



Major decision on small cargo vehicles in Delhi-NCR: Only EV registrations from 2027

Parivahan Vishesh News

CAQM orders - Phased ban on new registrations of petrol, diesel, and CNG N1 vehicles to curb pollution

Pinki Kundu, Co-Editor, Parivahan Vishesh

New Delhi. The Commission for Air Quality Management (CAQM) has taken a major and decisive step to reduce air pollution in the National Capital Region. The Commission has issued clear deadlines for new registrations of N1 and N2 category cargo vehicles. This marks the end of the era of fossil-fueled small cargo vehicles in Delhi.

What is the main decision?

From January 1, 2027, the registration of new vehicles in the N1 category (small cargo vehicles with a GVW of up to 3.5 tons) running on diesel, petrol, and CNG will be completely stopped in Delhi. After that, only electric vehicles (EVs) will be registered in this category in Delhi.

This decision is in line with the Delhi government's new EV policy, notified on June 30, 2026, which is now being implemented across the NCR under the direction of the CAQM.

When will the rule be implemented in the NCR? - Phased Deadlines

CAQM has divided the NCR into three segments based on vehicle density:

For the N1 category (small cargo vehicles - up to 3.5 tons):

- Delhi: Petrol/diesel/CNG banned from January 1, 2027, only EVs

Major Decision on Small Cargo Vehicles in Delhi-NCR: Only EV Registrations from 2027

Phased Shift to Electric Cargo Mobility

Parivahan Vishesh News

Pinki Kundu, Co-Editor



- High-density NCR (Gurugram, Faridabad, Sonapat, Ghaziabad, Gautam Buddha Nagar): Same rules apply from July 1, 2027

- Remaining NCR districts: Petrol/diesel N1 banned from January 1, 2028 (CNG currently exempt)

For the N2 category (medium cargo vehicles - 3.5 to 7.5 tons):

- Delhi: Petrol/diesel/CNG banned from January 1, 2028
- High-density 5 districts: Banned from July 1, 2028
- Remaining NCR: Petrol/diesel banned from January 1, 2029 Closure

Why was this drastic decision taken? - Shocking pollution figures
In its order, the CAQM cited the

expert committee's interim report and ARAI data:

- The transport sector contributes 23% of Delhi-NCR's PM2.5 pollution in winter and 18% in summer.
- N1 small freight vehicles constitute only 1.2% of total active vehicles, but their share in PM2.5 emissions is 3.3%. In Delhi alone, this share is 5.1%.

- ARAI report: A BS-6 CNG freight vehicle emits 57 times more PM2.5 than a BS-6 CNG car. BS-6 diesel freight vehicles emit 130 times more.

Why is CNG also being phased out?

CNG is often considered a clean fuel, but according to the CAQM, CNG emits less particulate matter (PM)

directly, but continues to emit nitrogen oxides (NOx). NOx reacts chemically in the air to form secondary PM2.5. According to TERI's 2022 analysis, vehicles contribute 18-22% to the total NOx burden in NCR.

How prepared are you for Evs?

- In 2025, CNG accounted for 70% of new N1 vehicles in NCR, while in Delhi, it was over 90%. EVs' share has now increased to ~7%.
- Currently, 20 electric models from 9 companies are available in the N1 category.
- The challenge in the N2 category is greater. In 2025, 2,744 new N2 vehicles were sold in Delhi-NCR, none of which were electric. Therefore, the N2 deadline has been pushed back by 1-2 years.

Note to dealers and vehicle owners:
This ban applies only to new registrations. Existing petrol, diesel, and CNG cargo vehicles will continue to operate for their lifetime. However, if you plan to purchase a new minivan, pickup, or loader after 2027, consider EV options now. Plan ahead to take advantage of charging infrastructure and subsidies.

This order has been issued in the public interest. The responsibility for implementing it will rest with the Delhi government and the respective state governments of the NCR—Haryana, Uttar Pradesh, and Rajasthan.

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Pinki Kundu

Parivahan Vishesh news

Meta, the parent company of Facebook and Instagram, is facing a major lawsuit in the United States. Hearings have already begun in an American court, where the company is accused of allowing its platforms to negatively affect users—especially children and teenagers. This case has drawn global attention and could lead to significant changes in the way social media operates.

Allegations Against Meta Mental Health Concerns

Prosecutors argue that Facebook and Instagram are not merely social platforms but psychological ecosystems that influence young minds.

- Addictive Design: Features such as

Facebook and Instagram Under Legal Scrutiny: Lawsuit Against Meta

infinite scrolling, push notifications, and "likes" stimulate dopamine release, creating a cycle of reward and craving similar to gambling.

- Impact on Youth: Studies presented in court suggest that prolonged use increases risks of anxiety, depression, body image issues, and sleep disturbances among teenagers.

- Social Pressure: The constant culture of comparison—followers, likes, curated lifestyles—has been linked to low self-esteem and rising cases of cyberbullying.

- Legal Angle: Prosecutors claim Meta deliberately ignored internal research that highlighted these harms, prioritizing engagement metrics over user well-being.

Privacy Issues
Meta faces allegations of systemic failures in protecting user data.

- Data Exploitation: User information is allegedly collected and monetized through targeted advertising, often without transparent consent.

- Surveillance Risks: Critics argue that Meta's vast data pools are vulnerable to misuse by governments, corporations, or hackers.

- Children's Data: Special concern surrounds minors, whose personal details may be exposed to predators or commercial exploitation.

- Legal Implications: If proven, Meta could face penalties under U.S. privacy laws and stricter global regulations, forcing a redesign of its data-handling practices.

Manipulative Design

The lawsuit also highlights how Meta's platforms are engineered to maximize engagement at any cost.

- Algorithmic Traps: Recommendation systems push sensational or emotionally charged content, keeping users hooked longer.

- Compulsive Use: Notifications and badges exploit psychological triggers, making it difficult for users to disengage.

- Commercial Motive: The longer users stay online, the more ads they see—turning attention into profit while ignoring health consequences.

- Court Argument: Prosecutors allege this design is intentional, amounting to manipulation of vulnerable populations,

especially children.

What Could Change

If the court rules against Meta, several reforms may be mandated

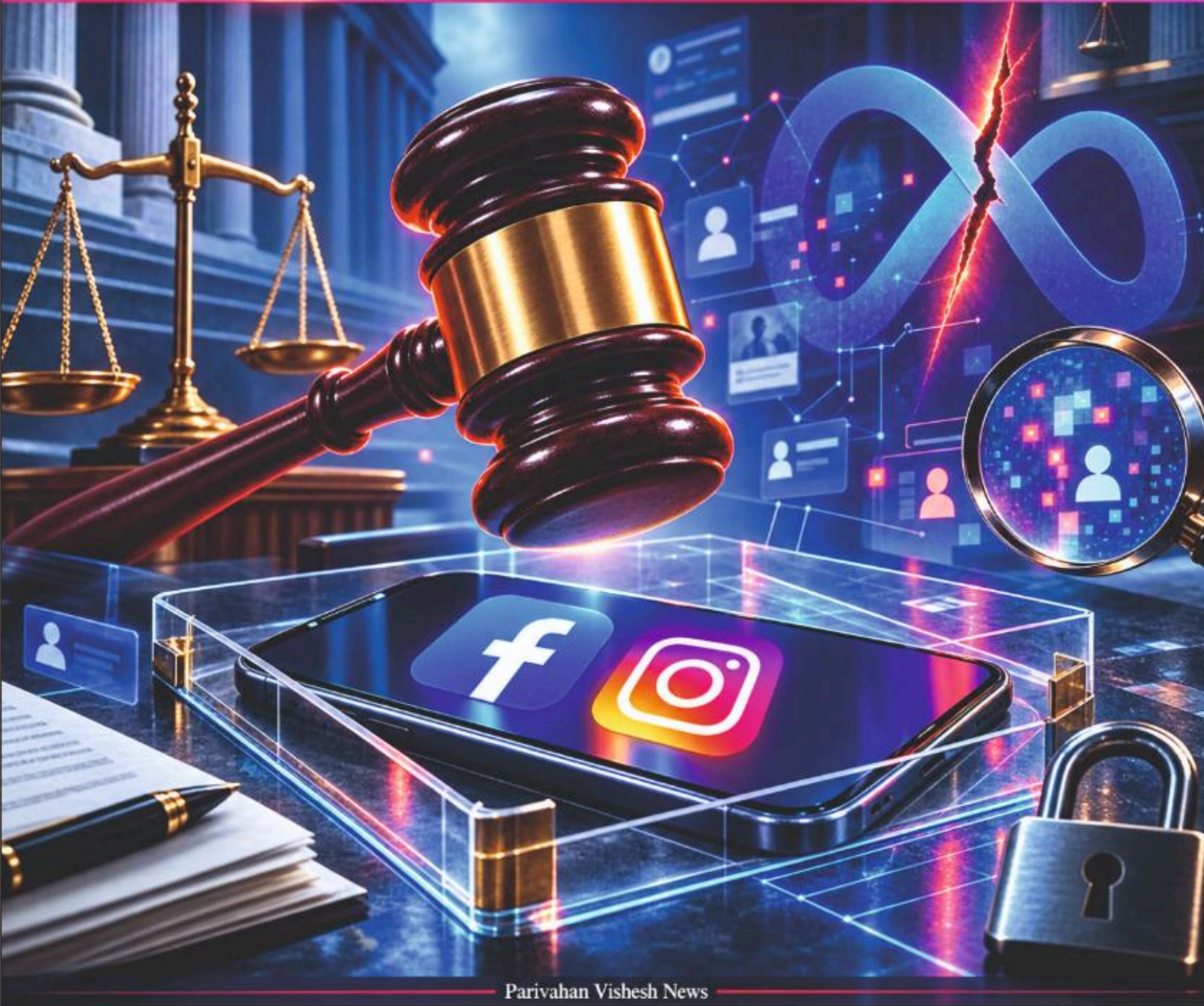
- Stricter age verification and parental controls.
- Transparency in algorithmic recommendations.
- Stronger data protection laws and penalties for violations.
- Possible financial compensation to affected users or families.

Global Impact

This case is being closely watched worldwide. India, Europe, and other regions may adopt similar legal measures if Meta is found guilty. The outcome could set a precedent for regulating Big Tech companies and redefining digital responsibility.

The lawsuit against Meta highlights growing concerns about the influence of social media on mental health, privacy, and society at large. Whether Facebook and Instagram undergo structural changes depends on the court's verdict, but the case itself marks a turning point in the accountability of tech giants.

Facebook and Instagram Under Legal Scrutiny: Lawsuit Against Meta



Parivahan Vishesh News

Given the continuous support and cooperation that Parivahan Vishesh Newspaper has received from all of you over the past three years, and considering its growing role in amplifying your voice day by day, the management of Parivahan Vishesh Newspaper and Transport Vishesh News Limited have decided to launch the public's own channel, 'Parivahan Vishesh News Doordarshan,' from the month of October. The objective of this initiative is to deliver public interest news, public welfare information, public awareness, and important updates more rapidly and effectively to the Government of India, various State Governments, and all political organizations before anyone else.

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Sanjay Bathla
Editor In chief



A Painless Test: Could Saliva Help Detect Oral Cancer?

Parivahan Vishesh News

Dr. Vijay Garg

Oral cancer diagnosis has traditionally depended on clinical examination, imaging, laboratory investigations and, when necessary, tissue biopsy. While these methods have transformed cancer care, researchers are continuously searching for diagnostic approaches that are simpler, less invasive, affordable and easier to use. One such promising area of research is saliva-based testing for oral cancer.

The possibility sounds remarkably simple: instead of relying only on an invasive procedure, could a small sample of saliva provide clues that a person may have oral cancer?

The answer is potentially yes—but with an important qualification. Saliva-based oral-cancer testing is an active and promising field of research, and some tests are being investigated for detecting biological changes associated with the disease. However, saliva testing should not yet be regarded as a universal replacement for professional oral examination or biopsy.

Why Is Early Detection Important?

Oral cancer can affect the lips, tongue, gums, inner cheeks, floor of the mouth, palate and other parts of the oral cavity. Like many cancers, its outcome is generally better when it is detected and treated at an early stage.

The difficulty is that some early changes may be painless and may not immediately attract attention. A persistent mouth ulcer, unusual patch, unexplained lump, difficulty swallowing, persistent soreness or a change that does not heal should therefore be evaluated by a qualified healthcare professional.

Early detection is particularly important because people may sometimes ignore seemingly minor changes in the mouth. A convenient screening or diagnostic tool could potentially encourage earlier medical consultation.

What Makes Saliva Interesting?

Saliva is not simply water. It contains thousands of biological molecules, including proteins, enzymes, nucleic acids, metabolites and other substances. Some of these molecules can reflect processes occurring in the oral cavity and, in certain circumstances, changes associated with disease.

Researchers are studying whether oral cancer produces measurable molecular signatures in saliva.

These signatures may include changes in:

- DNA and RNA molecules
- Proteins and enzymes
- Metabolites
- Inflammatory markers
- Other molecular

substances associated with tumour-related biological processes

The central idea is that cancer cells and the surrounding tissues can alter the biological environment of the mouth. Some of these changes may become detectable in saliva.

A Simple and Painless SampleOne of the biggest attractions of saliva-based testing is the ease of sample collection.

A saliva sample can generally be obtained without a needle, incision or tissue removal. This makes the process potentially more comfortable than invasive sampling procedures.

For people who are anxious about medical procedures, a painless sample could make testing more acceptable. It could also be useful in community-based healthcare programmes if reliable and sufficiently accurate tests become available.

