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“Get On The First Plane Home If You’re Not Happy” - NZ First minister to the Indian Community



L: Winston Peters R: Shane Jones

(Continue on pg. 3)

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(Continue from pg. 1) **“Get On The First Plane Home If You’re Not Happy”**
- Erum Ali

The message to Indians in New Zealand who are struggling with Immigration’s unfair treatment is very clear. **New Zealand First tells Indians, “Get on the first plane home if you are not happy.”** An open racist message given to the Indian Community which has irked the entire country, surely this is not what New Zealand stands for.

This comes in the wake of the recent changes to parent visa category and the bulk rejections of partnership visa applications by INZ for culturally arranged marriages. Well, it surely seems these New Zealand First Ministers are starting to gear up for the coming elections big time, with the anti-immigrant rhetoric.

Senior Cabinet Minister Shane Jones from New Zealand First added a shocking statement saying, “You have no legitimate expectations in my view to bring down your whole village to New Zealand.” This message was to all Indian activists and community groups who have spoken out expecting any positive changes to happen. Looks like standing against arrogant, racist and tyrannical political leaders is no longer an open option for the ones who are suffering at the hands of the immigration policies and the government at large.

It comes as no surprise that the directives issued to Immigration New Zealand to

mass decline visas of Indian applicants, has come from the Government and more precisely from the Deputy Prime Minister of New Zealand Winston Peters. Winston Peters says its simple, “You are either a partner under New Zealand’s law or you are not.” He says, “Visas were being granted earlier when they should have not been. They were not observing laws under the rule, how can you be a partner when you are not a partner”, clearly showing a brash, totally unmindful attitude towards cultural practices.

Earlier this week, The Indian News sent all the information to the Immigration Minister Hon Ian Lees-Galloway’s office for a comment on the mass decline of partnership visas. **The Minister’s office replied saying that it is not a government related issue but an operational issue. He said that he has been getting updates from INZ regularly and they are committed to reducing the processing times. For more details we need to be in touch with INZ.** By giving these replies the Minister has shown that he has tried to steer clear of the subject by passing the buck on to INZ.

The Immigration Minister is more focused on the reducing the application turnaround times. Looks like the minister was so desperate to clear the Mumbai backlog that he has agreed to go for mass declining of

applications to achieve that outcome. The email sent as reply to Indian news clearly shows that he couldn’t care less about the declines and is solely focussed on clearing the backlog.

However, RNZ aired an audio clip, in which they interviewed Winston Peters who is taking credit for a tougher approach to both parent and partnership visas. Their report says that it is the government that directed INZ to decline these applications. So, is the Immigration Minister lying to us by saying it is not a government related issue but an operational issue? And if Winston Peters has issued these directives, then it’s clear the minister’s office is contradicting itself. Which means it is a well-planned deliberate delay, no short staffing or operational issues here. It is a resolve to cut down on the immigration numbers targeting a particular section only.

Aakanksha McClymont from McClymont and Associates who has been speaking out and standing up for the community, shared a post on her Facebook page saying -

“Understand now the level of racism and xenophobia that is driving this country’s Immigration policies. The government is telling NZ Citizens of Indian descent who choose to marry partners from their own country to “get on the first plane back home” and

accusing them of “bringing the whole village to New Zealand “

The “villages “ that Shane Jones is talking about are cities of 20 million people, cities that have produced Nobel Laureates, CEO’s of the world’s largest tech companies and people like me. But now , is this government telling me to get on the first plane back home just because I’m a proud Indian?

If you have ever been served by an Indian worker in a shop , ever had Indian food or ever had an Indian friend then it’s up to you all to say enough is enough, this has to stop. It’s time for Indians to make their voice heard, and time for kiwis to demand that our Prime Minister to stop pandering to these racist bullies.”

The post is requesting people to #boycotracism and is going viral.You can also find it on our Facebook page.



Ian Lees-Galloway



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SkyCity fire throws Auckland city commute into chaos-brings Auckland CBD to a halt



The fire at Auckland's SkyCity international convention centre has been raging for more than 20 hours resulting in nearby offices being shut, roads closed and health warnings being issued.

A number of arterial roads in the Auckland CBD have closed, and several buses have been diverted or cancelled.

Auckland District Court, Central City Library and Chorus House are closed. The TVNZ central city building and TV studio

were evacuated this morning.

The fire broke on the roof of the SkyCity international convention centre just after 1pm yesterday.

Fire and Emergency manager Ron Devlin says the plan is to "sacrifice the roof". Once materials from the roof have fallen in, crews can go into the fifth floor and put the fire out, he says.

The cause of the fire is not yet known.

The fire at SkyCity convention centre has

closed several arterial roads, causing a number of bus diversions and cancellations. Orange flames and billows of black smoke are still coming out from the roof of the SkyCity International Convention centre in Auckland this morning.

Firefighters say they're trying their best to get the fire under control after it broke 17 hours ago.

Twenty-one appliances are on the scene with laddered hoses trying to reach to the top.

Two lanes are open on Nelson Street, part of Hobson street is closed, and Wellesley Street West is closed between Hobson and Nelson streets.

Auckland Emergency Management said diversions are expected to remain in place until at least mid-morning and commuters should expect major delays.

The weather has also affected some transport, with all Birkenhead ferries and some Half Moon Bay services cancelled due to heavy winds and squalls battering

the city.

Buses will use Port motorway off-ramp, left Wellesley Street, left Mayoral Drive, left Wakefield Street, left Symonds Street, left Wellesley Street, with buses ending their trip on Wellesley Street near AUT (7089).

Wellesley Street as normal then left Mayoral Drive via Cook Street, right Nelson Street, left Wellesley Street, then as normal.

Queen Street as normal, left Wellesley Street, end trip outside The Civic.

Customs Street as normal, via Fanshawe Street, left Halsey Street, right Victoria Street, then as normal.

Buses will depart ANZ Bank bus stop as normal, left Halsey Street, right Victoria Street, left Franklin Road, then as normal. Nelson Street as normal, right Cook Street via Mayoral Drive, left Queen Street, left Mayoral Drive, end trip at Mayoral Drive near Greys Avenue.

Wellesley Street East as normal, right Queen Street, left Customs Street via Fanshawe Street, left Halsey Street, right Victoria Street then as normal. This was the situation when we went into print on Wednesday -RNZ

Sri Velukkudi Krishnan to deliver discourses in Auckland



Saranagathi New Zealand once again receiving Sri Velukkudi Krishnan Swami to Auckland from the 1st to the 4th of November 2019. Sri Krishnan Swami had given discourses in Auckland in 2012 and 2014. Both the occasions were of resounding success. Velukkudi Swami is a Hindu spiritual and religious Guru who is also a well-versed orator. He delivers discourses on a range of topics from The

Mahabharata, Ramayana, Vedanta, Divya prabhandam, Self Help, etc to the relevance of spiritualism in the modern world.

Krishnan Swami is a Chartered Accountant by profession, and he resigned his job in 1996 to devote himself to his religious pursuits. He travels across the continents to give discourses. USA, UK, Singapore, Australia are some countries, he visits regularly. He is also giving discourses length and breadth of India as well. This apart, he has formed various institutions to help promote Hindu Dharma in every walk of life.

Swami's father, Velukkudi Varadachariar, was also noted as a Vedic scholar. Swami was given both religious and modern education, after which he went to work as a Chartered Accountant. Swami lost his father in 1991. Swami was 29 years old at that time and he started delivering lectures after his father's death. Finding that his accounting career conflicted with his religious life, he left his job in 1996 to devote

himself full time to religious work. He has ability to keep his listeners tied to his discourse. His rendering of religious concepts has to be heard in Tamil to understand the full meaning. His rendering of the SRIRANGA MAHATMIYAM will make anyone's eyes flowing with uncontrollable tears.

Saranagathi NZ has arranged his evening discourses Nov 1 - 3 (7 - 9 pm) in Three Kings Fickling Centre, Mt Roskill and morning talks on Nov 2 and 3 (10 - 11.30 am) at Bharathiya Mandir Community Hall, 258 BalmoralRd, Sandringham.

Events are free entry and finish with distribution of Mahaprasad.

