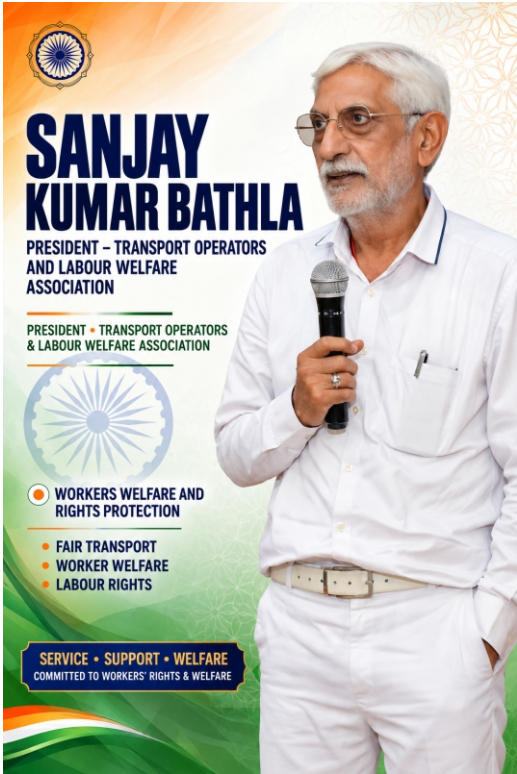




## An attempt by 'Parivahan Vishesh' newspaper to present the facts regarding the Gazette Notification (S.O. 4353 of 2022) issued by the Ministry of Road Transport and Highways in the public interest.



### Parivahan Vishesh News

An attempt by 'Parivahan Vishesh' newspaper to present the facts regarding the Gazette Notification (S.O. 4353 of 2022) issued by the Ministry of Road Transport and Highways in the public interest.

Curbing petty extortion from the public while paving the way for massive exploitation.

In whose interest is the Gazette Notification S.O. 4353 (2022) issued by the Ministry of Road Transport and Highways—the public or the 'vehicle mafia' (vehicle scrap dealers/used vehicle dealers)?

Presented for your information through questions and answers based on analysis by transport experts.

Article and Analysis by: Sanjay Kumar Bathla

- Editor-in-Chief, 'Parivahan Vishesh' Newspaper
- Chairman, Transport Operators and Labour Welfare Association (Registered)
- Chairman, Temple of Liberalization and Welfare Allied Trust (Registered)
- Former Student Leader, Delhi University (1979–1982)
- Social Worker and Consultant

The citizens of India have a constitutional right to know the true extent of public interest behind the rules, acts, laws, and orders issued by the Central or State governments in the name of public welfare. With this objective in mind, we are discussing the implementation of this Gazette Notification, highlighting the potential benefits and losses for the public, and suggesting ways to mitigate the adverse effects.

This issue concerns every citizen of India; therefore, information and analysis regarding it are essential.

Questions and answers regarding this issue:

**1. Question: Does the Motor Vehicles Act or Rules contain any provision allowing the 'Vahan' portal to transfer the ownership of registered vehicles without the intervention of a competent technical officer?**

**Answer: Yes, such a provision now exists—and it has been implemented nationwide as of 2026.**

Previously: Section 50 of the Motor Vehicles Act, 1988 and Rule 55 of the Central Motor Vehicles Rules, 1989... Previously, a manual check by an RTO officer was mandatory for the Transfer of Ownership (TO) under Sections 56 and 57. This involved verifying signatures on Forms 29 and 30, physical verification, and inspection by the Motor Vehicle Inspector (MVI).

Now, the Ministry of Road Transport

and Highways (MoRTH) has implemented a Faceless/Auto-Approval model within the Vahan 4.0 software.

**2. Question: What is the current status?**

**Answer: It was fully implemented in Kerala on September 22, 2026, and has already been rolled out in several states, including Delhi, Maharashtra, West Bengal, and Jammu & Kashmir.**

"Vehicle ownership transfers in Kerala go fully automated via the Vahan software, eliminating official intervention and middlemen... moving towards an automated approval, auto-approved model."

The Central Government has made Aadhaar mandatory effective July 31, 2026 — "Aadhaar mandatory for transferring vehicle ownership across the country... OTP sent to the mobile number registered with the owner's Aadhaar."

effective July 31, 2026 — "Aadhaar mandatory for transferring vehicle ownership across the country... OTP sent to the mobile number registered with the owner's Aadhaar."

**3.Question: How does the transfer take place without an officer? - The complete process**

**Answer: This facility is available on the Vahan Citizen Portal: <https://vahan.parivahan.gov.in>**

**Conditions (for Auto-Approval):**

Based on Maharashtra's Faceless Transfer model:

1. Individual ownership, non-transport vehicle, and non-hypothecated (no active finance/loan).
2. The owner's full name in the vehicle records must match the name on the Aadhaar card 100%.
3. The father's/husband's name must also match the Aadhaar details.
4. The mobile number registered in Vahan must be linked to Aadhaar.
5. The PIN code must match the address on the Aadhaar card.
6. Both the buyer and the seller must belong to the same state.
7. The vehicle record must be linked to Aadhaar via e-KYC.

**Process:**

**Step 1 - By the Seller:**

- Vahan Portal > Online Services > Vehicle Related Services > Transfer of Ownership
- Enter vehicle number > Authenticate using the last 5 digits of the chassis number. ...proceed
- Seller's Aadhaar authentication via OTP

**Step 2 - Form Auto-Generation:** There is no longer a need to fill out Forms 29 and 30 manually. The system automatically generates the forms using data from the Vahan and Aadhaar databases and facilitates e-Signing. In J&K, it was clarified that "Form 29 and Form 30 are automatically generated by retrieving relevant information from VAHAN and Aadhaar databases."

**Step 3 - By the Buyer:**

- The application number entered by the seller is sent to the mobile number linked to the buyer's Aadhaar.
- The buyer logs into the portal using that number and completes Aadhaar OTP verification.

**Step 4 - Auto-Approval:** If all details match, the file does not go to an official; the software approves it automatically. "Previously, decisions on Aadhaar-based applications were made by officials, but that responsibility has now been handed over to the software instead."

An SMS regarding RC printing is received, and the digital RC becomes available for download in DigiLocker/mParivahan.

**4. Question: What happens if the**

**details do not match?**

Answer: The portal includes a multi-stage verification process. "If the Aadhaar information matches... the request can be processed online without additional steps. However... if discrepancies are detected... multi-stage verification [applies]."

**In that scenario:**

- e-KYC must be completed—upload copies of the RC and Aadhaar.
- An official will approve the e-KYC within 24 hours.
- Subsequently, all further services can be availed without visiting the office.

**Required documents (for faceless service):**

- Photo of the RC, Aadhaar, a front-view photo of the vehicle, and a photo of the chassis number.
- Insurance, PUC.

**Conclusion** - Yes, the law now provides for transfer of ownership without the involvement of an official. This is the digital implementation of Section 50, rolled out by MoRTH under the Faceless Service initiative. Its objective is to eliminate middlemen and To eliminate bribery – "Eliminating official intervention completely removes scope for complaints... Opportunities for bribery and irregularities will be entirely eliminated."

If your Aadhaar, mobile number, name, and address are all linked to the Vahan records, you can transfer ownership from the comfort of your home in just 10 minutes—without needing any official or middleman.

**5. Question: Please provide full details regarding the specific vehicle-related approvals the Vahan Portal has been authorized to grant.**

**Answer** Under the Motor Vehicles Act, the **Vahan Portal** has now been designated as an Auto-Approval Authority for approximately **40% of RTO services**—going beyond just vehicle transfers. This is based on MoRTH's **Faceless Service Framework** and the **RBI-ULI Integration Model**, which comes into effect on March 1, 2026.

**Full list of services with automated approval on Vahan -**

**1. Transfer of Ownership (TO) - 100% Automated**

**New Rule:** In Kerala, effective September 22, 2026 – "Ownership can now be transferred without any intervention from officials. The system is transitioning towards an automated approval, auto-approved model."  
- Software, not officials, will grant approval.  
- Forms 29 and 30 will be auto-generated via Aadhaar OTP-based e-signing.  
- Ownership transfers previously accounted for nearly 40% of all applications.

**2. Termination of Finance/Hypothecation (HT) - Major Relief**

**New Rule:** Effective March 1, 2026 – "Removal of hypothecation from registration certificates will now take place automatically through an online system once a loan is fully repaid."  
- How Auto-Approval Works: "The online interface interacts among banks, ULI, and the Vahan system. So, the entire process, including verification, happens without any human intervention."  
- Upon loan closure, the bank sends an NOC to Vahan; Vahan automatically removes the bank's name from the RC and sends an SMS notification. "Once the process is complete, the owner gets an SMS from Vahan informing him/her about the removal of hypothecation."  
- Currently, **SBI + 5 NBFCs—Cholamandalam, Shriram Finance, and Sundaram Finance**—are integrated into the system.

**3. Other Faceless Services (No Official Intervention Required)**

-MoRTH has directed states to implement 50 faceless services on Vahan – "50 online, faceless motor vehicle-related services linked to Aadhaar

authentication."

