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08 World River day , september Of Fourth sunday World River Day But Article

Report based on Election Commission of India - Press Note No. ECI/PN/120/2026 dated 26.09.2026

Parivahan Vishesh News

Major announcement by the Election Commission Full Commission - SIR completed in 20 states, missing voters will still be added - BLOs will visit homes, online hearings

Claims and objections extended to October 30 in Delhi, October 12 in Maharashtra - 81/97 voters filled Form-6 in Goa

Supreme Court approves SIR and Form-6 - ECINet will be examined by IIT/IIT experts - 9 major decisions taken at the Full Commission meeting

Source: Full Commission meeting held at 3 pm on September 26, 2026, at Nirvachan Sadan, New Delhi - Issued by: Deputy Director P Pawan

Report: Sanjay Kumar Bathla - Editor-in-Chief, Parivahan Vishesh Newspaper

Democracy will no longer be confined to offices, but will reach every home This press note has dispelled two major myths. First - Is the opportunity to add a name over if the SIR is complete? No. Second - Is there a glitch in the IT system? The Commission said the entire investigation will be conducted by an IIT/IIT.

Key Facts - Complete Press Note in 5 Parts

- 1. The biggest relief for voters - Citizen-Centric SIR (5 Decisions in Point 1):**
 - BLOs will visit homes: BLOs will personally visit the homes of those who have received notices to collect documents and upload them to ECINet. No need to call the ERO/AERO office.
 - Online Hearings: Hearings will be held only in exceptional cases, and online is preferred. An authorized adult member of the family can participate.
 - Help Desk Camps for laborers, the poor, the homeless, and those in need of night shelters: The DEO will set up special camps. This is a boon for transport workers, drivers, and helpers.
 - Form-6 Upheld: The Supreme Court has upheld the implementation of Form-6.
 - ECINet Security Check: Sr. A committee of independent experts from IIT/IIT, chaired by the DEC, will conduct technical and security audits. Officials will only have access as per their statutory role.

2. Major relaxation in timelines - Delhi and Maharashtra (Extension):

- Delhi: At the request of the CEO, the deadline for claims and objections has been extended to October 30, 2026, and settlement by November 30, 2026.
- Maharashtra: At the request of the CEO, claims and objections have been extended to October 12, 2026, and settlement by November 10, 2026.

3. Administrative Discipline - Strict Instructions from the Full Commission (Points vi-ix):

- The agenda for every meeting of the Commission will be circulated in advance, and



minutes will be issued.

- It is mandatory for all officials to complete APARs (Annual Performance Appraisal Reports) by December 31 of every year.
- Commission approval is required for foreign travel.
- Officials must strictly follow all instructions of the Commissioners.

4. Current Status of SIR - Most Important Information (Points 2 & 3):

- SIR has been completed in 20 states/UTs, including Bihar and West Bengal.
- Missing voters, including youth and first-time voters, can add their names to Form-6 under Continuous Update. CEOs/DEOs/EROs have been asked to launch special campaigns for this.
- Success of the Goa Model: CEO Goa sent BLOs door-to-door; 81 out of 97 missing voters completed Form-6.
- End of confusion: The letter sent to the Cabinet Secretary did not pertain to any policy matter or the IT Division, but to the work of a deputized officer. DEC continues to monitor the IT Division.
- SIR unanimous and approved by the Supreme Court: The SIR order was issued unanimously on 24.06.2025. This was upheld by the Hon'ble Supreme Court in its order dated 27.05.2026. The schedule for 12 states was released on 27.10.2025 and for 19 states/UTs on 14.05.2026. The final voter turnout will be known after the final publication of Phase-III for the 12 states.

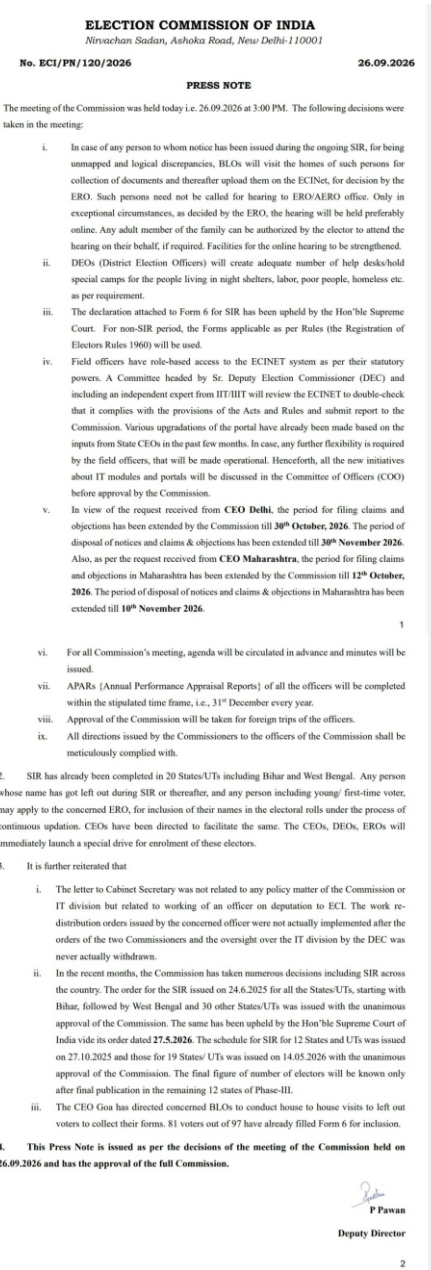
5. Official Confirmation (Point 4):

- This press note is issued in accordance with the decisions of the Full Commission meeting of 26.09.2026 and with the approval of the Full Commission.

Public Interest Appeal from Parivahan Vishesh Newspaper:
1. If your name does not appear in the SIR, do not panic - immediately contact your BLO or fill out Form-6 at the ECI Help Desk.

2. Transport operators should inform their drivers, helpers, and loading laborers staying in night shelters about this camp.

3. No officer should call you unnecessarily to the ERO office, online hearing is your right.



Let's welcome those who left this world after giving us love, starting today

Parivahan Vishesh News

Let's welcome those who left this world after giving us love, starting today

Respectful homage to all our ancestors on Pitru Paksha - a festival of reverence, values, and remembrance

Poem-Salutation: Those who left this world after giving us love.

Let's welcome them, starting today,

Those who were once with us are among our ancestors, From today, we will pay homage from the door of our hearts.

Respectful homage to all our ancestors.

The blessings of our ancestors are the foundation of our family Indian culture says, "Pitru Devo Bhava." Just as transportation cannot move without an engine, a family cannot progress without the blessings of its ancestors. Pitru Paksha is not just a time for offering prayers, it is a time for expressing gratitude. True devotion lies in remembering the hands that taught us to walk, the shoulders on which we grew up, those who are not

physically with us today but are with us in the form of our values.

Message: Today, when society is moving at a rapid pace, we must stop and pay homage to our roots.

Author Bio: 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) Editorial Call: This Pitru Paksha, light a lamp in the name of your ancestors – their blessings are our greatest asset.**

Double blast in Burari! ATS and EV charging hub launched simultaneously - Delhi gets the gift of green and safe transport

Parivahan Vishesh News

Inaugurated by CM Rekha Gupta, MP Manoj Tiwari and Transport Minister Dr. Pankaj Singh present - Fitness testing and charging facilities in the same premises

Pollution eliminated, safety assured - now only fit and electric vehicles will play on Delhi's roads

Report: KK Chhabra, Parivahan Vishesh Newspaper

Introduction: What's today's big news? On September 26, 2026, the Delhi Government's Transport Department simultaneously inaugurated two major projects at the Burari Vehicle Inspection Branch:

1. Automated Testing Station (ATS)
 2. Electric Vehicle Charging Facility (EV Charging Hub) This is Delhi's third ATS. Previously, two ATSs have been launched in Tekhkhanda (South Delhi) and Nand Nagari (East Delhi).
- Facts and official information - from the plaque and statement:
- A. As per the inauguration plaque (photo evidence):
- Location: Automated Testing Station, Burari
 - Inaugurated by: Mrs. Rekha Gupta, Honorable Chief Minister, Government of Delhi
 - Glorious presence:
 - Dr. Pankaj Kumar Singh - Minister, Transport, Health and Information Technology
 - Mr. Manoj Tiwari - Member of Parliament, North-Eastern Region
 - Mr. Rajiv Verma, IAS - Chief Secretary
 - Mrs. Niharika Rai, IAS - Secretary and Commissioner (Transport)
 - Date: September 26, 2026

B. Video statement by CM Rekha Gupta (summary of original audio): The CM said - "In just a short one and a half years, Delhi's third ATS has opened. This will not only issue fitness certificates to commercial vehicles, but is also a significant step towards eliminating pollution in Delhi. Previously, such an ATS had never been operational in Delhi, which was a major cause of pollution. Now, 100,000 vehicles will be able to get fitness certificates at one station and 2,500,000 vehicles at all three stations every year." Detailed Analysis - What has changed for the public?

1. What benefits does ATS have? - The first aspect of public interest
2. What used to happen before?
- What will happen now?

Long lines at the old fitness center in Jharodha Kalan, Burari, dominated by brokers, manual inspections Fully computerized inspections - brakes, suspension, headlights, side-slip, emissions, underbody - 10 tests automated! 2 days for one vehicle inspection 15-20 minutes for one vehicle inspection

Even unfit vehicles used to be passed by paying money No human intervention, if the machine fails, they will not be allowed on the road

Direct impact: Unfit autos, buses, and trucks will not be on the road = fewer accidents + less pollution.

2. What is the benefit of EV charging? - Another aspect of public interest
- Capacity: 4 chargers at each hub, each of 240 kW - charging 4 large e-buses or 8-10 e-cars simultaneously.
- Backup: 1600 KVA substation, transformer, HT/LT panel - Charging continues even during power outages.
- Location: Near Burari ATS and Anand Vihar ISBT - where DTC buses operate the most. This will provide daily charging for DTC's

5,088 electric buses.

- For the general public: Private EV owners will also be able to charge at these stations at commercial rates - eliminating range anxiety.

3. Major achievements of the Transport Department:

- Foundation stone laid in November 2025, inauguration in September 2026
- Project completed in 10 months - CM congratulated officials.
- Delhi government's target: 14,000 buses by 2028, 80% of which will be electric.
- Delhi-Rewari E-Bus service also launched - 86 km, fare 153, zero emission.

Editorial Conclusion - Parivahan Vishesh Newspaper Appeal:

This double inauguration is not just a government event, but a revolution in Delhi's transport model.

On one hand, ATS = safety and honesty On the other, EV charging = greenery and savings

The duo of CM Rekha Gupta and MP Manoj Tiwari has given a direct message to Northeast Delhi's transporters - no more wandering around for fitness checks, no more waiting for charging

Appeal to the public: 1. Get your commercial vehicle's fitness done on time at the Burari ATS.

2. Adopt EV vehicles - the government is providing both subsidy and charging.
3. Report unfit vehicles on 1076. Information is safety - Fit vehicles, hit Delhi.

Report: Based on video and placard evidence

Publisher: Sanjay Kumar Bathla | Editor-in-Chief, Parivahan Vishesh Newspaper



Temple of Liberalization and Welfare Allied Trust Registered

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Pinki Kundu

Today's Cybersecurity Thought

Using a mobile phone: Must read this Smart phone Privacy on the Move Stay Safe. Stay Private. Stay Ahead.

Parivahan Vishesh News

When you travel or step into a crowded market, your smartphone silently broadcasts signals. Anyone nearby can detect you.

Remember: A smartphone is powerful, but constant connectivity can be dangerous. Turning off Wi-Fi and Bluetooth while on the move is the easiest way to protect your digital life.

Risks of Constant Connectivity

- Automatic Network Scanning: Smartphones continuously search for nearby Wi-Fi networks, even when you are not using them. This makes your device visible to anyone monitoring signals.
- Background Connectivity: Apps may try to connect in the background, leaking identifiers like MAC addresses.
- Accidental Hotspot Connections: Devices may automatically connect to open or previously used networks, which attackers can maliciously set up.

Simple Fix

- Switch OFF Wi-Fi and Bluetooth whenever you leave home.
- Connect manually only to trusted networks.
- Use mobile data for sensitive tasks. Privacy & Security Threats
- Live Location Detection: Nearby devices or trackers can detect your presence and movement patterns through Wi-Fi/Bluetooth signals.
- Data Interception: Cybercriminals can exploit insecure hotspots to intercept communications, steal



passwords, or inject malware.

- Stalking & Profiling: Persistent signals allow attackers to track individuals across markets, airports, or public transport hubs.
- Bluetooth Exploits: Vulnerabilities in Bluetooth can be used to deliver malware or gain unauthorized access to files. Why It Matters
- Protects your privacy and live location.
- Blocks cyber stalking and data theft.
- Saves battery life and reduces background tracking.

Smartphones are powerful tools, but constant connectivity can quietly compromise your privacy. By simply turning off Wi-Fi and Bluetooth when on the move, you can block live location detection, prevent accidental hotspot connections, and reduce the risk of cyber stalking or data theft. This small habit strengthens digital security and ensures safer, more private mobility.

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



A Network of Poison Spanning from Fields to Plates – Farmer's Death by Pesticide Exposes the System's Flaws

Parivahan Vishesh News

Gajendra Singh's death in Amroha is not merely an accident; it is an alarm bell for our food chain – Presence of HCH/DDT in milk, grains, and vegetables.

Slogan: Safe Agriculture • Safe Food • Safe Life

Sanjay Singh – Special Analysis from Gondia

Presented by: Special Correspondent, Parivahan Special Newspaper

What happened in Amroha?• Incident: Jethal Mustakam village, Mandi Dhanaura, Amroha (UP) – Farmer Gajendra Singh's condition deteriorated while spraying pesticides in his field on Wednesday; he was referred to Meerut and passed away early Friday morning. He is survived by a son and two unmarried daughters. Station House Officer (SHO) Satyendra Siroha confirmed the post-mortem.

• The Question: This is not just a death; it is a homicide – a killing caused by an unsafe pesticide system.

Facts and Reports – How did the poison reach our plates?
1. From fields to groundwater:
- Every year, 70,000 tonnes of pesticides seep into the soil in the country, polluting groundwater and rivers.

2. Poison in milk:
- Testing of 1,200 milk samples across 5 major cities revealed residues of HCH, DDT, Endosulfan, Cypermethrin, and Chlorpyrifos exceeding permissible limits. Livestock produce contaminated milk after consuming tainted fodder.

3. The cancer connection:

- An ICMR report establishes a direct link between pesticides and cancer.

4. Data from the Haryana Legislative Assembly:
- Faridabad recorded the highest number of cancer-related deaths last year.
- The situation in Punjab's Barnala district became so dire that thousands of women launched an organic farming campaign.
- Cancer risk in children due to milk consumption exceeds even US EPA standards. Analysis by

Parivahan Vishesh – 3 Key Points

- There was a time when villages were healthier than cities; today, the situation is reversed. The indiscriminate race for chemical-intensive farming has devastated soil, water, livestock, and public health alike.
- Why are the statistics being concealed? Social activists allege that actual survey data regarding cancer and respiratory diseases in rural areas is not being made public. If disclosed, the alarming reality would be exposed.