Saranagathi NZ invites everyone who is interested in spiritual lifestyle to attend the events and get benefited by Swami's talks.

For further information on Swami's visit and discourses please keep in touch with Krishnan 0212299515 or Badri 0211289969. All are welcome.

-TIN Bureau

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Diwali in New Zealand



People when migrating to other countries enrich their adopted homelands not only with their professional skills, but also their unique traditions and culture. People of Indian origin have proved valuable additions to populations across the globe. They have also remained connected to their roots and brought an Indian flavour to their new environments. Festivals act as mirrors of a community's identity. Diwali- the biggest festival in the Indian calendar has become a showcase

for Indian ethos and customs. This day is celebrated by people of Indian origin across the globe. From a lit up White house in Washington, to The Beehive in Wellington; all join in the festivities. With each passing year Diwali is being celebrated on a bigger scale in New Zealand. Increasing numbers of the Indian diaspora, and more awareness about Diwali amongst the wider community, has led to this festive occasion occupying the pride of place in

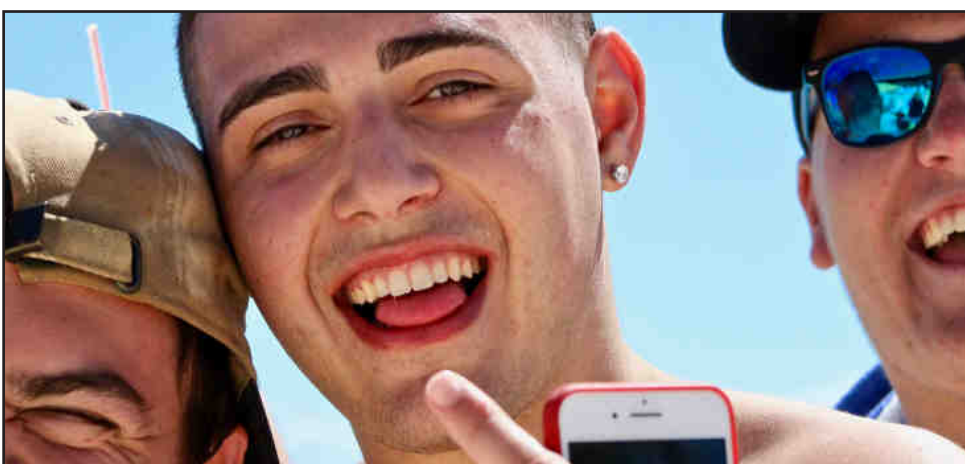
cultural calendars. The spirit of Diwali is contagious. It is an all-encompassing festival welcoming people to its fold. The scale and relevance of this festival remains unmatched for the Indian community. Festivities are held in homes, offices, and Diwali functions organised in many cities. The Indian diaspora makes it a point to invite their friends from other cultures to join in the celebrations. Stories behind celebrating Diwali are shared, traditional Indian clothes worn, and delicious food cooked; all adding to the charm of this day for people who witness it for the first time.

The message Diwali emanates of hope, cheer and bringing light in our lives is universal. The legend of Lord Rama going to exile for 14 years, on insistence of his family summarises the intrinsic part families play in Indian culture. It was his return that sparked celebrations now called Diwali. In an increasing commercialised and fast paced world, it gives people an opportunity to connect

with their inner self and emphasises the importance of being and doing good. Other features of Diwali like sharing with the less fortunate and getting rid of negativity resonates with everyone. And the bursting of firecrackers, add that little bit more of magic to a beautiful day.

Public and private organisations, media and politicians acknowledge the importance of Diwali, and provide avenues to further its reach, and make its message better heard. People in charge of these public celebrations should try and ensure that they do not become too Bollywood centric. Platforms should also be provided to classical Indian art and dance forms; presented and packaged in an appealing format. Also are these events getting overtly loud and boisterous, transcending acceptable norms in Kiwi society? This is also an aspect which needs to be looked at?

Diwali is a once in a year opportunity for us to celebrate the festival of lights with our family and friends from all walks of Kiwi life. The onus lies on us to make this a memorable day and utilise this opportunity to further enhance the image and importance of Indians in mainstream New Zealand society. -APURV SHUKLA



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Lots of fun and great fireworks to mark -Waitakere Diwali Ustav-2019



In a yet another celebration of Diwali festival, Waitakere Indian Association organised its 19th edition of Diwali festival at the Trusts Arena at Henderson in Auckland on Sunday 20th October. Over 10,000 people visited the Diwali spectacle site, enjoying the beautiful weather on the day. It was a day full of fun, loud music and dance which started around mid-noon and went on until late evening to wind it up with spectacular fireworks. The festival was organised both indoors and outdoor keeping the mood of weather in mind.

several traditional Indian classical dance performances. There were lot of games and fun activities organised for young kids at the venue. There was a segment of traditional Ram Lila also, performed in English. The outdoor side of the festival had all the food stalls lined up apart from a small area for outdoor performances where visitors could relax, enjoy their food and drinks and watch live performances in from t of them. Several very talented young singers and dancers performed at the outdoor venue as well amidst the cheering crowd.

Deepawali is celebrated with great fervour and enthusiasm throughout the world now. Festivity is a synonym for the Indian way of life, and this is natural too. Right from the Vedic period to the present day, there has been a tradition of festivities in India which, of course, has matched the occasions at different periods of time. We have also witnessed the courage to do away with outdated traditions. The transformations in the manner of celebrating these festivals according to changing times and changing social mores have been accepted and adopted very naturally.

The programme was officially declared open after playing India's national anthem and was attended by many political dignitaries including Mayor Phil Geoff, several government ministers and local MPs. The programme concluded with a very spectacular indoor fireworks in late evening.

-TIN Bureau

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Polling percentage drops in Haryana, Maharashtra

The polling percentage dropped in both Haryana and Maharashtra compared to the last assembly polls, as the data from the Election Commission released on Tuesday revealed that the two states have recorded a voting percentage of 68.47 and 61.2 respectively in the polling held on Monday.

Haryana had seen a high voter turnout of

76.54 per cent during the 2014 assembly polls. The voting percentage was 71.84 per cent in the 2014 Lok Sabha election and 70.35 per cent in this year's Lok Sabha election.

Maharashtra had recorded 63.08 poll percentage in the 2014 Lok Sabha polls and 60.79 per cent in this year's general elections.

Electronic interlocking system installed on Grand Chord route



The Railways has installed an advanced electronic interlocking system on the Grand Chord route with the

measure expected to help increase the speed of trains and reduce travel time between Delhi and Howrah to about 12 hours from the existing 17-19 hours.

Grand Chord is part of the Howrah-Gaya-Delhi line and Howrah-Allahabad-Mumbai line.

An official release said that the outcome became possible by replacing 65-year-old outdated mechanical signalling system

with an advanced and safer electronic interlocking system at Tundla station in Uttar Pradesh.

The release said that around 500 persons worked day and night from September 2 to October 20 to execute the "complex and challenging work in minimum possible time and with minimum inconvenience to public".

It said despite being extremely important for train operations, Tundla Junction was still continuing with the mechanically interlocked signalling system of 1955 vintage.

"On October 20, 65-year-old mechanical signalling system was replaced by the most advanced and safer system of electronic interlocking," the release said.

Rajasthan: 15-year-old knocks CM Gehlot's door to get protection from child-marriage

Amid government's strict policy and action to prevent cases of child-marriages, a 15-year-old girl had to seek help from Chief Minister Ashok Gehlot to save herself from the social curse of underage marriage.

The girl hailing from state's Tonk district, reached at Gehlot's Jan Sunwai (Public grievance hearing meeting) on Monday to narrate her ordeal and seek his intervention to stop the cruelty that she was going to be subjected too, an official statement from Chief Minister's office said.

She arrived at Chief Minister's residence

along with her uncle and informed Gehlot that she was being forced by her father to get married. The girl stated that her mother had died, and his father wants to get her married at this age itself.

For the protection of the girl, Chief Minister Gehlot issued an order for district collector and Police Chief of Tonk to take the necessary action.

He also enquired the girl about her future ambitions and assured her of the government's help in fulfilling her dreams.