**The Chandigarh STA has launched 21 online services, including -**

"New vehicle registration, issuance of duplicate registration certificates, transfer of ownership, and addition or termination of hypothecation."

**Full List:**

**A. RC-related (Automated or e-KYC approval within 24 hours):**

1. Transfer of Ownership (TO)
2. Hypothecation Addition (Adding finance details)
3. Hypothecation Termination (Removing finance details) - Auto
4. Issuance of Duplicate RC
5. Change of Address in RC
6. Issuance of NOC (for inter-state transfer) - There is now a proposal to scrap the requirement for an NOC from the original state's RTO.
7. Re-registration / RC Renewal

**B. Other Vehicle Services:**

8. New vehicle registration
9. e-Challan and Road Tax payment
10. Viewing the complete history of a second-hand vehicle - Buyers will be able to access the complete history of a vehicle, including ownership details and pending dues.

**4.What are the conditions for Auto-Approval?**

**Most important - Aadhaar-Vahan linking:**  
Vehicle owners who have not linked their Aadhaar to their vehicle records must do so promptly. The system requires strict alignment.

- Name, mobile number, and PIN code must match the Aadhaar data 100%.
- If there is no match, e-KYC is required first - Applicants need to upload copies of their Registration Certificate (RC) and Aadhaar. Officials will verify both documents and approve the e-KYC request within 24 hours.

**What is the benefit?**

Eliminating official intervention completely removes the scope for complaints. Applications can no longer be arbitrarily delayed... Opportunities for bribery and irregularities will be entirely eliminated.

**Conclusion:** The Vahan Portal has now evolved from a mere information portal into a **Deemed RTO Officer**. If your Aadhaar is linked, tasks such as vehicle transfer, removing hypothecation (HP), or obtaining a duplicate RC can be completed independently—without visiting the RTO or dealing with clerical staff.

**6.Question: Does this mean that technical officers are no longer required for technical tasks, since the Vahan portal can now perform all the functions that previously required a technical officer?**

**Answer:** This is the major question currently being debated across the entire Transport Department. The direct answer: Both yes and no.

**What has changed technically? Previous system (under Section 213 of the MV Act): The stamp/approval of a Motor Vehicle Inspector (MVI) / Technical Officer was mandatory for every task:**

- Verification of the chassis number
- Checking signatures on Forms 29 and 30
- Verifying the authenticity of the NOC
- Confirming receipt of the bank NOCAll these tasks were performed manually, leading to delays, the involvement of middlemen, and the "sitting on files" (intentional stalling).

**Current system (Vahan Auto-Approval): The government has replaced this manual scrutiny with Data-Based Verification.**

"The online interface interacts among banks, ULI and the Vahan system. So, the entire process, including the verification, happens without any human

intervention."

**Meaning:**

- Chassis verification – The Vahan database will do this itself.
- Bank NOC – The bank's server will communicate directly with Vahan via the RBI's ULI – "bank will issue a NOC directly to the owner, while the backend systems update the vehicle registration details automatically."
- Aadhaar verification – UIDAI will handle this itself.

**That is why the Kerala government clearly stated:**

"Ownership can now be transferred without any intervention from officials. The system is transitioning towards an automated approval, auto-approved model."

**7. Question: So, are the jobs of technical officers coming to an end?**

**Answer:** No, the role has changed, not ended.

**1. Vahan can only handle technical tasks related to documentation, not physical technical inspections.**

- Vahan cannot detect if the chassis number shows signs of cutting or welding.
- It cannot determine if the vehicle is stolen or if the engine has been replaced.
- It cannot assess roadworthiness (Fitness Test).

For these cases, a physical inspection by the MVI remains mandatory even today.

**2. The official has transitioned from a 'Verifier' to an 'Auditor'.**

Previously, the official acted as the gatekeeper for every file; now, the 'Vahan' system serves as the gatekeeper. The official's role is to:  
- Approve e-KYC within 24 hours in cases where the Aadhaar-Vahan data does not match.

- Investigate instances where the system flags a potential fraud alert.
- Handle cases requiring "multi-stage verification."

**3. The official's statutory position remains intact.** Section 50(1) of the Motor Vehicles Act still stipulates that a "Transfer [is] to be registered by the Registering Authority." The government has delegated the Registering Authority's powers to the Vahan software, not abolished the post itself.

**Key Conclusion:** The claim is 50% accurate. For technical tasks that previously involved merely reviewing documents—such as ownership transfers, termination of hypothecation (HP), or issuing duplicate Registration Certificates (RC)—the daily involvement of a technical official is no longer required; Vahan itself acts as the 'deemed officer.'

However,

**For tasks requiring visual inspection and physical examination—such as fitness certification, physical verification of the chassis, accident investigations, and checks for overloading—Vahan cannot intervene. In these instances, the MVI remains the final authority.**

The government's intent is not to eliminate the official's role but to ensure that "personnel are not deployed where they are not needed, thereby allowing them to devote their full attention to areas where human intervention is truly essential."

Consequently, automating the 40% of work related to transfers—

"Ownership transfers constitute nearly 40 percent of all applications"—will reduce the burden on the RTO and shut the door on corruption, ensuring that "opportunities for bribery and irregularities will be entirely eliminated."

**Thus, the need for a technical official has not vanished; rather, the role now demands greater integrity and technical proficiency.**

**8. Question: This process certainly proves that brokerage activities will be curbed; however, won't unscrupulous**

individuals succeed in transferring stolen or destroyed vehicles—or even creating illegitimate ones—by tampering with chassis numbers or using them fraudulently?

**• Does this process include any safeguards against such practices?**

**Answer:** A very important and pertinent question—this is precisely the issue being raised in every MoRTH meeting today. While brokerage will be stopped, will the name of 'technology' open a new door for black-market activities?

Direct Answer: There is a risk, but a 4-layer security system has been incorporated into this new process to mitigate it. If that security fails, then the scenario you described could indeed come to pass.

**1. What exactly is the risk you are referring to?**

**What unscrupulous individuals might do:**

- **Stolen Vehicle:** Grinding off the original chassis number, punching in a new one (Cut & Shut), and executing an 'Auto-Transfer' on the Vahan portal.
- **Destroyed/Scrap Vehicle:** Taking a vehicle damaged by floods or fire—which ought to be scrapped at an RVSF—and reviving it by swapping the chassis.
- **Cut-and-Paste Vehicle:** Combining two accident-damaged vehicles to create one and selling it with a forged Registration Certificate (RC).

Previously, the Motor Vehicle Inspector (MVI) would visually inspect the chassis, often using a torch. Now, with no official physically present, how will this be prevented?

**9. Question: What system has the government implemented to prevent this?**

**Answer: Layer-1: Vahan Samanvay + NCRB Link – The primary safeguard against theft. The Vahan system does not operate in isolation; it is integrated with the NCRB's Vahan Samanvay System. >**

"The Vahan Samanvay web-based system boasts several features that facilitate effective communication between law enforcement agencies and transport departments. These features include: Stolen vehicle tracking, Fake vehicle registration number detection"This means that as soon as you enter a vehicle's number into Vahan for a transfer, the software automatically cross-references it with the NCRB's database of stolen vehicles. If the vehicle appears on the stolen list, the application is auto-rejected right then and there; it never even reaches an official for review.

**Layer-2: Mandatory NCRB verification for RVSFs (Scrapping Centers) The same rule applies to vehicles destined for the scrapyards.**

"The RVSF shall be provided the necessary connectivity to verify the records of the vehicles brought for scrapping with the database of the stolen vehicles held by NCRB as well with the local Police. It would be obligatory on the part of the RVSF to carry out such verification before scrapping a vehicle"

"Application for vehicles failing any of these checks shall not be submitted... no criminal record against the vehicle in records of the NCRB, no pending dues, and no record of blacklisting"

**Consequently, once a vehicle is declared 'destroyed' (scrapped), its RC status in Vahan is locked as "Scrapped," making it impossible to transfer the vehicle again.**

**Layer-3: Chassis locking at the factory level – Form 22 and Type Approval Dealers can no longer generate RCs at their own discretion.**

*to be continued in Page number 5*

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.

**Get Ready — We're Coming Soon!**



**PARIVAHAN VISHESH NEWS DOORDARSHAN**

**Great News! Now your voice will resonate across the entire world. After 3 successful years of the Parivahan Vishesh Newspaper—now, a new revolution!**

**We hope that just as you have supported and contributed to taking "Parivahan Vishesh Newspaper" to great heights in today's era, in the same way, you will continue to support "Parivahan Vishesh News Doordarshan," which is being launched to become the voice of the people, and help us make it the world's largest news.**



**Sanjay Bathla**  
Editor In chief

# 8 Simple Stretching Exercises for Better Sleep – Loosen Your Body and Calm Your Mind Before Bed

**Parivahan Vishesh News**

A 10–15 minute bedtime wind-down routine after a stressful day can shift you into "relaxation mode," though it is not a cure for insomnia or a guarantee of sleep—what does the science say?