What is the solution?

• Strict licensing for pesticide sales and mandatory PPE kits and training for farmers.

• Subsidies for organic/natural farming and implementation of the 'Barnala Model' at the national level.
• Regular testing of milk and grain for pesticide residues and making the reports public.

Editorial Appeal – Issued in the public interest: The death of farmer Gajendra serves as a warning to us. Unless we halt the blind race for "higher yields" and shift towards "safe yields," this toxic

Farmers, Be Careful of Fake Netrak – Food Safety is Our Responsibility

National Food Security Mission – Successful Agricultural Campaign | 70,000 Ton of Fertilizer Distributed

1 Be Alert

Fake Netrak can be harmful to your crops.

- May not work properly and can even damage crops.
- Be cautious of fake products in the market.

2 Check Carefully

Look for HCH, DDT and other harmful substances.

- These can be found in fake Netrak.
- They are dangerous for your soil and health.

3 Keep It Safe

Fake Netrak can spoil your food.

- Can cause health problems.
- Harmful to people and animals.
- Do not use it. Check the product carefully.

ICMR, the Indian Council of Medical Research, conducts a special campaign against fake products like Netrak. Be aware and stay safe!

70,000 Ton of Fertilizer Distributed
Increased crop production | Improved soil health | Stronger and healthier crops!

Parivahan Vishesh News | Issue No. 172 | 04 March 2026 | Saturday | For a prosperous and self-reliant farmer!

cycle—extending from the farm to the dinner plate—will not cease. We demand that the administration make rural health survey reports public; transparency is the first step toward a cure. –

Editor: Sanjay Kumar Bathla | Editor-in-Chief, Parivahan Vishesh

True Guardians of Cleanliness and Safety: A Grand Tribute to 350 Warriors

Parivahan Vishesh News

While the entire city sleeps, they ensure Delhi remains safe and clean—saluting the heroes from six departments, ranging from the MCD to the fire service.

Our mornings are beautiful and our lives safe—all thanks to them.

Report by Special Correspondent

Their 'Shram Ratna' (Gem of Labor) is greater than the 'Bharat Ratna'. Politicians, actors, and athletes are frequently honored, but how often do we remember the sanitation warriors who hold up the very foundation of society?

This time, we are honoring 350 such warriors who do not wear uniforms yet fight on the front lines. This is not merely a news story; it is an attempt to repay a social debt.

6 Departments, 350 Warriors – Who Did What?

1. MCD Sanitation Warriors – Guardians of the Streets

• Key Task: Clearing garbage from streets and lanes before 4 AM, regardless of whether it is biting cold or 47-degree heat.

• Fact: Contribution during pandemics—while we remained confined to our homes during Corona, Dengue, and Plague outbreaks, they sanitized the entire city. Without them, Delhi would turn into a garbage dump within 24 hours.

2. Delhi Jal Board (DJB) Sewer Cleaning Warriors – The Riskiest Job

• Key Task: Keeping the city's sewer lines functional. If these get clogged, all of Delhi would come to a standstill.

• Fact: They risk their lives by descending into filth to perform their duties. Efficient drainage and clean water supply in our homes are possible only because of them. They are the most neglected, yet the most essential.

3. NDMC Sanitation Warriors – Architects of the Nation's Image

• Key Task: Keeping VIP areas—such as Rashtrapati Bhavan, Parliament, embassies, and Connaught Place—spotless and gleaming.

• Fact: Whether it is the G-20 summit or a visit by foreign dignitaries, the first impression of India presented to the world is shaped by their brooms. The nation's premier image rests upon their hard work.

4. School and Hospital Sanitation Warriors – Guardians of the Future and Life

• Primary Role: Safeguarding children's futures and patients' lives.

• Fact: Children cannot study if classrooms are unclean, and surgeries cannot be performed if hospital wards are unsanitary. Cleanliness is the first line of defense against infection.

5. Government and Private Bank/Office Sanitation Warriors – Wheels of the Economy

• Primary Role: Kickstarting the nation's economy every morning.

• Fact: Banks and offices—where transactions worth crores take place—cannot open for business until these warriors make the tables,

Parivahan Vishesh – Issue 172 | Year 04 | 27 September 2026

The Real Guardians of Cleanliness and Safety – Honouring 350 Warriors

Special Issue • Cleanliness • Safety • Honour

Our society cannot progress until every corner is clean and safe.



MCD Sanitation Worker
Cleaning roads and public places



DJB Sewer Worker
Sewer and drainage management



NDMC Worker – Lutyens' Area
Cleanliness and garden maintenance in Lutyens' Delhi



School/Hospital Cleaning Staff
Cleanliness of educational and healthcare institutions



Office/Bank Cleaning Staff
Cleanliness in offices and banks



Fire & Rescue Service
Safety and rescue during emergencies

6 Departments – Leading the Way in Service and Safety

1. **Municipal Corporation of Delhi (MCD)** – Cleanliness Campaign

2. **Delhi Jal Board (DJB)** – Sewer and Water Management

3. **New Delhi Municipal Council (NDMC)** – Lutyens' Area Management

4. **Education & Health Department** – School/Hospital Cleanliness

5. **Office & Bank Management** – Cleanliness of Commercial Premises

6. **Delhi Fire Service** – Safety & Emergency Response



Honouring 350 Warriors • Cleanliness is Service • Safety is Duty

Sanjay Kumar Bathla
Editor-in-Chief

Parivahan Vishesh • This special issue is dedicated to honouring cleanliness and safety • Contact: transportnews@example.in • www.parivahanvishesh.in

computers, and floors fit for work.

6. Firefighter Safety Warriors – Steadfast Amidst the Flames

• Primary Role: Protecting lives and property during fires and disasters.

• Fact: While others flee, they rush into the fire. Risking their own lives to save the children and parents of others—that is their duty. Analysis of this Special Report – Why is this news important? Public Interest Perspective: Cleanliness is not merely the government's responsibility; it is a habit. By honoring these 350 warriors, we send a message to society: think before tossing trash onto the street—someone will have to pick it up with their own hands.

Key Points:

- These six sectors collectively keep Delhi running 24x7.

- Their work is top-tier, yet the recognition they receive often lags far behind.

- The objective of this grand felicitation ceremony is to bring their families onto the stage and acknowledge that the nation is indebted to them. Editorial Appeal: The next time you see an MCD worker in the morning, do stop and say 'thank you.' That is the greatest award of all.

Editor: Sanjay Kumar Bathla | Editor-in-Chief, Transport Special

Concerns Rise Over Reports of 400+ HIV Cases in Pithoragarh – Awareness, Not Fear, is the Key to Prevention

Parivahan Vishesh News

Infected syringes and unsafe tattoo equipment pose significant risks, but HIV does not spread through touch; a healthy life is possible with timely testing and ART treatment.

Report by Satyam Mishra, Parivahan Special Newspaper, Uttar Pradesh/Uttarakhand

Pithoragarh. Reports of over 400 HIV cases surfacing in the border district of Pithoragarh, Uttarakhand, have sparked a fresh debate regarding health awareness. While these figures represent the total recorded cases, those currently under treatment, or new cases from a specific period—official details clarifying this must come from the Health Department. It is crucial to view this discussion as an opportunity for awareness rather than sensationalism.

What the facts say:

1. Why are infected syringes a major threat? According to the WHO, HIV can spread through contact with infected blood. A risk of infection arises if a needle or syringe used by an infected person is subsequently used by another. Furthermore, this practice can also transmit other blood-borne infections like Hepatitis B and C.

2. Tattoos are a trend, but safety is essential: Getting a tattoo does not, in itself, cause HIV. The danger lies in the use of contaminated or unhygienic skin-piercing equipment. The WHO has clarified that contaminated tattoo equipment can pose a risk of infection.

3. Not every case is linked to substance abuse: It is a misconception that every

Stay Aware, Stay Safe – HIV: Don't Fear HIV, Get the Right Information
Pithoragarh District • HIV Awareness • Awareness Campaign

PITHORAGARH DISTRICT • PUBLIC HEALTH AWARENESS | Pithoragarh District – HIV Awareness

1) Do not share used needles/syringes
Do not share used needles/syringes. Risk of HIV & Hepatitis.

2) Use clean, sterilised equipment when getting a tattoo
Ensure clean, sterilised equipment when getting tattoo.

3) HIV does NOT spread through touching, sitting together, or shaking hands
HIV does NOT spread by touch, sharing meals, hugging, or handshakes.

4) Timely testing and ART treatment can enable a healthy life
Early testing & ART treatment enable a healthy, normal life.

5) No discrimination, show respect
Show respect & support.

Safe needle disposal • Use safe sharps disposal boxes only

Issued in public interest – Pithoragarh Health Awareness
Early testing is free & confidential at nearest Government Health Facility / PHC / District Hospital Pithoragarh.

NACO Helpline 1097 (24x7, Toll-Free)

Uttarakhand Health and Family Welfare Department • Pithoragarh District Health Department

HIV-positive person uses drugs. According to the WHO, the primary routes of HIV transmission are unprotected sexual contact, infected blood, sharing infected needles/syringes, and mother-to-child transmission. Passing judgment on someone's character solely because they are HIV-positive is wrong and harmful.

4. How HIV does not spread: HIV does not spread through shaking hands, hugging, sitting together, sharing meals, or general social interaction. 5. Testing and treatment ensure safety: HIV is identified not merely through symptoms but through specific medical tests.

Antiretroviral therapy (ART) is available today to control the virus. According to the WHO, effective ART reduces the viral load to such an extent that the risk of sexual transmission becomes zero.

Conclusion: Young people need to stay away from substance abuse, prioritize hygiene during any medical or cosmetic procedure, and undergo timely testing. HIV is not a reflection of a person's character. Providing treatment, support, and respect—rather than discrimination—is the right approach.

Troubled by acidity?

Parivahan Vishesh News

Pinki Kundu – Social Counselor; Leader, BJP Delhi State; Co-convenor, Bengali Cell, BJP Delhi; Member, Ujjwala Yojana Delhi.

Presented by: Special Correspondent, Parivahan Vishesh Samachar

Do you frequently experience heartburn, sour belching, a burning sensation in the stomach, or a feeling of heaviness?

Several factors can contribute to this, such as poor dietary habits, consumption of overly spicy food, excessive intake of tea or coffee, stress, and an irregular lifestyle.

Common causes of increased acidity:
- Excessive consumption of fried and spicy foods
- Excessive intake of tea and coffee

- Habits like smoking and alcohol consumption
- Excessive heat and

Health Awareness Message

Pitt / Acidity – Simple Remedies

Pitt / Acidity – Know the Causes and Choose Natural Solutions

Common Causes:

- Spicy / Masala food
- Tea / Coffee consumption
- Excessive fried food
- Greasy, oily and heavy food
- Irregular eating habits
- Excessive consumption of protein

Natural Remedies: Helps in Reducing Acidity

- Amla – rich in Vitamin C
- Coriander seeds – helps in reducing excess pitta
- Jaggery – cools the body
- Onion – provides relief
- Banana – helps in reducing stomach acid
- Drink plenty of water – 2-3 litres daily

Things to Avoid:

- Spicy and oily food
- Fried food and processed snacks
- Cold drinks and ice cream
- Tea in the morning on an empty stomach

Prepared by: **Pinki Kundu**
• Nutritional Counsellor – B.J.P. District President
• State Co-ordinator, BJP Delhi – Health, Lucknow
• Delhi District, Uttarakhand

Special Issue: Health Awareness
Issue No. 172, Year 04 | 27 September 2026

Organizer: **Sanjay Kumar Bathla**
(Sanjay Kumar Bathla)

A healthy society is the foundation of a strong nation.

dehydration
Stress, anxiety, and overthinking

- Irregular meal times and late-night eating

Some simple remedies to soothe digestion:

• Amla (Indian Gooseberry) – A good source of nutrients and Vitamin C.

• Moong dal (split green gram) and rice – A light and easily digestible meal option.

• Ginger – Considered beneficial for digestion; however, those who

experience increased burning sensations after consuming it should exercise caution.

• Kokum – Can be

included in the diet in moderate amounts.

• Ripe banana – A nutritious fruit that some people find gentle on the stomach.

• Adequate water – Ensure the body stays hydrated and avoid lying down immediately after a meal.

Important
Precaution: If you

experience frequent heartburn, difficulty

swallowing, persistent vomiting,

vomiting blood, black stools, or

severe chest pain, it is essential to

consult a doctor. Proper diet + Regular routine + Stress management = Better digestion



The Shrimad Bhagwat Mahapuran is a scripture that guides human life towards devotion, virtuous values, love, righteous conduct, and positivity: Acharya Swami Bhaskaranand Maharaj

Parivahan Vishesh News

Performing Tarpan (offering water) and Pind Daan (offering rice balls) for ancestors according to prescribed rituals at Gaya Dham leads to their salvation: Swami Bhaskaranand Maharaj

Parivahan Vishesh Samachar Patra – Dainik Vrindavan

(Dr. Gopal Chaturvedi)

Bodh Gaya (Bihar): A seven-day 'Shrimad Bhagwat Katha Saptah Gyan Yajna Mahotsav' (a festival of knowledge through the week-long recitation of the Shrimad Bhagwat) has commenced with great reverence and fanfare at the Dhamma Grand Hotel & Resort on Ratan Road, organized by the Mangalayatan Seva Trust on the occasion of Pitra Paksha (the fortnight dedicated to ancestors). The festival began in the morning with a grand Kalash Yatra (procession with sacred pots) of the Shrimad Bhagwat scripture, accompanied by music and traditional instruments. Simultaneously, the host family performed the worship and adoration of the Shrimad Bhagwat scripture and the Vyaspeeth (the sacred seat of the narrator) amidst the chanting of Vedic mantras.

Seated on the Vyaspeeth, Mahamandaleshwar Acharya Swami Bhaskaranand Maharaj—founder of Akhand Daya Dham, Vrindavan/Haridwar—addressed the countless devotees who had arrived from across the country and abroad. Explaining the significance of the pilgrimage site, he stated that Gaya Dham is the divine land where Lord Vishnu performed many of His Leelas (divine plays). It is the very land where

Lord Buddha attained enlightenment (Bodhi). Performing Tarpan and Pind Daan for ancestors according to prescribed rituals on this land during Pitra Paksha grants them salvation. Furthermore, listening to the Shrimad Bhagwat Katha here for their sake yields a hundredfold spiritual merit.

