryan Publicity, Dadar (E), Phone: 622-65881876, Mobile: 9320111876. R. Y. Padhye Publicity Services, Dadar (W), Phone: 2422 9241 / 2422 0465. DAVEY Advertising, Datar Eboran, Dadar (W), Mobile: 8452840979 / 9930949817. Hook Advertisement, Dadar, Phone: 8691800888. Central Advertising Agency, Mahim, Phone: 24468656 / 24465555. Charudatta Advertising, Mahim (W), Phone: 24221461. Jay Publicity, Dadar (E), Phone: 24124640. Pallavi Advtg, Dadar (W), Mobile: 9869109765. Shree Swami Samarth Advertising, Dadar (W), Phone: 24440631, Mobile: 9869131962. Stylos Arts, Dadar (W), Phone: 24304897. Time Advertising, Matunga (W), Phone: 2446 6191. Vijaya Agencies, Dadar (W), Phone: 2422 5672, Mobile: 9920640689. Media Junction, Matunga (W), Phone: 022-66393184 / 022-66332140, Mobile: 9820293533 / 9821656198. Achievers Media, Bandra (W), Phone: 22691584. NAC, Bandra (W), Mobile: 9664132358. Reckon, Bandra (W), Mobile: 9867445557. Space Age Advertising, Bandra (E), Phone: 26552207, Mobile: 9869666222 / 9869988877. Kirti Agencies, Khar (W), Phone: 26047542. Hindustan Advertising, Vile Parle (W), Phone: 26146229. Promerise, Vile Parle (W), Mobile: 9167778766. Venture, Andheri (E), Phone: 61226000. Anuja Media, Andheri (W), Mobile: 9152895703. Bombay Publicity, Andheri (W), Mobile: 9870703542. Carl Advertising, Andheri (W), Phone: 6094 1441 / 42. Gauri Press Communication, Andheri (E), Mobile: 9820069565 / 9820069568. Reyan Publicity, Andheri (E), Phone: 28253077, Mobile: 9920992393. Lokhandwala Advertising, Andheri (W), Phone: 26364274 / 26316960. Multimedia Informatics, Andheri (W), 828601339. Prime Publicity Services, Andheri (E), Phone: 26839686 / 26830104. Zycr Creations, Andheri (W), Phone: 022-26288794, Mobile: 9833364551 / 9820199918. P.V. Advertisers, Janghewadi (W), Phone: 26788888, Mobile: 9820123000. Nisha Agencies, Goregaon (E), Phone: 2927 5033, Mobile: 981999563. CSP, Goregaon (E), Mobile: 8652400931. Shark Enterprises, Goregaon (E), Phone: 022-26863587. Adversal Services, Goregaon (W), Phone: 28762157 / 28726291. Samartha Advertiser Pvt. Ltd., Goregaon (E), Phone: 26852294, Mobile: 9594960627. Targe Media, Goregaon (E), Mobile: 8692959648 / 9702307711. AED Support Advertising, Malad (W), Mobile: 9869463650. Bijal Visual Ads, Malad (W), Phone: 28854537 / 28805487, Mobile: 9322265715. Signature, Malad (W), Phone: 022-28811012, Mobile: 9820489442. Synergy Advertising, Malad (W), Phone: 28891428 / 22811012. Arifant Advertising, Khandivali (W), Phone: 28626679, Mobile: 9084992568. New Room Ads, Khandivali (W), Phone: 28640223, Mobile: 879275373. Popular Publicity, Khandivali (W), Mobile: 982094485. Vikram Advertising Agency, Khandivali (W), Phone: 28645005, Mobile: 9820433200. Super Age, Borivali (E), Phone: 42872727.

यूनियन बँक ऑफ इंडिया Union Bank of India. भारत सरकार का उपक्रम A Government of India Undertaking. आन्ध्र Andhra Corporation.

E-AUCTION SALE NOTICE MEGA E-AUCTION

SALE NOTICE FOR SALE OF IMMOVABLE PROPERTIES

201- 202, Second Floor, Stellar Enclave, D.P. Road, Near Parihar Chowk, Aundh, Pune - 411 007

E-Auction Sale Notice for Sale of Immovable Assets under the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 read with proviso to Rule 8 (6) of the Security Interest (Enforcement) Rule, 2002

Notice is hereby given to the public in general and in particular to the Borrower(s) and Guarantor (s) that the below described immovable property mortgaged / charged to the Secured Creditor, the constructive/ physical (whichever is applicable) possession of which has been taken by the Authorized Officer of Union Bank of India e-Corporation Bank (secured creditor), will be sold on "As is where is", "As is what is" and "Whatever there is" on 17 JULY 2020, for recovery of dues as mentioned hereunder to Corporation Bank from the below mentioned Borrower(s) & Guarantor(s). The Reserve Price mentioned hereunder:

Table with 11 columns: Sr. No., Name and Address of the Borrower, Name and Address of the Guarantor, Description of Properties, Name of the Branch & Managers Contact No, Reserve Price, Date of Demand Notice, Date of Possession, Amt Due As On 09.06.2020. Contains 25 rows of auction listings.

Cont...