**Pinki Kundu | Social Counselor | Special Feature**

Sleep doesn't begin the moment you get into bed; it starts beforehand. Throughout the day—due to sitting, moving around, work stress, and mental activity—mild tension accumulates in the muscles. Slow, soothing stretches before bed can help shift the body into "relaxation mode." Good sleep isn't just about getting into bed; the process of relaxing the body and quieting the mind begins well before that.

**Key Facts – What Does Science Say? (Science Note)**

1. 2024 Systematic Review: A review of 16 studies on stretching and sleep published on PubMed showed an overall trend toward improvement, though the improvement in sleep was statistically significant in only 5 of the studies.

Therefore, it is best viewed as a helpful bedtime routine rather than a cure.  
2. CDC Advice: Evidence supporting

HEALTH NEWS

8 Simple Stretching Exercises for a Better Sleep

Loosen the body before sleep, calm the mind

1. Neck-Shoulder Stretch

Bring arm across chest, gentle hold. Loosens shoulders for relaxation.

2. Neck Side Stretch

Tilt ear toward shoulder softly. Eases neck tension.

3. Kneeling Lat Stretch

Kneeling, reach forward. Relaxes upper back & lats.

4. Seated Forward Bend

Reach forward gently. Calms spine & hamstrings.

5. Child's Pose

Fold forward, rest hips on heels. Soothes lower back.

6. Reclining Butterfly

Lying down, soles together. Opens hips, relaxes groin.

7. Legs-Up-the-Wall

Legs vertical against wall. Reduces swelling, calms nervous system.

8. Low Lunge

Gentle lunge, hips forward. Loosens hips & thighs.

SCIENCE NOTE — 2024 Systematic Review

16 studies analyzed on bedtime stretching & sleep. Only 5 studies showed statistically significant improvement in sleep quality. Results vary — stretching may help relaxation, but effects on sleep are modest and not consistent across all people.

HEALTH GUIDANCE

- CDC recommends 150 min moderate activity per week for adults.
- Stretching aids relaxation & bedtime routine, but is not a guaranteed remedy for insomnia.
- Keep routine gentle, consistent. Avoid if you have injury.
- Consult healthcare professional if sleep issues persist.

NOTE: This is general wellness information, not medical advice. Practice mindfully.

Designed for relaxation before sleep.

Always stop if you feel pain.

regular physical activity is stronger. According to the CDC, physical activity can improve sleep quality. Adults are advised to engage in at least 150 minutes of moderate-intensity activity and at least two days of muscle-strengthening

activity per week. The primary established benefits of stretching are increased flexibility and improved joint range of motion.  
3. Systematic Reviews: Evidence exists

regarding sleep benefits from relaxation techniques such as progressive muscle relaxation and slow breathing before bed, although the effects varied from person to person.

8 Gentle Bedtime Stretches – Key Points

- Neck-Shoulder Stretch: Bring one arm across the front of your body toward the opposite shoulder and pull gently; hold for 20–30 seconds. Goal: Reduce stiffness in the neck and shoulders.
- Neck Side Stretch: Gently tilt your head to one side, then to the other. Stop if you feel tension; do not cause pain.
- Kneeling Lat Stretch: Kneel down, extend your arms forward, and slowly lower your body. Relax your back and shoulders.
- Seated Forward Bend: Keep your legs straight in front of you and slowly bend forward from the waist; hold for 15–30 seconds. Feel a gentle stretch in the back of your thighs.
- Child's Pose (Balasana): Kneel down, bend forward, and extend your arms in front. Maintain a calm posture with slow breathing.
- Reclining Butterfly: Lie on your back, bring the soles of your feet together, and let your knees fall outward. Feel a gentle stretch around the hips.
- Legs Up the Wall: Lie on your back and rest your legs against the wall; relax

for a few minutes. This is a relaxation pose, not a vigorous exercise.

How to do it? – Bedtime Wind-Down Routine

- ① Dim the lights slightly
- ② Perform each stretch slowly
- ③ Hold a comfortable position for 15–30 seconds
- ④ Avoid jerky movements or bouncing
- ⑤ Breathe slowly instead of holding your breath
- ⑥ Finally, lie quietly for 2–5 minutes.

Mantra: "Stretch to relax – not to force."Important Precaution: Stretching does not mean enduring pain. A mild stretch is fine, but stop immediately if you experience sharp pain, dizziness, shortness of breath, or numbness. Individuals with heart, spinal, or joint issues, or chronic conditions, should consult their doctor or physiotherapist. This article provides general wellness information, not medical advice.

# Is a woman weak or strong? Naive or greedy? The truth is that a woman, like a man is simply a human being—neither a goddess nor a demoness.

**Parivahan Vishesh News**

*Writing from a one-sided perspective would be unjust; labeling all women as naive is an excess of sentimentality, while calling them all greedy is an excess of condemnation. The truth lies somewhere in between.*

**Author: Pinki Kundu (BJP Leader)**

**Coexisting Traits**  
• Is a woman weak or strong?  
• Naive or greedy? The truth is that a woman, like a man, is simply a human being—neither a goddess nor a demoness. Therefore, both traits coexist within her. Writing about this subject from a one-sided perspective would be unjust; hence, it is essential to understand both sides.

**Key Point 1: The First Truth – Naivety exists, and in large numbers. Even today, a girl from a village or small town stepping out of her home for the first time is often unaware of the world's deceptions.**

- Fact A: When a boss says, "I will make your job permanent; just do as I say," she agrees out of fear—fear of losing her livelihood. This is not naivety; it is economic compulsion.

- Fact B: When someone feigns love and says, "I will marry only you; you are mine," she believes that promise to

be the absolute truth, for her upbringing has taught her that a promise is sacred. Only when the promise is broken does she realize she has been deceived.

The number of such women is significant. Their tears are genuine. Regarding them, the scriptures say: they are not inherently weak (abala), but rather rendered without support (avalamban-heen).

**Key Point 2: The Second Truth –** The allure of temptation and indulgence is also a reality. It would be wrong to conceal the fact that not all women are merely victims. In this era (Kaliyuga), consumerism and the pursuit of pleasure have transformed both men and women equally.  
- Fact A: Expensive phones, branded clothes, city apartments, shares in a business, the glamour of Instagram—women desire these things just as much as men do.

- Fact B: Some relationships involve a clear transaction—"You get me a house or a shop, and I will live with you." As long as the benefits flow and life is enjoyable, there is mutual consent. Once the benefits cease, that same consent is suddenly recast as coercion.

This cannot be dismissed as a lie. Police and courts frequently encounter cases where investigations reveal that a relationship persisted for a long

time—by mutual choice—driven by mutual benefit. This is not naivety; it is a choice.

**Key Point 3: The Root Cause—**The blurred line between naivety and temptation is the most complex aspect. The same woman may exhibit both naivety and temptation at different times. Initially, she places her trust in the partner—this is naivety. Later, realizing that this trust yields a job, a home, or security, she sustains the relationship—this shifts into the realm of temptation and self-interest. Therefore, it is unjust to label a woman as either purely a victim or purely driven by greed. The human mind is just like that—half-divine, half-demonic. What does classical wisdom say? Swami Karpatri Ji wrote: "Lust, greed, and attachment exist equally in both men and women; the only difference lies in opportunity and the boundaries of propriety."Where the boundaries of Dharma (righteousness), family values, and modesty remain strong, a woman remains innocent and secure. Where Dharma is lost and only "my pleasure, my gain" remains, both men and

women become traders in temptation.

**Conclusion: A Need for Dual Guidance**  
- It is a moral duty (Dharma) to protect a woman who has truly been deceived.  
- It is also a moral duty to counsel a woman who enters a relationship for gain but later labels it a crime.

Society must impart a dual lesson to its daughters: Remain innocent enough not to lose the capacity for trust, yet shrewd enough that no one can trade upon that trust.

Editorial Note: This article does not

take sides for or against any specific gender; rather, it attempts to understand the reality of human nature. Its objective is to raise awareness among daughters in the public interest and to foster a balanced perspective within society..

# Why do we feel lethargic after eating Modaks?

**Parivahan Vishesh News**

**Why do we feel lethargic after eating Modaks?**

Sugar Rush or Sugar Crash? We delight in consuming prasad offerings like Modaks, Laddoos, Pedas, and Sharbat during the Ganpati festival, but why do we feel lethargic shortly after?

Let's understand the facts! What is a Sugar Rush? In common parlance, the sudden surge of energy felt after eating something sweet is called a "Sugar Rush." However, this does not happen to everyone.

What is a Sugar Crash? Blood glucose

levels can fluctuate after consuming sweets; however, simply feeling lethargic does not necessarily mean that blood sugar levels have dropped.

**Other causes of lethargy:**  
1. Heavy meals  
2. Excessive sweets  
3. Sugary drinks  
4. Prolonged sitting  
5. Hot environment  
6. Lack of sleep  
7. Festive fatigue

**What is Hypoglycemia?** Generally, blood glucose levels falling below 70 mg/dL are classified as Hypoglycemia.

Symptoms may include trembling,

sweating, dizziness, intense hunger, rapid heartbeat, weakness, and confusion.