While narrating the glory (Mahatmya) of the Shrimad Bhagwat, the revered Acharya Swami Bhaskaranand Maharaj remarked that the Shrimad Bhagwat Mahapuran is no ordinary scripture; rather, it is a divine text that guides human life towards devotion, virtuous values, love, righteous conduct, and positivity. In the Kali Yuga, the name of the Lord, spiritual discourses (Katha), and holy gatherings (Satsang) possess the power to give a new direction to life. He stated that the true purpose of the Bhagwat Katha is not merely to listen to the narrative, but to internalize its message in one's own life. Love for Lord Shri Krishna, family values, respect for parents, and a spirit of service towards society constitute the core messages of the Bhagwat. Dr. Gopal Chaturvedi (Vrindavan)—a scholar of literature and culture and recipient of the "UP Ratna" award—remarked that Mahamandaleshwar Acharya Swami Bhaskaranand Maharaj is a staunch proponent and propagator of Indian Vedic culture and Sanatan Dharma. He is also fully dedicated to their preservation and enrichment. In line with this commitment, he has been bringing hundreds of people from various states to Gaya-ji during Pitra Paksha to perform the daily rituals of Shraddha, Tarpan, and Pind Daan. No amount of praise is sufficient for this noble work of his. During



the festival, Sadhvi Krishnanand Maharaj—a highly favored disciple of Maharaj-shri—sang bhajans (devotional songs) imbued with the glory of the Shrimad Bhagwat Mahapuran, accompanied by melodious musical strains. As part of the Shrimad Bhagwat Katha proceedings, the original

text of the Shrimad Bhagwat is also being recited by more than a hundred Brahmins. Prominent figures from various fields were present on this occasion, alongside the festival's chief hosts, Deen Dayal Singhal and Jagdish Prasad Singhal (Pune, Maharashtra).

--- Pitru Paksha --- According to the Garuda Purana, the best way to please one's ancestors—the simplest, most powerful, and most fruitful method.

Parivahan Vishesh News

Parivahan Vishesh Daily newspaper

(Dr. Gopal Chaturvedi)

In the Garuda Purana, Lord Vishnu tells Garuda: "O Garuda, there is no need to donate gold, silver, or vast sums of money to please the ancestors; they hunger only for devotion, water, and love. If a son offers even a single vessel of water with a sincere heart, the ancestors remain satisfied for twelve years."Yet, in modern times, people spend lavishly and engage in ostentation, but the ancestors remain unpleased because the method followed is incorrect. That is why the Garuda Purana outlines seven excellent remedies; if one performs them, their ancestors will not forsake them for seven lifetimes and will continue to bestow their blessings. The foremost and best remedy—Tarpan, Tarpan, and only Tarpan. The Garuda Purana declares that Tarpan is superior to charity (Daan), sacrificial rituals (Yajna), and penance (Tapa). This is because charity can breed arrogance, rituals require money, and penance causes physical suffering; whereas Tarpan requires only water, black sesame seeds, and love. The best method for performing Tarpan—Bathe every morning, wear white clothing, and wear a Pavitri (a ring made of Kusha grass) on your finger. Face south and prepare a copper vessel containing water mixed with Gangajal (holy water from the Ganges), black sesame seeds, barley, Kusha grass, and a Tulsi leaf. Cupping the water in your palms (Anjali), offer the water three times each while chanting the names of your father, grandfather, and great-grandfather. Mantra - Om Pitribhyah Swadhaibhyah Swadha Namah, Pitamahebhayah Swadha Namah,

Prapitamahebhayah Swadhaibhyah Swadha Namah.If you cannot do it daily, then do it only for 16 days during Pitru Paksha, on Amavasya and on the death anniversary of your father. Garuda Purana says - The son who offers tarpan even for only 16 days in a year, his ancestors remain satisfied throughout the year.Second best solution - reading Geeta, especially 7th chapter. There is a story in Garuda Purana - A Brahmin was very sinful, when he died he became a ghost, his son recited the 7th chapter of Geeta in his name, and the ghost got freed at that very moment and went to heaven.Lord Vishnu says - Geeta has come from my mouth, by reciting Geeta the ancestors come directly to my abode Vaikuntha. If you cannot read the entire Geeta, then read only the 7th chapter, or read only these 2 verses - Pitrinamayama Chasmi, Ahmatma Gudakesh. All desires are present in the heart.If you read even one page of Geeta in the name of your ancestors every day, your ancestors will be happy.Third best solution - Service of Peepal tree.Garuda Purana says – Brahma, Vishnu, Mahesh and all the ancestors reside in Peepal. The person who offers water to the Peepal tree, lights a lamp in the evening, and circumambulates the Peepal tree, his ancestors never remain hungry.Method - Offer water mixed with black sesame seeds to Peepal tree every morning, and light a mustard oil lamp in the evening, and say - Om Pitribhyo Namah. Never cut down a Peepal tree, and do not offer water to it on Sundays; worshipping the Peepal tree specifically for the sake of one's ancestors yields special benefits on Saturdays and Amavasya (the new moon day).The fourth best remedy – Panchabali: offering food to the cow, crow, dog, ant, and a Brahmin. The Garuda Purana states

that ancestors manifest in five forms: the cow, crow, dog, ant, and Brahmin. A son who daily sets aside five morsels from his own plate to feed these five beings ensures that his ancestors never become displeased.Specifically, offer roti (flatbread) to the crow, dog, and cow (with jaggery for the cow); flour and sugar to the ant; and a meal to the Brahmin. This practice should certainly be observed during Pitru Paksha. If one cannot do it daily, it must be done on Amavasya.The fifth best remedy – Gaya Shraddha or performing Pind Daan at home.The Garuda Purana states that the Pind is most dear to ancestors. A Pind is a ball made of rice, barley, black sesame seeds, honey, ghee, and Ganga water. A son who travels to Gaya to perform Pind Daan liberates twenty-one generations of his ancestors.If one cannot visit Gaya, one can perform the ritual at home on Amavasya by making three rice Pinds, coating them with black sesame seeds, ghee, and honey, and placing them under a Peepal tree in the name of the ancestors for crows to consume. This yields results equivalent to the Gaya Shraddha.The sixth best remedy – Feeding a Brahmin and offering Dakshina (ritual honorarium).Food reaches the ancestors through the medium of the Brahmin. The Garuda Purana states that one should feed a hungry Brahmin; when he is satisfied, the ancestors are satisfied. During Pitru Paksha, if you feed even a single Brahmin a hearty meal—consisting of kheer-puri (sweet rice pudding and fried bread), vegetables, and lentils—and offer Dakshina, your ancestors will bless you for a year.What kind of Brahmin should it be? One who is not greedy, is well-versed in the Vedas, and follows a Sattvic (pure) lifestyle. Do not wear footwear while feeding them; serve the meal with love, and

touch their feet after the meal.The seventh and greatest remedy: serving one's parents while they are alive.The final and most significant message of the Garuda Purana is: Serve your parents while they are alive; offerings made after death are of no avail. If a son abuses or starves his parents while they are living, then even if he performs the Shraddha ritual at Gaya after their death, the ancestors do not accept the offering; they turn away in disdain.Therefore, the best course of action is to keep your parents happy while they are alive—serve them, love them, ensure they are well-fed, and do not send them to old-age homes. In a home where parents smile while alive, the deceased ancestors also rejoice.One final story:A son was very poor and lacked the means to perform the Shraddha ritual; he would weep daily, lamenting, "Oh ancestors, I have nothing to offer." One day, a sage told him, "Son, simply face the south, join your hands, and say: 'Oh my ancestors, I have nothing; I offer you my salutations—may you be pleased with me.'" The son did exactly that. That very night, his ancestors appeared in his dream and said, "Son, we are pleased with you; your salutation itself constitutes our Shraddha."That is why the Garuda Purana declares: it is not wealth that is required, but devotion. If the sentiment is sincere, even a single vessel of water is equivalent to the Shraddha performed at Gaya; whereas without true devotion, even millions offering charity is also in vain.So, start today: a vessel of water daily, one verse from the Gita, a lamp lit under the Peepal tree, a roti for the cow, and service to one's parents—these are the best ways to please one's ancestors.

Thus concludes the section on the means to please ancestors from the Garuda Purana



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Parivahan Vishesh News

NUMEROLOGY PREDICTION • 27 SEPTEMBER 2026
Day vibration: 1 | A day for new beginnings, leadership, independence, confidence and initiative.
Parivahan Vishesh News

Moolank 1 | Your natural vibration is strongly activated
Today supports initiative, confidence and independent action. A new professional or personal direction can gain momentum when you take the first step with clarity. Lead decisively, but avoid impatience or expecting everyone to match your pace.

Moolank 2 | Speak up without losing your sensitivity
You may need to express your own needs more clearly today. Cooperation remains important, but do not wait for another person's approval before making a necessary decision. Calm communication can strengthen both your confidence and your relationships.

Moolank 3 | Give a new idea a clear beginning
Creativity and communication receive fresh energy. A presentation, conversation, writing project or new plan can start positively when your message is focused. Avoid scattering your enthusiasm across too many possibilities; choose one idea and develop it well.

Moolank 4 | Start building with a practical foundation
A new system, routine or work plan can be introduced successfully today. Your organised nature helps turn intention into something workable. Begin with clear priorities and realistic steps rather than trying to perfect everything immediately.

Moolank 5 | New movement can bring opportunity
Calls, meetings, travel or an unexpected contact may open a fresh possibility. Your adaptability helps you respond quickly, but check the details before committing. A smart beginning is better than an impulsive one.

Moolank 6 | Make room for your own goals
You naturally give attention to family and relationships, but today reminds you not to postpone your personal priorities. A new creative, home or relationship plan can bring enthusiasm. Support others while keeping enough energy for yourself.

Moolank 7 | Turn inner clarity into action
A period of reflection may now point toward a clear next step. Trust the insight you have gained, but translate it into one practical action rather than remaining only in thought. A quiet beginning can become significant over time.

Moolank 8 | Take charge with disciplined confidence
Career, finances and long-term goals can benefit from decisive leadership today. A new strategy or responsibility may strengthen your position when handled carefully. Use authority constructively and avoid unnecessary confrontation.

Moolank 9 | Begin a new chapter after closure
Recent completion or emotional release can create space for something new. Use your courage to move forward instead of returning to an old conflict. A purposeful first step can redirect your energy toward growth and renewed motivation.

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50th Golden Jubilee Srimad Bhagavat Jayanti and Sri Radha Janma Mahotsav was celebrated in Bhagwat Peeth



Radha Rani. Literature-Culture-Sage "UP Ratna" Dr. Gopal Chaturvedi said that Acharya/Bhagavat Peethadhiswar Bhagavat Prabhakar Acharya Maruti Nandan "Vagish" Maharaj is a valuable treasure of religion and spirituality. The service work he is doing around the world through his institute is highly commendable.

Parivahan Vishesh News

Parivahan Vishesh Daily Newspaper, Vrindavan

(Dr. Gopal Chaturvedi)

Vrindavan: Satya Sanatan Sevartha Sansthan (Raj.) organized the 50th Golden Jubilee Srimad Bhagavat Jayanti in the memory of Braj Vibhuti Parivrajacharya Swami Brajaramanacharya Maharaj and Vidvat Shiromani Bhagavat Bhushan Acharya Peethadhipati Swami Kishoriramanacharya Maharaj at Bhagavat Peeth Ashram at Rukmini Vihar Road (near Keshav Dham). Sri Radha Janma Mahotsav was celebrated with great devotion and pomp in the holy presence of Acharya Peethadhiswar Bhagwat Prabhakar Acharya Maruti Nandan "Vagish" Maharaj Besides, Srimad Bhagavat Mool Path, Ashtottara Sahastra Tulsi Archana, Navodit Pravakta Competition, Senior Public Honor Ceremony, Vrihad Sant-Vidvat Sammelan and Bhajan Sandhya were also held.

Presiding over the Sant-Vidvat Sammelan held on this occasion, Shri Mahant Madhav Das Maharaj "Mauni Baba" (Kotwan), said that Braj's most worshiped Raseshwari Shri Radha Rani is the delightful power of Yoga-Yogeshwar Lord Krishna. Bhagwat Bhaskar Krishna Chandra Shastri Thakurji Maharaj said that even if we take 100 more births, we will not be able to think about the name element of Braj founder Sarveshwari Sri

Acharya Netrapal Shastri, a great scholar of Sanskrit, said that if there is any best text for the welfare of man, it is Srimad Bhagavatam Maha Purana.

Under the festival, Pandit Ram Gopal Sharma in the field of social service and Dr. S.K. Shantanu Sharma was honored and decorated with "Baikunth Vasi Bhagwat Bhushan Swami Srikishori Ramanacharya Pragya Ratna"

Internationally renowned Vaishnavacharya Pundarika Goswami Maharaj, Mahamandaleshwar Swami Dr. Adityananda Giri Maharaj, illustrious MLA of Mathura-Vrindavan Pandit Srikant Sharma, Vice-Chairman of Mathura-Vrindavan Municipal Corporation Pandit Mukesh Saraswat, Somkant Tripathi, former principal Dr. S.K. Ram Sudarshan Mishra "Naiyayik Guruji", Dr. Ram Dutt Mishra, Dr. Radhakant Sharma, Acharya Puran Prakash Kaushik, Sant Shridham Kinkar Maharaj, Mahamandaleshwar Gopi Krishna Das Maharaj, Pandit Gyanesh Chandra Goud, Pandit Amit Bhardwaj, Acharya Dr. Rishi Tiwari, Pandit Biharilal Vashishtha, Mahamandaleshwar Swami Krishna Nand Maharaj and others also expressed their views. Acharya Narotam Shastri conducted the function.

Yuvraj Sridharacharya Maharaj honored all the saints, scholars, dharmacharyas and visiting guests who attended the festival by dressing them in upper garments and presenting Thakurji with Patuka, Prasad, Mala etc.

Women's Commission member Bharti Saini in Jhajjar on Monday

Parivahan Vishesh News

Will inspect institutions related to women and child safety, will hold meetings with officials

Jhajjar, September 26

Bharti Saini, member of the Haryana State Women's Commission, will visit Jhajjar district on Monday, September 28. During this visit, she will visit and inspect various government institutions

In view of the board examinations, prohibitory orders have been imposed within 200 meters of the examination centres.

Parivahan Vishesh News

Secondary, Senior Secondary and D.El.Ed. examinations will be held from October 1 to 24.

Jhajjar, September 26

District Magistrate Varsha Khanwal has issued prohibitory orders under Section 163 of the Indian Civil Security Code, 2023 for the peaceful and smooth conduct of the board examinations to be conducted by the Haryana Board of School Education, Bhiwani in Jhajjar district.

According to the order, secondary, senior secondary, and D.El.Ed. examinations will be held in the district at designated examination centers from October 1 to October 24, 2026. The exam timings will be from 2 PM to 5 PM. There will be restrictions within 200 meters of the examination centers. To maintain law and order around examination centers and prevent any disruption to the examination process, gatherings of five or more people within 200 meters of the examination centers will be prohibited. Carrying firearms, swords, sticks, spears, axes, pickaxes, knives, and other weapons is also prohibited in this area.

and hold meetings with the concerned officials. According to the scheduled programme, Bharti Saini will visit PM Shri Government Girls Senior Secondary School, Jhajjar at 9 am. After this, she will hold a meeting with DC Varsha Khanwal at 10 am. A meeting has been scheduled with Deputy Commissioner of Police, Headquarters, Jhajjar at 11 am. After this, the Commission member will inspect Civil Hospital, Jhajjar at 12 noon. After this, she will visit Mahila Thana, Jhajjar at 1:30 pm, One Stop Centre, Jhajjar at 2:30 pm and Jhajjar Jail at 3:30 pm.