The simplicity of collection is especially important in areas where access to specialist healthcare is limited. A test requiring only a saliva sample could, in principle, be collected at a primary healthcare centre and analysed using appropriate laboratory technology.

How Could the Test Work?

Researchers are investigating several approaches.

In one approach, saliva is analysed for particular biomarkers associated with oral cancer. Another approach examines genetic or molecular changes that may distinguish cancerous conditions from healthy tissue or benign oral disorders.

Modern molecular technologies can analyse extremely small quantities of biological material. Researchers are also exploring the use of machine-learning and artificial-intelligence methods to identify combinations of molecular signals that may be difficult to recognise through conventional analysis. Rather than depending on one single molecule, future tests may use a panel of biomarkers.

A combination of several biological



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signals could potentially improve the ability to identify suspicious cases.

Could Artificial Intelligence Improve Saliva Testing?

Artificial intelligence may eventually play a role in interpreting complex saliva data.

A saliva sample contains a large amount of biological information. Advanced computational systems can examine patterns across numerous molecules and compare them with data from people with and without disease.

If sufficiently large, high-quality datasets are available, machine-learning systems may help researchers identify combinations of biomarkers associated with oral cancer.

However, artificial intelligence does not automatically make a medical test accurate. Any AI-supported diagnostic system must undergo rigorous clinical validation. Researchers need to determine how well it performs in real-world populations and whether it works consistently across different ages, lifestyles, ethnic backgrounds and healthcare settings.

The Challenge of False Results

A major challenge in developing any cancer screening test is accuracy.

A useful test must identify people who are likely to have the disease while avoiding too many false alarms. If a test produces a large number of false-positive results, many healthy people may undergo unnecessary investigations.

False-negative results are another concern. If a person has cancer but the test fails to detect it, diagnosis could be delayed.

Therefore, researchers must carefully

evaluate measures such as sensitivity, specificity and predictive value before a saliva-based test can be recommended for widespread clinical use.

Saliva Test Does Not Mean “No Doctor”The phrase “painless test” should not create the impression that oral cancer can simply be diagnosed at home through saliva.

A laboratory result, even when promising, must be interpreted in the context of a person's symptoms, medical history and clinical examination.

If a dentist or doctor notices a suspicious lesion, a biopsy may still be required. A tissue biopsy remains an important method for confirming many suspected oral cancers.

Therefore, saliva testing is best viewed as a potential additional tool, rather than an immediate replacement for established diagnostic methods.

Potential Benefits for Rural and Underserved Communities

One of the most exciting possibilities is its potential use in communities where specialist medical services are difficult to access.

Oral cancer risk is influenced by several factors, including tobacco use, alcohol consumption, certain infections and other environmental and lifestyle factors. In some communities, limited awareness and delayed access to healthcare can contribute to late diagnosis.

A simple sample-collection system could potentially support wider screening and referral programmes if future clinical studies establish that the technology is sufficiently accurate.

The process could eventually involve sample collection at a local health facility, laboratory analysis and referral

of individuals with suspicious results for detailed examination.

Could It Help Detect Cancer Earlier?

That is one of the main hopes behind this research.

A successful saliva-based test would ideally identify biological changes before the disease becomes advanced. Earlier identification could provide an opportunity for timely clinical evaluation and treatment.

But researchers must distinguish between detecting a biological signal and proving that a test improves patient outcomes. A test may successfully detect certain molecular changes in a laboratory study, yet further research is needed to establish whether using that test in the general population actually leads to earlier diagnosis, better treatment and improved survival. What Research Still Needs to EstablishBefore saliva-based oral-cancer testing becomes routine, researchers need strong evidence from well-designed clinical studies. Important questions include:

- How accurately can the test distinguish oral cancer from healthy tissue?
- Can it differentiate cancer from non-cancerous oral conditions?
- Does it work consistently across different populations?
- Can it detect early-stage disease?
- What is the best method for collecting and storing saliva?
- Which biomarkers provide the most reliable information?
- Can the test be made affordable enough for large-scale use?
- Does screening with the test actually improve patient outcomes?

Only after these questions have been satisfactorily addressed can healthcare systems determine where such testing fits into routine practice.

A Potentially Important Future Tool

The concept of using saliva for disease detection illustrates a broader transformation in modern medicine. Researchers are increasingly interested in liquid and minimally invasive samples that can provide information about disease without requiring extensive procedures.

Blood is already widely used for many diagnostic purposes. Saliva, urine and other biological samples are also being

investigated for their diagnostic potential.

For oral cancer, saliva has an obvious advantage because it is in direct contact with many of the tissues where the disease develops. This makes it a particularly interesting source for researchers searching for molecular signals.

Hope, but Not HypeScientific progress often begins with a promising observation and develops through years of careful validation.

Saliva-based oral-cancer testing is an encouraging area of research, but it is important not to confuse scientific possibility with established clinical practice. Not every biomarker discovered in research becomes a reliable diagnostic test.

The future will depend on rigorous studies, reproducible results, appropriate regulatory evaluation and evidence that the technology genuinely benefits patients.

If these challenges can be overcome, a small saliva sample could eventually become part of a new generation of convenient diagnostic tools. The idea of detecting oral cancer through a painless saliva sample represents an exciting direction in medical research. Saliva contains biological information that may reveal molecular changes associated with disease, and advances in molecular diagnostics and artificial intelligence could make it possible to analyse these signals with increasing precision.

However, the technology still requires careful clinical validation before it can replace or substantially alter established diagnostic practices.

The real promise lies not merely in making cancer testing more comfortable, but in making early detection more accessible, affordable and timely.

One day, a simple saliva sample may help doctors identify people who need further examination—turning an ordinary biological fluid into a valuable window into oral health.

Until then, persistent or unusual changes in the mouth should never be ignored. A painless saliva test may be part of the future, but professional dental or medical evaluation remains essential when oral cancer is suspected.

Dr Vijay Garg Retired Principal Educational columnist Eminent Educationist street kour Chand MHR Malout Punjab

Preparations for digestion begin even before the first bite enters the stomach!

Parivahan Vishesh News

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Have you ever wondered how the food we eat reaches every cell in the body as nutrition? This isn't just the stomach's job. The brain, mouth, stomach, liver, pancreas, intestines, nervous system, and hormones all work together. This is why understanding digestion means understanding your entire body.

- The body gets ready before the meal even begins. When we see food, smell it, or think about it, the brain can start signaling the digestive system.
- This is called the "Cephalic Phase of Digestion." Therefore, it's best to avoid haste, anger, stress, and constant mobile phone use while eating. Eating with a calm mind provides the body with a better environment for the digestive process.
- The First Bite—The First Step of Digestion As soon as food enters the mouth—
- Teeth break it into small pieces.
- The tongue mixes the food with saliva.
- Enzymes in saliva initiate the digestion of some carbohydrates.
- Therefore, chewing food thoroughly and eating slowly is not just an old advice, but an important digestive habit.
- What happens to food in the stomach?

Food passes through the esophagus and reaches the stomach. Stomach muscles mix the food with digestive juices. Stomach acid and enzymes

play an important role, especially in the digestion of proteins.

0. How does actual nutrition reach the body?

Food then reaches the small intestine. Here, bile from the liver and digestive enzymes from the pancreas help digest the food. The small intestine then absorbs the



digested nutrients, and they are then transported to different parts of the body.

These nutrients provide the body with—

- Energy
- Cell repair
- Growth and development
- The materials necessary for normal body functions.

What can we do for our body? Our body works for us 24 hours a day. In return, it only needs a few good habits—

- Wash your hands before eating.
- Eat with a calm mind.
- Chew your food thoroughly.
- Minimize mobile phones and

other distractions while eating.

0. Eat a balanced diet containing vegetables, fruits, pulses, whole grains, adequate amounts of protein and healthy fats.

0. Drink enough water as per your body's needs.

0. Engage in regular physical activity.

0. Get adequate sleep.

0. Try to manage stress.

Our body is like a sophisticated factory, and the brain is its control room. Only if the factory receives good raw materials will it produce a good product.

Just like that—food → digestion → nutrient absorption → blood → body cells. This entire process combines to nourish our bodies, so consistently feeding the body poor and unbalanced food and expecting good health is like feeding a factory with poor raw materials and expecting a great product.

Remember “Every bite isn’t just for filling; it’s an opportunity to nourish your body.”

Why does sugar occur?

Parivahan Vishesh News

Pinki Kundu, Co-Editor, Parivahan Vishesh

These days, the problem of sugar (diabetes) seems to be increasing rapidly among children and adults. Many people don't even feel its symptoms initially and only discover that their blood sugar is high after testing. Therefore, it is very important to have accurate information about diabetes.

Why does sugar occur? The food we eat produces glucose, which provides energy to the body. Insulin is necessary to transport glucose to the body's cells. When the body doesn't produce enough insulin or the insulin doesn't work properly, blood sugar levels can rise, leading to diabetes.

Main causes and risk factors:

- Excessive consumption of sugary foods and sweetened beverages
- Excessive consumption of fried and fast food
- Sitting for long periods of time
- Lack of physical activity
- Increasing weight and belly fat

- Chronic stress and lack of adequate sleep
- Family history of diabetes

Common symptoms of diabetes

- Frequent urination
- Excessive thirst
- Excessive hunger
- Feeling tired and weak
- Unexplained weight loss
- Slow wound healing
- Blurred vision
- Tingling or burning sensation in the hands and feet

If these symptoms appear, it is advisable to get your blood sugar checked.

Are medicines alone enough? Doctor-prescribed medicines play an important role in controlling diabetes. Additionally, it is important to pay attention to a balanced diet, regular exercise, weight control, adequate sleep, and a healthy lifestyle. Do not stop or reduce any diabetes medication without consulting your doctor. Proper Nutritional Support

0. Help the body obtain essential nutrients

0. Support energy maintenance
0. Support digestion and a balanced diet
0. Support weight management efforts
0. Support a healthy lifestyle with a balanced diet and regular exercise
- What should people with diabetes do?
0. Drink plenty of water regularly
0. Try to walk or exercise for about 30–45 minutes daily
0. Include vegetables, salads, pulses, and whole/high-fiber foods in your diet
0. Limit sugar, sweetened beverages, biscuits, cakes, and refined flour products
0. Control rice and wheat intake according to your needs
0. Get adequate sleep and try to reduce stress
0. Get fasting, PP, and HbA1c tests as recommended by your doctor
- Remember
0. Balanced diet
0. Regular exercise
0. Doctor's advice
0. Proper nutritional support
0. Healthy lifestyle
- Consider these things
- Giving can help you better manage diabetes and live a healthier life.





When artificial intelligence found the lost sandal in the city of Mahakal

Parivahan Vishesh News

Ajay Kumar Biyani Engineer

If a slipper ever got lost, a person would first look around, then ask the people accompanying them, and finally sit outside a temple, hoping that someone might accidentally wear it and return. But times have changed. Now, even if a slipper is lost, technology can be consulted.

A recent incident that surfaced on social media offered a humorous glimpse of these changing times. Shubhangi Borkar, a resident of Goa, went to visit the Mahakal Temple in Ujjain. When he emerged after the darshan, his slippers were missing. He searched around extensively, but could not find them.

The average person, having reached this point, would blame their fate. Some would accept that their slippers were no longer theirs. Some would carefully examine the slippers lying around, searching for similar ones, and some would return home, thinking that after seeing God, they should give up their attachment to the slippers.

But Shubhangi chose a different approach. He took a photo of the slippers already stored on his mobile phone and presented it to the artificial intelligence-based assistant. He provided the slippers' color, design, and other identifiable features. The assistant then analyzed the available images to identify the slippers, and ultimately found his lost slippers.

The incident is small, but within it lies a big story of changing times.

Until a few years ago, we used technology to tell us what the weather would be like, which route was the shortest, or what a word meant. Then, technology began helping us write, draw, calculate, and search for information. Now, even lost sandals are being found with the help of technology.

Till yesterday, if I lost my slippers at home, my mother would say – “Look where you took them off.” Today's generation might say, "Wait a minute, let's put a picture of it and see." This change is certainly fascinating, but the growing potential of the technology behind it cannot be ignored. Artificial intelligence is no longer the domain of scientific laboratories or large offices. It is slowly entering our everyday lives.

However, there is an important question here – does technology need to be addressed for every small problem?

If our slippers are lying ten steps away from our feet and instead of searching for them, we call artificial intelligence, should we call it convenience or laziness?

If we lose our glasses at home tomorrow, will we ask technology? If we can't find our keys, will we ask artificial intelligence instead of searching the entire house, "Tell me, where are the keys?" And if our wife asks what she needs to bring back from the market, will we have technology create a list for that



too?

Jokes have their place, but the right use of technology is that it enhances our capabilities and does not destroy our common sense.

The biggest advantage of artificial intelligence is its ability to organize and analyze vast amounts of information in a short time. Recognizing similar objects in photographs, extracting information from documents, simplifying complex topics, and assisting with a variety of tasks are useful examples.

But there's also a danger in over-reliance on technology. If every decision is made by consulting a machine, our own ability to think, remember, and solve problems could gradually weaken.

The sandal-finding incident is interesting because it reveals a form of technology we probably couldn't have imagined before. It's neither a major scientific achievement nor a world-changing

discovery. Nevertheless, it illustrates how technology is permeating our everyday lives, even in small ways.

Finding slippers after visiting the city of Mahakal is a unique event in itself. Some will call it a coincidence, some a technological breakthrough, and some a divine blessing. But the person who will be happiest after finding the slippers will be the one who, along with the darshan, also got their old slippers back.