Officials also informed the girl that she can avail free education facility under Sharda Balika Residential School scheme.



Lucknow: Trees painted with colours as part of beautification drive



In a unique initiative, trees in Gomti Nagar's Rajiv Gandhi ward are being

painted with different colours as part of the beautification drive.

Councillor Arun Tiwari, who is the main brain behind the drive, says that the ward ranked third in the Cleanliness Survey 2019, which inspired him to do more to bag the first position.

Artists also drew cartoon character; yoga poses and social messages like 'Save Trees'.

Tiwari also stated that the colours that are being used won't cause any harm to trees and the drive their lives.

"We got to know that if we inject pest control on trees then their lives can be increased. There will be no harm to trees. Trees got a new lease of life. We are using money from the Councillor Fund. We are planning to develop the 115-metre area and Gol Chauraha (intersection point) as a model," he said.

Some walls in the area have also been painted with street art showcasing the culture of Lucknow.

Contractor Girendra Singh who is doing the beautification work says that he is getting a good response from the people about this drive.

"We started the work on October 5. Initially, we cleaned the trees. All work is being done under directions of Councillor Arun Tiwari. No harm has been inflicted to trees in the process. The paint will not hurt trees. This beautification is spreading the message of cleanliness," he said.

Singh said they are also developing a selfie point for the people to click pictures.

A local resident Ashwani Bajpai lauded this initiative and said that authorities should replicate it across the city.

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Issues at home driving young Fijians away



Thirty-seven children in Fiji remain unaccounted for, out of 723 who have been reported missing since 2014. That comes from a police report which also shows 2016 was the worst year, with 150 children reported missing. Many of the children ran away because of problems at home, said Minister for National Security Inia Seruiratu. "There's so many reasons. One is the situation at home. Some, maybe because of social and economic issues at home. Some are related to harassment, and of course peer pressure. These are the various reasons young people are leaving

their homes." In August, Fiji's Parliament was told of the need for a police investigation relating to the country's missing children. The government is working with the social welfare ministry to address the issue. The Eastern division recorded the highest number of missing children cases at 20, the Southern division had nine, the North, five and the West at three. Twenty-six of the missing children are from the indigenous iTaukei ethnic group, Mr Seruiratu said. Police are continuing investigations.-RNZ

Police officer in Fiji fatally stabbed

A police officer in Fiji has died after being attacked by a theft suspect.

The 24-year-old officer, Suita Niumataiwalu, was based in Lautoka.

Police said he was stabbed while trying to apprehend the suspect at Churchill Park.

A suspect was arrested nearly 40 kilometres away, in the town of Ba.

-RNZ



Sport: Wisil and Schuster named Oceania's best athletes



Papua New Guinea sprinter Toea Wisil was crowned the best female athlete in Oceania and Samoan swimmer Brandon

Schuster was named best male athlete from the region at the Association of National Olympic Committees (ANOC) 2019 Awards.

Held in Qatar, the awards recognise the achievements of the National Olympic Committees, athletes and distinguished members of the Olympic family.

Wisil, dubbed the Pacific sprint queen, is a former Olympian who completed a historic triple gold in the 2019 Pacific Games in the 100m, 200m, and 400m.

The 31-year-old said representing PNG was a privilege. -RNZ



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Editorial

The Politics at its lowest

If we look around at the world stage today the politics is at its lowest ebb almost everywhere. You look at the political scenario in America, no US President in the past has behaved in a manner the current President Donald Trump does. He has brought down the US politics to an unprecedented low and well below the dignity of the highest office of world's superpower. His predecessors in the past have been great the visionaries and statesmen of repute, whose vision of America and the world order was considered to be a benchmark for other countries to look up to. Things have completely changed ever since Trump took over from his predecessor Barak Obama, who rose to the ranks like a seasoned politician and always maintained the dignity of the highest office of the most powerful nation in the world.

Just as if Trump's weird behaviour was not enough reason for the world to worry about, several European countries are in a turmoil due to the indecisiveness of English government over Brexit. Mudslinging is continuing from both, opposition and the ruling side with common man watching the drama in despair. No one is bothered about the welfare of other countries but only concerned about their own vested interests. Hence, the fight is still on without reaching a commonly acceptable resolve. If you look at other countries of the world more or less similar situation prevails there too. The situation in the Gulf region is the most volatile of all, where Islamic nations are fighting their own battle with each other for many years and now have reached on the brink of a world war.

If you move towards the Indian subcontinent, things don't look any promising either. Ever since Indian government revoked article 370 and 35A, our neighbouring nation Pakistan has gone berserk and is hell bent to internationalise India's internal matter. Their leaders, including Prime Minister and army establishment are busy running a misinformation campaign, world over on this issue. Now, it is a different story that no country in the

world trusts Pakistan except for their all-weather friend China, who support them only for a reason. China has invested over \$70 billion so far, in Pakistan on different projects and has got some very ambitious plans for China-Pakistan Economic corridor. China has stiff competition and dispute with India on several fronts, including age old border issues and other strategic and defence matters. China supports Pakistan on all international forums including United Nations or Security Council even on the issues like terrorism, which is the biggest danger to the world peace today. It is an open secret that the terrorism is now a home-grown industry of Pakistan, exported to world over. India is the worst effected country in the world from this dirty game plan of the rouge nation. Since independence, Pakistan has been only been busy spreading venom against India on Kashmir issue which has been an integral part of India from several thousand years.

Pakistan has no moral or legal right to interfere in or talk about India's internal matters. Their leaders wanted a separate nation for Muslims which they got when India was partitioned at the time of independence, creating Pakistan. At the time of independence India was ruled by over five hundred princely states, which all succeeded into India one after other. The Maharaja of Kashmir took a little longer to decide on merger with India until newly created Pakistan decided to occupy it, citing the unethical reason of greater number of Muslim populations there. Later, the whole world witnessed the systematically conspired exodus of native Kashmiri Pandits from the valley thirty years back, to make it a Muslim majority state. Their history is full of violence, brutal killings, raping of women, looting and burning down their homes and businesses.

Now, when the present government is taking necessary corrective measures to fix the wrongdoings of past, only people with vested interests are crying foul, making all the noise and spreading lies. This is the lowest level of selfishness and a worst example of gutter politics, anywhere in the world.

- Yugal Parashar

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Plant-based, Mediterranean diet good for gut microbiome



Apart from filling your bellies, certain foods can nourish the gut too!

Some foods have been found that can provide protection for the gut, by helping bacteria with anti-inflammatory properties to thrive, according to a study presented at the UEG Week Barcelona 2019.

In the study, researchers have found that plant-based and Mediterranean diets including legumes, bread, fish, nuts, and wine are associated with high levels of friendly gut bacteria that aid the biosynthesis of essential nutrients. They also help in the production of short-chain fatty acids (SCFAs), the main source of energy for cells lining the colon.

Gut microbiota is the term given to the microbe population living in the intestine. They play an important role in human health, including immune, metabolic and neurobehavioral traits.

The findings support the idea that the diet could be an effective management strategy for intestinal diseases, through the modulation of gut bacteria.

Researchers observed four study groups, the general population, patients with Crohn's disease, those with ulcerative colitis and the fourth with irritable bowel syndrome (IBS).

They analysed a stool sample provided by each participant to reconstruct the host's microbiota and compared this with the results of a food frequency survey.

Results identified 61 individual food items

associated with microbial populations and 49 correlations between food patterns and microbial groups.

It was found that dietary patterns rich in bread, legumes, fish, and nuts, were associated with a decrease in potentially harmful, aerobic bacteria. Higher consumption of these foods was also associated with lower levels of inflammatory markers in the stool that are known to rise during intestinal inflammation.

A higher intake of meat, fast foods or refined sugar was associated with a decrease in beneficial bacterial functions and an increase in inflammatory markers.

Red wine, legumes, vegetables, fruit, cereals, fish and nuts were associated with a higher abundance of bacteria with anti-inflammatory functions. Plant-based diets were found to be associated with high levels of bacterial SCFA production.

Plant protein was found to help the biosynthesis of vitamins and amino acids as well as the breaking down of sugar alcohols and ammonium excretion.