**Important Message:** Do not assume it is a "Sugar Crash" simply because you feel lethargic after eating sweets.  
• Check your blood glucose levels if possible.  
• People with diabetes should pay special attention to the quantity of sweets consumed and their blood sugar levels.  
• Enjoy the prasad... but keep the portion size in mind!

Shri Ganeshaya Namah, Ganpati Bappa Morya!

# Better than a thousand remedies — 5 special health habits!

**Parivahan Vishesh News**

**Pinki Kundu, Social Counselor**

Maintaining good health does not always require expensive medicines or a multitude of remedies. Fundamental habits—such as a balanced diet, regular exercise, adequate sleep, and stress management—are crucial for health.  
1. Lukewarm water — A simple and beneficial habit: Drink enough water throughout the day according to your body's needs.

• For some people, lukewarm water may aid digestion and feel soothing.

Keep in mind: Our liver and kidneys perform the primary task of flushing waste products out of the body.

2. Triphala — A traditional Ayurvedic remedy: Harad + Baheda + Amla = Triphala.

• In Ayurveda, Triphala is traditionally used to address digestion-related issues.

It is not necessary for everyone to take Triphala daily. If you are on regular medication or have a medical condition, consult an expert.

3. Turmeric — A beneficial culinary spice: Research has been conducted on the anti-inflammatory properties of Curcumin, a

compound found in turmeric.

• Turmeric milk can be part of a regular diet.

However, turmeric should not be considered a substitute for medication for cancer, infections, or any other disease.

4. Balanced diet + Proper eating habits: Limit the intake of:

5. Excess sugar

6. Excessive salt

7. Refined flour (maida) and highly processed foods

• Include vegetables, fruits, lentils, whole grains, adequate protein, and healthy fats in your diet in balanced proportions. Intermittent fasting can be beneficial for some adults, but it is not suitable for everyone.  
5. Exercise + Breathing + Stress

**Management**  
6. Walk regularly every day  
7. Practice yoga  
8. Practice Pranayama  
9. Get adequate sleep  
10. These habits can help maintain better physical and mental health.

**Daily Health Mantra**  
1. Adequate water intake  
2. Balanced diet  
3. Regular physical activity  
4. Adequate sleep  
5. Stress management  
6. Health check-ups when needed  
7. "Good health is not achieved through a single measure, but by consistently adopting healthy habits!"

**Important Note:** This information is intended solely for health awareness purposes. Do not stop or change any medication prescribed by a doctor on your own. Consult a qualified doctor or health expert if necessary.









Dr Vijay Garg

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

Parivahan Vishesh News

Written By Dr. Vijay Garg, Parivahan Vishesh Newspaper Daily

Marriage is not merely a social arrangement between two individuals; it is also a reflection of the culture, traditions and values of a society. In earlier times, weddings were deeply connected with community life. Every ceremony, custom and ritual carried a meaning, and families participated collectively in celebrating the union of two people.

Ancient wedding rituals were often simple, meaningful and closely connected with local traditions. They reflected respect for elders, family relationships, social harmony and the importance given to commitment and responsibility.

Weddings Were Community Celebrations

In traditional societies, a wedding was rarely limited to the bride, groom and their immediate families. Relatives, neighbours and members of the wider community participated in the preparations and celebrations. People helped with cooking, decorations, music

# Ancient Wedding Rituals: Our Cultural Heritage



and various ceremonies.

Such participation created a strong sense of belonging. A wedding became an occasion where relationships were renewed and social bonds were strengthened.

Rituals With Meaning

Many traditional wedding rituals were designed to convey important messages. Blessings from elders represented respect and continuity between generations. Ceremonies involving family members symbolised the joining of two families rather than merely two individuals. Traditional songs, folk dances and ceremonial gatherings also provided opportunities for communities to preserve their oral history and cultural expressions.

The Role of Elders

Elders traditionally played an important role in wedding ceremonies. Their blessings were considered valuable because they represented experience, wisdom and family continuity.

In many communities, important rituals were performed in the presence of elders, who guided the younger generation about family responsibilities, mutual respect and the importance of maintaining relationships.

Traditional Food and Hospitality

Food was another important part of traditional weddings. Meals were often prepared collectively, with relatives and neighbours contributing their time and skills. Hospitality was regarded as a matter of honour.

Traditional dishes varied from region to region, reflecting local agriculture, climate and culinary heritage. These foods were not simply part of a feast; they were expressions of identity and hospitality.

Folk Songs and Music

Traditional wedding songs are an important part of cultural heritage. In Punjab, folk songs associated with weddings have historically expressed happiness, affection, humour, separation, family relationships and the emotions surrounding marriage.

Before the widespread use of modern entertainment systems, these songs were often sung by women and family members during gatherings. They provided both entertainment and a way of passing cultural traditions from one generation to another.



Simplicity and Collective Responsibility  
Many older weddings were organised with comparatively modest resources. Families often relied on collective effort rather than elaborate commercial arrangements.

Neighbours and relatives willingly contributed their labour, skills and resources. This spirit of cooperation demonstrated that celebration did not necessarily depend upon extravagance.

Changing Times

Wedding traditions have changed considerably with urbanisation, technology, migration and changing lifestyles. Modern weddings may involve professional event planners, elaborate decorations, destination ceremonies, digital invitations, photography and social-media celebrations.

Some traditional rituals have disappeared, while others have been modified to suit contemporary lifestyles. Change is a natural part of culture, but losing meaningful traditions completely can also mean losing important links with our history.

Preserving the Meaning, Not Just the Ritual

Preserving cultural heritage does not mean that every old practice must be followed exactly as it was in the past. Some customs may have become unsuitable in modern society, while others may have lost their original context.

What deserves preservation are the positive values behind these traditions—respect for elders, family affection, hospitality, cooperation, commitment, simplicity and community participation.

A Bridge Between Generations  
Traditional wedding rituals can serve as a bridge between generations. When grandparents explain the meaning behind old ceremonies, younger people gain an opportunity to understand their cultural roots.

Schools, families, cultural organisations and digital platforms can also help document traditional songs, customs, stories and rituals before they disappear from collective memory.

Tradition and Modernity Together  
There is no need to choose completely between tradition and modernity. A wedding can embrace modern facilities while retaining meaningful cultural elements.

The challenge is to ensure that celebrations remain expressions of love, dignity and togetherness rather than becoming competitions based solely on expenditure and display.

Our Living Heritage

Ancient wedding rituals are more than ceremonies from the past. They are fragments of social history that tell us how earlier generations understood family, relationships, responsibility and community.

As society changes, traditions will inevitably evolve. But their meaningful values can continue to guide us. If we preserve the spirit behind our customs while adapting them to contemporary life, cultural heritage can remain a living part of society rather than becoming merely a memory.

Ancient wedding rituals remind us that a marriage is not only the beginning of a relationship between two people—it is also a celebration of families, communities, values and generations.

## The Unread Story of a Library (Satire)

Parivahan Vishesh News

Written By Dr. Vijay Garg, Parivahan Vishesh Newspaper Daily

In an old library in the city, a book had been lying quietly on a shelf for many years. Its pages had turned yellow, a thick layer of dust covered its cover, and it seemed that instead of being read, it was preparing to become a part of history.

One day, it asked a new book lying beside it, “Sister, does anyone read you?” The new book smiled and replied, “People often pick me up. Sometimes they take my photograph, sometimes they post it on social media. Reading will happen later—if they find the time!” The old book sighed deeply. “In our time, when people opened a book, they actually read it.” The mobile phone lying nearby immediately interrupted, “You are talking about the old days. Today, people open their mobile phones instead of opening books.” The book replied, “But there is knowledge in mobile phones too.” The mobile laughed, “Of course there is knowledge, but there are notifications too. A person sits down to read something useful and, five minutes later, finds himself watching a random video.” Just then, a young man

entered the library. He looked around, took photographs of the books and walked out.

The old book asked, “Did he come here to read?” The librarian replied, “No. He is preparing for a competitive examination.” “Then why didn’t he take a book?” “He has PDFs.”

The book sadly said, “Oh! So knowledge has become digital now?” The librarian replied, “There is nothing wrong with knowledge becoming digital. The problem is that people download it instead of reading it—and then forget about it.” Silence fell over the shelves.

A large encyclopaedia said, “We never imagined that one day a small mobile screen would take our place.” The old book smiled and said, “Whether the screen is small or large, the real question is about the reader. If curiosity is alive, knowledge can be found anywhere. But if the habit of reading dies, even the world’s biggest library can feel empty.” Just then, a little child entered the library. He cleaned the dust from the old book, picked it up and sat in a corner to read.

The pages of the book seemed to brighten suddenly.



The librarian asked, “Why do you like this old book?” The child replied, “Because it has no notifications.” Laughter seemed to echo throughout the library.

The old book quietly said, “Perhaps my story is not completely unread after all.” A library is not merely a collection of shelves filled with books. It is a home of memory, ideas and imagination. Books may become old, but the ideas hidden within them do not necessarily become outdated.