The problem of slippers outside temples is nothing new. Devotees go to see the deity and, upon returning, often show off their slippers. Sometimes their slippers are missing, sometimes another slipper is found, and sometimes it's hard to even identify their own.

In the future, even the system of storing slippers outside temples may become technological. Deposit your slippers, receive an identification number, and then retrieve them from the machine after darshan. Then, perhaps, no one will have



to ask artificial intelligence, "Where are my slippers?" But even then, one thing must be remembered—no matter how much technology advances, its purpose is not to destroy human understanding, but to improve it.

Today we found our slippers, tomorrow we'll have another, smaller problem. Artificial intelligence will find solutions, suggest options, and help us recognize images. But the final decision and responsibility will remain with humans.

Therefore, it would be unfair to interpret this incident as merely a story about finding a slipper. It is a glimpse of an era in which technology is gradually permeating even the smallest aspects of our lives.

Till yesterday we used to say – “Open your eyes to find the lost thing.” Today technology is saying – “Keep your eyes open, and if needed, show the picture also.” And perhaps the times to come will be such that there will be less sadness

over losing slippers and more worry about whether artificial intelligence has read our habits before finding the slippers!

Use technology, but don't abandon your intelligence. After all, even if artificial intelligence finds the slippers, humans still have to walk the path.



Why do we clap? -

Parivahan Vishesh News

We usually see everyone clapping during the Aarti in any temple, and we start clapping ourselves. There are many occasions when clapping is necessary. Whenever something joyful or exciting happens at a function, school, or home, we greet it with clapping.

Have you ever wondered why we clap? Clapping is a form of exercise. Clapping stretches our body and activates the muscles. After a short while of clapping loudly, you'll feel yourself sweating and a sensation of excitement throughout your body. This is exercise.

Our palms contain nerve points for other body parts, called acupressure points. Clapping exerts pressure on these points and increases blood circulation to the corresponding organs, leading to better functioning. Clapping is considered most beneficial in the acupressure method. The



tradition of clapping dates back to ancient times. Perhaps the sages knew that people would often lack time for exercise. Keeping this in mind, they started the tradition of clapping in temples so that we could exercise, even if only for a short while.

Benefits of ClappingIn clapping, the four fingers of the right hand are simultaneously struck on the palm of the left hand with firm pressure, ensuring even pressure and a pleasant sound. This type of clapping presses the pressure points of the lungs, liver, gallbladder, kidneys, small intestine, and large intestine on the left palm and the sinuses on the right hand. This stimulates blood flow to these organs. This type of clapping should be continued until the palm turns red.

This type of clapping provides relief from ailments such as constipation, acidity, urinary tract infections, anemia, and breathing difficulties.

Scientific and Religious Significance of Kalava...

Parivahan Vishesh News

Kalava is made of three threads. It is usually made of cotton. It consists of red, yellow, green, or white threads. These three threads are considered symbols of the three powers (Brahma, Vishnu, and Mahesh). In Hinduism, it is worn for protection. It is said that anyone who wears a Raksha Sutra or Kalava as per the prescribed rituals is protected from all kinds of evil.

Kalava is also called Mauli

- 'Mauli' literally means 'top'.
- Mauli also refers to the head.
- Because Mauli is tied on the wrist, it

is also called Kalava.

- Its Vedic name is Up Manibandh.
- Lord Shankar has the moon seated on his head, hence he is also called Chandramouli.
- Mauli is made from raw thread. It primarily consists of three colored threads—red, yellow, and green—but is sometimes made of five threads, including blue and white.
- The 3 and 5 sometimes signify the names of the Trinity, and sometimes the Panchdev
- Tying the Kalava bestows the blessings of the Trinity
- Brahma, Vishnu, and Mahesh
- and the three goddesses

—Lakshmi, Parvati, and Saraswati.

—By the grace of Brahma, one gains fame and protection from Vishnu's compassion.

—Shiva destroys bad qualities.

Kalava will ward off illnesses. From a health perspective, tying a Raksha Sutra helps ward off many ailments, including phlegm and bile. The wrist is the primary control area of the body's structure. Therefore, tying a Raksha Sutra here keeps a person healthy. It is also believed that tying it prevents illness from worsening. Tying a Mauli is said to be beneficial for preventing diseases

like blood pressure, heart attack, diabetes, and paralysis. Mauli, or the protective thread, should be made of 100% raw thread or yarn. The tradition of tying Mauli has been going on since the time when Lord Vaman tied the protective thread on the wrist of the generous king Bali

By tying it on the wrist, it protects you from the troubles that come in life. It is also mentioned in the Vedas that when Indra was going to fight with Vritrasura, Indrani tied the protective thread on his right arm to protect him. After which, Indra became victorious by killing Vritrasura and since then this tradition started.



The Amazing Secret of Chanting the Name of the Lord...

Parivahan Vishesh News

Chanting the name of the Lord is considered the simplest yet most effective spiritual practice in the path of devotion.

Scriptures say that simply chanting the name of the Lord purifies the mind, intellect, and soul.

(1) Ordinary Chanting

When we chant the name of the Lord, it is also extremely virtuous. It gradually purifies the mind.

(2) Secret Chanting

When chanting is done without show, within oneself, its benefits are doubled.

Because there is no ego involved.

(3) Chanting in Solitude

When we chant while sitting in solitude, the mind does not wander.

The benefits are even greater.

(4) Silent Chanting

When chanting is done only in the mind, its power increases further.

It begins to stabilize the mind.

(5) Chanting with Respect and Devotion

It's not just the chanting itself that's important, but also the feeling.

When there is respect and love in the heart, the results of chanting are multiplied a hundredfold.

(6) Meditational Chanting

When the name is combined with meditation on God's form—then chanting becomes a spiritual practice, and the results are multiplied a thousandfold.

(7) Selfless Chanting

When chanting is done not for any desire, but solely out of love for God—then it becomes ten thousand times more fruitful.

(8) Teldharavat Japa with Unbroken Love

When chanting is done continuously, uninterrupted, lovingly, and with complete surrender—then its results become infinite.

What does Teldharavat mean?

Just as a stream of oil flows continuously without a break,

similarly, when the mind is constantly focused on God's name without wandering—that is called "Teldharavat Japa.

"What does Nam-Japa teach us?

- ✓ Staying away from pretense
- ✓ Finding inner peace
- ✓ Letting go of ego
- ✓ Cultivating love and devotion
- ✓ And ultimately connecting with God

The message is simple—There is power in the name itself,

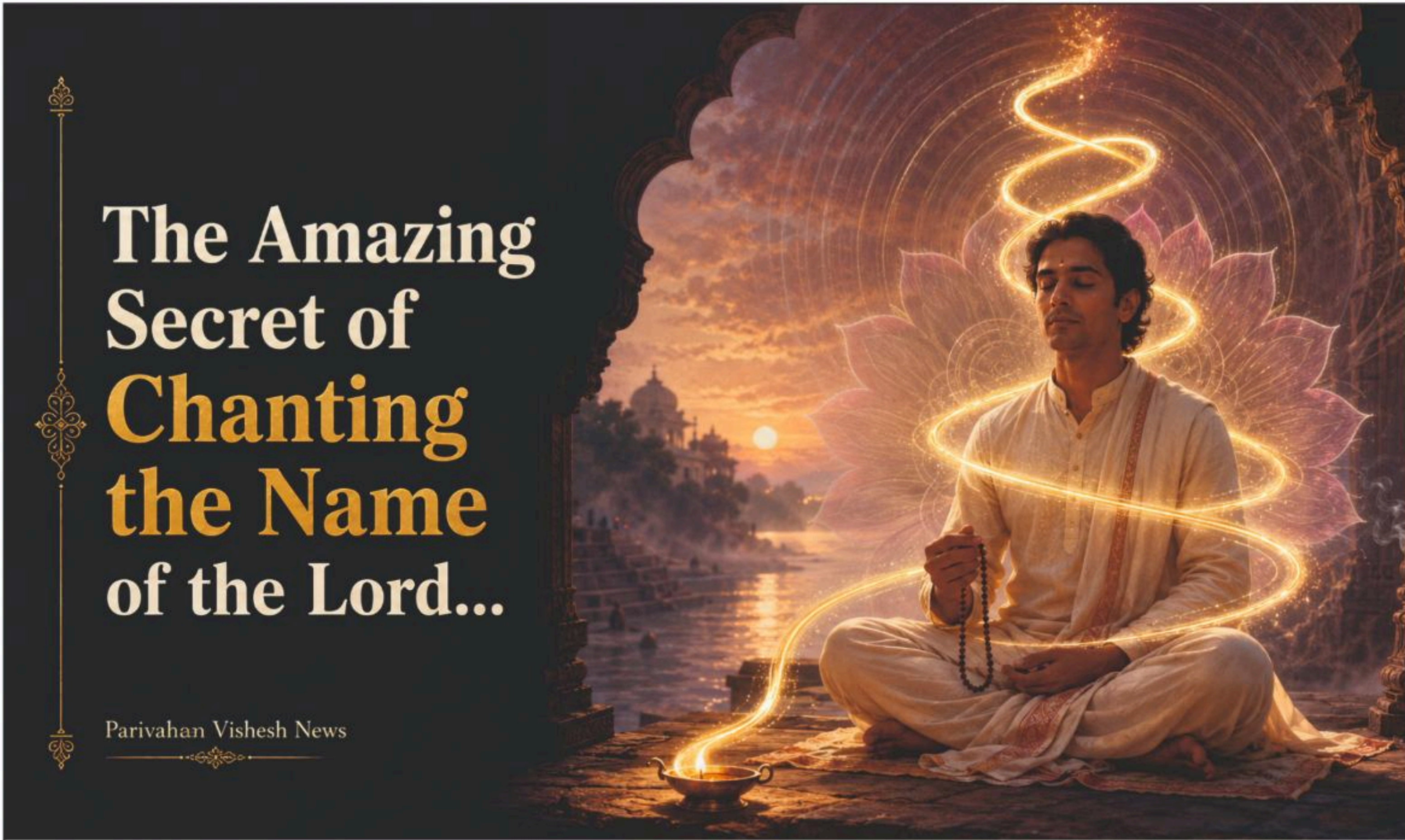
But when that name is combined with feeling, devotion, and love—that very chanting transforms from ordinary to extraordinary.

So... Gradually transform your chanting from external to internal, and from internal to loving... Then see how your life begins to

transform.

The Amazing Secret of Chanting the Name of the Lord...

Parivahan Vishesh News



Immediate disposal of complaints received from Samadhan camps is very important: DC

Parivahan Vishesh News

Officers should ensure satisfaction of the complainant by resolving reopened complaints on priority. DC Varsha Khanwal conducted a weekly review of the Samadhan Camp at a meeting of officials held in the Mini Secretariat auditorium.

Jhajjar, August 21.

DC Varsha Khanwal stated that the purpose of the resolution camps is to ensure prompt, transparent, and satisfactory resolution of public problems. She directed officials to take each complaint received at the resolution camps seriously and ensure its effective resolution within the stipulated timeframe. She specifically directed that reopened complaints be prioritized and resolved.

The DC was presiding over the weekly

review meeting of the Samadhan Shivir after video conferencing conducted by ACS Vijay Singh Dahiya in the Mini Secretariat auditorium on Friday.

Negligence in solving public problems will not be tolerated.

The DC said that, on the initiative of Chief Minister Mr. Nayab Singh Saini, resolution camps are being held every Monday and Thursday at the district headquarters as well as at all subdivision levels. These camps provide citizens with a single platform for resolving their problems.

He said that complaints received at the resolution camps are being reviewed regularly. It is the responsibility of officials to ensure prompt resolution of complaints so that the public does not have to run around offices.

Solve the problem and upload the action

report on the portal on time.

DC Varsha Khanwal conducted a detailed review of complaints received department-wise and inquired from the concerned officials about the progress of their resolution. She directed that after a complaint is resolved, the action report be uploaded to the relevant portal without delay. Considering the satisfaction of the complainant as a key factor in resolving a complaint, officials should ensure quality resolution.

The DC instructed officials to listen to every complaint that arrives at the resolution camps with seriousness and sensitivity. No complaint should be left unnecessarily pending. He said that in cases where more than one department is involved, the complaint should be resolved quickly by taking action in coordination with each other.

This officer was presentOn this occasion,



Administration committed to provide timely and transparent services to citizens: DC

Parivahan Vishesh News

DC Varsha Khanwal inspected the Antyodaya Saral Kendra located at the Mini Secretariat.

Instructions given to maintain proper cleanliness in Saral Kendra and Mini Secretariat premises.

Jhajjar, August 21.

DC Varsha Khanwal visited the Antyodaya Saral Kendra located at the Mini Secretariat on Friday and took stock of the services and facilities being provided to the citizens. She inspected the cleanliness of the Saral Kendra, the cleanliness of the toilets, the seating arrangements for the citizens and the functioning of various service counters. She instructed the concerned officials to maintain good cleanliness in the Saral Kendra as well as the entire Mini Secretariat complex and to ensure that there is no dirt visible anywhere.

Intkal should be registered under auto mutation system

DC Varsha Khanwal inquired about the



auto mutation system from Naib Tehsildar Anshul Kumar. She directed the concerned officials to effectively implement the process of registering mutations under the government-

implemented auto mutation system. If any technical difficulties arise in this process, they should be resolved on priority. She also inquired about the paperless registration system, land

records services, token system, and other citizen services.

Provide timely services to citizens without any interruption every day.