Animal-derived and plant-derived protein showed opposite associations on the gut microbiota.

Commenting on the findings, lead researcher Laura Bolte said: "The results indicate that diet is likely to become a significant and serious line of treatment or disease management for diseases of the gut - by modulating the gut microbiome."

"A diet characterised by nuts, fruits, greater vegetable and legume intake than animal protein, combined with moderate consumption of animal-derived foods like fish, lean meat, poultry, fermented low-fat dairy, and red wine, and a lower intake of red meat, processed meat, and sweets, is beneficially associated with the gut ecosystem in our study," the researcher added.

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10 Common Traits of Toxic People, According to Psychologists

You already know that getting rid of toxic people in your life is the key to happiness.

That much is clear.

But how do you know who's really toxic and who isn't?

Is your friend who always tries to one-up you toxic? Or are they just competitive?

It can be tough to figure out, but there's no need to worry. There are some common negative personality traits. Today we're going to through the 7 most common traits of toxic people.

Here we go...

1) They Never Take Responsibility

If they're feeling angry about something, this will always be projected onto you and your life. They will make it about you and how their emotions are present because of something you've done.

For example, they might be mad about something at work but are going to take it out on you.

They will never accept this as reality and will continue to rage. In fact, they will be ready to defend their perspective to the end if that is what it takes.

It is important to note this and not get into a war of words.

It is better to separate yourselves and notice this immediately.

2) They Never Apologize

Why would they apologize if it's never their fault? This is what races through their mind, and it becomes impossible to have a coherent conversation with a person in such a state of mind. They will refuse to acknowledge their mistakes, and if you bring them up, they will blame you for wasting their time or are going to accuse you for the problems.

It will never get to the state where an apology makes its way through. This can be a disconcerting feeling but one a toxic person is going to ensure you feel at one stage or another.

3) They Are Judgmental

They will judge you every step of the way. Whether it's your career, love life, clothes, or the food you're eating, they will be there to criticize. The attention will never move towards their choices because they'll be busy with putting you down. This becomes a common occurrence as they feed off of your perceived failures.

4) They'll Make You Defend Yourself

They will always deflect to you. This means if you are having a debate with them, they will start to pick on things you have done. This could be something as simple as the tone of your voice.

They will state, "Why are you shouting so much?" because that is an excellent way of deflecting the attention.

You will be taken aback and might even defend your tone because you're not a toxic person. This is what they require, and they will continue to press on this point until you forget what the main argument was about. It is an excellent way of manipulating you to weasel out of a terrible situation.

5) They Never Support You

This is a common reality as they're so lost in their toxic ways. They will refuse to encourage, support, or care for those around them. They would rather discourage as it brings satisfaction to them.

If they notice you are making progress, they will try to bring you down by picking out faults.

It is important to note each relationship is unique and people can have these qualities without being "toxic." It has to be a combination of these traits for you to become worried about the person and what they mean to you. Never sell yourself short and keep an eye out for those who spend a lot of time with you.

6) They Are Inconsistent

It's difficult to work out who you're with when you're with a toxic person. They can change their opinions and life narrative in an instant if it suits them. It all depends on what they need to accomplish and what they want to happen. Honesty and integrity means nothing to them.

This post is meant as a general overview of what a toxic person is like. Relationships are complex and it may not be easy to deal with toxic people until you have learned from previous interactions.

But the bottom line is this:

If you feel bad about yourself as a result of a relationship with someone, it's time to take step back and assess the situation.

They might never change, but you can. You can limit the time you've had with this person and never look back.

7) They Can't Listen to You. They interrupt a lot.

It doesn't matter if you were telling the best story in the world, a toxic person doesn't have the wherewithal to listen to you, no matter how hard they try.

They are too busy thinking about themselves and how they can get something out of the interaction instead of thinking about how they can add something to it.

During the telling of your best story in

the world, you can be sure that a toxic person is going to interrupt you on more than one occasion. It's kind of like their calling card. It doesn't matter what you say, they'll have something to say about it, and you can bet that they don't have good things to say about whatever topic you are discussing.

8) They Will Never Admit Defeat

From time to time you might find that you've outdone a toxic person, but it won't matter because there is no way in Hell that a toxic person is going to admit when they are wrong about something.

In fact, you can't even remember a time when they seemed remotely sorry for being wrong about something. They've never retracted a statement or bothered to take any responsibility for their actions or words, ever.

9) Toxic People Always Need to Have All Eyes on Them

You'll know that you have a toxic person in your life because they'll constantly be trying to take the attention away from anyone around them and focus it on themselves. If you have won an award, they'll give a speech about themselves. If someone goes on a vacation, they'll tell everyone about why that vacation

location is terrible. They just need to be the centre of attention no matter what the reason. Of course, while they try to build themselves up to be something of a wonder, this usually just ends up making them look selfish and stupid to other people. Too bad they don't realize that.

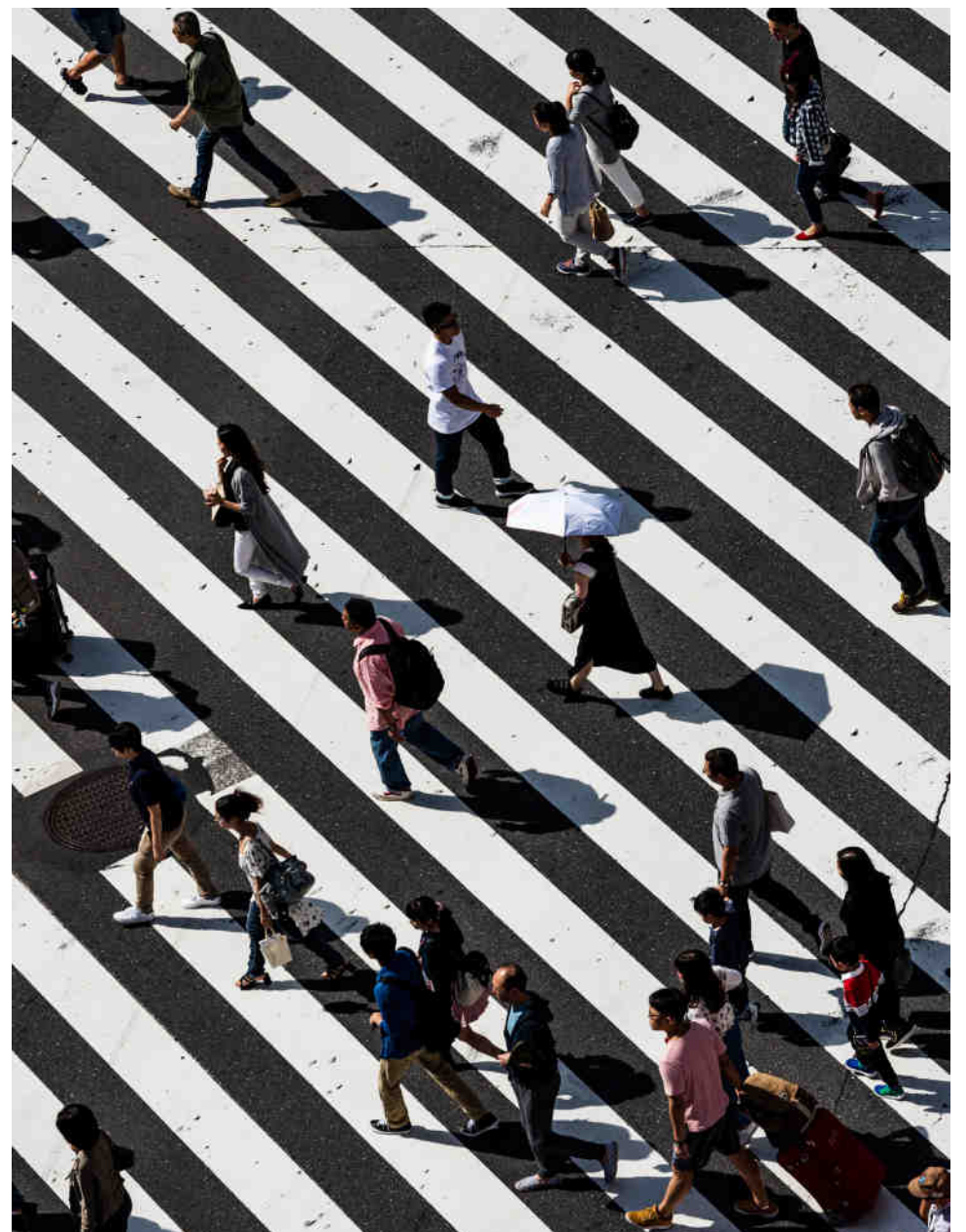
10) Toxic People Can't Get Out of Their Own Way

Even if you were to go out of your way to help someone who is toxic, they would never, ever go out of their way to help you. And you can take that to the bank. Unless – unless! – they can get something out of the transaction.