Today, the need is not to choose between books and digital media, but to preserve the culture of reading. A downloaded book may be a collection of knowledge, but a book that is actually read is what gives birth to ideas.

And perhaps the greatest irony of a library is this: its shelves are full of books, but it is still searching for readers.

## How Principals Build Stronger School Communities

Parivahan Vishesh News

Written By Dr. Vijay Garg, Parivahan Vishesh Newspaper Daily

A school is much more than classrooms, textbooks, examinations and buildings. It is a community where students, teachers, parents and staff come together with a shared purpose. A principal plays a central role in creating a school culture where everyone feels respected, valued and responsible.

Strong school communities begin with trust. A principal who listens patiently, communicates openly and treats people fairly creates an environment where teachers and students feel confident to express their ideas and concerns. Trust cannot be created through instructions alone; it develops through consistent actions.

A principal also strengthens the school by leading through example. Punctuality, discipline, honesty, kindness and commitment become meaningful when they are demonstrated by the school leader. When teachers see these qualities in their principal, they are more likely to reflect them in their own work.

Another important responsibility is encouraging teamwork. Teachers should not feel that they are working individually but as members of one educational family. Regular discussions, collaborative planning, sharing of successful practices and collective problem-solving can build professional relationships and improve teaching.



Students must remain at the heart of the school community. Principals can promote student participation through clubs, sports, cultural activities, science projects, social-service programmes and leadership opportunities. When students are given responsibility, they develop confidence, cooperation and a sense of belonging.

Parents are also important partners. Effective communication with families helps create a bridge between school and home. Parent meetings should be more than discussions about marks; they should provide opportunities to understand students' learning, behaviour, interests and overall development.

A strong principal also recognizes that every member of the school community has different strengths and needs. Appreciating teachers, supporting staff and celebrating

student achievements creates a positive atmosphere. Even a small word of appreciation can encourage someone to perform with greater confidence.

Finally, strong school communities are built over time. They require patience, empathy, transparency and continuous effort. A successful principal is not simply an administrator who manages timetables, records and resources, but a leader who brings people together around a common educational vision.

When principals build trust, encourage teamwork, listen to people and lead by example, schools become more than institutions. They become supportive communities where students learn, teachers grow and every individual feels that they belong.

## Jadavpur Back on the Battlefield — It Will Not Bow Down



Secretary, SFI West Bengal

Translated by: Sanjay Parate, Vice President, Chhattisgarh Kisan Sabha (affiliated with All India Kisan Sabha)

By now, we are well aware of the RSS's attacks on major educational institutions across India. In most of these places, the Akhil Bharatiya Vidyarthi Parishad (ABVP) does not garner significant popular support in student union elections. Yet, the RSS-BJP repeatedly attempts to infiltrate these institutions, labels the students studying there as 'anti-national,' and forcibly imposes its fascist ideology upon them.

Why? Because, clearly, capturing 'Institutes of Eminence' is crucial for the BJP. These institutions represent more than just physical strength; they also embody an intellectual agenda. The new

acist mindset seeks to leverage the infrastructure of universities and research institutions to advance a divisive agenda—at the academic level, within policy-making circles, and across society at large. Consequently, seizing control of these universities is essential for them, as it allows their ideas to be validated without question through the country's premier institutions.

This is precisely where places like Jadavpur University thwart their plans. For decades, these university campuses have been hubs of debate, discussion, dissent, and deliberation. Many of them played an active role in India's struggle for independence. In such institutions, the arena of student politics has always been defined by the clash of diverse ideas and ideals. Institutions like Jadavpur University are known for accommodating various streams of knowledge through rigorous processes of debate and discussion. They do not blindly accept dictates imposed by those in power; here, students can only be persuaded through dialogue. And dialogue is precisely what the RSS-BJP fears the most, because they are well aware that their entire ideology rests on absurd and irrational premises. Their mindset is regressive, unscientific,

f communal, casteist, and patriarchal—and fundamentally opposed to humanity. So, what do they do? There is a famous French saying: "If you want to kill a dog, give it a bad name." Knowing they cannot win the hearts of students through rational dialogue, they first target universities, branding them as breeding grounds for "anti-national" sentiments.

Next, after spewing venom through a propaganda-driven media to tarnish the image of these universities in the public eye, they launch physical attacks on these institutions and their students. They do this because they believe a segment of society will justify their actions—a segment that has been led to believe these students belong to the "Tukde-Tukde Gang." In this process, they isolate dissenters, create an atmosphere of fear, and gradually take over the spaces abandoned by those who dissent. Once they capture the universities, it becomes easier for them to propagate their absurd and irrational ideas through established, recognized institutions without facing significant opposition.

But Jadavpur has resisted. Whenever there is an attempt to malign Jadavpur or attack its very soul, Jadavpur University confronts it bravely. Even during the

Trinamool's rule in Bengal, the SFI or other anti-government factions have consistently won elections at Jadavpur University. The Trinamool Congress, too, has frequently criticized Jadavpur University students, often disparaging their supposedly unruly and anarchic nature. On many occasions, the BJP and the TMC appeared to be on the same page when it came to criticizing the students of Jadavpur University! The only difference is that while the TMC labeled Jadavpur University as chaotic and attempted to bring it under 'control,' it did not characterize the institution as a hub of "anti-national" activities. Jadavpur University had witnessed massive protests against TMC's high-handedness. With the BJP coming to power in Bengal, it was inevitable that those in authority would eventually target Jadavpur with renewed zeal.

Reports indicate that on the evening of August 19, students from the engineering department convened a General Body (GB) meeting to discuss issues related to their demands. Regular student union elections in West Bengal have been

suspended since the TMC's tenure; Jadavpur, too, has not held student union



elections for several years. Consequently, all student unions have been officially dissolved. However, this does not prevent students from holding GB meetings among themselves. While the students were conducting the GB meeting, some ABVP goons arrived, declared the meeting illegal, and began mistreating the students. They threatened to beat the students with sticks. This unprovoked provocation led to a heated exchange between the two groups. The ABVP—led by a research scholar who had previously been jailed in a molestation case—falsely alleged that their members had been beaten and required hospitalization.

This marked the beginning of the actual attacks. The local BJP MLA immediately arrived at the hospital, and Jadav. She began making inflammatory remarks

against the university students. She also leveled accusations against SFI and



CPI(M) leaders—who had absolutely no connection to the incident—and continued to threaten Left-wing groups for allegedly promoting "anti-national" activities on campus. She was heard telling the media, "A rampage all through the night..."

# Students Should Focus on Goals While Staying Away from Drugs and Learning Self-Defense: Vijeta Mundaliya and Meenu Kaliraman

Parivahan Vishesh News

Report by Rajesh Saluja, Dainik Haryana (Hisar)

A special awareness program was organized at Government Senior Secondary School, Muklan, with the aim of fostering the holistic development of students and raising their awareness about life. Karate coach Vijeta Mundaliya and Everest summiteer Meenu Kaliraman participated as key speakers, sharing valuable insights on self-defense, staying free from substance abuse, goal setting, discipline, self-confidence, and respect for parents and teachers.

During the event, Karate coach Vijeta Mundaliya highlighted the importance of self-defense. She emphasized that in today's times, every student needs to be self-confident and aware of self-defense techniques. She explained that self-defense training is not limited to physical safety alone; it also cultivates self-confidence, discipline, concentration, and mental resilience in students. She encouraged them to regularly engage in sports and physical activities.

Sharing her personal experiences, Everest summiteer Meenu Kaliraman stated that no achievement in life is possible without hard work, discipline, and determination. She urged students to set clear life goals and pursue them with unwavering focus and persistent effort. She advised them not to be daunted by the difficulties encountered along the way but to learn from them and move forward.The speakers specifically sensitized students about the dangers of substance abuse and other harmful habits. They explained that drug abuse adversely affects an individual's health, education, family, and future. Students were encouraged to raise awareness among those around them about the ill effects of drugs and to inspire others to adopt a healthy and positive lifestyle. The program also emphasized the importance of respecting parents and teachers. The speakers noted that parents serve as a child's first school, while teachers guide them in the right direction. Therefore, students should always maintain a sense of respect and gratitude towards their parents and teachers. On this occasion, students were encouraged to make the best use of their time, avoid wasting it on mobile phones or other unproductive activities, participate in sports and



creative pursuits alongside their studies, and focus on their overall personality development. The students participated in the program with enthusiasm and listened attentively to the messages conveyed by the speakers.

At the conclusion of the event, the school community expressed its gratitude to Karate coach Vijeta Mundaliya and Everest summiteer Meenu Kaliraman. The school noted that such awareness programs play a vital role in fostering self-confidence, positive thinking, discipline, and a sense of social responsibility among students. The program aimed to inspire students to work towards a future that is safe, healthy, value-driven, and goal-oriented.

# Negligence in School Transport: Compromising Children's Safety; Rule Violations Pose Accident Risk



Parivahan Vishesh News

Serious concerns raised regarding the transport of children beyond vehicle capacity—ranging from buses to auto-tempos—as well as speeding and the neglect of safety equipment.