The Deputy Commissioner stated that Antyodaya Saral is an important link between the central government and the public. A large number of citizens visit the site daily to avail of various government services. Therefore, it should be ensured that every citizen receives transparent, quality, and convenient services within the stipulated time

frame. He urged that citizens should not face any unnecessary difficulties in accessing services and that complaints should be resolved on a priority basis.

Benefits of basic amenities to the public

During the inspection, the DC also inspected the toilets at the Saral Kendra and directed them to ensure regular cleaning. He emphasized that cleanliness in public places is directly linked to the convenience of citizens and the functioning of the administration. Therefore, regular cleaning of toilets, waiting rooms, service counters, and surrounding areas should be ensured.

Instructions for regular monitoring of servicesThe DC said that the services

provided through the Saral Kendra should be regularly monitored. Systems should be continuously improved based on suggestions and feedback from citizens. He said that the administration's objective is to provide easy, transparent, and timely services to the public, for which all officers and employees should work with full responsibility.

Power backup, information board, help desk should be maintained smoothly in Saral Kendra

While inspecting the Saral Kendra, DC Varsha Khanwal directed officials to regularly monitor the cleanliness of the entire campus. She emphasized that garbage should not accumulate anywhere on the campus and that no negligence should be shown in the cleanliness system. She also directed them to ensure the availability of power backup, information boards, help desks, information, and other necessary facilities.

This officer was presentSDM Jhajjar Ravi Meena, DRO Manbir Singh Sangwan, DIO Amit Bansal, Tehsildar Shekhar Narwal and other officers were present on the occasion.

Eligible students must register their names in the voter list: SDM

Parivahan Vishesh News

Special voter awareness camps were organised at Government Nehru PG College and Government Polytechnic Institute, Jhajjar to enroll new voters.

Students who have completed 18 years of age can register as voters.

Jhajjar, August 21.

Under the guidance of DC and District Election Officer Varsha Khanwal, a special voter awareness camp was organised on Friday at Government Nehru PG College and Government Polytechnic Institute, Jhajjar, in the series of special voter awareness camps being organised in higher educational institutions.

SDM and Electoral Registration Officer Ravi Meena said that during the special camp, students and trainees studying in the institutions were made aware about registering as voters. He said that students who have completed the age of 18 years on July 1, 2026, are eligible to register as new voters. He said that eligible trainees can apply online for a new voter ID card by filling Form-6 and attaching the necessary documents related to age, name and address through the help center established in the institute. He appealed to

the eligible trainees to take advantage of this special voter awareness camp and get their names registered in the voter list and

ensure their participation in the democratic process.

In the camps, election team members Ishwar, Shamsher, Rohit and Surendra informed the students about the voter

registration process as well as information regarding applying.



Special drive to be held on August 22-23 and 29-30 for correctness of voter list: DC

Parivahan Vishesh News

BLOs will be present at all polling stations in the district from 9 am to 5 pm; claims and objections of citizens will be registered.

DC and District Election Officer Varsha Khanwal appeals to citizens to take advantage of the special campaign

Jhajjar, 21 August.

For the convenience of voters under the Special Intensive Revision-2026, a special campaign will be launched in the district on August 22-23 and August 29-30. This information was provided by DC and District Election Officer Varsha Khanwal. She said that during the campaign, all Booth Level Officers (BLOs) will be present at the

respective polling stations from 9 am to 5 pm. During this time, citizens and student voters will be able to file claims and objections related to the voter list.

Eligible citizens should check their names and apply for missing names through Form-6.DC Varsha Khanwal has appealed to the district's citizens to check their names and those of all eligible family members in the preliminary voter list. She said that if an eligible person's name is missing from the list, they can submit a claim for inclusion by filling out Form 6 along with the required documents and a declaration. If there are errors in the name, address, or other details, make corrections using Form 8. The Deputy Commissioner stated that any errors in the voter list, including name, address, age, photograph, or other details, can be applied for correction through Form 8. Prescribed documents and a

declaration must be attached.

To remove the name of an ineligible or deceased voter, file an objection in Form-7.The DC stated that objections to removing the name of an ineligible, deceased, relocated, or previously registered voter can be filed through Form 7. He added that citizens can submit their claims and objections to the office of the relevant Electoral Registration Officer (ERO) or Assistant Electoral Registration Officer (AERO). Online application facilities are also available, as per the prescribed procedure. It is mandatory to attach the required documents and declaration with the application.

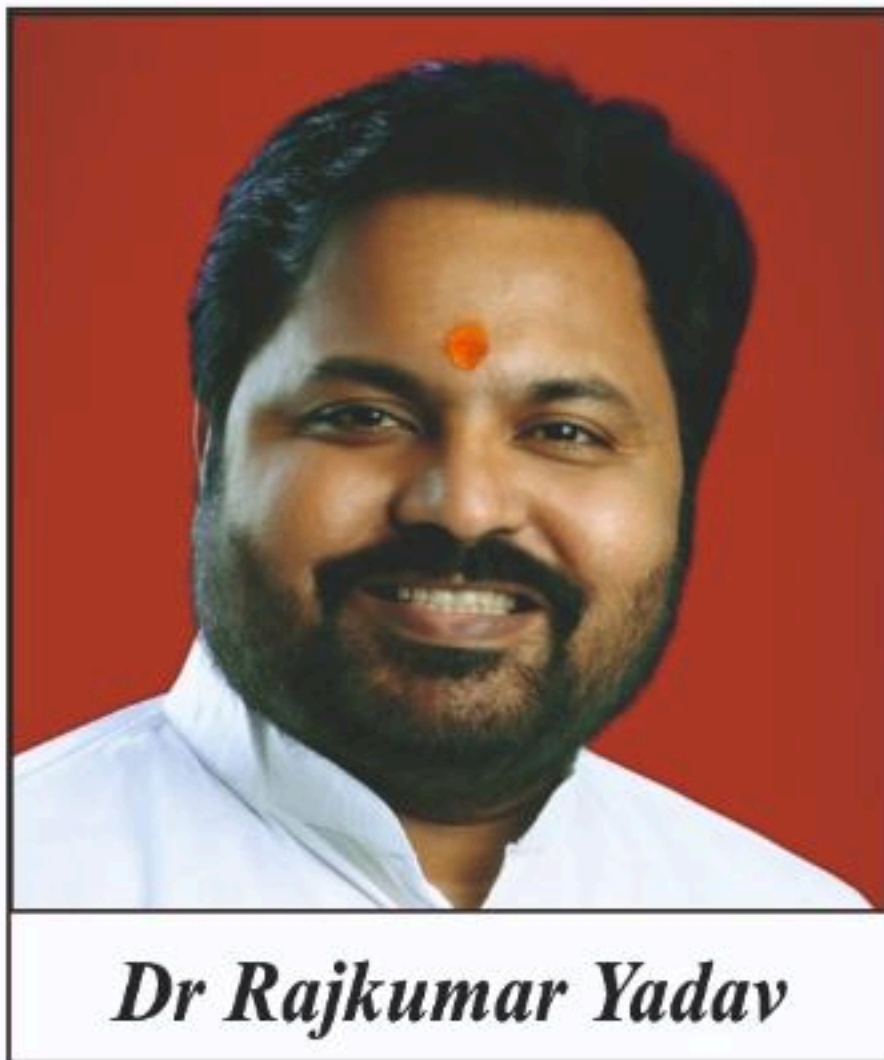
Voters will get the opportunity to file claims and objections till August 30.DC Varsha Khanwal informed that claims and objections can be submitted till August 30, 2026. During the special campaign, citizens can contact the

BLO, ERO or AERO of their area to get information and necessary assistance related to the voter list.Get essential information from Voter Helpline 1950District Election Officer Varsha Khanwal stated that citizens can contact the relevant ERO office for any information or assistance regarding the voter list. Necessary information can also be obtained through the voter helpline 1950.Error-free voter list will be prepared with the participation of citizens: DCDC Varsha Khanwal said that every eligible citizen should register their name in the voter list and also check their name and other details. She said that active participation of citizens is crucial in ensuring accurate, transparent, and up-to-date voter lists. She appealed to the district's citizens to take maximum advantage of the special campaigns scheduled for August 22-23 and August 29-30.



Questions about heavy vehicles in steep mines

Parivahan Vishesh News



Dr Rajkumar Yadav

Allegations of frequent overruns on these routes. The most pressing question is: on what conditions and based on what technical assessment did the Mining Department or the relevant local administration grant No Objection Certificates (NOCs) to these mines for safety? An independent and impartial investigation is being demanded.

In view of safety, there is a demand for an immediate ban on the entry and operation of heavy vehicles with capacities exceeding 12- and 14-wheeled vehicles until the investigation is complete. Additionally, a technical inspection of the mine's roadways, slopes, ascents, curves, braking safety, vehicle capacity, and traffic management should be conducted.

It is reported that some vehicles involved in accidents are still lying in the area. These vehicles and accidents should also be investigated to determine whether technical faults, road conditions, vehicle capacity, or operational systems are responsible for the accidents.

Industry and mining are essential for economic development, but human lives cannot be the price of development. If the investigation reveals serious violations of safety rules, responsibility should be fixed and action should be taken as per the rules and if necessary, closure of the concerned mine should also

The risk of accidents increases manifold in the event of brake failure or loss of control during the descent. This is why there is continued concern about vehicle overruns on these routes.

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be recommended.

This is the era of e-attendance...!

Parivahan Vishesh News

The teacher said, "It's an excuse because of the rain, it will take a while."The Principal said – In this era of e-attendance, you will be marked absent.

Guruji went out with an umbrella, clouds gathered on the way,By the time



you reach school, your shoes will also get stuck in the mud.

He said, "Nature has created a big problem again today."The principal said, "But the machine has captured the attendance!"Children in the class ask – "Respected Sir, will there be any classes today?"Guruji said, "Tell us, will everyone's attendance be complete?"Who has an online presence and is missing the network?

Even if the knowledge remains incomplete, attendance should be maintained, sir! Whether it's raining or storming or water flowing on the road,

Only those who are present on time are considered good in the register.

The vehicle of education should continue to move, no matter what the weather may be like.

If Guruji comes late, make an excuse, children are marked absent for being late!

Heavy vehicle parking on NH-520 has become a problem. When will action be taken against Rungta and GVP R?

Parivahan Vishesh News

Dr Rajkumar Yadav

After Rengalbada, administrative action against JSW is commendable; serious questions are raised about trucks parked on the road in Narayanposhi and industrial areas.

Koida/Rourkela, August 21. The haphazard parking of heavy vehicles on National Highway 520, which passes through the Koida area of Sundargarh district, has become not just a traffic problem but a serious road safety challenge. Locals have praised Koida Tehsildar Chinmay Das's initiative against heavy vehicles parked on the roadside in Rengalbada and the administrative action taken today in the JSW area. However, this action raises questions: when will action be taken against heavy vehicles parked on the road in front of the Rungta Limited plant and GVP R?Locals say that long queues of heavy vehicles on the roadside around Narayanposhi and various industrial plants have become a common sight. This not only disrupts traffic on NH-520 but also increases the risk of accidents. The most serious concern is the safety of students and teachers at the Odisha Adarsh Vidyalaya in Kusumdi. Traffic jams and parked trucks on the roadside cause inconvenience to ambulances, school vehicles, and even ordinary passengers.

A Long History of Accidents

The danger of heavy vehicle parking on NH-520 is not new. In August 2024, reports surfaced regarding heavy vehicle parking near the Kusumdi Adarsh Vidyalaya, and the issue reached the Legislative Assembly. The death of three people in an SUV accident after colliding with a parked truck near Rengalbada also highlighted the dangers of heavy vehicles parked on this route. Local concerns have been raised about frequent accidents and loss of life on this route.

If there are rules, why isn't there uniform action? In June 2026, instructions were issued for timely administrative action regarding illegal parking and road safety on national highways. Parking heavy commercial vehicles on the carriageway or paved shoulders of the National Highway, other than in designated parking spaces or lay-bys, is considered a serious safety concern.

In such a situation, the locals' question is simple: if action can be taken in Rengalbada and the JSW area, why the delay in taking action against heavy vehicles parked on the road in front of Rungta and GVP R?

Instead of limiting action to a single location, the administration should inspect the entire sensitive stretch of NH-520. Permanent parking arrangements should be implemented, holding companies, transporters, and vehicle owners accountable. A heavy vehicle parked on the road not only obstructs traffic but can also cause another accident for a family. Now, the question is not one of action, but of consistent

Crowd of Ashish Kashyap's supporters turns out for OBC Brotherhood Organization meeting led by B.R. Ahirwar

Parivahan Vishesh News

Sunil Bajpai

Kanpur. The Bahujan Samaj Party (BSP) is gearing up vigorously for the upcoming 2027 Assembly elections. A series of meetings is underway; as part of this, an assembly-level meeting of the BSP's OBC Brotherhood Organization was held in the Gujaini area of Govind Nagar. A large number of youths participated under the leadership of Ashish Kashyap—a dynamic young leader known for his good image and affable nature—who is playing a pivotal role in strengthening the party.Addressing this crucial meeting regarding the upcoming elections, B.R. Ahirwar—the Kanpur Division Chief In-charge of the OBC Brotherhood Organization and a seasoned, dynamic, and approachable BSP leader known for his grassroots connection and willingness to stand by people in times of joy and sorrow—highlighted the backward classes' participation in governance and the initiatives taken to honor the community's icons during the



BSP's tenure. He stated that the backward class has always stood with the BSP and the time has now come for party workers to immediately mobilize and strengthen the spirit of brotherhood to ensure the formation of a BSP government in 2027. Meanwhile, BSP leader Narendra Kushwaha remarked that the backward class has played a vital role in forming BSP governments in the past. He urged workers to throw their full weight into the upcoming assembly elections and resolve to form the BSP government for the fifth

time, thereby making Mayawati the Chief Minister.