Photostat and cyber cafes will also remain closed. Under the order, photocopy/xerox shops and cyber cafes located within 200 meters of examination centers will also be prohibited from operating. These restrictions will be effective from October 1 to October 24, 2026, from 1:00 PM to 5:30 PM daily.

The District Magistrate stated that these orders will not apply to police and other government employees on duty. Persons with disabilities who use canes and communities authorized to carry weapons through long-standing traditions will be exempted, subject to prescribed conditions. However, this exemption will be deemed void in the event of violence or threats to law and public order.

The District Magistrate clarified that anyone violating the prohibitory orders will be prosecuted under Section 223 of the Indian Penal Code (BNS), 2023. The administration appealed to students, parents, and the general public to adhere to the guidelines issued by the administration during the examination period and to avoid unnecessary crowding around examination centers, so that the examinations can be conducted peacefully and in an orderly manner.

Today is the last day for registration on Meri Fasal Mera Byora portal for Kharif crops: DC

Parivahan Vishesh News

Disadvantaged farmers should submit their crop details by Sunday, verification will be done through satellite and ground truthing.

Jhajjar, September 26

The state government has provided another opportunity to farmers who missed out on crop registration on the "Meri Fasal-Mera Byora" portal during Kharif 2026. DC Varsha Khangwal informed that farmers who have not yet registered their Kharif crops can enter their agricultural land and

crop details on the portal until Sunday, September 27th. The DC stated that farmers who missed registration on the portal can also visit the offices of the Sub-Divisional Officers (Civil) in Jhajjar, Beri, Badli, and Bahadurgarh to enter information regarding their agricultural land and crops. He clarified that the land and crop details entered by farmers will be verified using satellite data and through ground truthing and on-site inspection by the concerned Sub-Divisional Officer (Civil). Crop registrations made on the portal will be considered valid only after verification.

Request to enter correct detailsDC Varsha

Khanwal appealed to the district's farmers to enter complete and accurate information about their land and crops during crop registration. Providing accurate details will ensure farmers don't face any difficulties during the verification process or when selling their crops.

The DC stated that during the portal's reopening on September 27th, all relevant departmental officers and employees will provide farmers with the necessary support and facilities to smoothly complete the crop registration process. He directed officials to guide farmers so that no eligible farmer is left without registration.

Under the Seva Sankalp Abhiyan, Seva Setu camp will be organised in village Dujana on Monday.

Parivahan Vishesh News

Through Seva Setu Camp, the benefits of government schemes are being availed under one roof.

District Council CEO Manish Phogat gave the information

Jhajjar, September 26

As part of the district-wide Seva Sankalp Abhiyan, Seva Setu camps are being set up in urban and rural areas to bring the benefits of government schemes closer to the public. Under the guidance of Deputy

Commissioner Varsha Khanwal, people are taking advantage of government schemes at the Seva Setu camps. District Council Chief Executive Officer Manish Phogat informed that Seva Setu camps are being set up at various locations in the district as scheduled until October 15th. The CEO informed that Seva Setu camps will be set up in village Dujana on Monday, September 28th, in village Silana on September 29th, and at the Bahadurgarh block headquarters on September 30th. He informed that BJP leader Sanjay Kablana will inaugurate the camp in Dujana. This will be the schedule of Seva Setu Camp

The CEO informed that Seva Setu camps will be organised in village Rohad on October 1, village Dighal on October 3, village Dubaldhan on October 5, Badli block headquarters and Matanhail block headquarters on October 6, village Bupniya on October 7 and village Gubhana on October 8. He informed that Seva Setu camps will be organised in village Khanpur Khurd and village Patoda on October 9, village Birohad on October 10, Machhrauli block headquarters and village Dhakla on October 12, village Khuddan on October 13, Salhawas block headquarters on October 14 and village Bhuravas on October 15.

Seva Setu Camp was organized in Jhajjar under the Seva Sankalp Abhiyan.

Parivahan Vishesh News

BJP District President Vikas Valmiki inspected the camp.

Beneficiaries of Jhajjar Block availed benefits of government services, welfare schemes and health check-ups.

Jhajjar, September 26

Under the guidance of DC Varsha Khanwal, Seva Setu Camp was organized at Jhajjar Block Headquarters with the aim of making the benefits of government services and public welfare schemes easily available to the general public under 'Seva Sankalp Abhiyan'. BJP District President Vikas Valmiki inaugurated the camp. A large number of district residents reached the camp and got information about the schemes and services of various departments and took advantage of the available facilities. CEO Zila Parishad Manish Phogat also visited the Seva Setu Camp and took information about the services provided to the general public. People are getting the benefit of government services through Seva Setu Camp. VikasBJP District President Vikas Valmiki said that the government is providing benefits to even the most marginalized individuals in society by setting up Seva Setu camps as part of the Seva Sankalp Abhiyan. He said that the Seva Setu camps are a significant effort to connect the public with government schemes. Mr. Valmiki said that various departments set up stalls at the camp, where departmental officials and employees provided information to citizens about government-run public welfare schemes, services, and programs. The public was also informed in detail about the eligibility criteria for the schemes, the application process, and the benefits available. Efforts were made to

address the problems and queries of the people who visited the camp on the spot. BJP District President Vikas Valmiki appealed to the residents of the district to visit the Seva Setu Camp and get information about the schemes and services of various departments and avail the benefits of the government's public welfare schemes as per their eligibility. Apart from conducting health check-ups of citizens, they were also motivated for health protection and healthy lifestyle. The Health and AYUSH Departments also organized a health check-up camp at the Seva Setu Camp. Citizens were also screened and provided with essential information and advice regarding health care, a healthy lifestyle, and the AYUSH system. Visitors to the camp benefited from information about government schemes and health-related facilities. District Council CEO Manish Phogat stated that the purpose of the Seva Setu Camp, being organized as part of the Seva Sankalp Abhiyan, is to bring



government schemes and services closer to the public, so that eligible citizens don't have to visit different offices for information about the schemes and can get the necessary information and guidance in one place. BDPO Bharti and other relevant departmental officers and employees were present on the occasion.

SIR 2026 Citizens should be aware of the accuracy of voter list: DC

Parivahan Vishesh News

Even on Sunday, BLOs will be present at all polling stations in the district from 9 am to 5 pm.

Claims and objections can be filed till September 30

Apply using Form-6 for adding name, Form-8 for modifying details and Form-7 for deleting name.

Jhajjar, September 26

As directed by the Election Commission of India, a special campaign is being launched in the district to ensure accurate, transparent, and up-to-date voter lists under the Special Intensive Revision-2026. In this regard, a special campaign was organized at all polling stations in the district on Saturday. This information was provided by DC and District Election Officer Varsha Khanwal.

The District Election Officer stated that maintaining an updated voter list is crucial to strengthening the democratic system. Every eligible citizen should register their name on the voter list and also verify their details.

He said that on Sunday, September 27, Booth Level Officers (BLOs) will be present at their respective polling stations from 9 am to 5 pm and will receive claims and objections related to the voter list from citizens and student voters.

Eligible citizens can check their names and details. DC Varsha Khanwal has appealed to district residents to check their names and those of all eligible family members in the preliminary voter list. She stated that correct names, addresses, age, photographs, and other details must be included in the voter list. Citizens can check the voter list by visiting their polling station during the special campaign and file claims or objections as needed.

If the name is missing, file a claim through Form-6. The DC stated that if an eligible citizen's name is not included in the voter list, they can submit a claim for inclusion by filling out Form 6 along with the necessary documents and a declaration, following the prescribed procedure. Eligible citizens should take advantage of this facility and have their names included in the voter list.

Fill Form-8 in case of error in name, address or other details. The District Election Officer stated that if there are errors in the voter list, such as name, address, age, photo, or any other details, citizens can apply for corrections by filling out Form 8 along with the



prescribed documents and a declaration. The DC urged voters to check their details and, if they find any errors, have them corrected promptly.

Form-7 for deletion of name of ineligible or deceased voter. The DC stated that objections to removing the name of an ineligible, deceased, relocated, or previously registered voter from the electoral rolls can be filed through Form 7, following the prescribed procedure. Citizens can submit their claims and objections through the relevant booth-level officer or electoral registration officer.

A special campaign will also run on Sunday, September 27. The DC stated that for the convenience of voters, a special campaign will be organized at all polling stations in the district on Sunday, September 27. On Sunday, BLOs will be present at polling stations from 9 a.m. to 5 p.m. to receive claims and objections from citizens regarding the voter list.

Claims and objections can be submitted till September 30. District Election Officer Varsha Khanwal stated that claims and objections regarding the voter list can be submitted until September 30, 2026. Citizens can obtain information and necessary assistance regarding the voter list by contacting the respective BLO or Electoral Registration Officer in their area. She appealed to district residents to take maximum advantage of the special intensive revision campaign and to file claims and objections regarding the voter list within the stipulated time limit.

Seva Sankalp Abhiyan – Story of Service



Parivahan Vishesh News

Atal Library becomes a new flight of dreams for rural youth

In Dujana village, students find a comfortable environment near their homes for competitive exam preparation, saving time and money.

Jhajjar, September 26

There is no shortage of talent in rural areas; what is needed is providing them with the right resources and a conducive environment. Realizing this vision, the Atal Library Scheme of the Haryana Government's Development and Panchayat Department has emerged as a new hope for the students of Dujana village and for the youth preparing for competitive exams. The modern Atal Library established in the village has provided the youth with better study facilities in their own village. The village of Dujana has a population of approximately 7,715 and a literacy rate of 76.21 percent. Previously, students and youth from the village had to travel to Jhajjar, approximately 14 kilometers away, or other larger cities to prepare for competitive exams. This travel cost time and money. For female students in particular, traveling far away to study was always difficult due to security and social conditions. Now, with the availability of the Atal Library in the village, students have less need to travel far for their studies. They are preparing for competitive exams in a safe and welcoming environment close to their homes. Better use of available resources. District Council CEO Manish Phogat stated that the Development and Panchayat Department established the Atal Library in the government school in Dujana village in 2025. The unique aspect of this initiative is that instead of constructing a new building, it was developed into a modern learning center using available space and resources. The library provides books and study materials necessary for competitive exam preparation. Students also have access

to air-conditioned study rooms with adequate furniture and seating. Study and competitive exam preparation at one place. The Atal Library is becoming more than just a place for students to store books, but also a center for providing a better learning environment. Students are regularly attending their classes and accessing study materials needed to prepare for competitive exams. This facility is also helping students reduce their dependence on cities for expensive coaching or study resources. Girls get a safe and comfortable study environment. The most significant impact of the Atal Library is visible for rural girl students. Previously, traveling to distant cities to study was not practical for many girls. Now, with the availability of study facilities in the village itself, they can prepare for competitive exams in a safe environment. This has provided rural girls with a better platform to pursue education and employment opportunities. Community participation strengthens operations. To ensure the library's smooth functioning, the Atal Library Management Committee has been

formed. It includes representatives from the village panchayat, village secretary, local academics, and youth. The committee oversees activities such as library maintenance, discipline, and necessary guidance for students. Government job dreams are getting a base. Many young people in rural areas of the state have succeeded in competitive exams after studying at the Atal Library. So far, the library in Gorakhpur village, Fatehabad district, has seen nearly 40 young people securing government jobs. Such successes are also inspiring the youth of Dujana. The Atal Library is giving young people the confidence that preparing for competitive exams doesn't necessarily require going to big cities. If quality study resources and a better environment are available in villages, rural youth can also achieve their goals. Reduced financial burden on families. The availability of learning facilities within the village has reduced the cost of travel and external learning resources for students and their families. At the same time, the prospect of future economic prosperity for rural families is also increasing as youth move towards government and other employment opportunities. Rural talent is getting a platform in the village itself. The Haryana government's Atal Library initiative is a significant effort to strengthen educational resources in rural areas. With 996 Atal Libraries already established in 22 districts, the state government plans to establish Atal e-Libraries in all 6,225 gram panchayats. The Atal Library in Dujana village is a living example of the idea that when rural youth have access to better resources and a conducive environment for learning in their own villages, their talents no longer need to look to cities for advancement. Atal Library in Dujana – A journey from education to employment. The Atal Library is providing village students with access to books and study rooms, as well as a means of nurturing their dreams. This initiative is proving to be a positive step towards a strong and self-reliant rural society by connecting rural youth, especially female students, to education, competitive exams, and new employment opportunities.

Driving on Delhi roads is a death threat - Trade certificates are being issued without service stations

Parivahan Vishesh News

BOCI sends urgent reminder to Transport Commissioner - Violation of 2008 Gazette Notification puts school children's lives at risk, department silent even after arson and Satya Niketan accident

Report by Gurmeet Singh Taneja

Presented by the Special Correspondent, Parivahan Vishesh Newspaper

Serious negligence regarding the safety of passenger buses, especially school buses, has come to light in Delhi. The Bus and Car Operators Confederation of India (BOCI) has written to the Transport Commissioner, Government of Delhi, strongly objecting to the continued violation of Circular No. F-23(139)/2007/Tpt/Ops/1971-85 dated 25.03.2008 and has requested 10 minutes' time.

What is that 2008 notification? This gazette circular, issued on March 25, 2008, clearly stipulated that a bus operator would only be granted a trade certificate if they had a standard service station, washing/greasing facilities, trained manpower, and safety equipment. The objective was to ensure that the bus was fully fit before it could hit the road.

Ground reality - fit on paper, unfit on the road: According to BOCI, this notification is being openly violated in Delhi. Buses are being serviced in unequipped, unauthorized, and unsafe locations. There are no washing plants or trained mechanics, yet trade certificates are being issued and renewed recklessly.

No action taken even after the July 7, 2026 meeting: A BOCI delegation met with the Transport Commissioner on July 7, 2026. The Commissioner directed senior officials to inspect and investigate the facts, but the organization says the ground situation remains the same.

Two major accidents - the department failed to wake up even after warnings: The letter raises questions about the system's negligence by citing two tragic incidents: - Bus fire incidents: In recent months, there have been several incidents of passengers being burned alive in bus fires, resulting in the loss of precious lives. - Satya Niketan accident - 06.09.2026: Seven students died in a building collapse at Satya Niketan. This incident is also being linked to illegal parking and substandard service centers. BOCI wrote - "In our system, investigations only occur after an accident, not prevention. It is our duty to take necessary steps before another accident occurs." Key

Road Construction Finally Begins on NH-143; Residents of Birmitrapur Hope for Relief from Accidents and Traffic Jams



Parivahan Vishesh News

Work commenced following persistent demands from residents who had long suffered due to the road's dilapidated condition, dust, potholes, and traffic chaos.

