

### AIMIM Leader Waris Pathan Takes Back '15 crore Muslims...' Remark, Refuses to Apologise

NEW DELHI: Hours after an FIR was filed against him over his derogatory statement that '15 crore Muslims are more than a match for the country's 100 crore Hindus', AIMIM leader Waris Pathan said that he is withdrawing his remarks. "My statement is being twisted to target and defame me and my party due to a political conspiracy. But, I take back my words if they hurt anyone", Pathan, who is considered a close aide of Asaduddin Owaisi said.

The former Byculla MLA, however, refused to apologise for the remarks, which has stoked a huge political storm.

Speaking at an anti-CAA protest in Bengaluru, in presence of AIMIM president Owaisi, Pathan had stated that "15 crore (Muslims) will prove stronger than the 100-crore majority."

"They say we have kept our women in the forefront. I want to tell these people - only the lionesses have come out and you are in a cold sweat. You can understand what would happen if all of us come together", Pathan had said in an apparent reference to Shaheen Bagh protest, where a large number of women, most of them mothers and grandmothers are sitting on a street for over a month now in the longest continuous protest against the amended citizenship legislation.

### 460 Unani Doctors, Nursing Candidates selected for Certificate Prog in Community Health

JAMMU: National Health Mission (NHM), J&K has selected 460 Ayurvedic / Unani Doctors and Nursing Candidates for undergoing six months Certificate Programme in Community Health.

After completion of six months training programme the candidates shall be placed as Mid Level Health Providers (MLHPs) at Health & Wellness Centres-Sub Centres in J&K for providing Comprehensive Primary Health Care. Mission Director, NHM, Bhopinder Kumar said that Comprehensive Primary Health Care through Health & Wellness Centres is one of the priority areas of the Government for providing services at the doorstep of the community. He said under this programme the Sub-Centres (SCs), Primary Health Centres (PHCs) and Urban Health Centres are strengthened and upgraded as Health & Wellness Centres.

At Health & Wellness- Sub Centres, an additional Human Resource in the form of Mid Level Health Provider is being placed under NHM for providing 12 package of services which includes proper Maternal and Child Health Care Services, Immunization, Adolescent Health Care Services, Family Planning, awareness about National Health Programmes, screening for early detection of Non-Communicable Diseases viz; Hypertension, Diabetes, and three leading Cancers (Oral, Breast & Cervix) etc.

He added that 10 Programme Study Centres have been established in J&K for providing this training programme which include 6 through IGNOU and 4 through University of Kashmir.

### Google Play Store removes 600 apps over mobile ad fraud

NEW DELHI: Google announced that it took down hundreds of apps from its official Play Store for violating its ads policy.

As the official blog notes, nearly 600 apps have been removed from the Google Play Store and banned from ad monetisation platforms, Google AdMob and Google Ad Manager, over mobile ad fraud.

These bad apps displayed 'out-of-context' disruptive ads to users in unexpected ways, including impairing the usability of device functions. Google developed a machine-learning based approach to detect when apps show out-of-context ads.



## No Coronavirus Case Currently In India

NEW DELHI: Ahead of US President Donald Trump's visit, India is currently completely free of coronavirus infection. Coronavirus infection was confirmed among 3 students from Kerala among Indian citizens present inside the country, but now all three students are completely healthy and have been discharged from hospital.

Screening for identification of coronavirus is going on in India on a large scale, but at present no other person has been found to be suffering from this disease in the screening of coronavirus. Significantly, more than two thousand people have died due to coronavirus in China and about 75,000 people are suffering from this disease.

The Union Health Ministry

says that after thermal screening of millions of people, samples of a total of 2,654 people went for further investigation on the basis of suspicion.

Out of these 2,654 people, only three people from Kerala, who were found to be suffering from coronavirus, are now completely healthy.

Examining the remaining 2,651 people, they have been found to be completely safe from coronavirus. The test has been conducted at high-efficiency laboratories in Pune, Bangalore, Hyderabad, Delhi and Mumbai.

Union Health Minister Dr. Harsh Vardhan said that "India had begun its preparations for timely rescue of coronavirus. As many as 3,21,375 passen-

gers of 2,296 aircraft have been screened. Also, 6,387 passengers of 125 ships have also been screened. None of these people are affected by the coronavirus".