A large number of party workers attended the meeting, including District Coordinator Hari Narayan Kushwaha, former Chief Divisional In-charge Bablu Chaudhary, former Divisional Coordinator Aslam Raj, Amar Singh Jatav, Assembly Coordinators Anil Prajapati and Sandeep Bhagat, as well as Om Prakash Kuril, Neeraj Sharma, Rahul Gond, and Priyanshu Savita.

Is the land for a project or a land grab? The Tehsildar's actions should also be investigated!

Parivahan Vishesh News

Dr Rajkumar Yadav

Five platoons of police and other police forces were present to measure 21 acres of land.

Serious questions have been raised about Mahavir-Envirocare's land, with the heavy presence of five platoons of police in Bolani sparking strong protests; the government is demanding a third-party audit.Rourkela. Questions are now becoming more serious about the use and expansion of land belonging to Shri Mahavir Ferro Alloys and its group company, Envirocare Infrastolution, in the industrial area of Sundargarh district. The biggest question is: why is such a large amount of land constantly being needed in the name of industry and projects, and for what purpose is that land actually being used? According to government project documents, Envirocare Infrastolutions is listed as a group company of Shree Mahavir Ferro Alloys and plans to expand the Kalunga-Lathikata area with projects such as DRI, steel melting, rolling mill,

captive power, pellet processing, and beneficiation. Records of the Odisha Pollution Control Board also separately mention Envirocare's unit on 15.29 acres of land.

But the land dispute is not new. In 2021, several petitions filed by villagers before the Odisha High Court raised questions about government land acquisition, tribal land, and public utility land protection for Mahavir Ferro's factory expansion. Court records mention land acquisition proceedings in areas including Goibhanga and Gadhai Balanda.Against this backdrop, the demarcation of 21 acres of land in the Bolani area today, under the threat of five platoons of police and other officials, is eliciting sharp local reactions. Local residents allege that the company is creating a situation of seizing or transferring land previously acquired by it for the benefit of the company, including playgrounds, ponds, irrigation, or community-use lands. If these allegations are true, this is not merely a dispute over private land, but a serious question of public property, water resources, and community rights.

Instead of acting under pressure or influence, the government should conduct an independent third-party land audit and re-examination of each land mutation. The audit should examine the original land records, plot type, classification, previous ownership, acquisition process, compensation, current use, actual project needs, and the legality of the transfer. The NCP leader demanded that "any land allotment, transfer, or use where rules are found to be violated should be immediately cancelled. An independent investigation should also be conducted into the actions taken in Bolani in the presence of a heavy police presence. Previous acquisitions and mutations are also necessary. An impartial investigation and appropriate action should be taken against the role of the then Tehsildar. The question is simple: if land has been acquired in the name of development, it should be used for development purposes only; public land should not become the property of private industrial expansion at any cost."



Indian marriages are not less than festival



Dr Vijay Garg

Retired Principal Educational columnist Eminent Educationist street kour Chand MHR Malout Punjab

Parivahan Vishesh News

Dr. Vijay Garg

They are celebrated according to various religious and personal preferences. But most of them are celebrated with expensive decorations, music, dance, food and costumes. During the season of marriages it is seen that people spend a lot of money only to satisfy their ego. All the money thus wasted can be put to some constructive use. Around 10 million weddings take place in India every year. Just imagine the amount of money that is spent on an average every year in these marriage arrangements. The focus of the marriage has shifted from the rituals to a show off business. In the present scenario, when dowry still remains a major problem in India, people use a lot of their life's savings in the unnecessary arrangements and decorations which are just a one day affair.

They think by making extravagant arrangements they would create an impression on their friends and relatives and will be remembered for a longer period of time. People also try to imitate the others in which social media plays a major role as it influences people's mind very easily. It is very important to



bring people out of this rat race and teach them the concept of simple marriage. A simple marriage can be made equally memorable as an extravagant one. People need to realise that it is the presence of people that makes a wedding grand and not the decorations or food. Marriages should be kept simple by keeping limited cuisines, simple decorations and limited expenditure of clothes and jewellery.

The money that will be saved from a simple wedding can be put to many other constructive uses like savings in bank account, deposited as fixed deposits to be

used for health care etc. People need to realise that it is the presence of people that makes a wedding grand and not the decorations or food. The concept of a 'grand' wedding is not bad but the amount of money that goes in behind one occasion is unnecessary. During the season of marriage you have seen people spending his lots o... Simple Marriages: A Wise Choice Marriage is a significant milestone in one's life, symbolizing the beginning of a new chapter filled with love, companionship, and commitment. However, in recent times, there has been a growing trend of extravagant weddings that focus more on showcasing wealth

and satisfying egos rather than the true essence of the celebration. This excessive expenditure often leads to financial strain and wastage of resources.

Instead, opting for simple marriages can not only save money but also promote a more meaningful and sustainable way of starting a life together. Financial Prudence - Simple marriages encourage financial prudence by reducing unnecessary expenses that often burden couples and their families. - With the money saved, couples can invest in their future, such as securing a down payment for a house or starting a business. - By avoiding extravagant

weddings, couples can escape the cycle of debt and focus on building a strong foundation for their married life.

Emphasis on Love and Togetherness - Simple marriages shift the focus from materialistic display to the essence of the celebration – the love and commitment between two individuals. - A smaller, intimate wedding allows couples to spend more quality time with their loved ones, fostering deeper connections and cherished memories. - The emphasis on love and togetherness creates a more meaningful wedding experience that will be remembered for a lifetime. Environmental Sustainability - Extravagant weddings often produce excessive waste, from elaborate decorations to excessive food and packaging. - Choosing a simple marriage means opting for sustainable practices, such as using eco-friendly decor, supporting local vendors, and minimizing food waste. - By making environmentally conscious choices, couples can contribute to the preservation of our planet while celebrating their union. Setting an Example - Simple marriages can serve as an inspiration for others, challenging societal norms and expectations. - By demonstrating that love and

commitment are not measured by the size of one's wedding, couples can encourage others to prioritize meaningful connections over materialistic displays. - Setting an example of simplicity and prudence can lead to a positive shift in societal attitudes towards weddings. In conclusion, simple marriages offer numerous benefits over extravagant weddings. By prioritizing financial prudence, love and togetherness, environmental sustainability, and setting a positive example, couples can create a wedding experience that is not only meaningful but also contributes to their future happiness and well-being.

Let us embrace the concept of simple marriages and celebrate the true essence of love

Dr Vijay Garg Retired Principal Educational columnist Eminent Educationist street kour Chand MHR Malout Punjab

Bird Nests Get a Green Makeover: Scientists Seek the Reason

Parivahan Vishesh News

Dr. Vijay Garg

Birds are remarkable architects, carefully choosing materials to build nests that protect their eggs and young. But some bird species do something especially intriguing: they add fresh green plants to their nests. Scientists have long wondered why. One possibility is that these plants provide health benefits. Fresh leaves and aromatic plants may contain natural compounds that can discourage certain parasites or microorganisms. They could also help create a healthier environment for growing chicks. Observations have even suggested that nests containing fresh greenery may be associated with healthier offspring.

Yet the exact reason remains uncertain. Birds might be selecting plants for their scent, chemical properties, moisture, temperature effects or simply because they are readily available. It is also possible that different species use greenery for different purposes.

The mystery highlights how much remains to be discovered about everyday animal behaviour. What may look like simple nest decoration could actually be a sophisticated survival strategy shaped by evolution.

Sometimes, even a small green leaf in a bird's nest can offer scientists a fascinating clue about the hidden intelligence of nature.

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Ordinary Is Beautiful

Parivahan Vishesh News

Dr. Vijay Garg

In a world that often celebrates luxury, glamour and constant achievement, we sometimes forget the quiet beauty of ordinary life. We are surrounded by messages telling us to be special, extraordinary and different. Yet, there is a unique charm in being simple, genuine and ordinary.

Ordinary does not mean insignificant. A simple meal shared with family, a sincere conversation with a friend, a peaceful morning, a book read quietly or a helping hand extended to someone can bring deep happiness. Many of life's most meaningful moments are not grand events; they are small experiences that stay in our hearts.

The beauty of ordinary life lies in its authenticity. We do not always need expensive possessions, impressive achievements or public recognition to feel fulfilled. A person who lives honestly, treats others with kindness and remains grateful for what they have may lead a richer life than someone constantly chasing status.

Social media often creates the impression that everyone else is living a perfect and extraordinary life. We see achievements, celebrations, travels

and carefully selected moments, but rarely see the ordinary struggles behind them. Comparing our everyday life with someone else's carefully presented highlights can make us undervalue what we already have.

There is also beauty in ordinary people. Parents who quietly sacrifice for their children, teachers who patiently guide students, workers who perform their duties honestly, neighbours who help one another and countless people who serve society without seeking recognition are examples of how ordinary lives can create extraordinary value.

Simplicity can also bring peace. When we stop trying to impress everyone, we become more comfortable with ourselves. We learn to appreciate what is available rather than constantly worrying about what is missing. Contentment does not mean giving up ambition; it means pursuing our goals without allowing comparison and competition to control our happiness.

A meaningful life does not have to be spectacular.



It needs purpose, relationships, kindness and inner peace. The ordinary moments we often overlook may eventually become the memories we value most.

Perhaps the real secret of happiness is not becoming extraordinary in the eyes of the world, but recognising the extraordinary beauty hidden in ordinary life.

Ordinary is not dull. Ordinary is real. And sometimes, real is the most beautiful thing of all.

Dr Vijay Garg Retired Principal

Odisha Parab to be Held in Varanasi from August 22 to 24, Shoa

Parivahan Vishesh News

Odisha's Cultural Heritage to Resonate in Kashi: 'Odisha Parab' to Feature 32 Stalls, Odissi-Gotipua Dance and Traditional Cuisine

(Santosh Kumar Singh)

Varanasi: The Tourism Department of the Government of Odisha, in association with FICCI as the industry partner, is organizing Odisha Parab in Varanasi with the support and participation of the Odia Language, Literature and Culture Department; Handlooms, Textiles and Handicrafts Department; Mission Shakti; Odisha Rural Development and Marketing Society (ORMAS); and Odisha Tourism Development Corporation (OTDC). The three-day festival, being held from August 22 to 24, 2026, will showcase Odisha's rich cultural heritage, handicrafts, cuisine, performing arts and diverse tourism experiences. The event will bring the essence of Odisha to the holy city of Varanasi, creating a platform for cultural exchange and strengthening tourism and cultural ties between Odisha and Uttar Pradesh.

Odisha Parab is much more than a cultural showcase. It is an initiative to take the story and spirit of Odisha beyond its geographical boundaries, giving audiences from across the country an opportunity to experience its vibrant traditions, cuisine, craftsmanship and tourism potential. Varanasi, the sacred city of Lord Mahadev, shares a deep spiritual and cultural connection with Odisha, the land of Lord Jagannath. Therefore, the Varanasi edition holds special significance as it brings together two important centres of India's vibrant spiritual and cultural heritage.

The three-day Odisha Parab will feature a total of 32 stalls, including 22 handicraft stalls and 10 food stalls, offering visitors an immersive experience of Odisha. The handicraft exhibition will showcase a diverse range of traditional and contemporary crafts, including Pattachitra, palm-leaf engraving, Dhokra, intricate silver filigree work, handlooms, Kotpad textiles, brass and bell-metal crafts, jute products and other handicrafts.

Visitors will also have the opportunity to witness live demonstrations of Pattachitra, palm-leaf engraving, silver filigree and Dhokra, interact directly with artisans and gain an insight into the skill, patience and traditional knowledge behind these art forms.

The ten food stalls will showcase Odisha's diverse culinary traditions, giving visitors an opportunity to savour traditional Odia cuisine, including Pitha, sweets, Dahibara Aloodum, traditional snacks, millet-based products and Koraput Coffee, along with several other regional specialties. The cultural programme will bring Odisha's vibrant performing traditions to the people of Varanasi. It will feature the elegance of Odissi dance, the energetic traditions of Gotipua and Sambalpuri performances, along with a rich collection of folk and traditional art forms.

Alongside cultural and culinary experiences, Odisha Parab will showcase the state as a diverse tourism destination. The tourism exhibition will highlight Odisha's spiritual and heritage destinations such as Puri and Konark, Buddhist heritage sites at Ratnagiri, Udayagiri and Lalitgiri, and natural and wildlife destinations including Chilika, Bhitarkanika and Simlipal.

The event will also highlight



Odisha's growing portfolio in ecotourism, wildlife, adventure and experiential tourism. A special tourism roadshow during the three-day programme will further showcase Odisha's major tourist destinations, tourism products and emerging opportunities.

A Pravasi Sammelan will also be organized as a platform for interaction with the Odia community residing in Varanasi and adjoining areas, as well as

friends and well-wishers of Odisha.

Dedicated B2B and B2G sessions will bring together stakeholders from the tourism sector, industry representatives, investors, tour operators, hospitality-sector players and government representatives. These sessions will facilitate meaningful business interactions, explore partnership opportunities and promote tourism movement between Odisha and Uttar

Pradesh.

The collaborative participation of various departments and institutions reflects the government's holistic approach towards presenting Odisha's cultural and tourism ecosystem. From handicrafts and handlooms to food, performing arts, rural enterprises and tourism experiences, every component of Odisha Parab will highlight the contributions of Odisha's artisans, weavers, women-led

groups, entrepreneurs and grassroots communities.