Report by Dr. Rajkumar Yadav (Transport Correspondent), Birmitrapur

After a long wait, repeated complaints, and public pressure, road construction work has finally begun on National Highway-143, which passes through the Birmitrapur area. The road's poor condition had long been a source of trouble for locals and motorists alike. Potholes, dust, and damaged stretches frequently disrupted traffic and caused congestion.

Recent road accidents on this route had also raised serious concerns regarding road safety. The risk of accidents remained high due to the movement of heavy vehicles, the narrow and damaged road surface, and heavy traffic volume. Pedestrians and two-wheeler riders, in particular, faced significant risks, especially in busy areas.

Locals state that the demand for road construction had been raised for a long time. The commencement of work—following complaints and issues raised with public representatives and the administration—comes as a welcome relief.

However, merely starting the work is not enough. Residents demand that special attention be paid to quality, durability, proper drainage, and traffic management, and that the project be completed within the stipulated timeframe.



The residents of Birmitrapur are now watching to see whether this road—built after years of hardship—will truly serve as a foundation for safe and sustainable transportation.

Serious questions regarding liquor manufacturing in Birmitrapur: If documents are incomplete, on what basis was permission granted?

Parivahan Vishesh News

Demands for accountability amidst allegations of excess production and sales, outstanding financial dues, and environmental concerns; a test for the administration to prevent a potential tragedy involving toxic liquor.

Report by Dr. Rajkumar Yadav (Transport Special Correspondent, Birmitrapur)

Questions surrounding the liquor manufacturing unit operating in Birmitrapur are no longer limited merely to excise regulations. If there is substance to the allegations—including those raised in complaint PMOPG/E/2026/0180969—the matter implicates the accountability of multiple authorities: the Excise Department, Pollution Control Board, Commercial Tax Department, and the district administration. Odisha's current excise framework prioritizes the monitoring of liquor manufacturing, transport, sales, and revenue, alongside the prevention of illicit and adulterated liquor. The department's policy mandates a tracking system for every bottle and an enforcement mechanism to curb illegal liquor. In this context, the primary question arises: if a manufacturing unit lacks essential documents, permits, renewals, or other statutory records, on what grounds is it

permitted to continue operations? The second question concerns production and sales exceeding authorized limits. If production has surpassed the permitted capacity, who holds the records? Who will account for the revenue generated? Furthermore, if government dues and financial obligations remain outstanding—with claims even surfacing that the bank guarantee has expired—who will compensate for the potential loss of revenue? The third question relates to pollution control. Why shouldn't there be an independent inquiry into whether environmental clearances, waste management protocols, and pollution control standards were adhered to during the manufacturing process? The most critical question, however, concerns public health. If the production or distribution of illicit or substandard liquor is detected at any stage, and a fatality caused by toxic liquor occurs later, how can accountability be limited solely to the individual arrested after the incident? Will the concerned inspecting officers, supervisory officers, and competent authorities also remain absolved of their statutory responsibilities? This question is not



merely directed at the Chief Minister, the Chief Secretary, the Excise Minister, the departmental secretary, or the head of the district administration; rather, it is about clarifying the entire chain of accountability. For if warnings existed and complaints were raised yet no action was taken, initiating an investigation only after a life has been lost would be far too late. What is needed now is not merely the trading of allegations, but a public scrutiny of documents, independent inspections, and clearly defined accountability.

Tears in the Eyes of Stone – The Untold Story of the Land of Tensa

Parivahan Vishesh News

Author: Rakesh Mahanti, Tensa

Report: Dr. Rajkumar Yadav, Parivahan Vishesh Newspaper

For some reason, today I noticed tears hidden in the eyes of that stone. Suddenly, while heading towards Tensa market, the moist eyes of that stone deeply distressed me. A question arose in my mind: why, after all, is that stone weeping?

I always derive spiritual joy from alleviating the suffering of others. How, then, could I ignore the tears flowing from the eyes of this stone? To understand its anguish, I spoke with several residents and elders of Tensa. People explained that to grasp the pain of this stone, one must travel back several decades and understand the history of this region.

After the country gained independence, a steel plant was established in Rourkela by Pandit Jawaharlal Nehru. A team of experts reached the Barsua valley with the aim of ensuring an iron ore supply for this plant, which was built using German technology. Vast reserves of iron ore were estimated to exist in this region, surrounded by dense forests, mountains, and babbling waterfalls.

In 1954, the Indian Bureau of Mines granted permission following prospecting. A large base camp was established at Barsua in 1955. The project report was prepared in 1957, and in 1958, the responsibility for ore handling and the crushing plant was assigned to the concerned agency. Production from the mechanized mining and ore handling plant commenced in 1961. Time moved on. In 1984, following the assassination of the then Prime Minister Indira Gandhi, the idea emerged to create a memorial using iron ore to commemorate her resting place. A request was made to source such stone from various mining regions across the country. It was then that R.C. Mohanty, the then General Manager of the Rourkela Steel Plant, informed Nagen Kishore Mohanty, the manager of the Barsuan Iron Ore Mine, about the matter. In 1985, a massive stone weighing approximately 35 metric tonnes was selected from the fifth zone of the Barsuan Iron Ore Mine. It was transported from Tensa to Barsuan under special security arrangements. Yashwant Singh and Laxmikanta Hota were chosen to drive the vehicle carrying the stone. Kalsi Babu and the geologist Kanungo Babu were entrusted with the responsibility of ensuring the stone's safe delivery.

As the stone began its journey from Tensa to Barsuan, the Central Industrial Security Force (CISF) halted regular traffic along the



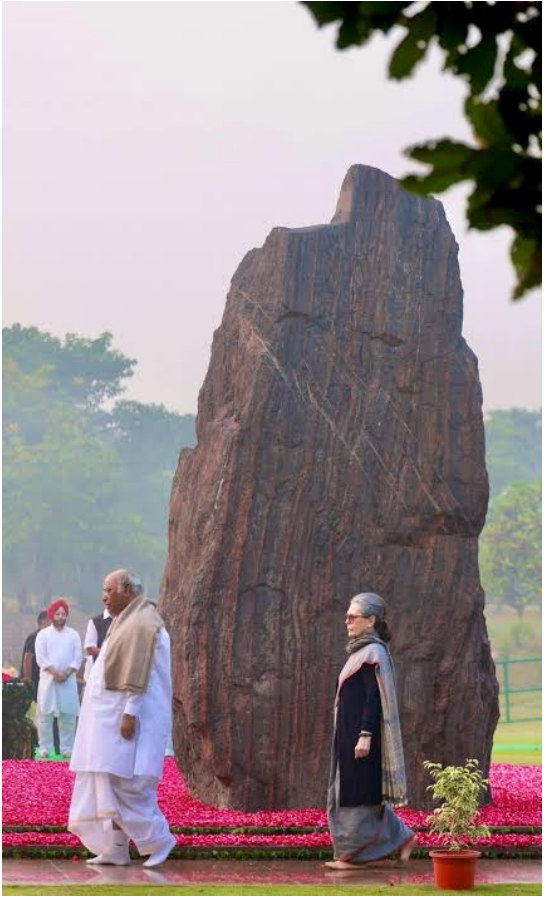
route. Shortly after crossing the 'Zero Point,' a tyre on the vehicle burst due to the immense weight. Assessing the situation, a portion of the stone was cut away to reduce the load; a new tyre was then fitted, and the stone was safely transported to Barsuan.

Later, an attempt was made to install the severed piece of the stone behind the Maa Sarala Peeth or the community center in Tensa, creating a replica of the 'Shakti Sthal' found in Delhi. Verbal approval for this had even been obtained.

The irony is striking: today, one part of that original stone is revered in Delhi, while the other lies neglected amidst a heap of garbage in Tensa.

A fragment of the very same stone—before which prominent leaders in Delhi pay their respects—awaits recognition of its existence and dignity here.

After all, who will witness the tears flowing from this stone? It remains to be seen whether, now that this story has come to light, the officials of the Barsuan Iron Ore Mine or the district administration will acknowledge the plight of this historic stone and take steps to accord it the respect it deserves.



On Pharmacist Day, Dr. Hridayesh Kumar highlights the pharmacist's responsibility—extending beyond medication to ensuring patient safety and a commitment to health.



Parivahan Vishesh News

Report Special Correspondent Parivahan Vishesh Newspaper

Dr. Hridayesh Kumar, founder of the international organization 'Akhil Bharatiya Manav Kalyan Trust', announced a pledge for dedicated public service aimed at the well-being of both pharmacists and patients during an event marking

World Pharmacist Day at Jat Bhawan, Sector 3, Ballabgarh, Faridabad. Speakers at the event highlighted the vital role of pharmacists. They emphasized the importance of pharmacists in the healthcare sector—particularly regarding medication—and called upon all healthcare workers to unite in the effort to save human lives. On the occasion of World Pharmacists Day, pharmacists pledged to serve patients and the public. Addressing the gathering, Dr. Hridayesh Kumar highlighted the pivotal role pharmacists play in the healthcare sector. Emphasizing the importance of pharmacists, he stated, "Where there is medicine, there is a pharmacist." During the event, pharmacists were hailed as saviors of human life, and their roles and contributions were discussed in detail. Dr. Chhatar Singh Rawat urged the attending pharmacists to make every possible effort toward patient care and the preservation of human life. Additionally, other healthcare workers present were advised to work shoulder-to-shoulder to safeguard human lives in the line of duty. The Evolving Role of Pharmacists: From Dispensing Medication to Ensuring Patient Safety In the vast healthcare system, credit for a patient's treatment is often attributed to the doctor's diagnosis and the nurse's care; however, the pharmacist plays an equally vital role in this entire process. Pharmacists act as a crucial link in ensuring that the medication prescribed by the doctor reaches the patient correctly and is used safely and effectively. World Pharmacist Day, observed annually on September 25, offers an opportunity to understand the contributions and evolving responsibilities of this profession. The role of a pharmacist is no longer limited to merely dispensing medicines based on prescriptions. Key responsibilities also include ensuring medicine quality, proper storage, correct dosage, and awareness regarding potential side effects, drug interactions, and the proper use of medication. The rise in lifestyle-related diseases, the use of multiple medications by the elderly, antibiotic resistance, and the expansion of digital health services have further broadened the scope of a pharmacist's responsibilities. In this context, World Pharmacists Day is not merely an occasion to honor the profession but also a significant opportunity to raise public awareness regarding the safe, responsible, and effective use of medicines. World Pharmacists Day is organized through the initiative of the International Pharmaceutical Federation (FIP). The objective of observing this day on September 25 is to highlight the contributions of pharmacists and raise public awareness about their role in the healthcare system. The scope of pharmaceutical science extends from the discovery and manufacturing of medicines to ensuring their safe use. With the increasing number and complexity of medicines in modern healthcare, it has become essential not only to provide medication to patients but also to ensure they are informed about its proper use. It is this need that has made the pharmacist a crucial link in healthcare. Dr. Chhatar Singh Rawat explained that patients typically obtain medicines from a pharmacy after consulting a doctor; in this process, the pharmacist is the healthcare professional who

comes into direct contact with the patient. Often, patients do not have complete information about the doctor's advice or the medication prescribed. In such cases, a pharmacist can explain in simple terms when to take the medicine—whether before or after meals—the correct dosage, and the necessary precautions to observe. Some medicines require storage at a specific temperature, Some medicines require protection from light or moisture, and ensuring their proper storage is also the pharmacist's responsibility. Similarly, checking expiry dates, drug quality, and packaging is part of a safe medication system. Therefore, viewing the pharmacist merely as a link for supplying medication to the patient would limit the scope of their actual contribution; they serve as a vital bridge between the safe use of medication and the patient's understanding. A primary objective of any treatment regimen is to protect the patient from harm. Incorrect medication, wrong dosages, improper administration, or adverse reactions between drugs can often lead to serious complications. Elderly patients, in particular, frequently take multiple medications simultaneously, which increases the likelihood of drug interactions. In the case of children, too, it is important to determine the dosage based on age and weight. A pharmacist can help identify potential medication-related issues and, if necessary, bring them to the physician's attention. This enables the patient to seek timely medical advice rather than ignoring any unusual symptoms. In this way, the pharmacist contributes to enhancing the safety of the treatment. Self-medication—taking medicines without medical advice—is one of the major challenges in the healthcare sector. Many people resume taking medication based on old prescriptions or use medicines based on the experiences of acquaintances. This habit can be harmful. This is because the same symptoms can be caused by different diseases. The unnecessary use of antibiotics is a matter of particular concern. Antibiotics are effective only against bacterial infections and are not required for every type of infection or fever. Their misuse or overuse can exacerbate the problem of antibiotic resistance. This means that certain bacteria become resistant to drugs, making infections difficult to treat. Pharmacists can play a crucial role in explaining to patients that medication should be taken strictly according to medical advice and that the use of antibiotics should not be started or stopped at one's own discretion. In a vast country like India, access to healthcare services is not uniform across all regions. While specialist doctors and modern hospitals may be readily available in metropolitan cities, access to healthcare services in rural and remote areas is often challenging. In such areas, pharmacists can raise awareness among people about the proper use of medicines, the importance of completing treatment, general health precautions, and the need to seek medical advice. However, the pharmacist's role is not to replace the doctor. Their contribution lies in strengthening various components of the healthcare system. If community pharmacies are provided with proper training and regulation and are better integrated into the healthcare system, they can help expand access to primary healthcare services. Therefore, I urge you all not to use any medication without a doctor's advice, as your health is the greatest asset of your life. The Akhil Bharatiya Manav Kalyan Trust is always with you for your bright future and health care. Let us together build a healthy India. Present on this occasion were National President Dr. M.P. Singh, Dr. Chaman Bhati, Dr. Mahendra Bhardwaj, Dr. Vivek, Subodh Kumar Sah, Shiv Shankar Rai, Pandit Ved Prakash Parashar, Anand Kumar, Om Prakash Gaur and other health workers pledged themselves to patient care and healthcare services. A wonderful ceremony was organized under the chairmanship and coordination of Dr. M.P. Singh; residents of the area were also present, and everyone appreciated the event. Lakshman Singh Parihar, Pushpendra Kumar, Vimlesh Devi, and Pramod Kumar also pledged to raise public awareness.



Dr Vijay Garg

Retired Principal Educational columnist
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Parivahan Vishesh News

Written By Dr. Vijay Garg, Parivahan Vishesh Newspaper Daily

A neighborhood was once more than a collection of houses. It was a small community where people knew one another, shared joys and sorrows, and extended help whenever needed. The neighborhood shopkeeper knew the families, children played in the streets, elders sat together in the evenings, and festivals brought everyone closer. Today, this familiar world is gradually changing as markets, shopping complexes, online platforms and commercial activities become an increasingly important part of everyday life.

The journey from the traditional neighborhood to the modern market reflects a larger transformation in our lifestyle.