Rourkela, September 24, 2026. The safety of children commuting to and from school is not merely a concern for parents; it is also a legal responsibility shared by school management, vehicle operators, and the relevant transport authorities. Despite this, complaints regarding the overcrowding of school buses, vans, and auto-tempos—along with the disregard for seating norms,

speeding, unsafe boarding and alighting practices, and negligence in checking safety equipment—raise serious concerns.

In India, there are significant provisions regarding school transport safety, including Supreme Court directives and safety standards such as AIS-063. Mandated safety measures for school buses include emergency exits, speed governors, secure doors, fire extinguishers, first-aid kits, window safety grills, and systems ensuring safe boarding and alighting for children.

Supreme Court guidelines also mandate displaying "School Bus" (or "On School Duty" for hired vehicles) at the front and rear, showing the school's name and phone number, and ensuring the presence of trained drivers/conductors and attendants to supervise the children.

The situation is particularly critical for young children. Students in nursery and primary classes are often unable to assess emergency situations or respond safely on their own. Judicial proceedings have also identified the boarding, alighting, and supervision of young children as crucial safety issues.

Overloading in Auto-Tempos: Another Major HazardBeyond school buses, transporting children in auto-rickshaws, vans, and small passenger vehicles

beyond their prescribed capacity poses a serious risk. Transport safety guidelines clearly mandate monitoring for overloading and taking appropriate action when violations occur. The Odisha Transport Department also mandates compliance with GPS requirements, the 'Policy on Transport of School Children-2016', and AIS-063 standards during school bus inspections.



Who is accountable if something goes wrong? A child's safety remains a priority even after they step out of the school premises. The Ministry of Education's 'School Safety and Security Guidelines' emphasize the accountability of school management and relevant officials regarding student safety during the commute to and from school, advocating a 'zero tolerance' policy towards negligence.

In this context, the question is not merely whether an accident occurred; the real issue is why safety regulations were not verified beforehand. Instances such as overcrowding, faulty doors, the absence of fire extinguishers or first-aid kits, speeding, or a lack of supervision represent more than just minor administrative lapses—they constitute serious negligence that needlessly endangers innocent lives.

There is an urgent need for the Transport Department and the police to conduct special inspection drives during school opening and closing hours. Simultaneously, school management must regularly verify the fitness and permits of every vehicle, driver eligibility, safety equipment, GPS functionality, and the arrangements for the safe boarding and alighting of children. After all, there is no room for a 'chalta hai' (complacent or 'it'll do') attitude when it comes to the safety of children.

# Efforts Intensify to Resolve Dispute Between Truck Owners' Union and Transport Association

Parivahan Vishesh News

Meeting of local group members held under the leadership of RGTA President Dr. Rajkumar Yadav; consensus reached on fair freight rates and prioritizing vehicles belonging to the Truck Owners' Union.

Parivhan Vishesh Daily Newspaper

Rourkela: A significant initiative has been taken to resolve the ongoing dispute between the Truck Owners' Union and the Transport Association. A meeting of the association's local group members was convened under the leadership of RGTA President Dr. Rajkumar Yadav with the aim of settling the dispute and streamlining transport operations. Following detailed discussions on various issues, all parties emphasized moving forward through mutual consent and cooperation. The meeting focused specifically on the key demands of the Truck Owners' Union. Consensus was reached on determining fair and practical freight rates and granting priority to vehicles registered under the Truck Owners' Union for cargo transportation. Transporters present expressed their agreement on these points, stating that the transport business could



only be stabilized and run smoothly through mutual coordination.Issues arising in transport operations involving traders and various factories were also discussed. It was clearly stated that no party—whether vehicle owners, drivers, traders, or factory management—should be subjected to undue pressure. Emphasis was placed on ensuring transparency, a cooperative attitude, and adherence to established regulations in transport operations.

Members pledged to work in a peaceful atmosphere, prioritizing discipline and practicality. The meeting



was attended by senior member and former President Ram Mehar Sharma, President Dr. Rajkumar Yadav, General Secretary Manas Mohanty, and other members including Ramagya Prasad Singh, Ramshankar Prasad, Munna Rai, Munindra Singh, Chandan Behera, Rajesh Jethalia, Krishna Prasad Singh, and Jagannath Panda.Following the meeting, hopes were expressed that the dispute would soon be resolved through dialogue and consensus, allowing transport operations in Rourkela to function normally and smoothly.

# Educational Support Provided in Slum Settlement on 'Seva Diwas'; Notebooks, Pens, and Sweets Distributed to Children

Parivahan Vishesh News

Report by Special Correspondent, Parivahan Vishesh Newspaper (Gayaji)

As part of the Bharatiya Janata Party's 'Seva Sankalp Abhiyan' (Service Pledge Campaign), an educational support program was organized for underprivileged and needy children in a slum settlement on the occasion of 'Seva Diwas' (Day of Service). Senior BJP leader Dr. Manish Pankaj Mishra, along with several other party leaders and workers, visited the settlement, interacted with the children, and raised awareness about the importance of education. During the event, notebooks, pens, biscuits, chocolates, and sweets were distributed among the children. While interacting with them, Dr. Manish Pankaj Mishra encouraged the children to study regularly and make education a vital foundation of their lives.He stated that economic or social circumstances should not become a barrier to any child's education. It is the responsibility of the privileged members of society to reach out to needy children and encourage them to pursue education.

Dr. Manish Pankaj Mishra remarked that 'Seva Diwas' is not merely an event but a pledge to raise awareness among the underprivileged and needy and to bring them into the mainstream. He noted that positive changes could be brought about in children's lives through education, guiding them toward a better future.He expressed that seeing smiles on the children's faces and notebooks and pens in their hands brings a sense of deep satisfaction. Such efforts would foster an interest in studies among the children and motivate them to move forward in realizing their dreams.

During the program, local residents and party workers also spoke to the children about the importance of education and encouraged them to continue their studies. Other BJP leaders and workers present on the occasion included Rajendra Prasad, Advocate Santosh Thakur, Rajendra Rana, Ranjeet Singh, Vijay Prasad (alias Kala Nag), Gopal Yadav, Deepak Pandey, Sunil Bambaiya, Heera Yadav, Rampravesh Singh, Abhishek Kumar, Shyam Kishore Mishra, Santosh Kumar, Sunil Mishra, and Yashraj.



# Frequent Failure of High-Mast Light at Rourkela Railway Station Parcel Office Raises Security Concerns

Parivahan Vishesh News

Lighting failures during cargo delivery and transport cast doubt on the Commercial Department's operations; demand raised for an inquiry by senior officials.

Dr. Rajkumar Yadav Parivahan Vishesh Correspondent

Rourkela, September 24, 2026. Serious questions are being raised regarding the frequent failure of the high-mast light at the Rourkela Railway Station parcel office complex. Complaints have emerged specifically regarding lighting disruptions during the delivery of incoming parcels and their subsequent transport to destinations. This situation casts doubt on the functioning of the Railway's Commercial Department as well as the overall security arrangements.

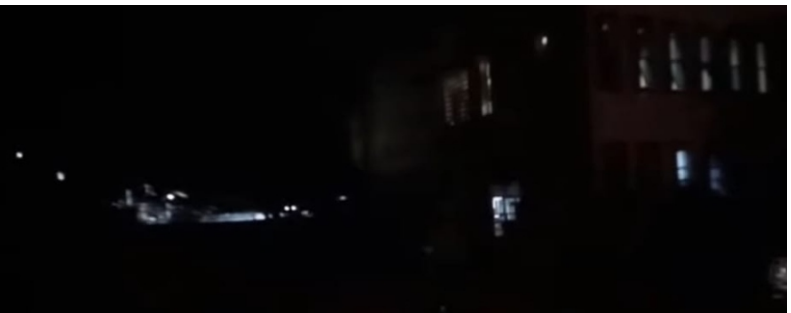
The parcel office handles the daily arrival and dispatch of various types of goods. Activities such as delivery, loading/unloading, and transport via vehicles often take place during late evening or night hours. Consequently, adequate lighting is considered crucial for safety and security. Despite this, the recurring failure of the high-mast

light raises questions about the system's operational efficiency.

The most critical question is: why does the high-mast light switch off precisely when parcel delivery and cargo transport activities are underway? If a technical glitch is the cause, why is a permanent solution not being implemented? If there is another reason, who is responsible for monitoring and accountability?

A lack of lighting can compromise the safety of employees, laborers, vehicle drivers, and others during loading and unloading operations. Furthermore, monitoring the movement of goods within the parcel complex becomes challenging.

Demands are now being raised locally for a thorough investigation into the matter by senior railway officials. There is a call to examine the reasons behind the frequent light failures, the timing of these incidents, and the associated accountability, followed by appropriate action. The question also arises: if this is merely a technical issue, why hasn't a permanent solution been found for a problem that keeps recurring?