Odisha Parab has evolved into an important platform for taking Odisha's cultural and tourism story to audiences across the country. Previous editions held in Guwahati, Bengaluru and Ahmedabad helped strengthen cultural ties and created platforms for artisans, entrepreneurs, tourism stakeholders and the Odia diaspora.

The Varanasi edition takes this journey forward by establishing stronger cultural and tourism linkages between Odisha and Uttar Pradesh. The initiative is aligned with the broader aspirations of Odisha Vision 2036 and Vision 2047, under which tourism is expected to play a significant role in building a prosperous, inclusive, sustainable and globally recognised Odisha.

Thus, Odisha Parab will not merely serve as a cultural

showcase but also as a platform to promote tourism, livelihoods, entrepreneurship and cultural exchange. The Tourism Department of the Government of Odisha, along with its partner departments and institutions, warmly invites the people of Varanasi, Uttar Pradesh, and tourists from across the country to experience Odisha Parab and discover the colours, flavours, craftsmanship, performing arts and tourism experiences of Odisha.

DUTA President submitted his submissions to the Lieutenant Governor: Professor Virendra Singh Negi

Parivahan Vishesh News

DUTA submitted a "Request Petition" to the Lieutenant Governor highlighting its various demands and key educational issues and sought prompt and effective action on matters concerning the university



and the teaching community.

The DUTA President and other officials have submitted a petition to the Lieutenant Governor to address the problems faced by teachers at 12 colleges affiliated with Delhi University, which are 100% funded by the Delhi government. The petition highlights the appointment, service conditions, and other pending issues of ad hoc and guest teachers working in these colleges.

The DUTA delegation has humbly

requested the Lieutenant Governor to intervene "necessarily" to resolve the recruitment and service-related issues of teachers, keeping their interests in mind, so that teachers working in these colleges for years can receive equitable appointments and opportunities. This initiative is

ensure their future is secure and assured. Their efforts are crucial in providing teachers with better working conditions, a secure and bright future, and adequate opportunities for growth and advancement.

DUTA has engaged in meaningful dialogue and negotiations with the government from time to time to resolve these issues. Delhi Chief Minister Mrs. Rekha Gupta has also been made aware of these problems, but despite this, due to a lack of concrete initiatives and effective action at the required level, the problems have not yet been resolved as expected.

In light of the current circumstances, the DUTA President has taken a proactive and meaningful initiative through an "online signature campaign." The primary objective of this campaign is to initiate the process of permanent appointments in these colleges.

In this solicitation campaign, there was dignified and energetic presence of DUTA President Professor Virendra Singh Negi ji, former President Professor Ajay Kumar Bhabhi ji, Vice President, Secretary, Treasurer and other office bearers.(Prince Features)

Tracing the Forgotten Roots



Parivahan Vishesh News

Kolkata August 21,2026

Driven by the desire to acquaint their metropolitan-city-born offspring with their roots, Goenka community from India and abroad travel back to their ancestral hometown in Fatehpur Shekhawati in Rajasthan every year to reconnect with their heritage, introduce younger generations to family history, and experience local culture firsthand.

The Goenkas, India's wealthy elite from the globe organise " Goenka Sangam" every year on Bhadrpada Amavasya at an ancient Temple Shree Beera Barjee Mandir at Fatehpur Shekhawati in Sikar District in Rajasthan, in memory of their Kuldevi "Beera & Barjee Dadi ji" in which around 600 members of India's super rich Goenkas families pray at Shree Beera Barjee Mandir at Fatehpur Shekhawati for the peace of their ancestors' souls and those of their loved ones. They perform Puja at their holy temple for their forefathers and seek divine blessings for the younger generations.

Shekhawati cultural traditions are passed to younger generations through oral storytelling, community festivals, and temple gatherings during the five-day festival, which will be celebrated from September 7 to September 11, 2026, this year under the aegis of Shri Shakti



Goenka Trust, Kolkata, said Sh Sushik Kumar Goenka, Managing Trustee of the Trust, who is also a promoter Director of the Emami Group of Companies.

Goenka Recognition Award function will be organised on 10 th september 2026 to honour the individuals belonging to Goenka community who have performed exceptional and distinguished service in the field of trade, social service, sports, Arts. Science, education, literature and health said Sh Arun Kumar Goenka, Chairman, Goenka Recognition Award Committee 2026. The committee has invited online nominations to select individuals, which may be submitted by any persons who are qualified to nominate.

A nomination for yourself will also be taken into consideration. The nominations are in process, and the names of the winners will be announced on 1st September 2026, said Sh Arun Kumar Goenka, Chairman, Goenka Recognition Award Committee 2026.Rajasthan Chief Minister Sh Bhajan Lal Sharma will be the chief guest in the award function, while Rajasthan Urban Development and Housing Minister Shri Jhabar Singh Kharra will preside over the function.Sh Harsh GOENKA, Chairman of RPG Group , Sanjiv Goenka Chairman of RP-Sanjiv Goenka Group, Viveck Goenka -- Chairman, Managing Director and Editorial Director of the Indian

Express Group, BK GOENKA chairman of Welspun World, Subhash chandra Chairman Zee TV, RS Goenka Joint Chairman Emami Group, Anjani Kumar GOENKA A Founder GD Goenka School, Girdhari lal Goenka Chairman Golden Goenka Group of Companies .Sh Akash Goenka Director Goldy Spices are some of the illustrious members of the Goenka Community .Sadhvi Shraddha Gopal Saraswati (also known as Maahi Didi), a well-known spiritual storyteller (katha vachak) and founder of the Data Devi Foundation. will deliver sermons on spiritual awakening, Vedic wisdom, morality, and the practical art of living based on holy texts like the Bhagavad Gita, Ramayana, Upanishads, and Bhagavatam for the first three days from 6 th to 8 th September 2026.All local population is invited for the sermons and prasad so that maximum people benefit

A motivational session will be conducted by Mumbai-based motivational speaker Krishma Goenka on 8 th and 9 th September 2026 to inspire participants, boost morale, foster a positive mindset, and encourage personal or professional growth to provide practical tools to help individuals overcome challenges and achieve their goal.Mrs Krishna Vijayvargiya, a local folk singer, will perform Jagran on 10 th September, while Yog Guru Manoj Sharma will deliver a lecture on yoga philosophy, asanas and meditations during the event

India's Makhana Revolution: Dominates the Global Market

Parivahan Vishesh News

O. P. Pal

Over the past few decades, many traditional crops in the Indian agricultural sector have emerged from their local roots to establish a global presence. The latest and most revolutionary addition to this category is makhana (fox nut). Once confined to religious rituals, fasting, and traditional Indian cuisine, makhana has now established itself as a premium superfood in the global health and nutrition market. Its rich nutritional value, growing global health awareness, and its popularity as a processed-flavored snack have propelled makhana demand to new heights internationally. India, the world's largest makhana producer, is currently on the cusp of a makhana revolution. This transformation is not only strengthening the country's agri-food exports but also qualitatively improving rural economics and farmer incomes in states like Bihar.Following the formal launch of the National Makhana Board in Bihar on September 15, 2025, as announced by the Central Government in the Union Budget 2025-26, the Board is working to integrate the entire Makhana value-chain. Under the Central Sector Scheme, the government has allocated a budget of ₹476.03 crore for the period 2025-26 to 2030-31. This National Makhana Board, supported by multi-crore government schemes and the GI tag for Mithila Makhana, is making a significant contribution to making India self-reliant and a world leader in agri-food exports. It is believed that Makhana will undoubtedly prove to be the brightest star of India's agricultural revolution in the future. This government scheme focuses on research, distribution of quality seeds, mechanization, processing, branding, and export promotion, directly connecting small and marginal farmers to the market through Farmer Producer Organizations. Therefore, today the makhana sector in India is becoming a living example of how traditional and local agricultural products, through the right policy support, technological innovation, and branding, are gaining global recognition. Furthermore, reaching supermarkets and dining tables around the world, makhana is not only enhancing India's prestige but also becoming the economic backbone of millions of rural families.India's

global dominance and Bihar's contributionIndia holds a monopoly over the global makhana market. Approximately 80 to 85 percent of the makhana supplied worldwide comes from India alone. Significantly, Bihar accounts for nearly three-quarters (75 percent) of the country's total makhana production. This means that the Kosi and Mithila-Seemanchal regions in the north and east of Bihar have become the hub of makhana cultivation. In particular, Supaul, Saharsa, Madhepura, Darbhanga, Madhubani, Katihar, and Purnia districts are major centers of makhana production. According to data from the Department of Agriculture and Farmers Welfare, makhana production in India has seen a historic increase in the last few years. For example, during the year 2024–25, total makhana production in India was 63,910 metric tons, with an average productivity of 2.03 metric tons per hectare. While this production is projected to increase to 80,590 metric tons in the year 2025–26, with productivity increasing to 2.34 metric tons per hectare. Bihar alone produced 60 thousand metric tons of makhana during this period. A significant turning point in the history of the makhana industry came when makhana produced in the Mithila region of Bihar was granted a Geographical Indication (GI) tag as "Mithila Makhana." With the GI tag, no other region can falsely sell its makhana under the name "Mithila Makhana." The GI tag not only helped establish the authenticity and premium image of makhana in the international market, but also gave global recognition to the knowledge of local boatmen and farmer communities who have been cultivating it for generations. Furthermore, the National Makhana Research Center in Darbhanga, Bihar, has done remarkable work in integrating this traditional work with technology. The center has developed several modern machines to reduce manual labor.The export journey and new international marketsToday, India exports approximately 40 percent of its total makhana production, or about 25,000 metric tons. Previously, makhana did not have a separate HSN (Standardized Commodity Description and Coding System) code, making accurate export figures difficult. However, in 2025, the Directorate General of Foreign Trade issued a separate Standardized Commodity Description and Coding System code for popped makhana.

In 2025-26, India exported 7,264.89 metric tons of makhana products worth ₹19,296.08 lakh. According to one estimate, the United States purchased 40 percent, Canada 20 percent, and the United Arab Emirates 17 percent, accounting for 77 percent of total exports. Although the US and UAE account for the largest volumes, countries like Germany, Nepal, Australia, and the UK are paying a significant premium for makhana from India. This has created a significant opportunity for market diversification for exporters. Recognizing the strategic importance of the makhana sector, the central and state governments have implemented landmark policies to organize and modernize it. On the other hand, the country's makhana sector is not limited to production alone; its economic structure is also rapidly changing. In terms of domestic demand and market size, the average monthly consumption of popped makhana in India is 3,000 to 3,500 metric tons, which increases to 5,000 metric tons during the festive season. The share of organized FMCG and snack companies in the domestic market has rapidly increased. The introduction of flavored makhana has multiplied its popularity among urban youth and children.Why is Makhana the real 'superfood'?In today's busy lifestyle and unhealthy eating habits, makhana has emerged as a complete and balanced diet. Scientific studies have proven that makhana has a more balanced nutritional profile than many traditional nuts like almonds, cashews, and walnuts. Presence and Health Benefits of Makhana: Negligible fat (only 0.33 grams of fat per 100 grams) and high in protein and amino acids. High-quality protein with a 95% digestibility. Its amino acid profile is considered similar to that of fish. Glycemic Load: Due to its low glycemic load, it is completely safe and beneficial for diabetics, as it is rich in micronutrients like magnesium, potassium, phosphorus, iron, and calcium. Its low sodium content makes it excellent for blood pressure and heart patients. Anti-Aging and Antioxidants: The natural antioxidants present in it slow down the effects of aging and maintain a healthy digestive system. (Yuvraj Features)

O.P. Pal Senior freelance journalist and author

Walking on the road is also a fundamental right, then why is the footpath in such a bad condition?