They may help you get a job because they need you to help them make a connection with your previous employer, or whatever it is that they have concocted in their brains for wanting to help you.

Be aware of sudden offerings of help from people who have never bothered to even ask you how your day was until now.

Here's the most important thing you need to know about toxic people: they are mean. There's just no way around it. They are mean and don't care about other people. They'll suck the soul out of you if you let them because it makes them feel better.



British Speaker blocks new vote on **Johnson's Brexit deal**



Speaker of the House of Commons John Bercow on Monday (local time) blocked the government's attempt to organise a new vote on the recently renegotiated Brexit deal in the British Parliament.

"In summary, today's motion is in substance the same as Saturday's motion and the House (of Commons) has decided the matter. Today's circumstances are in substance the same as Saturday's circumstances. My ruling is therefore that the motion will not be debated today as it would be repetitive and disorderly to do so," the speaker was quoted as saying by Sputnik news agency.

After rejecting the government's motion to put the deal to a vote, the speaker suggested that the Cabinet should instead try to present the legislation required for the UK to leave the EU under the deal to the Parliament.

Bercow further argued that the government has "every opportunity" to have Brexit its way until the October 31 deadline.

The suggestion was in line with earlier demands from lawmakers who opted for delaying the vote on a new Brexit deal until the laws needed for it are presented by the government and successfully passed.

Previously, the Parliament had asked Johnson to request a Brexit delay despite him successfully negotiating a new Brexit deal with the EU.

The lawmakers had urged the prime minister to request a delay to the Brexit deadline up to January 31, but Boris Johnson defied the demand.

The spokesperson for Boris Johnson said that the prime minister is disappointed by the fact that Bercow decided to discard the chance to "deliver on the will of the British people" with his ruling on the Brexit vote.

Following the mess up with the vote, Johnson's government is able to submit a bill with the legislation that lawmakers are requesting later on October 21 and then try to pass it by the October 31 deadline.

Pak-sponsored terror in Kashmir 'ignored and overlooked' by human right activists: Aarti Tikoo



Senior Indian Journalist from Kashmir Aarti Tikoo on Tuesday outlined the concerns of Pakistani terror victims in Kashmir and asserted that the human rights activist and press in the world have completely overlooked the 30-years of terror in Kashmir.

Speaking during the US House Foreign Affairs Committee hearing on 'Human Rights in South Asia', she said, "The fundamental point that I am trying to make is the victims in Kashmir are the ones who have been killed and massacred by Pakistani sponsored terrorists. The number of Kashmiri Muslims who have been killed in Kashmir is immense and they have been victimised by the Pakistani terror state".

"The 30 years of Islamic jihad and terror in Kashmir perpetrated by Pakistan has been completely ignored and overlooked by the world press," she added.

Tikoo, during the hearing, stressed that most of what is being written in the western press is "a distorted reality of Kashmir" and the story is often presented without proper context and a historical understanding.

"There are no human rights activist and press in the world which feels it's their moral obligation to talk about victims of Pakistani terror in Kashmir," she continued further.

The journalist also said that the current situation carried "a lot of certitude and righteousness of a narrative that helps the perpetrator and not the victim of human rights abuse in Kashmir."

"Why did they kill him? Because Shujaat wanted Pakistan to end violence and human rights abuse in Kashmir. They killed him because he wanted peace."

The journalist also talked about other victims of Pakistan-sponsored terrorism in Kashmir, including the incident of Ghulam Mohiuddin Mir-- a Kashmiri businessman, who was shot dead on August 29 by Pakistani-sponsored terrorists because he had dared to open his shop defying the orders of Jaish-e-Mohammed (JeM), the same terror group responsible for the kidnapping and beheading of Wall Street Journal reporter Daniel Pearl in 2002. "Jaish, since the last two months, has been issuing posters, warning Kashmiri Muslims not to resume their normal lives," Tikoo told the Congressional hearing.

US, India best situated to grow together on strategic issues, says Henry Kissinger

Former US Secretary of State and National Security Advisor Henry Kissinger on Monday said that the United States and India are best suited to grow together on strategic issues like security and economic evolution.

"If you look at the world, there are upheavals in almost every part of the world and that you cannot necessarily develop a general concept for each of them, but you can work together on the essentials of peace and progress. Then I would say no two countries now are better situated to evolve their friendship," Kissinger said while talking about India-US relationship at an event in New Delhi.

He also asserted that the roots of the present phase of the relationship between the two countries are in the post-Bangladesh crisis phase.

"The present phase of Indian-American relations began after the Bangladesh crisis because we were both pushed to the edge of confrontations by circumstance beyond our immediate issues", he said.

Speaking further he added, "We came



through this (Bangladesh) crisis from the opposite point of view but with the conviction that only fundamental evolution would follow (that) India and the United States could develop parallel approach and over the years, we have now reached a situation where India and the US, on many of these issues, on most of these key issues have parallel objectives."

Kissinger made these statements at the US-India Strategic Partnership Forum held during the second Annual India Leadership Summit here

During the event, Kissinger also shared his wisdom on the art of negotiations stating that the real essence of a negotiation is to achieve a win-win situation.

PM Modi congratulates Justin Trudeau over election victory

Prime Minister Narendra Modi on Tuesday congratulated his Canadian counterpart Justin Trudeau on his second-term win in the recently concluded parliamentary elections.

Taking to Twitter, Modi said that India and Canada are connected by shared values and a strong commitment to democracy as well as plurality and added that he looks forward to working with Trudeau to further strengthen bilateral relations between the two countries.

The tweet accompanied a picture of PM Modi with Trudeau and his family during their recent visit to India.

"Congratulations @JustinTrudeau! India and Canada are connected by shared values and a strong commitment to democracy as well as plurality. Looking forward to working together to further strengthen bilateral relations," Modi wrote on Twitter.

Election results show Trudeau's Liberal Party will return to power, but as a minority government. The Canadian Parliament has 338 seats and the party that wins most of those seats - 170 or more - forms a majority government. The exit polls had earlier predicted that no party will win a majority this election.



Predicted OCR Cuts and LVR Loosening Could Bring Big Changes to the Market

Economists are predicting that changes to the Official Cash Rate (OCR) and Loan to Value Restrictions could possibly re-ignite the market and bring back investors to the market.

Experts Predict House Prices Could Rise by 8 per cent by 2021

Economic consultancy Informetric have forecasted that house prices could be rising at the rate of 8 per cent a year by the middle of 2021, predicting watering down loan-to-value restrictions by the Reserve Bank as the catalyst.

It believes the Reserve Bank will add further relief to the housing market by continuing the trend of lowering loan-to-value restrictions, when it publishes Financial Stability Report next month. Informetric also believes the government could utilise the much talked about \$7.5 billion annual surplus to announce new spending initiatives "to respond to increasing calls for more fiscal stimulus". The government has a lot to respond to with slowing population growth, peaking construction activity and weak business confidence.

The OCR is currently held at 1.0 per

cent. The Reserve Bank could cut the OCR to its minimum of 0.25 per cent. And if the Reserve Bank cuts the OCR to the predicted 0.25 per cent or even 0.5%, it could give an extra boost to the housing market, as previous cuts have had a positive effect on the market so far. This matched with a possible reduction to the Loan-to-value restrictions could be a pairing for success, according to Informetric chief forecaster Gareth Kiernan, "House price inflation could rebound to 8 per cent per year by mid-2021 given easier lending conditions and the lingering undersupply of housing in Auckland."