From Personal Relations to Commercial ConvenienceIn the traditional neighborhood, buying something often meant meeting someone we knew. The local shopkeeper was not simply a seller; he was often a familiar face and a part of the community. Conversations happened naturally, and relationships developed alongside transactions.

From Neighborhoods to Markets: A Changing Lifestyle

Modern markets have brought speed, variety and convenience. Supermarkets, malls and online shopping platforms allow people to compare products, order from home and receive goods quickly. These changes have made life easier, particularly for busy families. However, convenience can sometimes reduce personal interaction. A digital order may save time, but it does not always provide the warmth of a conversation across the counter.

The Changing Face of Streets Many neighborhoods that were once primarily residential are now filled with shops, offices, clinics, restaurants, coaching centres and service establishments. Streets have become busier, and commercial activity has entered spaces that were once associated mainly with homes and community life.

This transformation brings economic opportunities and services closer to people. At the same time, it can create challenges such as traffic, noise, congestion, parking problems and pressure on public spaces.

The question is not whether development should take place, but whether development can happen without losing the character and livability of our neighborhoods.

The Rise of the Digital Market The transformation has gone beyond physical streets. Today, the market is also inside our smartphones. Food, clothing, books, medicines, electronics and countless other products can be purchased without leaving home.

Digital markets have changed not only how we shop but also how we think about consumption. Advertisements, recommendations and discounts constantly introduce us to new products. Shopping can become an activity of entertainment rather than simply a response to need.

This makes responsible consumption increasingly important.

From Need to Desire

Traditional shopping was often based on necessity. Today, consumer culture can encourage people to purchase things because they are fashionable, advertised or easily available.

The difference between “I need it” and “I want it” is becoming increasingly important.

A healthy lifestyle does not require rejecting modern markets. It requires developing the wisdom to distinguish genuine needs from unnecessary consumption. Saving money, reducing waste and making thoughtful choices can benefit both families and the environment.

The Changing Social Life Neighborhoods once provided natural spaces for social interaction. Children met friends outdoors, elders gathered at familiar places, and neighbors often participated collectively in celebrations and difficulties.

Modern lifestyles are more private and individualized. People may live close to one another yet know little about their neighbors. Digital communication has increased, but physical community interaction can sometimes decrease.

A strong neighborhood needs more than roads and buildings. It needs trust, cooperation, public spaces and opportunities for people to meet.

Preserving the Human Side of Development

Markets are necessary for economic growth, employment and access to goods and services. Commercial development can make neighborhoods more vibrant and economically active. But development should remain connected to human needs. Well-planned neighborhoods should provide space for pedestrians, greenery,

children, senior citizens, community activities and essential services. Commercial growth should complement residential life rather than overwhelm it.

Finding a Balance The real challenge is not choosing between the old neighborhood and the modern market. It is finding a balance between the two.

We need the convenience of modern markets without losing the warmth of local relationships. We need technology without becoming completely dependent on it. We need economic activity without sacrificing clean, peaceful and livable surroundings.

The neighborhood should not disappear beneath the market. Instead, the market should become a useful part of the neighborhood.

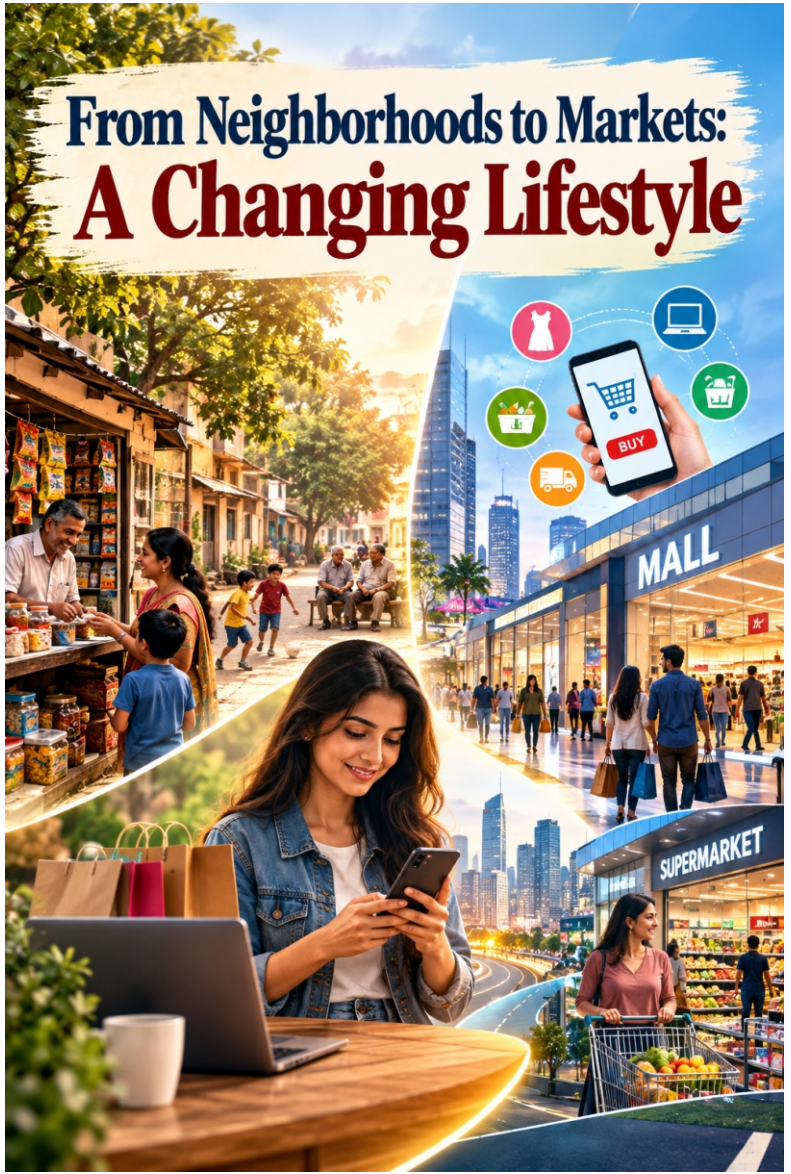
A Changing Lifestyle, A Continuing Responsibility

The journey from neighborhood to market is ultimately a story of changing human needs, technology and aspirations. Change is inevitable, but the values that make communities meaningful should not be forgotten.

A modern neighborhood can have shops, digital services, restaurants and businesses while still preserving community spirit, kindness and human connection.

Progress is not simply about having more markets, more products or faster services. True progress is about creating a life in which convenience and community, commerce and compassion, modernity and human values can exist together.

Our cities may continue to change, but the question remains simple: Will the market serve the neighborhood, or will the neighborhood lose itself in the market?



The Solution Hidden in Our Lifestyle



Parivahan Vishesh News

Written By Dr. Vijay Garg, Parivahan Vishesh Newspaper Daily

Modern life has given us remarkable comfort, convenience and technology. Yet, alongside these advantages, many people face stress, inactivity, unhealthy eating habits, poor sleep and increasing dependence on digital devices. We often search for complicated solutions to problems that may have simple answers hidden within our everyday lifestyle.

Our lifestyle is not merely a pattern of living; it is a powerful influence on our physical health, mental well-being, relationships and overall quality of life. Small daily choices, repeated consistently, can sometimes make a greater difference than occasional efforts.

The Power of Simple Habits A healthy lifestyle does not necessarily require expensive equipment, complicated diets or dramatic changes. Regular physical activity, balanced food, adequate sleep and sufficient water are basic habits with significant benefits.

Walking, stretching, cycling, gardening or participating in household activities can help reduce sedentary behaviour. The important thing is consistency rather than perfection.

Food as a Daily Choice Food is one of the most visible expressions of lifestyle. Modern diets often contain excessive processed foods, sugar, salt and unhealthy fats. At the same time, traditional diets based on seasonal and locally available foods may offer useful lessons in balance and variety.

Eating mindfully, choosing nutritious foods and avoiding unnecessary overeating can become an important part of preventive health.

Sleep: The Forgotten Medicine In the race to achieve more, sleep is often sacrificed. Late-night screen use, irregular schedules and excessive work can interfere with healthy sleep patterns.

Adequate and regular sleep supports concentration, mood, learning and daily functioning. Treating sleep as a necessity rather than a luxury is an important lifestyle change.

Movement in a Sedentary World Technology has reduced the amount of physical effort required in everyday life. We sit in offices, travel in vehicles and spend long hours looking at screens.

Introducing movement into the day can make a difference. Taking short walking breaks, using stairs when appropriate and spending time outdoors are simple ways to reduce prolonged sitting.

Mental Well-Being Through Balance A healthy lifestyle also includes mental balance. Constant notifications, social media comparisons and information overload can leave the mind exhausted.

Spending time with family, reading, pursuing hobbies, enjoying nature and maintaining meaningful social connections can provide valuable mental space. Learning to disconnect from technology for certain periods can also help restore attention.

Relationships Are Part of Health

Human beings need meaningful relationships. A lifestyle focused entirely on competition, productivity and material success can leave little time for family and friends.

A conversation with a loved one, a shared meal or helping someone in need may appear insignificant, but such moments can strengthen emotional bonds and provide a sense of belonging.

Nature as a Teacher Nature offers another simple lifestyle lesson. Walking among trees, spending time in sunlight, observing the changing seasons or simply sitting in a quiet outdoor environment can encourage reflection and calm.

Modern life often separates people from nature. Reconnecting with it can remind us of the value of simplicity, patience and balance.

Prevention Begins With Everyday Choices Many health problems are influenced by multiple factors, including genetics, environment and lifestyle. This does not mean that lifestyle alone can prevent or cure every disease. However, healthier habits can form an important part of preventive well-being. The solution therefore may not always lie in searching for something new. Sometimes it lies in improving what we already do every day.

From Awareness to Action Knowing what is healthy is not enough. The real challenge is turning knowledge into behaviour.

Instead of making unrealistic resolutions, people can begin with small and practical changes: walking regularly, eating more mindfully, sleeping on time, limiting unnecessary screen use and making space for relationships and recreation.

Small changes become powerful when they are repeated. A Sustainable Way of LivingA healthy lifestyle should also be sustainable. Extreme restrictions are difficult to maintain. A balanced approach that allows enjoyment while encouraging moderation is more realistic for long-term well-being. The goal should not be perfection but consistency, awareness and balance.

The Solution May Be Closer Than We Think

We often look outside ourselves for solutions—to new technologies, expensive treatments, complicated programmes or quick fixes. Yet some answers may already exist in the way we live.

A more active day, nutritious food, adequate sleep, meaningful relationships, time in nature and a balanced use of technology can collectively transform everyday life.

The solution hidden in our lifestyle is not a magic formula. It is a simple reminder: better living often begins with better daily choices.

When small healthy habits become part of our routine, lifestyle itself can become one of our most valuable resources for a healthier, happier and more balanced life.

Women Farmers: The Unsung Pillars of Agriculture

Parivahan Vishesh News

Written By Dr. Vijay Garg, Parivahan Vishesh Newspaper Daily

When we think about farming, the image that often comes to mind is that of a farmer working in the fields, operating machinery, tending crops or carrying harvested produce. Yet behind this familiar picture stands another powerful but often overlooked presence—the woman farmer.

Women have always played a vital role in agriculture. They sow seeds, transplant seedlings, weed fields, harvest crops, care for livestock, process food, preserve seeds and contribute to the management of farms and households. Despite this enormous contribution, their work is frequently described as “helping the farmer” rather than being recognised as farming itself.

This invisible distinction matters.

Women at the Heart of Agriculture In many rural communities, women participate in almost every stage of agricultural production. Their responsibilities may begin before sunrise and continue long after fieldwork is finished. They may combine farm work with cooking, collecting water and fuel, caring for children and elderly family members, and managing household responsibilities.

Much of this work is physically demanding and economically valuable, even when it does not appear as a separate entry in household income records.

Women are not merely assistants in agriculture. They are workers, decision-makers, livestock managers, seed keepers, food producers and, increasingly, entrepreneurs.

The Invisible Contribution One of the greatest challenges facing women farmers is the lack of recognition of their work.

When land is registered in a man's name, a woman working on that land may not officially be recognised as a farmer. Similarly, unpaid family labour may remain statistically invisible even though it contributes directly to agricultural production.

Recognition is important because legal and institutional identity can influence access to agricultural schemes, credit, insurance, training, technology, markets and other forms of support.

If the contribution of women remains invisible, the policies designed to support agriculture may also fail to reach an important part of the agricultural workforce.

Women and Livestock Women have traditionally played a major role in livestock-related activities. Feeding animals, cleaning shelters, collecting fodder, milking cattle and caring for young animals are often part of their daily responsibilities. Livestock can provide families with milk, eggs, meat and additional income. For many rural households, it also provides a degree of economic security during difficult agricultural seasons.

Yet the knowledge and labour involved in livestock management are not always given the recognition they deserve.

Seeds, Food and Traditional Knowledge Women have also contributed significantly to the preservation of agricultural knowledge.

In many communities, women have traditionally selected and stored seeds,



preserved local crop varieties, prepared food products and passed knowledge about plants and farming practices from one generation to another.

This traditional knowledge can be valuable for biodiversity and climate resilience. Local varieties may contain characteristics that help them survive particular environmental conditions.

Recognising women as custodians of such knowledge means recognising agriculture not merely as production, but as a living system of knowledge and culture.

Technology and the Changing Role of Women Agriculture is changing rapidly. Mechanisation, digital tools, improved irrigation, modern crop varieties, weather information and market platforms are transforming farming.

Women farmers need equal opportunities to benefit from these developments.

Access to technology, however, is not simply a matter of providing machines or smartphones. Training, affordability, digital literacy, access to finance and the ability to make independent decisions are equally important.

When women receive appropriate training and resources, they can adopt new techniques, improve productivity and participate more effectively in agricultural markets.

From Workers to Entrepreneurs The role of rural women is also expanding beyond traditional farm activities.

Women are increasingly involved in food processing, dairy enterprises, handicrafts, seed production, kitchen gardens, self-help groups and small agricultural businesses. These activities can create additional sources of income and strengthen local economies.

The transformation from agricultural worker to entrepreneur can also provide women with greater economic independence and a stronger voice in household and community decisions.

Education and Financial Access Education is one of the most powerful tools for strengthening the position of women farmers. Knowledge about crop management, financial planning, digital platforms, government programmes, markets and sustainable farming practices can improve decision-making. Financial inclusion is equally important. Access to affordable credit, insurance, savings mechanisms and secure payment systems can help women manage agricultural risks and invest in productive activities.

But access must be accompanied by awareness.

A scheme cannot empower someone who does not know that it exists or cannot easily access it.

Recognition Is More Than Respect Recognising women farmers is not merely about giving them appreciation on a special day. It means acknowledging their actual contribution through policies, records, institutions and economic opportunities.

Recognition can include ensuring women's names are properly reflected in agricultural records where appropriate, improving access to land and productive resources, providing gender-responsive agricultural training, supporting women's producer groups and ensuring that agricultural technologies are accessible to them.