Parivahan Vishesh News

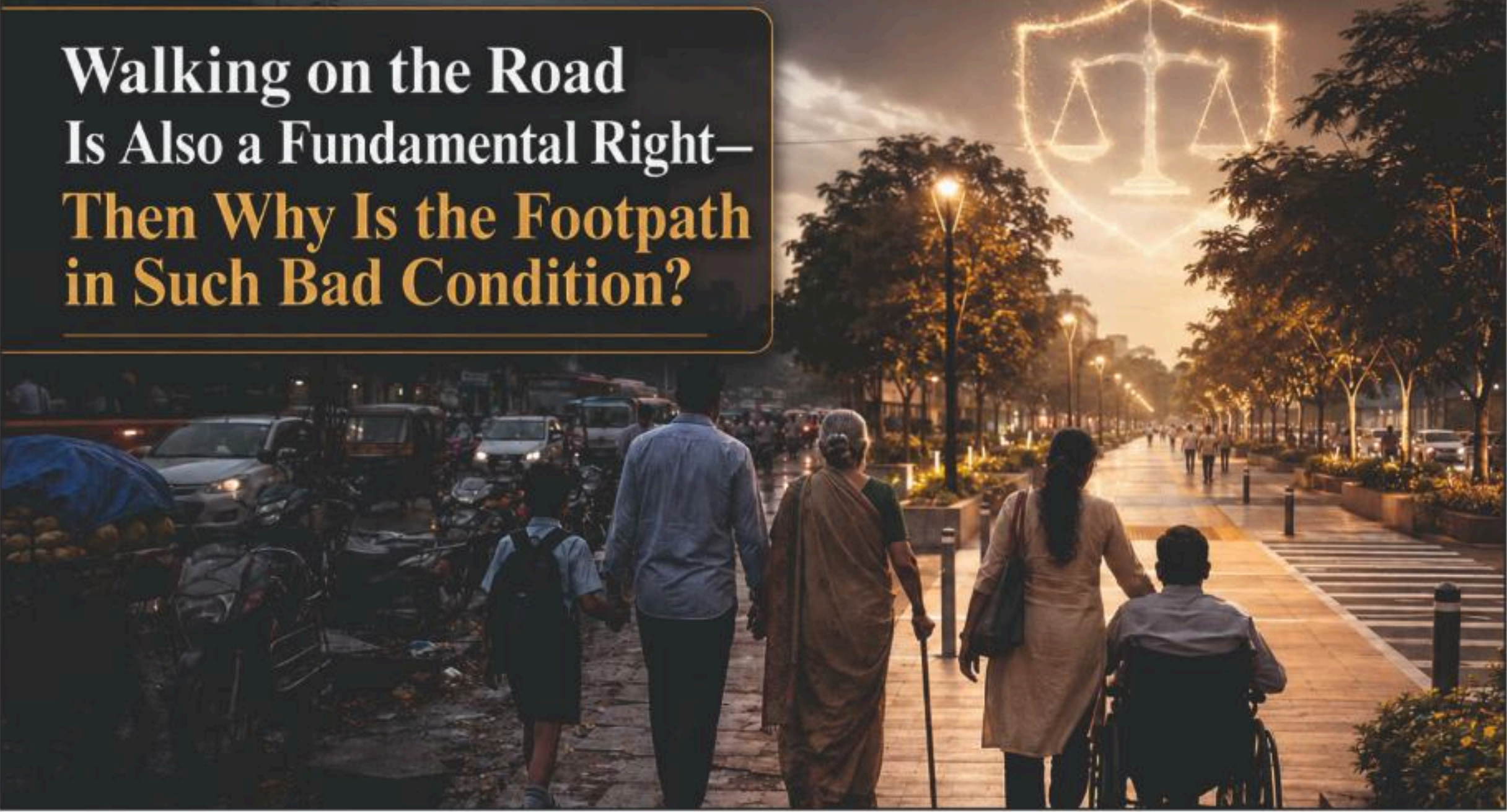
-Sunil Kumar Mahala

Walking on the street is a fundamental right, but today, walking has become a significant challenge in many Indian cities. Indeed, in many cities, sidewalks either lack space or are blocked by encroachment, parking, and construction materials. The question arises: how can a person truly experience freedom of movement when they lack the space to walk safely on the street?

In this context, I would like to inform readers that recently, on June 19, 2026, the Honorable Supreme Court, in an important judgment, held that walking on safe and designated pedestrian paths is a fundamental right to freedom of movement under Article 19(1)(d) of the Constitution. This case concerned the tragic incident in which a five-year-old child was killed after being hit by a tanker on the road. There were no footpaths or safe crossings. It would not be an exaggeration to say that in many Indian cities today, encroachments on footpaths, broken or missing curbs, inadequate crossings, speeding vehicles, and violations of traffic rules increase the risk to pedestrians, and pedestrian safety remains a serious challenge in our country. Statistics show that, according to the government's "Road Accidents in India - 2023," 35,221 pedestrians died in road accidents in 2023, representing 20.4% of total road accident deaths. The truth is, adequate pedestrian infrastructure is needed today. It should be noted that the construction and maintenance of sidewalks primarily falls under the purview of state governments and local bodies, so these governments and related bodies should focus on them. It should be noted that the Netherlands is considered one of the best examples in the world in terms of road quality, sidewalks, pedestrian crossings,

traffic control, and pedestrian safety. Indeed, the Netherlands is a leading country in the world for pedestrian safety, with separate and safe paths for pedestrians and cyclists, low-speed zones, and improved road design. Denmark, especially Copenhagen, follows the Netherlands in providing well-maintained sidewalks, crossings, and traffic-calmed zones for pedestrians. Sweden is among the leading countries in the world with low pedestrian fatality rates and a strong road safety system. Norway (in Europe) and Finland also hold a significant and important place in the world in terms of

raise our concerns. It is very sad that more than 20 percent of those killed in road accidents are pedestrians. In many cities, footpaths have been found to be broken, narrow, unsafe, or constantly obstructed. This means that the problem is not just about building footpaths, but about ensuring they are safe, wide, level, and accessible to all. In fact, it is crucial to ensure that footpaths are free from encroachment and illegal parking, have adequate lighting, provide safe crossings, and have ramps and other facilities for the disabled. Even during road digging or construction work,



safe pedestrian crossings and road crossings.

pedestrian paths should not be completely closed.

For now, I would like to point out that the Honorable Supreme Court's decision on June 19, 2026, regarding pedestrians, conveys a clear message: it is the responsibility of the government and local bodies to provide safe footpaths and adequate road crossing facilities. Indeed, municipal corporations, municipalities, urban development authorities, and panchayats must step forward and work seriously and sensitively in this direction. However, if we look at the statistics, they

In conclusion, roads are not just for vehicles. Pedestrians, children, the elderly, women, and the disabled all have equal rights to the road. Providing safe sidewalks is not a convenience, but a fundamental right of citizens and a responsibility of the government.

Sunil Kumar Mahala, freelance writer, columnist and young litterateur.

A speech sans substance! Article by M A Baby

Parivahan Vishesh News

Article by M A Baby



On 31 March, 2026, Union Home Minister Amit Shah declared that India has become free from Naxalism. In his Independence Day speech from the Red Fort on 15 August, Prime Minister Narendra Modi proclaimed its return.

Quite a few things happened in the intervening four months. But three developments stand out: the wave of workers protests that briefly spread across the northern part of the country in April and May; the historic student-youth movement that forced the resignation of Union Education Minister Dharmendra Pradhan; and the Bankipur by-election, which resulted in a mammoth defeat for the BJP in a seat it had dominated for over three decades and had only recently been vacated by its National President. These developments have no doubt forced the BJP onto the back foot. Modi invoking the threat of dimagi naxals in his address must be seen in this context. A rattled leader bereft of ideas tends to fall back on the rhetoric and tactics that have proven useful in the past. The dimagi Naxal jibe is thus a revival of the tukde-tukde gang, urban Naxal, andolan jeevi and similar labels used earlier.

Fascism relentlessly seeks to appeal to outraged national sentiments so as to wield them against the enemies of fascism. The tactics adopted by the current dispensation, with their neo-fascist characteristics, are no different. Yet, while communal majoritarian rhetoric continues to hold sway over a large section of the people, the united protests against the NEET paper leak have shown the limits of its power in the face of growing dissatisfaction, especially among the younger generation, with the present state of affairs. Nothing for students, women, workers or farmers

The big-ticket announcements in the Prime Ministers speech offered little to address this discontent. Just a day after he announced free online coaching for aspirants preparing for competitive exams, the National Testing Agency notified that three papers of the UGC-NET would be re-conducted due to many factual, typographical, translation errors as well as repetition of a significant number of questions previously administered. Many were quick to point out that the promise of affordable coaching for competitive exams is futile when exam after exam is ridden with leaks, errors, cancellations and re-tests, and there is no trust in the examination system itself.

On the very day that Modi declared the success of the New Education Policy, Sheikh Mohammad Mafik succumbed to injuries sustained in a brutal attack by BJP goons in Karishunda village in the Indas area of Bankura district in West Bengal. Mohammad Mafik was allegedly targeted because his son, Abdul Hafiz, had participated in the student movement at Jantar Mantar and, heeding the call of the Cockroach Janta Party, had attempted to undertake a citizens audit of the facilities at his village school. A recent NITI Aayog report revealed that over 94,000 government schools had shut down across the country in the last 10 years, an average of 25 schools a day, while enrolment in government schools declined by 2.26 crore students. This underlines the failure of the NEP 2020, which the BJP led Union Government is reluctant to admit.

They have now been forced to resort to a GenZ outreach named One Day, One University. It is being planned as a nationwide outreach programme under which a Union minister will visit a university every day to interact directly with students, hear their concerns and explain youth-centric welfare schemes. Yet, they refuse to acknowledge that the root of the problem lies in the NEP which seeks to commercialise, centralise and communalise our education. It has led to the mushrooming of coaching centres and compounded the issues related to paper leaks and faulty examinations. Unless the NEP is scrapped our students will not get justice. And until conscious efforts are made to create adequate employment opportunities, India's youth will also be denied justice.

In his speech, Modi hailed the passing of the Womens Reservation Act and then put the onus on opposition parties to ensure that it gets implemented in Parliament and State Assemblies. However, it is well known that it is his government that is the obstacle. During the Monsoon Session, from July 20 to August 13, thousands of women have protested in and around Jantar Mantar demanding the immediate implementation of 33% Womens Reservation by delinking it from the Census and delimitation.

Womens organizations and civil society groups, under the banner of the National Coalition for Womens Reservation, have met with various political parties and received assurance of their support for the cause in this regard. Yet the BJP refuses to pay heed. It is clear that for them, the legislation is only a plank to gerrymander constituencies and redraw the electoral map in their favour.

Modis claims of having ensured that farmers face no hardship and of opening up opportunities for them fly in the face of fact. Over 32,000 farmers and agricultural labourers have died by suicide in the last year alone, and those are just among the states that have reported figures to the National Crime Records Bureau. Official figures show that the much touted VB-GRAMG has resulted in a 50% drop in rural employment generation. 68.94 lakh households availed the rural job guarantee scheme in July this year, generating 7.67 crore person-days of work,

down from 1.42 crore household ds and 15.33 crore person-days in the same month last year.

The Union government nt is yet to keep its promise to farmers regarding a legal guarantee of MSP and addressal of concerns about the Electricity Amendment Bill. Instead, it is going ahead with Free Trade Agreements detrimental to the interests of farmers without consultation with farmer bodies and unions. As for workers, Modi chose not to mention them. The hollow claims regarding the four labour codes being worker-friendly unravelled earlier this year when workers took to the streets to fight for their due.

The PM does not careTo the families affected by floods and landslides in several parts of the country, the Prime Minister extended nothing except an empty assurance that the entire nation stands firmly with them. Even as he claimed that he understands their pain and suffering, people in many parts of the country would argue that he, in fact, does not. Multiple states ruled by non-BJP governments have received only a small fraction of the funds sought for relief during floods, landslides or drought. Politics has become the yardstick to release funds and not the magnitude of disasters.

The people of Kerala would not have forgotten that the Union government had denied permission to accept aid from outside the country in the aftermath of the devastating 2018 floods, despite generous offers for assistance from abroad. And yet, the Union Home Ministry granted permission last year to Maharashtra to receive foreign funds for its Chief Ministers Distress Relief Fund. In fact, the state government was charged hundreds of crores of rupees by the Union for the provision of food grains and for the services rendered by the Air Force during the floods. The Union government also refused to release assistance to Kerala following the 2024 landslides in Wayanad.

Even in moments of great crisis, there is discrimination among states.

A recent CAG report brought out the fact that the Union government has not spent even half of the funds under the National Disaster Response Fund (NDRF). Of the total ₹11,474 crore sanctioned under NDRF during 2024-25, only ₹5,356 crore was transferred to states, leaving ₹6,118 crore unused. The latest accounts shared by the PM CARES Fund show that by the end of 2024-25, the Fund, which was set up to deal with 'any kind of emergency or distress situation', had



'I WANT TO FORGIVE THE CHILDREN WHO ABUSED ME'

₹8,452 crore, and 93% of it is being kept in fixed deposits. Last year, only a mere ₹88 lakh was released – merely 0.001% of the Fund's corpus. The Fund is run from the Prime Minister's Office and receives uncapped CSR funds, yet the Union government has refused to comply with the RTI Act and to CAG audits. The lack of transparency means that there is no way to check whether the Fund has been used by companies to curry favour with the ruling party, as in the case of the Electoral Bonds scheme. The PM does not Care.

Resist assault on free thoughtThe picture that Modi attempted to portray, that of a rejuvenated nation marching toward Viksit Bharat, now has very few takers. Hence, the need for a new moniker, the Dimagi Naxal - a catchphrase to whip up frenzy amongst the captive base and fear among those who dare to go astray. He deemed it necessary that the Dimagi Naxals be identified and isolated to realise his notion of a Viksit Bharat, much like armed Naxals were isolated and eliminated.

It is worth remembering that the Left Parties had jointly written to the Prime Minister last year to halt the extra-judicial killings in the name of Operation Kagar. Despite the Maoists declaring a unilateral ceasefire and repeatedly urging the government to consider their appeal for dialogue, the Union and BJP-led state governments chose not to pursue a solution through talks. What followed was an inhuman policy of killings and annihilation.

If the misguided Maoists, who strayed down the wrong path and chose undemocratic means to pursue their goals, were exterminated by a policy of state terror by the Modi government, the threat of identifying and isolating Dimagi Naxals is a threat aimed at all left and democratic forces and, indeed, all those who raise questions and refuse to subscribe to the official narrative. It signals an assault on free thought in the offing. The labels of tukde-tukde gang, urban naxal, andolan jeevi, etc. were used on those who were persecuted by the state in various cases, such as the Bhima Koregaon case, the Delhi riots case, and the NewsClick case. The surveillance, doxxing, threats and retaliatory violence against the youngsters who had taken part in the protests at Jantar Mantar, or are continuing the struggle, indicate that the targeting will continue with renewed vigour. Our task is to organise and resist.(Author is the General Secretary of CPI-M. He was an MP and the Education Minister of Kerala also.)

Home delivery: The hidden danger in convenience

Parivahan Vishesh News

Anil Dharmadesh



Quick-commerce (quick home delivery) is rapidly growing in India. Initially confined to metropolitan areas, this business has now expanded to cities, suburbs, and towns. The rapid, unplanned, and unfettered expansion of this business model has led to serious challenges related to product and delivery. Neglecting standards such as safety and usability is exacerbating this crisis.