Westpac is also expecting house prices to rise by a potential 7 per cent next year. Many will be watching Reserve Bank's decision come November when the Financial Stability Report is released.

Investors Tipped to Return to Market with Predicted Changes

The trend of Investors holding back in the market could soon be a thing of the past.

Investors have been reserved in their spending since tough new rules introduced in 2016 made it harder for



banks to lend to them, this paired with other Government measures targeting investors (such as the proposed capital gains tax) contributed to a fall in Auckland house prices and led the share of New Zealand houses bought by investors to drop from near 30 per cent to closer to 20 per cent.

But with softening house prices in Auckland, and the scrapping of a proposed capital gains tax and healthy returns from rentals matched with tough measures being softened, may be enough to draw investors back. Investors now only have to save 30 per cent

deposit rather than 40 per cent deposit, and with the Reserve Bank predicted to soften this further, could help add fuel to the fire.

There has already been signs in the past three months that activity has increased from this group as Mortgaged investors - those taking out home loans - bought 25 per cent of all New Zealand homes sold in the last quarter. This was their largest market share since the tough lending restrictions were introduced in 2016.

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Here are five most exciting things you can only do in Turkey



Turkey is a nation straddling Eastern Europe and western Asia with cultural connections to ancient Greek, Persian, Roman, Byzantine and Ottoman empires. Cosmopolitan Istanbul, on the Bosphorus Strait, is home to the iconic Hagia Sophia, with its soaring dome and Christian mosaics, the massive 17th-century Blue Mosque and the circa-1460 Topkapi Palace, former home of sultans.

Here is the a of five quirkiest things you can experience in Turkey: -

The traditional Turkish Bath, Hammam-

The word, "Hamam", originating from the Arabic Hamam (means "heating up"), means a steam bath and is based on the heating of cold water. The Turkish bath consists of three sections: the cool room (sogukluk), the tepidity room (iliklik), and the hottest room (sicaklik or Harare). Double Turkish baths had separate sections for men and women, whereas single baths would accommodate women on certain days and hours.

Kirkpinar (Oil Wrestling)-

Oil wrestling is one of the most popular sports in Turkey. Historical

oil wrestling, also called grease wrestling, is the Turkish national sport. It is so-called because the wrestlers douse themselves with olive oil. The local name for the oily wrestling is kirkpinar and it is known as one of the popular sport branches in Turkey. In the contests, the wrestlers are anointed with oil from foot to head they wear pair of leather shorts called "Kispet" made of buffalo. Turkish Oil Wrestling (Kirkpinar) 2019 going to be held in Edirne's stadium, Edirne, Turkey.

Whirling Dervishes -

Every December, thousands of people make a pilgrimage to the central Turkish city of Konya for 10 days of ceremonies and events commemorating the death of the 13th-century Islamic scholar, poet, and Sufi mystic Jalaluddin Rumi. Among the most visually stunning of these is a mesmerizing ceremony by the whirling dervishes entering a state of trance in remembrance of their Sufi master Rumi. An annual highlight is the 'Sema' performance in Konya that draws pilgrims and tourists from far and wide.

Hot Air Ballooning -

Cappadocia is a landscape that one has never witnessed before in a lifetime. This makes it one of the most popular sports in the world to go up in a Hot Air Balloon. As you take off for sunrise you will start to be hypnotized by the spectacular and surreal landscape that lies below you. The different colours of the diversified landscape will leave you breathless. This is an activity not to be missed. Pamukkale is such an unusual landscape and a place that you will never have seen before in your lifetime. It is one of the hottest destinations in Turkey and a popular area for Hot Air Ballooning. Don't forget to witness the beautiful landscape here.

Gobeklitepe -

Gobeklitepe, a UNESCO World Heritage site in Southeastern Turkey and believed to be the First Temple of the World. What makes Gobeklitepe unique in its class is the date it was built, which is roughly twelve thousand years ago, circa 10,000 BC.

-TIN Bureau






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Tiny Steps to Karbala



Millions of Shia pilgrims from around the world take the road to the holy shrines of Imam Hussain and Hazrat Abbas in Iraq, but it is the children who steal our hearts says RAZIQUEH HUSSAIN

On October 20, this year more than 30 million Shia Muslims from around the world will reach the shrines of Imam Hussain, the grandson of Prophet Muhammad, and his half-brother Abbas in the Iraqi city of Karbala in an annual holy event known as Arbaeen.

Pilgrims stream towards Karbala on foot from Iraq, Iran, and places farther afield, resting along the way in tents.

Along the roads, stalls set up by charities, mosques, and devotional groups see to it that no traveller goes hungry. Cooks prepare vast amounts of stewed lamb, grilled fish, fresh bread, and rice for the pilgrims, refusing payment for the meals.

The pilgrimage marks the 40th day of mourning of the anniversary of Imam Hussain's 7th-century death at the hands of

the Muslim Umayyad forces in the Battle of Karbala, during the tumultuous first century of Islam's history.

What catches your eye is that little children serve you with great fervor. You will find little girls lending tissues and toothpicks and little boys serving tea and snacks.

Not only do the young and old walk, you will see babies crawling and children holding onto their parents' hands going in tandem.

Imam Hussain not only inspires the adults who can understand his sacrifice, children too look up to him for his stand against injustice and tyranny. For Ali Jaafar Rizvi, 12, from Bangalore, India, it is Imam Hussain's victory after such a great sacrifice, is that which he holds dear to him. He says, "I love Imam Hussain because he sacrificed his life to save Islam, even when he lost his life and that of his followers, he triumphed over the evil intentions of the enemies of Islam."

For S. Abbas Murtaza, 11, from Pakistan, mourning for Imam Hussain has no limit.

companions, His brothers and His sons were brutally martyred. Later, His family was oppressed by the enemies of Islam," he says, adding, "Arbaeen is important to us because it marked the forty days after the martyrdom of Imam Hussain. It lets us feel how the family of Imam Hussain went to Karbala and how they would have faced the difficulties. On this day, we remind ourselves that though Imam Hussain lost His life, lost His family and companions but He and the other 'Shohdah' are pious and are on the right path. They pleased Allah and are still remembered even after so many years. We also promise that we will continue to follow the path of Imam Hussain and will carry on His message till our last breathe."

Kiyam Hasan Devjiyani, a seven-year-old, from New York, USA is influenced most by Hazrat Abbas. "I love him because he didn't go to the battlefield but went to the river to get water for the thirsty children of Imam Hussain and his hands were severed. He teaches us patience and kindness," he says.

During Arbaeen, Rabab Bano, an eight-year-old, from Dubai, is reminded of the Islamic virtues of giving water to others and caring for the environment. "Whenever I drink water, I send peace and blessings on Imam Hussain, his family and followers. I think, about the thirst of Imam Hussain, his family, and those around the world who are dying of thirst." She adds, "I am also reminded of keeping our surroundings clean and using up left-overs without littering."

Zainab Fatima Rizvi, an eight-year old from India says the women in Imam's army have taught her patience and perseverance in the face of oppression and injustice. Unfortunately the horrific events of Karbala didn't just stop there. "I recall the stories of what happened to the rest of Imam Hussain's family after he was martyred. The women and children were taken to Syria and beaten and put in a dungeon. Even among these trials, Lady Zainab forgot her own sadness to take care of her nephew, Imam Sajjad, the widows, and the young children. We should gain strength from the patience of

this great lady. Even when facing the scorn of the tyrant oppressor Yazeed, the martyrdom of her brothers was 'nothing but beauty,' for her," she says.

Arbaeen for Qaaim Rafiq from UK is the special walk from Najaf to Karbala. He says "When I think of Arbaeen, I think of the sister who wasn't allowed to mourn for her brother, I think of the four year old princess Sakinah who was tortured so much that she couldn't survive to go back to her country. The difficult walk the ladies and children undertook. I would like to smell the sand on which my Imam was martyred and it will be like a connection with Imam Hussain, who inspires me to follow his path and show heights of patience in times of adversity."