All 647 Indian nationals based in the ITBP's Delhi and Manesar camp of the Indian Army have also been sent home on suspicion of coronavirus. All these Indians have been brought to India from Wuhan city of China. Significantly, Wuhan is the only city in China where coronavirus outbreak has spread the most. Wuhan city of China has been completely closed for about 1 month. However, none of these Indians, who have been lodged in the ITBP camp, have been found to be suffering from coronavirus infection.

All these 647 suspects have spent more than 2 weeks in the Chawla camp of ITBP in outer Delhi. All the people living in the camp have been issued health certificate by the Ministry of Health.

All the Indians from China were regularly examined in these camps. Union Health Minister Dr Harsh Vardhan said, "Investigation has revealed that none of these Indians are affected by the coronavirus".

The coronavirus infection that started in China's Wuhan city has now spread to 30 different states of China. Wuhan is the only state in China where most Indian students and other citizens are stranded. Most of the Indians returning home from China are students.



## Fat around arteries may be good for health

NEW YORK: Researchers have found that fat around our arteries may play an important role in keeping those blood vessels healthy. The fat, known as perivascular adipose tissue, or PVAT, helps arteries do what scientists call "stress relax," or let go of muscular tension while under constant strain.

This is similar to the bladder, which expands to accommodate more liquid while at the same time keeping it from spilling out.

"In our study, PVAT reduced the tension that blood vessels experience when stretched, and that's a good thing, because the vessel then expends less energy. It's not under as much stress," said study researchers Stephanie Watts from Michigan State University in the US.

The findings, published in the journal Scientific Reports, could affect how researchers test for treatments related to plaque buildup in our arteries, or atherosclerosis, an issue

that can often lead to a heart attack, which is currently a leading cause of death in the US.

What made the finding so exciting, Watts said, is that PVAT has largely been ignored by researchers who have thought its main job was to store lipids and do little more.

Right now, scientists only divide blood vessels into three parts, the innermost layer called the tunica intima, the middle layer called the tunica media and the outermost layer called the tunica adventitia.

Watts would like scientists to recognise PVAT as the fourth layer, which others have called tunica adiposa - tunica means a membranous sheath enveloping or lining an organ and adiposa is a synonym for fat.

Other investigators have shown that PVAT plays a role in the functioning of blood vessels, finding that it secretes substances that can cause blood vessels to relax as well as substances that can cause it to contract.

But Watts and her colleagues wanted to test whether PVAT itself, rather than the substances it secretes, might play a role in how blood vessels perform.

So, they decided to test whether PVAT provides a structural benefit to arteries by assisting the function of stress relaxation.

To do that, they tested the thoracic aorta in rats and found those with intact PVAT had more stress relaxation than those without.

"My mind was blown," Watts said when she saw that the pieces with surrounding fat had measurably relaxed more than those without.

The research team also tested other arteries and were able to duplicate the same response.

"So, this tells us, it's not just a one off, it's not something you see only in this particular vessel or this particular species or this particular strain. But that maybe it's a general phenomenon," Watts added.

## Drink tart cherry juice to improve exercise performance

LONDON: Ever ran on the treadmill thinking how sooner will this help you reach your ultimate goal? It can get a bit frustrating to keep hustling without any gains. It is hard to shed a dozen kilos within a week or gain muscles overnight. It is going to take its own time, however, you may improve your exercise performance by drink tart cherry juice, suggests a study.

The ruby-red juice may help reduce strength loss and improving muscle recovery after intensive exercise. The study published in the Journal of the American College of Nutrition revealed a link between improved exercise performance and tart cherry juice as well.

"The recovery benefits of tart cherry concentrate are well researched, yet evidence on performance enhancement is scarce and

results have been mixed," said study co-author Philip Chilibeck from University of Saskatchewan in Canada.

"The results of this meta-analysis found that tart cherries did help improve performance, and we gained greater insight into the potential mechanism responsible for this benefit," Chilibeck added.

For the study, researchers examined 10 previously published studies on tart cherries and exercise recovery. The sample sizes ranged from 8-27, whereas the average ages of study participants ranged from 18.6 to 34.6 years.

A bunch of endurance-trained individuals, including cyclists, runners and triathletes were included in the study. The 10 studies totalled 127 males and 20 females.

To qualify, studies were required to be randomised controlled trials



conducted in a healthy adult population and use a placebo as a comparison for tart cherry supplementation (including tart cherry juice, tart cherry concentrate, tart cherry powder and tart cherry powder capsules).

Nine of the 10 studies involved longer-term tart cherry consumption (around two to seven days prior to exercise) while one involved same-day supplementation.