Temple of Liberalization and Welfare Allied Trust Registered  
https://tolwa.com/about.html | tolwaindia@gmail.com, tolwadelhi@gmail.com

## Today's Cybersecurity Thought

RBI's New draft SOP mandating banks to impose a 60-day temporary debit hold on suspected mule accounts and cyber fraud transactions, with implementation slated for April 1, 2027. Draft open for comments until October 2, 2026.

Parivahan Vishesh News

The Reserve Bank of India (RBI) has issued a draft Standard Operating Procedure (SOP) mandating banks to impose a 60-day temporary debit hold on suspected mule accounts and cyber fraud transactions, with implementation slated for April 1, 2027. Customers will have 20 days to justify transactions, failing which banks must escalate cases to law enforcement.Key Highlights of RBI's New SOP

- Immediate Debit Hold: Banks must instantly freeze transactions/accounts flagged as suspected mule activity (≥ 1,000).
- Customer Notification: Customers will be informed of the hold, reasons, and grievance channels
- Response Window: Customers get 20 days to explain; banks must decide within 10 days of receiving the explanation.
- Escalation: If unsatisfied, banks must report cases to police via the National Cybercrime Reporting Portal (NCRP-CFCFRMS).
- Maximum Duration: Holds cannot exceed 60 days unless directed by law enforcement.
- Account-Level Holds: To be used only in exceptional cases.Bank Responsibilities
- Internal Policies: Banks must set clear criteria for identifying mule transactions using AI/ML monitoring tools.
- Suspicious Transaction Reports (STRs): Mandatory

filing with FIU-IND; failure counts as KYC non-compliance

- Record Keeping: Centralized records of debit holds retained for 5–10 years post account closure.
- Grievance Redressal: Nodal officers designated; complaints resolved within 30 days.
- Enhanced Monitoring: Accounts under hold and linked accounts must be closely tracked.Legal & Regulatory Context
- Supreme Court Directive (Aug 4, 2026): Ordered RBI to prescribe SOPs for debit holds in cyber fraud cases.
- Public Consultation: Draft open for comments until October 2, 2026.
- Effective Date: April 1, 2027. Implications for StakeholdersFor Citizens
- Awareness: Renting or sharing bank accounts is illegal and may lead to debit holds.
- Precaution: Report suspicious activity immediately; avoid transactions inconsistent with declared profiles.For Banks
- Compliance Burden: Must upgrade monitoring systems, grievance redressal mechanisms, and reporting structures.
- Operational Challenge: Balancing fraud prevention with customer convenience.For Law Enforcement
- Coordination: Enhanced linkage with NCRP-CFCFRMS ensures faster escalation of fraud cases.
- Evidence Trail: Centralized records aid investigations and prosecutions. Risks & Challenges
- Customer Hardship: Genuine users may face temporary



inconvenience if wrongly flagged.

- Technology Dependence: Reliance on AI/ML monitoring requires robust calibration to avoid false positives.
- Implementation Gap: Banks must prepare systems and staff before April 2027 to avoid compliance lapses. The RBI's 60-day debit hold SOP is a landmark step to dismantle mule account networks fueling cyber fraud. It strengthens financial security, enforces bank accountability, and ensures law enforcement coordination. However, its success will depend on precise monitoring tools, public awareness, and swift grievance redressal.

# TRAI's Masterstroke: Option for Voice-SMS-Only Recharges for Those Who Don't Need Data



**Parivahan Vishesh News**

**Telecom Consumer Protection (Thirteenth Amendment) Regulations, 2026 issued – Major relief for the elderly, feature phone users, and secondary SIM subscribers; move set to impact the tariff strategies of Jio, Airtel, and Vi.**

**Author: Kishan Sanmukhdas Bhavnani (Gondia, Maharashtra)**

Mobile phones are not merely a means for internet access but an everyday necessity; yet, the market previously forced users seeking only call and SMS services to purchase expensive packs that included data. Addressing this grievance, the Telecom Regulatory Authority of India (TRAI) issued the Telecom Consumer Protection (Thirteenth Amendment) Regulations, 2026, on September 22, 2026. Background and Facts: TRAI had introduced a system for Special Tariff Vouchers (STVs) offering only voice and SMS services via the 12th Amendment in December 2024, but such options remained limited in the market. Following persistent demands from consumer organizations and customers, a

draft of the 13th Amendment was released in April 2026, and consultations were held with all stakeholders, including Reliance Jio, Bharti Airtel, and Vodafone-Idea. After a months-long process, the regulations have now been finalized. According to TRAI, voice-and-SMS-only packs will not include data and may offer validity periods of up to 365 days.

Key Highlights of the New Regulations:

- Pay for What You Need:** Customers who do not require data will no longer be compelled to pay for it. For every validity period where a pack offering voice, SMS, and data exists, companies must also provide an option offering only voice and SMS.
- Principle of Proportional Pricing:** The proposal stipulates that removing data from a pack should result in a roughly proportional reduction in price. In other words, the data-free option should be significantly cheaper.
- Who Will Benefit Directly?** This decision is not intended to lower the overall market cost of bills. The primary beneficiaries will be the elderly, feature phone users, those relying on home Wi-Fi, users who keep a secondary SIM active merely for connectivity, and low-income families. For those



requiring daily data, the utility of data packs will remain intact.

- A step towards eliminating validity-related hassles: The grievance regarding the 28-day validity cycle—necessitating 13 recharges a year—is a long-standing one. The new system aims not only to offer longer validity periods but also to expand the range of choices for data-free plans across various validity durations.

**Market Impact:** This will open a new front of competition in the telecom market. While companies previously competed primarily on data volume, the battleground will now shift to offering affordable basic services devoid of unnecessary add-ons. During consultations, the industry

expressed concerns regarding revenue and ARPU (Average Revenue Per User), whereas consumer organizations hailed the move as one that enhances affordability, choice, transparency, and accessibility.

**Conclusion:** This represents a significant regulatory shift from a "one-size-fits-all" approach to "needs-based options." Since TRAI has not mandated a universal price point, individual customer bills will not automatically decrease. The real test lies in implementation—specifically, how clearly companies introduce—and how easily customers can select—voice and SMS packs that are truly affordable and readily accessible.

# Jharkhand Rural Development Minister Deepika Pandey Singh's daughter dies in a road accident



**Parivahan Vishesh News**

**The incident occurred at 2.30 am at Jamshedpur Marine Drive, killing four people.**

**Kartik Kumar Parichha, State Head Jharkhand**

Ranchi, Jharkhand (AP) — Four people, including the daughter of Jharkhand's Rural Development Minister Deepika Pandey Singh, were killed in a road accident. The tragic accident occurred on the national highway in Jamshedpur on Thursday morning. News of the accident sent shockwaves among the minister's family and well-wishers. Political circles are also expressing grief over the incident. According to reports, the

family was returning to Jamshedpur from Bengal when their car collided with a truck parked on the roadside near Marine Drive. The impact was so severe that the car was severely damaged. All four occupants died in the accident.

The younger daughter of Rural Development Minister Deepika Pandey Singh was among the deceased. The other deceased have been identified as Sarthak, Vanshika, and Naman Gupta. Minister Deepika Pandey Singh was in her constituency, Mahagama, at the time of the accident. Upon learning of the incident, she left for Jamshedpur. Chief Minister Hemant Soren also expressed grief over the incident. It is noteworthy that Deepika Singh's

husband, Ratneshwar Singh, is an engineer at Tata Company and lives in Jamshedpur. Their younger daughter, Trisha Singh, also lives with them. Deepika Singh's father-in-law, Awadh Bihari Singh, was once a minister in Bihar. They live in Patna.

Chief Minister Hemant Soren also expressed deep sorrow over the tragedy. He said he was deeply saddened by the news of the death of his fellow minister and sister, Deepika Pandey Singh's daughter, and others. The Chief Minister said the grief of losing a child is beyond words for any parent or family. He expressed his condolences to Minister Deepika Pandey Singh and the other bereaved families during this difficult time. He and his wife visited their residence.



# IIT ISM developed earthen dam construction technology gets patent



**Parivahan Vishesh News**

**Kartik Kumar Parichha, State Head Jharkhand**

Ranchi, Sep 25 (IANS) A research team from the Department of Civil Engineering at IIT-ISM Dhanbad has achieved a significant breakthrough in the field of earthen dam construction. The institute's "Earth Dam Structure with Compacted Clay-Fly Ash-Lime Core" technology has been granted a 20-year patent from the Government of India.

The research team will further work to explore different material ratios in this technology and its long-term potential. Research team member Subodh Srivastava also shared information about the patent.

This technology aims to replace a portion of the natural clay used in earthen dam cores with a composite material made from fly ash and lime. This has the potential to reduce dependence on natural clay while also promoting the use of fly ash from thermal power plants.

This research began in May 2025 as part of the PhD program. The research was completed using the institute's resources without any external funding. The team investigated the utility of a mixture of clay, fly ash, and lime in the core of an earthen dam. The technique uses fly ash mixed with compacted clay and stabilized with lime. According to the research team, the purpose of this composite is to control water seepage into the dam core and improve the strength and stability of the structure. However, field testing and economic

assessment will be necessary before large-scale use. The research team included Subodh Srivastava, a researcher in the Department of Civil Engineering at IIT ISM, Dr. Vishwanath N. Khatri, Associate Professor, Dr. Ashesh Banerjee, a former researcher and Assistant Professor at BIT Mesra, and the late Dr. Srinivas Pasupuleti, former Head of Department at the institute.