It also means changing language and attitudes.

A woman working in the field should not automatically be described as someone who is merely “helping” her husband. If she performs agricultural work, she deserves to be recognised for that work. The Future of Farming Needs Women The future of agriculture will depend not only on technology, irrigation, improved seeds and markets but also on the people who make farming possible.

Women bring labour, knowledge, resilience and practical experience to agriculture. Their participation is particularly important at a time when farmers are facing challenges related to climate variability, water scarcity, changing markets and the need for sustainable production. An agricultural system that overlooks women cannot fully understand its own workforce. A Change in Perspective The story of agriculture is often told through crops, machines, markets and production figures. It should also be told through the people whose hands make farming possible. Behind many successful farms is a woman whose contribution may never appear in a newspaper headline, a land record or an income statement.

It is time to look beyond the traditional image of the farmer and recognise the women who sow, nurture, harvest, manage and sustain agriculture.

Women farmers are not the invisible hands behind agriculture. They are its essential hands. When their work is recognised, their rights strengthened, their knowledge respected and their opportunities expanded, agriculture becomes not only more inclusive but also more resilient. Recognising women farmers is therefore not simply about giving credit where it is due. It is about understanding the true face of agriculture—and ensuring that the future of farming includes every person who helps sustain it.

Education through service, social consciousness and compassion



Parivahan Vishesh News

Expression of youth power, social responsibility and humanitarian concerns through NSS (National Service Scheme) activities of the prestigious PGDAV College (M), University of Delhi -Report:- Dr. Indu Dutta

Presenter:- Meenakshi Gupta

Parivahan vishesh newspaper daily

The purpose of education is not only to acquire knowledge, pass examinations and prepare for employment, but the most important aspect of education is to connect the student with his time and society. When a student starts understanding the problems of the people around him, is sensitive to the happiness and sorrow of others and desires to do something for the society to the best of his ability, then education in its broadest sense becomes meaningful.

While teaching in college, it is repeatedly experienced that there is no dearth of energy and enthusiasm among the students. They want to do a lot, understand the world around them and have new experiences. The only need is to provide them such opportunities where their energy can be channelized in a creative direction. In this view, National Service Scheme i.e. NSS acts as an important bridge between students and society.

The Ministry of Youth Affairs & Sports, Government of India, is part of broader efforts to engage youth in community service and social awareness through the National Service Scheme. The activities of NSS include blood donation, health education, social service, service in old age homes and other institutions and awareness programs on various subjects, the ministry reports.

Keeping this broad objective in mind and the social concerns set by the Ministry, several important activities were recently organized by the NSS unit of the college in collaboration with Principal Professor Darvinder Kumar and Assistant Professor Dr. Prakash Upreti in PGDAV College (Morning), University of Delhi. Among these, blood donation camps, visiting old age homes on the occasion of NSS Day and interacting with senior citizens and programs related to de-addiction and health awareness were especially notable.

The specialty of these programs was that the students were not just made a part of any event but rather they were connected to the subjects which are important for our society today and especially for the young generation.

Blood donation: Experience of connecting with unknown life - The blood donation camp organized in the college on Monday, 26 September 2026 was an important link in this series. This camp was organized through Army Forces, Delhi Cantt and in the context of youth-awareness programs associated with the Ministry of Youth Affairs and Sports of the Government of India. Under the supervision of Lieutenant Colonel Shriman Rao, his 13 colleagues and hardworking NSS volunteers President Vansh, Vice President Yash, Sachin Vanshika, Co-Secretary and Treasurer Prince and his team, students participated in the NSS camp from 8:00 am to 3:00 pm with great enthusiasm and 209 students enthusiastically participated in the blood donation and donated blood. Some teachers of the college like Dr. Indu Dutta, Dr. Pravashana, Dr. Monica, Dr. Mona, Dr. Akshay, Dr. Bhanu Kumar, Dr. Tanya Jain, two Pinky Swami etc. also participated in this social initiative by donating blood. There was a dignified presence of Youth Officer Ms. Ritika, Officer Mr. Rakesh Ji, Officer Mr. Vishal Ji and Officer Mr. Sumer Ji from NSS Directorate Office. Paintings made by volunteers were presented to the Army Forces

As a teacher, the most important thing I find about this program is that the students did not see blood donation as just an activity. For him it was an opportunity to express his responsibility towards the life of another human being. The most human aspect of blood donation is that the person giving blood often does not know for whom his blood will be useful. No personal introduction, no family ties and no expectation of any return. Just the feeling that if my contribution helps someone in need then I should do it. Blood may be needed in accidents, serious illnesses and various medical conditions. At such a time, availability of blood can become a basis of hope for a family. Therefore, it is not enough to consider blood donation merely as a part of the medical system; It is also associated with a sense of civic responsibility and social cooperation.

Blood donation has long been ranked as an important area of social service and health-awareness in the activities of NSS. Blood donation and health-awareness activities are also mentioned in the NSS reports of the Ministry of Youth Affairs and Sports, Government of India. From this point of view, the participation of 209 students is not just a figure but a positive expression of social participation among the youth.

As I told earlier also, the participation of some teachers in the blood donation camp was also noteworthy. For students, teachers are not just the person who explains the subject matter. They also teach a lot through their conduct. When teachers themselves participate in a social activity, students get the message that service is not just a speech or curriculum topic. This is also a responsibility to be adopted in life.

In my opinion, this practical aspect of education is most important is impactful. No matter how much we speak about social responsibility in the classroom, when students see their teacher donating blood, they internalize that value far more naturally. A total of 117 volunteers participated in the program.

NSS Day: Interaction with the Elderly

On September 25, 2026, marking NSS Day, volunteers from the NSS unit of PGDAV College (Morning) visited an old-age home. There, they interacted with the elderly residents, listened to their life experiences, and spent time with them. This activity highlights an aspect of service that we often overlook. We frequently equate service with financial aid, the distribution of goods, or fulfilling material needs. However, human beings often require something more than material objects—time, conversation, and a sense of belonging. Especially in old age, simply sitting with someone

Livestock owners sensitized under Mastitis awareness campaign

Parivahan Vishesh News

Call to adopt hygienic milk production and scientific animal husbandry practices

Report from Sirsa, Haryana – Rajesh Saluja, Special Correspondent, Parivahan Vishesh Newspaper

The Animal Science Centre, Sirsa, organized an awareness program and seminar for livestock owners as part of a campaign to raise awareness about Mastitis. The objective was to educate farmers about the causes, key symptoms, prevention, and scientific treatment of Mastitis in dairy animals.

Dr. Mahavir Chaudhary, In-charge of the Animal Science Centre, Sirsa, stated that Mastitis is a serious issue affecting dairy animals, impacting both milk production and quality. He urged livestock owners to minimize losses caused by the disease through hygienic and scientific milking practices, regular cleaning of udders, balanced nutrition, and timely consultation with a veterinarian upon observing symptoms.

On this occasion, Dr. Hardeep Kalkal, Extension Specialist at Krishi Vigyan Kendra (KVK), Sirsa, addressed the queries of the livestock owners. Emphasizing the adoption of scientific animal husbandry practices, he noted that timely detection and proper management could help maintain animal health and prevent a decline in milk production.

Important suggestions for preventing Mastitis

During the seminar, experts offered several



key suggestions to livestock owners for preventing Mastitis. They advised the following:

- Thoroughly clean and disinfect the animal's udder before and after milking.
- Always perform milking with clean hands and clean vessels.
- Use a separate, clean towel or cloth for each animal.
- Keep the animal shed clean, dry, and well-ventilated.
- Animals should be provided with a balanced, nutritious diet and an adequate supply of clean drinking water.
- A veterinarian should be consulted immediately if any swelling, pain, or heat is observed in the udder, or if there are changes in the color, consistency, or appearance of the milk.
- Milk from infected animals should be collected separately, and healthy animals should be milked first.
- Animals should undergo regular health check-ups, and

vaccination and deworming should be carried out according to veterinary advice.

- Animals should be kept standing for some time after milking to minimize the risk of infection while the teat canals are closing.

Experts stated that clean milk production, proper animal nutrition, hygienic housing, and scientific milking practices play a crucial role in preventing mastitis. They urged livestock owners not to ignore symptoms of the disease and to avoid using medicines without veterinary advice.

Livestock owners actively participated in the program, gaining information from experts on various topics related to animal health, milk production, and herd management. At the conclusion of the event, the participants emphasized the need for organizing such awareness programs regularly at the village level.

Minister Annapurna Devi slams opposition in favour of MMDR amended law



Parivahan Vishesh News

Kartik Kumar Parichha, State Head Jharkhand

Ranchi: A fierce political battle is raging in Jharkhand over the Mines and Minerals Development (Amendment) Act, 2026. On Saturday, Union Minister Annapurna Devi launched a scathing attack on the Jharkhand government at the BJP state office, citing its numerous benefits. She stated that the rhetoric against the MMDR (Mineral, Development, and Regulation) Amendment Act by JMM, Congress, and RJD leaders only serves to mislead and confuse the public. She stated that Jharkhand is a state rich in mineral

resources. The truth is that changes to this law will significantly increase new investment and employment opportunities in Jharkhand. This will increase the chances of the state's youth finding work within their own state and significantly curb migration. The Union Minister stated that the primary objective of this law is to make the tax system in the mining sector completely consistent and transparent. This amendment will curb the arbitrary actions of state governments. The way state governments used to impose new taxes and cesses after auctions caused significant problems for businessmen, and they were exploited and harassed in the name of cess and outstanding taxes. This will provide them relief from this. Annapurna Devi said that Prime Minister Narendra Modi is determined to accelerate the vision of a developed India by 2047 and advance every state. The amendment to the MMDR Bill is part of this effort. Through this bill, the Prime Minister aims to bring uniformity across the country. The MMDR Act will strengthen the vision of a developed India as well as a developed Jharkhand. The Union Minister said that this Act has been implemented not only in Jharkhand but also in Odisha, West Bengal, Chhattisgarh, Karnataka, Kerala, etc. Many of these are Congress-ruled states, where the Act is being welcomed rather than opposed. Only in Jharkhand is

it being opposed. All states are fully understanding the benefits of the Act. The Union Minister stated that as far as the opposition to the Act is concerned, the entire system in Jharkhand has collapsed. The state government does not conduct auctions on time. The Jharkhand government does not seek statutory revenue, but rather seeks to increase personal revenue, which is why the Act is being opposed. The Jharkhand government is opposing the Act to encourage coal theft. The Union Minister stated that the government's intention is to prevent revenue from flowing into the government treasury, to streamline government systems, to deny legitimate businesses access, to allow illegal activities to flourish in the state, and to allow illegal mining to flourish. Therefore, the government is opposing this Act. However, this intention will never be fulfilled. The implementation of this Act will end red tape. The arbitrary tax and cess game will be curbed. Uniformity will be achieved across the country, and things will be managed legally. The changes in regulations will significantly facilitate the work of industrialists of all levels, small, medium, and large. They will be able to conduct business smoothly and without any hassles or legal complications, eliminating any uncertainty.

“Only through School-Family Partnership Can Every Child Get an Opportunity to Become NIPUN”: Head Teacher Keshav Kumar



Parivahan Vishesh News

Parent-Teacher Meeting Held at Primary School Mohanpur Urdu on the Theme ‘NIPUN PATH: Reading, Writing and Numeracy’; Outstanding Students Honoured as ‘Student of the Month’ and Their Parents as ‘Parents of the Month’

Report Keshav Kumar Parivahan Vishesh Newspaper Muzaffarpur

A Parent-Teacher Meeting was organised on Saturday at Primary School Mohanpur Urdu, Muraul Block, Muzaffarpur District, on the theme “NIPUN PATH: Reading, Writing and Numeracy.” The objective of the meeting was to strengthen children’s foundational skills in reading, writing and numeracy while enhancing effective collaboration between the school and families. During the meeting, detailed discussions were held with parents on students’ reading abilities, writing practice and mathematical skills. The teachers also interacted with parents on regular attendance, learning progress, homework, reading practice at home and challenges related to children’s learning. Parents shared their valuable suggestions and expressed their commitment to working together with the school to support regular practice and better learning outcomes for their children.

To encourage enthusiasm for learning, consistent efforts and active participation

among students, outstanding performers from different classes were honoured with the “Student of the Month” award. The awardees included Sayma Noor from Class 1, Anabia Naz from Class 2, Mahjabeen Khatoun from Class 3, Mohammad Jishan from Class 4, and Rabia Sadaf and Sara Uddin from Class 5. The parents of these students were also honoured as “Parents of the Month” for their special support and active participation in the school’s educational activities and their children’s learning. The awards in both categories were presented by Head Teacher Keshav Kumar.

On the occasion, Head Teacher Keshav Kumar said, “A child’s learning journey is not limited to the school. When teachers and parents together provide children with regular opportunities to read, write and practise numeracy, learning becomes more effective and joyful. We believe that only through a strong partnership between school and family can every child get an opportunity to move forward on the path towards becoming NIPUN.”

He further said that active participation by parents strengthens continuity in children’s learning and extends the efforts made at school into the home environment.

Teachers Abdul Gaffar Ansari and Shoaib Ahmad, teachers Poonam Kumari, Nibha Kumari, Sahani Khatoun, Smita and Mamta, Education Sevika Talat Jahan, along with a large number of parents of the students, were present at the programme.

GM ECoR Leads the Swachhata Drive and Inspects Redevelopment Works at Cuttack Railway Station

Parivahan Vishesh News

Manoranjan Sasmal , State Head Odisha

Bhubaneswar : General Manager, East Coast Railway, Shri Parmeshwar Funkwal, actively participated in the Swachhata Hi Seva 2026 campaign at Cuttack Railway Station and led the cleanliness drive at East Side front gate of the station. He encouraged railway officials, staff and the passengers to contribute towards keeping railway premises clean. During the drive, Shri Funkwal interacted with passengers and distributed reusable jute bags as an environment friendly alternative to plastic and polythene. He appealed passengers to avoid single use plastic and adopt sustainable alternatives for a cleaner and greener environment. The General Manager also appealed passengers to use dustbins provided at railway stations and dispose of waste properly, instead of littering railway premises. He emphasized that maintaining cleanliness at railway stations is a shared responsibility and called upon passengers and the public to actively participate in the cleanliness initiatives of Indian Railways. East Coast Railway is observing Swachhata Hi Seva 2026 from September 17 to October 2 under the theme “Swachhata Mein Sahbhag: Swachh Bharat, Viksit Bharat”, focusing on Jan Bhagidari (public participation), cleanliness and sustainable waste management. Shri Funkwal also inspected the cleanliness

and hygiene arrangements at Cuttack Railway Station, including platforms, waiting halls, toilets, Foot Over Bridges, circulating areas, drinking water points and food stalls. He reviewed waste management, drainage and housekeeping arrangements and directed officials to ensure regular cleaning and proper disposal of waste. The General Manager further inspected the ongoing station redevelopment works and reviewed the progress of various projects aimed at providing modern passenger facilities. He stressed the need for adherence to safety standards and timely completion of the works. Senior officials from East Coast Railway Headquarters and Khurda Road Division accompanied the General Manager during the inspection.