The dosage of tart cherry varied across studies. For instance, some participants took 200 to 500 mg/day in capsule or some took powder form, 60 to 90 mL/day of tart cherry juice concentrate diluted with 100 to 510 mL water and 300 to 473mL/day of tart cherry juice.

The total amount of anthocyanins consumed daily ranged from 66 to 2,760 mg.

A significant improvement in endurance performance with tart cherry concentrate, with two of the 10 studies reporting significant performance-enhancing effects on their own were observed in pooled studies.

The meta-analysis revealed that tart cherry consumed for seven days to 1.5 hours before cycling, swimming or running, may boost exercise performance. You can have it in juice form, or powdered form.

### Top 5 apps in India through which you can take personal loans



Thanks to internet the world is digitalized, everything is just a click away and you can buy anything and everything right from the vegetables to any electrical appliances. And sometimes, we all face a shortage of funds in order to purchase these things. Traditional banking involves a lot of paperwork and long and tedious procedures to process loan applications. In the alternate if you land up borrowing money from money lenders then you will get stuck with high rates of interest and almost every time they would ask for some form of collateral, making the process very dubious. However, today with technological advancements and a fintech revolution we have the immense flexibility of using Apps which provide quick, safe and hassle-free personal loans, sometimes within minutes. We bring to you our analysis of India's top 5 Apps which provide personal loans:

#### BAJAJ FINSERV

Bajaj Finserv offers Personal Loan for financing a wedding or tackling a medical emergency, funding higher education to renovating your home. Instant approval, minimal paperwork, no collateral, disbursement in just 24 hours. The app has 12,000+ partner outlets in over 150 cities with Croma, Vijaya Sales, Hometown, Home Centre, Urban Ladder, Helios, and more, which allow consumers to shop around in any of them.

This app lets you to login using the Aadhar Card, and social media profiles. You can edit the personal details easily on the app. You can share the first 6 digits of your Credit Card to increase the chances of getting an approval. This will also make you eligible for higher loan amounts. The app ensures not to use your Credit Card details for any banking purpose. And no money will be deducted from the card. After disbursement of the loan amount, you can shop across any of the partnered outlets like, HomeTown, HomeStore, Helios, etc.

#### INDIABULLS DHANI LOAN APP

Indiabulls Dhani supported by Indiabulls Consumer Finance Limited is fastest digital loan fulfillment platform in India, which provides instant loan disbursement. Dhani provides loans from 1000 to 15 Lakhs instantly within 3 minutes directly in its customer's bank account. Loans have tenure beginning from three months and going up to thirty six months. Indiabulls Dhani is the only loan providing company which enables its customers to earn rewards along with their personal loan. You have an opportunity to reduce your EMIs by earning Dhani points which gets converted into cash on every timely monthly installment payment. Indiabulls Dhani has a customer base of more than 2 million people and the company offers higher loan amounts on additional loans availed from Dhani.

#### PAYSENSE

PaySense, a digital platform to get an online instant personal loan which has partnered with IIFL, Fullerton and Northern ARC for the disbursement of personal loans.

With this app, you can avail personal loan from 5000 to 5 lakh. Based on person's risk profile loan amount and tenure is decided. Salaried individuals having a salary of 12,000 per month and self-employed individuals earning 15,000 per month are eligible to apply for the loan. The KYC documents and bank statements are required to establish your eligibility for the loan. Once documents are approved loan is disbursed within 5 hours. It has presence in 43+ cities

#### EARLYSALARY

EarlySalary is an innovative lending platform that changes the way loans in India are taken. It is popular among the young generation because of its easy payback option in easy EMIs. Flexible repayment tenure from 90 to 365 days. No prepayment charges applied, one can pay interest only on the amount used.

To avail of the loan using this app, no credit history is required. Loan ranging from 5,000 to 2 lakh can be availed using this app. Cash is transferred to your bank account in minutes. For EMI purchase, this app can be utilized at Amazon, Flipkart, and Big Bazaar.

#### LOANTAP

LoanTap uses cutting edge technology to deliver fastest loans online. It provides loans in the category of two-wheeler loans, flexible personal loans, lifestyle and celebration loans, home loans and lower instalment loans. Repayment options of the app include accelerated payment options and bullet repayment to the principal outstanding. They provide customized loans to the customer according to their need.

LoanTap offers EMI Free Loan between 1 Lakh to 10 Lakh. However, the final loan amount is decided basis one's eligibility and credit checks. The loan tenure is from 6 months to 5 Years. The process of applying for the loan is simple and requires minimal documentation.