After receiving the patent, Subodh Srivastava described it as the result of the collective efforts of the team and expressed gratitude for the research environment and support received from the institute.

The core plays a crucial role in controlling water seepage in an earthen dam. Therefore, using alternative materials in place of or in addition to clay may be useful in areas where suitable natural soil is limited and fly ash is available in sufficient quantities.

However, before this technology can be adopted on a large scale, detailed testing of the efficiency, long-term behaviour, construction cost and performance under real conditions of mixing clay, fly ash and lime in different proportions is required.

At the time of receiving the patent, the team also remembered the contributions of the late Dr. Srinivas Pasupuleti, who passed away on June 9, 2026. This achievement is also considered significant for him due to his contributions to the research team. According to the team, the patent is an important opportunity to commemorate his research contributions.

# Rahul Gandhi's 'Vote Theft' Allegations Have Been Proven True

**Parivahan Vishesh News**

**Manoranjana Sasmal , State Head Odisha**

Bhubaneswar : The Leader of the Opposition in the Lok Sabha has been saying for the past three years that the country's electoral system is being manipulated, and this has now been proven true, said Odisha Pradesh Congress Committee (PCC) Media Chairman Aravind Das at a press conference held at Congress Bhawan on Thursday.

He alleged that the Modi government has been using the Election Commission as a weapon to "steal" the country's electoral process. He further alleged that Chief Election Commissioner Gyanesh Kumar, acting in favour of the BJP government, has facilitated a flawed Special Intensive Revision (SIR) across the country, thereby undermining the democratic system.

According to Das, during the past 10 months, the two Election Commissioners, Sukhbir Singh Sandhu and Vivek Joshi, had raised objections 14 times over various decisions of the Commission. However, he alleged that Chief Election Commissioner Gyanesh Kumar ignored their objections and continued taking decisions according to his own wishes.

Das said that the fact that two members of the Election Commission had made such serious allegations against its chief showed that the entire system had been compromised. He recalled that Rahul Gandhi had presented what he described as evidence-based details alleging manipulation of electoral rolls in Karnataka, Maharashtra and Haryana through the SIR process to benefit the BJP. He claimed that the



two Election Commission members had now confirmed these allegations.

Rahul Gandhi has stated that officials involved in manipulating electoral rolls are "traitors." Das said. He added that Gandhi had demanded that Gyanesh Kumar be removed through an impeachment process, alleging that he had no moral right to remain in office. Priyanka Gandhi, he said, had demanded that a criminal case be registered against him for allegedly damaging the country's democratic system.

The PCC Media Chairman further recalled Rahul Gandhi's criticism of the change in the process for appointing the Chief Election Commissioner, under which a Union minister replaced the Chief Justice of India in the selection mechanism. He claimed that this concern had also been vindicated by remarks made by Justice Datta. The matter is now expected to go before a five-judge Constitution Bench of the Supreme Court, he said.

He further alleged that the alleged reinstatement of 33 lakh voters who had been removed from the electoral rolls before the West Bengal elections showed that the election process in West Bengal had also been manipulated. Against this backdrop, he announced that the Congress would launch nationwide protests from Friday.

# Deliberations on Rajasthan's journey from antiquity to modernity; historians from India and abroad to gather at BHU

**Parivahan Vishesh News**

**International seminar at the Vedic Science Centre on September 25–26; Himachal Pradesh Governor Kavinder Gupta to be the chief guest**

**Report by Santosh Kumar Singh, Parivahan Vishesh (Daily Newspaper, Varanasi)**

A two-day international seminar on the theme "Rajasthan: Antiquity and Transformation" is being organized on September 25 and 26, 2026, at the Vedic Science Centre, Banaras Hindu University (BHU), Varanasi. The event is being held by the Varanasi Institute of History with the collaboration and financial support of the Indian Council of Historical Research (ICHR), New Delhi. Scholars from India and abroad will deliberate on various facets of Rajasthan's archaeology, history, culture, and heritage, as well as the social and cultural transformations that have occurred over time. The inaugural session of the seminar is scheduled for September 25, from 10:30 AM to 12:30 PM.

Himachal Pradesh Governor Kavinder Gupta will attend the inaugural session as the chief guest. Renowned archaeologist and historian Dr. Rima Hooja and historian Dr. Shri Krishna Jugnu will share their insights as keynote speakers on this occasion. Additionally, the renowned Indologist from Belgium, Dr. Koenraad Elst, and the eminent geographer Prof. Rana P.B. Singh will address the seminar as special invitee

speakers. Dr. Abhijit Dixit, Director of the Indira Gandhi National Centre for the Arts (IGNCA), Banaras, will deliver the presidential address during the inaugural session.

On the second day of the seminar, September 26, Colonel Kesari Singh Rathore, Chairman of the Rajasthan Public Service Commission (RPSC), Ajmer, will deliver a special lecture between 1:00 PM and 2:00 PM. This will be followed by the valedictory session on the same day from 3:00 PM to 5:00 PM, which will be attended by Dr. Jitendra Singh Rana, Minister of State, Government of India, as the chief guest. During the seminar, experts will engage in research-oriented discussions on topics related to Rajasthan's ancient history, archaeology, art and culture, social structure, traditions, heritage, and the transformations that have occurred across various eras. According to the organizers, the objective of this international seminar is to understand Rajasthan's rich historical legacy and its ever-evolving cultural journey through fresh research and academic perspectives. A press conference regarding the seminar was addressed by Dr. Kuldeep Kumar Mishra, the program's convener Emeritus Professor Aruna Sinha, Dr. Jay Lakshmi Kaul, and Dr. Daraksha Siddiqui. They stated that distinguished historians, archaeologists, geographers, and experts from other disciplines—both from India and abroad—would participate in the seminar to share their research and insights on various aspects of Rajasthan's antiquity and evolution.



# The Mirror of Conduct...? – If the office is exalted, the words must be too

**Parivahan Vishesh News**

**When criticism arises, let it be through logic and measured words—opinions may differ, but the individual should not be belittled; therein lies the true spirit of democracy.**

**"The Right-Wing is the Real Threat to the Nation" – A poem inspired by a statement made by Hamid Ansari.**

**Creator: Sanjay M. Taranekar (Poet)**

Positions come and go, but conduct endures. This is the story of a name and a constitutional office—that of a man who shouldered the responsibility of the Vice-Presidency for years. Even today, questions arise in political debates regarding certain statements and behaviors. Against this backdrop, poet Sanjay M. Taranekar has penned this piece titled "Aacharan ka Aaina" (The Mirror of Conduct), raising questions about the dignity of office and the decorum of language.

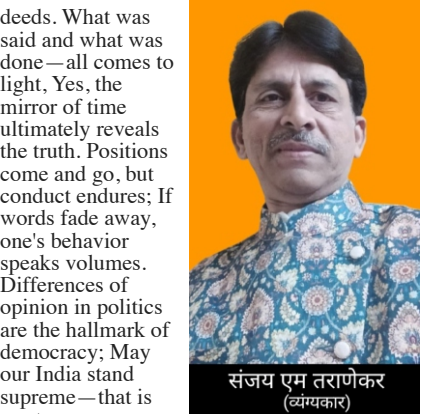
Original PoemIf the office is exalted, the "words" must be too, The "lamp" of decorum should shine in one's conduct. Be it the "chair" of power or of honor, Those who occupy it must embody human dignity.

The story of a name and a constitutional office. Years spent bearing the responsibility of Vice-President. Even today, regarding certain statements and conduct, Many questions are raised in political debates.

Whenever criticism occurs, let it be based on logic, If there is disagreement, let it be expressed through words. Let not the seeds of hatred be sown in the nation's soil, Opinions may differ, but the individual should not be belittled.

A white beard, a high office, a life rich in experience, Yet, conduct matters more than all of these. One may have a thousand disagreements with an idea, But how do we regard our love for the country and society?

History does not merely look at the color of a face, It records a complete account of all



What does the poem convey? 1. Point – The dignity of office and words: The poet's primary message is that the higher the office, the more dignified and measured one's words should be. Whether the seat is one of power or of honor, the person occupying it must embody the dignity of humanity. 2. Point – The decorum of criticism: "Whenever criticism is voiced, let it be based on logic"—disagreement may arise regarding ideas and should be expressed through words, not by belittling an individual or sowing seeds of hatred in society. 3. Point – Conduct becomes history: A white beard, a high office, and vast experience—behavior transcends them all. History records the account of one's deeds, not the color of one's face. Ultimately, the mirror of time reveals the truth.

Editorial Note: This poem is not a personal attack on any specific individual; rather, in the context of a statement made by someone who held a constitutional office, it serves as a reminder of the responsibility regarding words in public life. Differences of opinion will persist in a democracy—that is its glory—but the nation must come first; that is its true identity.