This has now become a matter of concern and awareness for society as well, after surprise inspections by Food Safety and Drug Administration regulators in various cities

revealed horrific violations within their dark stores. In several locations, including Malad West in Mumbai, Bengaluru, Pune, and Hyderabad, warehouses of quick delivery companies have been sealed due to serious irregularities related to cleanliness, pest control, expiry, temperature, and waste management. However, an even more serious challenge is related to the product's access to the customer: verification of the delivery partner.

Quick delivery companies provide their field agents with a formal identity card and access to a mobile app, which gives the customer confidence that the delivery person has been thoroughly vetted by the company, but the reality is quite the opposite. These companies appoint field agents in small towns and cities, who are not employees of the company but are contractually employed. Forget police verification of all agents, the companies themselves do not conduct any special checks and appointments are being made solely on the

basis of employee referrals. The situation on the ground is that in small towns, minor children are delivering goods on scooters. Lack of staff training, irregularities such as working in dark stores without medical fitness certificates and without gloves and headgear, along with staff verification, are going to prove to be the biggest challenges for the security of cities in the future. By joining such companies, people with criminal mindset can easily conduct reconnaissance of localities and houses under the pretext of delivering goods, or may already be doing so. By searching for houses inhabited by elderly and women, and by finding out the cameras and safe routes of entry and exit in the locality, it is very easy to commit theft etc. The guards posted at the main gates of the colonies also easily allow the delivery agents of these companies to enter.

Transportation safety is also at risk due to underage delivery agents. In such a situation, it is necessary that just as the Ministry of Labor directed companies to remove the "10-minute guarantee" from their advertisements to prevent riders from breaking traffic rules and becoming victims of accidents, police verification of each delivery agent should not only be made mandatory, but the companies themselves should also submit a complete list of their agents, including their Aadhaar cards, to the Labor Department on a monthly basis. (Yuvraj) Features)

Anil Dharmadesh

There is no guard on love , there is a clamp on deceit — Maharashtra faces a real test for law



There Is No Guard on Love, There Is a Clamp on Deceit — Maharashtra Faces a Real Test for Law

Parivahan Vishesh NewsProf. R. K. Jain ‘Arijit’

Parivahan Vishesh News

[Maharashtra Model — Will it become an example of security or a challenge to freedom ?]
[Investigate intentions , not people. — This is where justice begins .]

Prof. RK Jain “Arijit”

The true test of a society comes when love , faith, and the law clash. The notification/preparation to implement the Freedom of Religion Act , 2026 in Maharashtra, effective August 28, 2026, has brought this question to the fore. The debate over interfaith marriages , so-called "love jihad," and mass conversions is no longer merely a political issue ; it has become a question of balancing religious freedom , marital choice , women's safety, and the state's responsibility. The stated purpose of the law is to prevent religious conversions by force , fraud , coercion, or inducement. But as important as the law's intent is , its application is even more so. Therefore, this system must be judged not by emotions , but by rights and facts.

Under the proposed Maharashtra Freedom of Religion Act , 2026, a person voluntarily converting to another religion must provide 60 days' notice to the District Magistrate. The notice will be public and subject to objections or scrutiny. This will ensure transparency and free will in religious conversions. In interfaith marriages, if it is proven that the sole purpose of the marriage was illegal religious conversion and that the marriage involved coercion , deception, or greed , the court can declare the marriage invalid. In such circumstances, there is a provision for the child to be given the mother's premarital religion. The objective is to protect the vulnerable , especially women . But the question is whether transparency will subject a personal decision to public scrutiny and social pressure ?

In fact , this is where the controversy surrounding " love jihad" becomes difficult. Allegations of fraudulent religious conversion under the pretext of marriage have long surfaced. If a relationship involves deception , pressure, or a planned attempt at religious conversion , legal intervention is warranted. Based on this, there are stringent

provisions against mass conversion—punishment for up to seven years and a fine of up to five lakh rupees ; in simple cases, the fine is up to one lakh rupees , while repeated convictions can result in ten years of imprisonment and a fine of up to seven lakh rupees. The offense is cognizable and non-bailable , allowing the police to take immediate action. However, strict laws do not guarantee justice ; impartial investigation and accountability are essential alongside police power.

The question is: should consenting adults also be subject to state scrutiny ? Critics argue that government interference in the personal decisions of adults who marry or convert voluntarily should be limited. Citing privacy and personal liberty, they question the requirement of 60 days' prior notice. They argue that this could lead to interference by family , social organizations, or other parties, and could subject voluntary marriages to suspicion. Opposition parties have termed this as against constitutional values. The concern is that a crime prevention law might also criminalize consensual relationships.

The government says that the law does not prevent voluntary religious conversion , but rather prohibits conversion through unfair means. The Chief Minister has described it as an important step for the safety of women. Maharashtra has also taken into account the experiences of similar laws in Uttar Pradesh , Madhya Pradesh, and Gujarat. According to the government , such provisions have reduced some cases. Therefore, it is not appropriate to dismiss the Maharashtra model as a mere political slogan. The state has the right to prevent religious conversion through fraud and pressure , but it should be used based on evidence. The burden of proof of voluntary religious conversion lies on the party who is converting. Family members , including parents and siblings, can file a complaint.

The biggest question is whether Maharashtra can become a role model for other states. The answer lies not in the strictness of the law , but in its fair implementation. If the police, upon receiving a complaint, treat rumors as facts and allegations as crimes , the law can exacerbate social tensions. However, if the investigation is based on evidence , independent statements, and

actual circumstances , the same law can protect vulnerable people. In matters such as the validity of marriage, the final decision should be based on the court's scrutiny. The administration should neither favor any community nor consider any relationship suspicious based on religious identity. The impartiality of the law is the primary condition for its social acceptance.

Society cannot remain a mute spectator in such a major controversy. It is essential to instill in youth the importance of consent , transparency, and responsible relationships ; families must also refrain from treating an adult child's choice as merely a matter of prestige. If religious conversion occurs under the guise of love or marriage, through deception , pressure, or allurements , it cannot be justified as personal freedom. The media also has an important responsibility. Judging the character of an entire religion or community based on a single incident is not journalism , but spreading prejudice. Law cannot be a substitute for social conscience. Society must decide whether it wants security or a permanent culture of suspicion.

Ultimately, Maharashtra's experiment will be judged on the balance between security and freedom. Preventing forced or fraudulent religious conversions is the state's responsibility , but the right of consenting adults to choose their own religion and their life partners is equally important. The success of the law will be measured not by arrests , but by how many actual crimes are prevented and how many innocent people's freedoms are saved. If the administration operates with evidence , the courts maintain impartial oversight, and society rises above prejudice , the Maharashtra model can become an example of security. But if the law becomes a tool of politics , rumor, or communal distrust , the very shield of security will become a challenge to freedom.



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Harassment of girl students in schools



Parivahan Vishesh News

(Crisis of trust in the temple of education) - Dr. Priyanka Saurabh

Schools are not just places for learning. They lay the foundation for children's personality development, values, discipline, and a secure future. When parents send their children to school, they trust that teachers will not only impart knowledge but also ensure their child's safety and dignity. But when, under the guise of this trust, a teacher molests, behaves inappropriately, or sexually harasses a student, it's not just the child who suffers the consequences; the entire educational system is put on trial.

Reports of inappropriate behavior by teachers toward female students in schools have surfaced from time to time. The nature and facts of each incident may be different, so it's unfair to blame someone based solely on an allegation. However, suppressing a complaint once it's made, attempting to silence the girl, or delaying the matter to protect the institution's reputation is an even more serious problem. The reputation of any school cannot be more important than the safety of its children.

The relationship between a teacher and a student is fundamentally based on trust. A teacher possesses both knowledge and authority. Students naturally value their teacher's words and often consider them the most trustworthy adult after their parents. This is why, if a teacher abuses this trust and authority, it is difficult for a child to protest. During adolescence, children often cannot discern whether an adult's behavior is normal or inappropriate. Fear, shame, social pressure, worries about exams and the future, and the fear of whether their voice will be believed can prevent them from complaining. Therefore, simply asking, "Why didn't the child complain earlier?" is not enough. The real question should be: Has the school created a safe environment where the child can speak out without fear?

The most dangerous element in such cases is often silence. Many families, fearing social stigma, are reluctant to complain. Some suppress the matter, fearing that the child's education will be affected. School administrations, too, may sometimes try to resolve the complaint internally, fearing a tarnished image of the institution. However, such silence can encourage abuse. If a child's complaint is not taken seriously, it can send the message that the institution's reputation is more important than her safety. This message is deeply concerning for any civilized society.

Therefore, parents, teachers, and school management must understand that filing a complaint is not a disgrace, but a step toward safety. Allegations should be investigated impartially, and if proven guilty, action should be taken in accordance with the law and institutional rules. The role of school administration should not be limited to taking action after an incident occurs. Security arrangements should be robust in advance. Proper verification of teachers and staff, a clear code of conduct, rules for dealing with students, and a secure complaint system are essential.

Schools should educate children about appropriate and inappropriate touch, how to recognize uncomfortable behavior, and how to report it to a trusted adult. This education should be provided not only to female students, but to all children. They should also be made aware that they are not responsible for any inappropriate behavior. Schools should have a complaint system where children can express their concerns without fear. The availability of female teachers, trained counselors, or other trusted adults can be crucial in this regard.

The POCSO Act, 2012, exists in India to protect children from sexual offenses. This law provides important protections in cases of sexual offenses against children under the age of 18. Schools and their staff must have a basic understanding of this law. It is not appropriate to suppress a serious complaint simply by considering it an "internal school matter." Depending on the nature of the case, it may be necessary to inform and cooperate with the appropriate authorities. The purpose of the legal process is not only to punish the accused, but also to protect the safety, dignity, and rights of the victimized child.

Even today, after such incidents, questions are often raised in society about a girl's behavior, clothing, time, friendships, or social media activities. This thinking is wrong and harmful. A girl's clothing, her conversation, or her trust in a teacher does not give an adult the right to behave inappropriately. The responsibility lies with the person who abuses their position, age, and authority. Instead of scaring girls in the name of safety, they must be given confidence. They must be assured that if someone makes them uncomfortable, they can speak up without shame or fear.

Most teachers shape children's futures with complete honesty and dedication. Therefore, it is unfair to tarnish the entire teaching community with the alleged or proven misconduct of a few individuals. However, this very reason increases teachers' professional conduct responsibilities

even more. Teachers have constant contact with children, so they must be especially mindful of boundaries and professional decorum. Schools should have clear rules regarding situations such as personal messages, inappropriate comments, unnecessary physical contact, or private conversations. Teachers' behavior should reflect respect, equality, and security.

School administrations should send a clear message that any form of sexual or inappropriate behavior toward children is unacceptable. However, "zero tolerance" should not mean taking action against anyone without investigation. It truly means taking every complaint seriously, following a fair process, ensuring the safety of the child, and taking appropriate action based on the investigation's findings. Upon receiving a complaint, the school should prevent any circumstances between the accused teacher and the student that could pressure the child or compromise her safety. Any attempt to influence the investigation, intimidate witnesses, or pressure them to withdraw the complaint should be taken seriously.

Parents also need to create an environment of dialogue with their children. If a child feels uncomfortable with the behavior of a teacher or other person, they should listen carefully instead of interrupting. Immediate blame or scolding may cause a child to hide their problems in the future. Parents should regularly ask their children about their experience at school, whether they are afraid or uncomfortable with anyone, and whether anyone is forcing them to do things they don't like. The more comfortable the communication, the more readily children will be able to share their problems.

Today, teachers and students also connect through digital media. Online classes, messaging apps, and social media have made communication easier, but they have also brought new challenges. Schools should establish clear digital codes of conduct. Prioritizing institutional channels for official communication between teachers and students, prohibiting private and inappropriate conversations, and establishing clear mechanisms for preserving digital evidence are essential. Children should also be taught that if someone attempts to send inappropriate messages or conversations online, they should report them to a trusted adult instead of hiding them.

The media should also exercise sensitivity when reporting such incidents. Sensationalism, revealing the identity of the child, or presenting unverified allegations as fact can be detrimental to both justice and the victim. The media's role is not only to highlight the incident but also to question the accountability of the system. Was the complaint heard? Is the child safe? Did the school follow due process? Was the investigation fair? Are institutional deficiencies being addressed to protect children? Such questions make public discourse more meaningful.

If guilt is proven, legal action is necessary, but punishment alone will not completely eliminate the problem. We must change the culture of schools. We must create an environment where children know they will be heard and teachers understand that their rights come with responsibilities. Every school should have a child protection policy, regular awareness programs, teacher training, a clear complaint process, and communication with parents. Students should be informed of their rights. School inspection systems should also expand beyond mere paperwork to examine actual safety standards.

The incident of molestation or sexual harassment of a student in school is not merely a crime or a case of indiscipline. It is an attack on the very trust that parents rely on to send their children to school. Therefore, it is essential to treat every such complaint with seriousness, sensitivity, and impartiality. We should neither accept every allegation as true without investigation nor suppress every complaint for fear of defamation. The right path is to ensure the safety of the child, conduct an impartial investigation, take legal action if found guilty, and address institutional deficiencies.

A civilized society is defined by how safe it protects its children. A temple of education will only truly be called a temple of learning when it combines dignity with knowledge, compassion with discipline, and accountability with authority. The safety of children transcends the prestige of a school. Suppressing a student's voice does not solve the problem, but rather deepens it.

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