Ali Akbar Naqvi's grandmother tells him stories of the brave youth of Karbala. "I know about the personalities of Qasim, Ali Akbar, Sakinah, Aun, Mohammad, etc. Even as a young child, Qasim cried for permission to fight on the war front for his dear uncle. To him, martyrdom was "sweeter than honey." This teaches me selflessness," says the six year old from Melbourne.

There is no bigger sadness than that of the AhlulBayt says Hussain Sayani, 10, from London, UK, "Sure we have bad days and experience bad situations in our lives, and we get upset and sad. But when we think about Imam Hussain's fight and what happened to his family, our grief pales in comparison. I understand that while it is OK to be sad, I don't dwell on it, and instead get strength from recalling the story of Imam Hussain."

Today's tiny steps are tomorrow's mighty steps towards humanity which is what Imam Hussain stood for.



"We cry over Imam Hussain whenever we want throughout the year. Mourning for Him has no time limit. We do 'Azadari' in Muharram because this is the time of the year when He, His



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B-town celebs pour in birthday wishes for Parineeti Chopra



infectious. May you be surrounded by all things positive, this year and forever!"

Punjabi singing sensation Guru Randhawa also wished Parineeti on the special day. "Wishing my dear Parineeti Chopra a very happy birthday. More success and happiness to you. Enjoy ur day," he tweeted.

"Many happy returns of the day Parineeti Chopra. Here's wishing you a fabulous year ahead. Happy birthday," tweeted T-Series owner Bhushan Kumar while wishing the ace actor.

In 2011, Parineeti made her screen debut in the romantic comedy 'Ladies vs Ricky Bahl,' in a supporting role with Ranveer Singh and Anushka Sharma.

Chopra's second release was Habib Faisal's romantic drama 'Ishaqzaade' in which she played a leading role opposite Arjun Kapoor. The film which was critically and commercially hit at the box office even earned a National Film Award for her role as a boisterous and feisty tomboy Zoya, a Muslim girl who marries a Hindu boy and gives birth to new rivalry in both families.

families.

"Happy Happy Birthday my talented & adorable Parineeti Chopra... wishing you everything fantastic the world has to offer... love you lots," wrote Arshad Warsi while wishing the birthday girl who recently wrapped up the shooting of her upcoming film 'The Girl on the Train.'

Wishing Pari with great future and success, Aditi Rao Hydari wrote, "Happy birthday Pariiii! Lots of love, sparkle, and hugs... see you on the train."

Meanwhile, on the work front, the actor is currently working to get into the shoes of ace shuttler Saina Nehwal for her next film based on the athlete. Apart from the film, the Chopra sisters, Parineeti and Priyanka will lend their voices for Disney's animated film 'Frozen 2' as Elsa and Anna.

As Parineeti Chopra ringed in her 30th birthday on Tuesday, scores of celebrities stormed the social media with their best wishes for the birthday girl.

The first set of wishes poured in from the family members where her sister and global sensation Priyanka Chopra Jonas wished her "Tisha" with a great year ahead.

"Happy Birthday Tisha! May this year be the best yet! Love you lots," captioned PeeCee along with a selfie where the two sisters can be seen posing while flashing their smile.

The next set of wishes came in from her friends in the film fraternity.

Bollywood's 'Dhak Dhak' girl Madhuri Dixit Nene extended her best wishes to the 'Ishaqzaade' actor on her Twitter handle and wrote, "Wishing you a very happy birthday Parineeti Chopra! Your energy is



Here's why Prince William, Charles are concerned about Prince Harry, Meghan Markle



the source added.

The insider also notes that the 35-year-old Duke of Sussex "suffered from bouts of depression" as the two brothers "went through hell" following the 1997 death of their mother, Princess Diana.

It seems that Prince Charles and Prince William are really afraid after Prince Harry and Duchess Meghan's battle with the press recently.

"William is extremely concerned about Harry and Meghan," the source told Us Weekly exclusively.

"Even though the brothers have grown apart, William still cares about Harry and is hoping that he'll open up to him about his current struggles. William wants to be there for Harry and hates seeing him in such a bad place. Despite their differences, blood is thicker than water,"

Now Prince William is "terrified" of history repeating, the insider adds: "Harry's a very sensitive guy, and Charles is worried, too. This is a time when Harry needs his family the most."

The Duke and Duchess of Sussex opened up about their frame of mind in the new documentary 'Harry & Meghan: An African Journey,' which comes after they launched legal action against 'The Mail' for "bullying" Meghan after the newspaper published a private letter she wrote to her estranged father, Thomas Markle.

Dabangg 3: Salman Khan introduces Saiee Manjrekar as 'innocent Khushi'



A few moments later, Salman shared another post and captioned, "Hamari pure innocent masoom Khushi."

Doing justice with the title given, the newbie Saiee can be seen donning a simple ghagra choli with her hair blown by the wind. She completed her desi look with black bindi and a pair of long earrings.

The third instalment of the 'Dabangg' series is all set to release on December 20, 2019. The makers are set to drop the much-awaited trailer of the film on October 22, 2019.

Veteran actor Mahesh Manjrekar's daughter Saiee, who is set to mark her Bollywood debut with 'Dabangg 3', looked 'innocent' in the first look poster shared by Salman Khan on Tuesday.

Bollywood's 'Bajrangi Bhaijaan' shared the motion poster on his Instagram page while introducing the new face. In the video, Salman can be seen calling Saiee as his "baby Khushi".

The shooting of the film was wrapped up earlier this month. This action drama is helmed by Prabhu Deva and marks his second collaboration with Salman Khan. The duo has previously worked in 2009 hit 'Wanted'.

Salman recently announced his next action-packed project 'Radhe Your Most Wanted Bhai' which will hit the silver screens releasing next year on Eid.

Former BCB chief makes sensational claims, says board promotes institutionalised match-fixing



Former Bangladesh Cricket Board (BCB) chief Saber Hossain Chowdhury on Tuesday made sensational claims about the state of cricket in the country, saying that the board promotes institutionalised match-fixing.

He also supported the players' ongoing strike in the country and said that the corruption was deep-rooted in the cricketing board.

"BCBTigers is the only national sporting body in the world that promotes

institutionalised match-fixing, corruption, Unbelievable!! Flagged this issue many times myself," Chowdhury tweeted.

The Bangladeshi players have decided not to take part in any cricket activity until their 11 demands are met. These include the reversal of the BCB's decision last month to abandon the Bangladesh Premier League's (BPL) franchise-based model.

The decision made on BPL resulted in the reduction of the average professional cricketer's earning to an

all-time low. The cricket governing body also did not raise match fees in the first-class competition that began earlier this month.

Shakib Al Hasan and Mahmudullah were some of the prominent players, who announced their demands during the press conference at the National Cricket Academy in Dhaka on Monday.

Bangladesh is scheduled to tour India for three-match T20I and two-match Test match series, starting from November 3.

Excellent bunch of people to be with Ravi Shastri lauds Indian team

After whitewashing South Africa in three-match Test series on Tuesday, Indian coach Ravi Shastri lauded the team saying the side comprises excellent cricketers.

"Excellent bunch of people to be with. Congratulations on an outstanding series win. Enjoy the moment #TeamIndia #INDvsSA," Shastri tweeted.

After registering a comprehensive win in the final Test, Shastri was at his candid best and went on to say that the side needs to take the pitch out of the equation and look to focus on taking twenty wickets.

South Africa was not able to last for long on Day Four of the third and final Test of the series.

Resuming the day at 132/8, South Africa managed to last just twelve balls as spinners Ravichandran Ashwin and Shahbaz Nadeem scalped the last two wickets of Lungi Ngidi and Kagiso Rabada.

With this, India came away with the first-ever series whitewash against South Africa. Rohit Sharma was declared the Man of the Match and the Man of the Series.

Sharma scored 529 runs in the three-match series and he broke several records in the entire series. He broke West Indies' cricketer Shimron



Hetmyer's record of hitting the greatest number of sixes in a bilateral Test series.

He also became the second Indian opener after Sunil Gavaskar to register three or more centuries in a three-match Test series.

India is now at the top of the World Test Championship with 240 points from six matches. The rest of the eight teams have combined 232 points.