World River day , september Of Fourth sunday World River Day But Article



Parivahan Vishesh News

Clean perennial rivers Continuous flowing Stay

Pramod Dixit Malay

rivers Ground floor But flowing water source Only No Are but Civilization of mother Yes , cultural tradition Of Virtue Flow Are. Continuous flowing rivers Life Of Celebration Yes , energy Yes , attachment and love Are So happiness , prosperity And happiness Of Madhurim melody Too. rivers Self In Nature are , individual From population of Yagnik - Travel Of Departure point Yes , liberation Of Puneet Nirmal path Are. rivers Nutrition - Food supplier Are And souls Of Communications to Wali Corps Too. rivers Control Yes , the sentiment Yes , enthusiasm and joy Of Invocation Too. rivers pause - stop Of tweet Are So charaiveti - charaiveti Of Ninad Too. rivers Life



Of beginning Are So Ending Too. rivers crop - brunette land Of Base Is So Mountains , forests , plateaus , plains of Love Yes , Mridul persuasion Are. rivers human Civilization And Culture of Chir Friend Are So Development - Destruction Of Abujh puzzle Too. rivers Vasudha Of makeup Yes , jewelry Are And Folk Of indefatigable Beauty Too. rivers fragrant Life of Coolness - fluidity Are So bitterness , hostility Of anagram sweetness , equality , simplicity Too. rivers dignity of flag Are So auspiciousness Of Fortunate Sound Too. really In perennial rivers Life of continuity , continuous

fluidity , affectionate kindness , patience equality - harmony of Sign Yes , identity Are. rivers Earth Of Page But Life Of brilliance , joy , enthusiasm Of Signature Are. rivers Shraddha - faith Of Nirmal spring Are And peace , companionship , co - existence , cooperation - coordination Of the most Conclusion Too. But Vasundhara of Life lines rivers crisis In are , existence For grappling doing Are. rivers Of the juice of life Water dry remained Yes , rivers Die doing Are. only then So rivers To to save , to preserve And Protection Of For awareness For Everyone Year Joint League of Nations of Initiative But September

Of Fourth sunday To World River Day Of events Did go Is. global Beauty And Prosperity Of For rivers Of Continuous flowing became stay Necessary It is , but rivers In Industrial garbage , household Use Of dirty Water And sewage waste Of Without refinement flowing to do And illegal Mining , River Area In illegal encroachment From River Flow route narrowed to be From rivers of breaths stop doing Are. Tell Hyperbola No That rivers polluted yes Went Are And Some? So Dirty broomstick become remainder only Are. rivers of it Situation And Problem Only India of No but global Is. so In the year 2005 Joint League

of Nations By declared life Of For Water Decade 's Programme under Water resources Development By organized World Of River Lover And Water Protection workers Of First global conference In rivers To save Of For Canada Of environmentalist And One Thousand rivers of Travel to those River Lover Mark Angelo Of Proposal But Joint League of Nations did Everyone Year September month Of Fourth sunday to ' world River Day organised to for on June 29 , 2005 Announcement Did. Then From continuously more than a hundred countries In government And non - governmental level But small and big events Tax Mango people To rivers And Water routes of importance , their Security , Management And Protection to And rivers Of Existence For Yield Hazards From alert - careful to And River aquatic organisms To save For World River Day Of events Did Go remained Is. Its under debate Competition , Speech - Article And Poem - Story writing , rivers Of coasts But Educational tour And Tourism , Community River festivals Of Events , Rivers of Cleaning to , river focused Painting - Cartoon make And Quiz In participation to And people In Water Of daily appropriate Use - Consumption of Information to give As Program by awareness Of spread Did Go remained Is Who Everyone Year One Specific Subject point But based would have Are. of the year 2026 theme Is n't it forest , not rivers

, not Burning Life. River shore large plantation Tax embankments To Strong Did Go remained Is And rivers In Immersion From East sewage And Industrial waste Of Appropriate refinement For Necessary Management did Go are Are But Now! Too Very Work Did Go Remanent Is. central pollution Control Board did One Study In Said Is That nationwide from 900 In More cities and towns 70 percent of Dirty Water Without refinement rivers In flowing Gave go Is. Truth in the rivers cities Of feces and urine And Industrial waste excuses Of Channel become went Are. rivers Of Floor In Trash And silt frozen Go remained Yes , the river Of Flow route In to meet those Natural Source waste Of closed due to yes went Are. rivers Of origin site glacier , glacier Global Warming From melt Tax shrinking Go are Are. raincoat rivers So Heat Of First only strength Break gives Are Whereas Two decade First till Among these Year till Life subsistence For Sufficient Water remained does Was. unplanned City Development And River dam Construction From Too streams broken and dried went Are. Previous Year Our district In only One Village Went Was So River Discussion Of during villagers did told That Village From through sisters Wali Kadaily River dam become know From dry went Is. First all the year Need throughout Water remained does Was. That Area In Such Other raincoat rivers Of Too This only Condition Is. Varanasi Of Naming Of Base Varuna And Asi rivers Dirty broomstick become garbages

International Daughters Day on the fourth Sunday of September

Parivahan Vishesh News

From existence to dominance, daughters

daughters increase doing pride From the sky of And , right now Balance Is Very flight.

Dr. Ghanshyam Badal

International Daughters Day is celebrated every year on the fourth Sunday of September all over the world. Once upon a time, a quiet atmosphere at the birth of a daughter and celebration at the birth of a son was a common pattern in Indian society. The mindset that daughters were considered someone else's property, and sons were considered the bearers of the lineage and a support in old age, has for centuries perpetuated inequality in the share of daughters. Dowry, child marriage, denial of education, and denial of a share in property have all been different manifestations of this mindset.

Times have changed. Daughters are no longer confined to the confines of their homes; they are making their presence felt in aerospace, sports, military administration, science, medicine, the judiciary, politics, industry, art, and literature. Even daughters from small towns and villages are forging new paths in education, competitive exams, business, and sports. This shift is a significant indicator of the changing mindset of Indian society, but the picture is not yet completely transformed.

Even today, discrimination between daughters and sons manifests itself



in various forms. In some places, a daughter's education is considered secondary, in others, her earnings are considered the family's sole right, in others, marriage is considered the ultimate goal of her life, and in others, social pressures dictate her career and choice of partner. Violence, child marriage, nutritional inequality, workplace barriers, and digital harassment also stand in her way. The biggest paradox is that society has begun to accept daughters' education and employment, but it still hesitates to recognize their right to make their own decisions. Modern mobile phones, modern schools, and modern clothing do not guarantee mental modernity. Modernity will come only when a daughter's dreams are considered as natural as a son's. Empowering a daughter

doesn't just mean educating her, it also means empowering her to make decisions about her own life. While educating a son is a family investment, educating a daughter is just as significant. If a son has property rights, so should a daughter. Why does a society that considers a son's failure an experience, consider a daughter's failure a limitation? Equality doesn't mean giving special privileges to one person, but rather creating a level playing field of opportunity and respect for both.

Today, as important as safety is for daughters, freedom and self-reliance are no less important. Monitoring their voice, movement, or choices in the name of safety is not empowerment. Along with education, they must also be

provided with self-defense, legal knowledge, digital security, and financial understanding.

Daughters themselves must be aware of their future. A degree should not be merely a means to a job, but rather a foundation of knowledge and decision-making. They must understand their duties along with their rights. They must avoid mistaking silence in the face of inappropriate behavior for a virtue and must have the courage to say "no" clearly when necessary. In this digital age, it's crucial that they understand the dangers of social media along with its allure and learn to protect their personal information and reputation.

A change in family mindset is crucial for the present and future of

daughters. A daughter's success must stop being solely linked to a good marriage or finding a good husband. A daughter's status as a doctor, scientist, officer, athlete, or entrepreneur is important not because it increases her "marriage price," but because her talent enriches both her family and society.

India has enacted laws and schemes to protect the rights of daughters, but laws cannot replace social mindsets. Real change will occur when the birth of a daughter is celebrated as much as that of a son, the cost of her education is considered an investment in the future, not a burden; her property rights are recognized not just on paper but in practice, and her wishes are central to her life's decisions.

In many parts of the world, women have made significant progress in education, employment, and leadership, but global gender equality remains elusive. Issues such as equal opportunities, equal pay, participation in leadership, a balanced distribution of domestic responsibilities, and protection from violence remain relevant today. Therefore, Daughters' Day is not just an occasion for celebration, but also a day to examine society's priorities. We need to free our daughters from control in the name of equality, opportunity, and protection, not just elevate them to a higher pedestal by calling them 'goddesses'. The measure of a society's progress isn't how many of its daughters have reached high positions. The true test is how much opportunity an ordinary daughter from an ordinary family

has to dream, choose her own path, and advance according to her potential.

On this Daughters' Day, let's pledge to end the discrimination between daughters and sons at home. We will not impose unnecessary restrictions on a daughter's education and dreams, we will recognize her rights as equal to those of a son, we will respect her voice, and we will educate, self-sufficient, and aware enough to confidently make decisions about her own life. Saving a daughter is not only about saving her life, but educating her is about building her future.

The day her birth celebration and her freedom will become a natural right – that day Daughter's Day will not be just a date on the calendar but will become the identity of a changed society.



Dr. Ghanshyam Badal

Speeding Fortuner Collides with Tanker in Kanpur; Petrol Pump Owner and Catechu Trader Dies



Parivahan Vishesh News

Sunil Bajpai

Kanpur. A prominent petrol pump owner and major catechu (*kattha*) trader died tragically here on Saturday morning after his speeding Fortuner lost control and collided with a tanker loaded with gas cylinders.

The collision, which occurred near

Chandrika Dhaba at Maholi Turn within the Maharajpur police station limits, was so severe that the front section of the Fortuner was completely destroyed. A traffic jam ensued on the Kanpur-Prayagraj Highway following the accident.

Upon receiving the information, the police arrived at the scene and, with the help of locals, extricated the businessman from the Fortuner and rushed him to the hospital, where doctors declared him dead. The police subsequently informed the businessman's family and sent the

body for a post-mortem examination.

According to available information, the accident took place around 10:30 AM on Saturday in the Maharajpur police station area. The deceased has been identified as Pawan Agarwal (60). Locals and the police worked together to pull the businessman out and send him to the hospital. Reports indicate that Pawan Agarwal, a resident of the Svaroop Nagar police station area, owned a catechu factory in Chaudagra and was also the proprietor of a Hindustan Petroleum pump. He is survived by his wife, two sons,

and a daughter. According to the police, Agarwal was driving his Fortuner to his catechu factory. As he was speeding near Chandrika Dhaba at Maholi Turn, the vehicle suddenly went out of control, crossed the divider, and entered the opposite lane. At that moment, an Indane gas tanker traveling from Prayagraj towards Mathura appeared in front of him. The tanker was being driven by a young man named Raju. Although the driver attempted to stop the tanker by applying the brakes, the Fortuner was moving at such high speed that it could not avoid colliding with the tanker. The family is devastated following the incident.

Two-Day International Seminar ‘Rajasthan: Antiquity and Change’ Concludes at BHU

Parivahan Vishesh News

Scholars Deliberate on Rajasthan's History, Culture, Ecology and Heritage at International Seminar

Report santosh kumar singh, Parivahan Vishesh Newspaper Varanasi

Varanasi - The valedictory ceremony of the two-day international seminar, "Rajasthan: Antiquity and Change," organized by the Varanasi Institute of History, was held today in a dignified atmosphere at the Vedic Vigyan Kendra, BHU. Organized on September 25-26, 2026, the seminar brought together scholars from India and abroad to deliberate on diverse aspects of Rajasthan's history, culture, archaeology, architecture, literature, social structure, and historical transformations. The valedictory address was delivered by Prof. Geeta Dharmapal, Retired Professor, Heidelberg University, Germany, and Honorary Research Dean, Gandhi Research Foundation, Jaipur. In her address, Prof. Dharmapal highlighted Rajasthan's ecology, the role of social organizations, and the resilience and vulnerability of communities. Referring to Rajasthan's diverse environmental and social landscapes, she explained that the social structures of local communities play an important role in conserving natural resources and

responding to changing environmental conditions. She also highlighted the relationship between ecological challenges, resource availability, and social adaptation. The programme also featured distinguished invited scholar Prof. S.P. Vyas of Jai Narain Vyas University, Jodhpur, who presented his views on various aspects of Rajasthan's historical traditions and regional history. In particular, delivering a lecture on "The Janani Deodhi Tradition: A Perspective Through the Ages," he shed light on the broader social, cultural, and historical context of Rajasthan's traditions. Prof. Vyas discussed the historical context of the Janani Deodhi tradition, its social character, and the changes it underwent over time. He emphasized that the regional history of Rajasthan is not confined merely to dynasties and political events; social and cultural traditions also play an important role in understanding its history. The session was chaired by Prof. V.S. Shukla, Retired Director, Indira Gandhi National Centre for the Arts, Varanasi. In his presidential address, he highlighted Rajasthan's rich Sanatana and Vedic traditions and the religious and cultural significance of the Saraswati River. He stated that Vedic traditions, religious beliefs, and ancient knowledge systems have held an important place in Rajasthan's cultural heritage. Prof. Shukla also spoke about the form and significance of the Saraswati River as described in Vedic literature and its

importance in Indian religious consciousness. He noted that Saraswati has been revered not merely as a river but also as a symbol of knowledge, speech, culture, and spiritual consciousness. The valedictory session was formally and gracefully conducted by Dr. Darksa Siddiqui at the conclusion of the programme. Prof. Satupa Das delivered the vote of thanks, expressing gratitude to the chief guest, chairperson, distinguished guests, and all the participating scholars. Special appreciation was also extended to the conclusion of the programme. Prof. ICHR, New Delhi, BHU, the organizing committee, and all those who contributed to the successful conduct of the seminar. At the conclusion, the Varanasi Institute of History stated that the academic discussions emerging from the seminar would provide a useful foundation for further research on the history and cultural heritage of Rajasthan. The institute also reaffirmed its commitment to continuing research and academic dialogue on diverse aspects of Rajasthan's history and heritage. Expressing gratitude to all the



participants, the institute hoped that the discussions, research presentations, and academic exchanges held during the seminar would provide new directions for future research on Rajasthan's history and cultural heritage. The valedictory session formally concluded with the National Anthem. Dignitaries present on the dais included Prof. Aruna Sinha, Founder Director Emeritus, Varanasi Institute of History; Prof. V. S. Shukla, Former Director, Indira Gandhi National Centre for the Arts, Varanasi; Prof. S.P. Vyas, Jai Narain Vyas University, Jodhpur; and Dr. Jayalakshmi Kaul, Assistant Professor, Department of History, BHU.