The team will next take on Bangladesh in three T20Is and two Tests. The first T20I will be played on November 3 at Arun Jaitley Stadium in New Delhi.

It's a massive game for us, says Abraham ahead of Ajax clash



Chelsea's Tammy Abraham said that clash against Ajax in the Champions League is a 'massive game' for them.

"We know it's a massive game for us. Ajax are like us; they have a lot of young players who like to keep the ball and play

good football. Off the ball as well they like to win it back quickly," the club's official website quoted Abraham as saying.

Ajax have won both of their Champions League clashes while Chelsea have won one and faced defeat in the other.

Despite admitting it is not going to be easy, Abraham said he believes in himself.

"We know it's not going to be easy, but I believe in myself and my team that we can hopefully get a result there," he said.

Chelsea will compete against Ajax on October 23.

French Open: PV Sindhu enters second round

Indian shuttler PV Sindhu on Tuesday advanced to the second round of the ongoing French Open after defeating Canada's Michelle Li in the first round. Sindhu defeated Li in straight games 21-15, 21-13.

The 24-year-old was relentless in the first game and she ended up winning it in just 20 minutes. The story of the match was the same in the second game, and Sindhu ensured there were no hiccups as she easily brushed off the Canadian challenge.

Sindhu, who earlier this year became the first Indian to win gold in BWF World

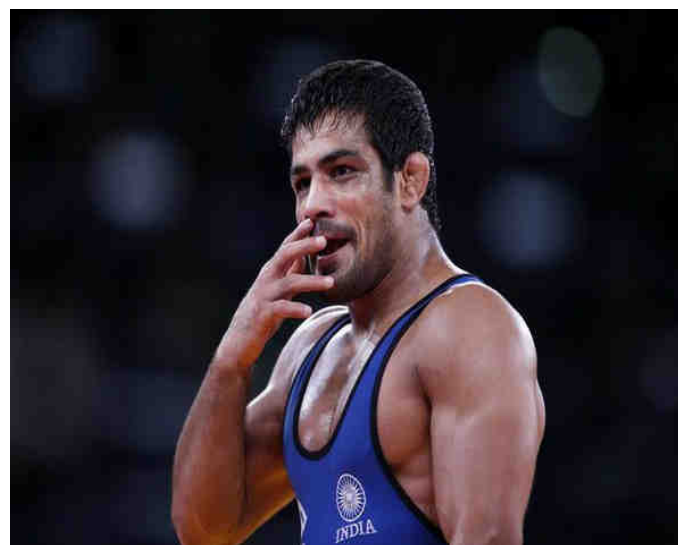
Championships, is coming off a bad run as she was knocked out in the second round of the Denmark Open earlier this month. Earlier in the day, shuttler Subhankar Dey advanced to the second round of the tournament.

Dey sprung a comeback against Tommy Sugiarto after facing a 15-21 defeat in the first game.

He won the second game 21-14 and later went on to win the third game 21-17.

On Wednesday, Saina Nehwal, Parupalli Kashyap will be in action in their respective first-round matches.

One who can perform better should play for India: Sushil Kumar on Mary Kom-Nikhat Zareen issue



May the best of the two play for India - Olympic medalist wrestler Sushil Kumar on Tuesday said of the recent storm over pugilists Mary Kom and Nikhat Zareen after the latter demanded a "fair chance" to contest the Tokyo Olympic qualifiers.

Zareen, on October 17 had written to the sports ministry challenging the Boxing Federation of India decision to accommodate World champion Mary Kom by changing its rule of exempting gold and silver medallists from the World Cup.

Kom had won a bronze in the 51kg

semi-final at the Women's World Boxing Championships in Ulan-Ude in Russia losing out to Busenaz Cakiroglu of Turkey on October 12 this year.

"In my opinion, Mary is a very disciplined player and that is why she is a legend. She will follow the instructions of the federation. In my opinion, whosoever can do better should play for India," Sushil Kumar

said.

Kumar termed Mary Kom a "class athlete" and said she will not shy away from giving trials. Kumar said ultimately the Federation will take a call on the matter.

"Federation has said that there will be trial and if Federation feels that no trial is required for Mary Kom because she might get injured or Mary can focus on the preparation with a free-mind and get ready for the Olympics. It is for them to take a call on whether Mary will be successful or Zareen," he said.

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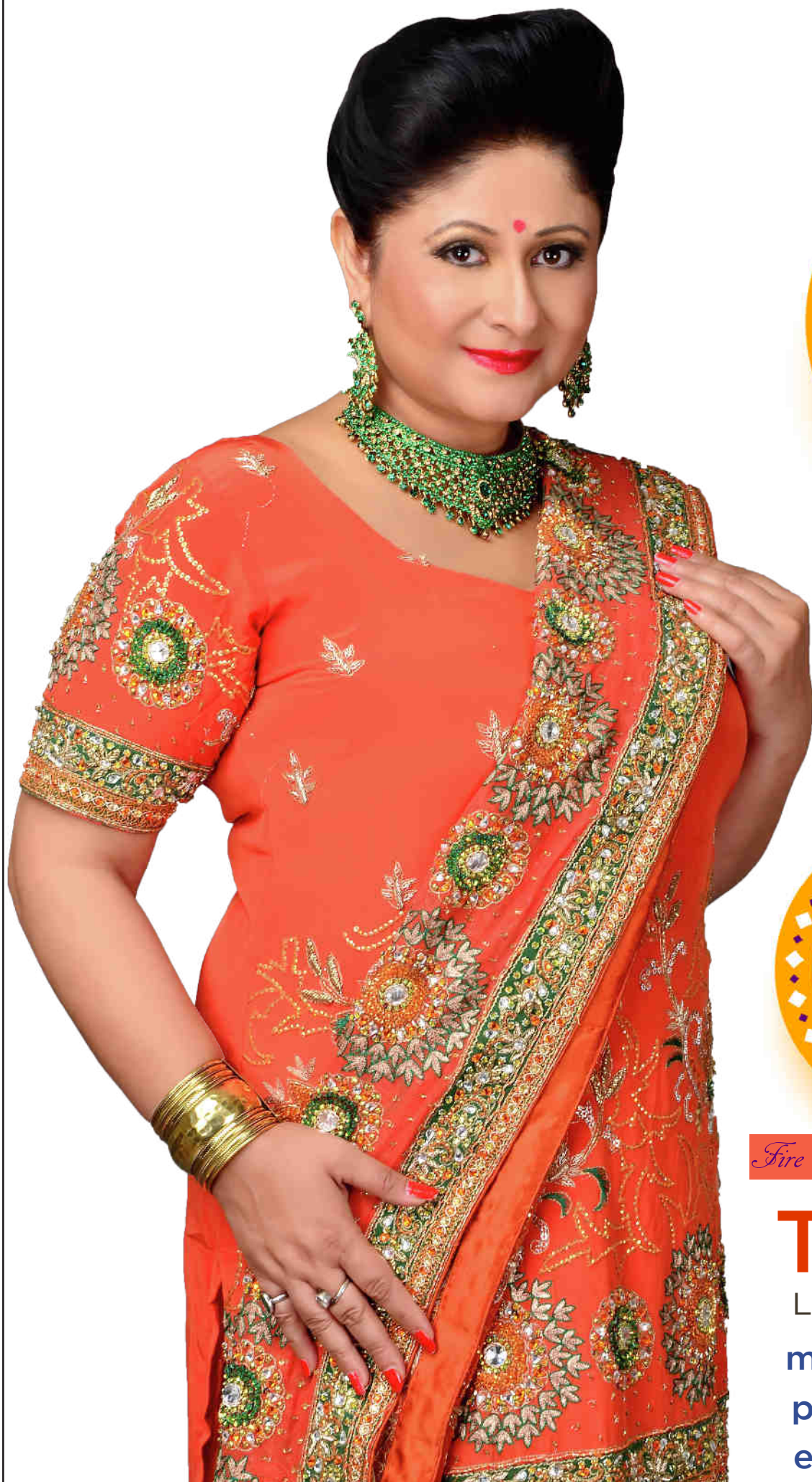
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