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Vol. 01, Issue 237, New Delhi, Friday, 02nd October 2026, ₹10, Page 08

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Youth Minds Losing Their Breath in the Race for Degrees! Supreme Court NTF Survey Rings Alarm Bells — Voices of 243,000 Students

Parivahan Vishesh News

Nearly 1 in 11 students reported having suicidal thoughts; 15% struggled with prolonged stress and anxiety — Final report to be released by October 31, 2026

Author: Advocate Kishan Sanmukhadas Bhavnani, Gondia (Maharashtra)

Presented by: Pinki Kundu, Social Counsellor; Co-Convener, Bengali Cell, BJP Delhi Pradesh; Member, Ujjwala Yojana, Delhi Pradesh

In the global digital era, young people dream of moving from villages to metropolitan cities and from India to foreign countries. But behind this glitter lies a darker reality. The preliminary findings of the National Task Force (NTF) on Mental Health Concerns of Students and Prevention of Suicides in Higher Educational Institutions, constituted by the Supreme Court, which emerged around September 30, 2026, have sparked a national debate.

KEY FACTS AT A GLANCE:

- Survey size: More than 243,000 students; 2,119 higher educational institutions participated in the institutional survey, representing approximately 3.5% of the country's total institutions.
- Alarming preliminary findings (as reported in the media): Approximately 9% of students said they had experienced suicidal thoughts often or very often during the previous year. Around 15% reported experiencing extreme stress, restlessness, low mood, or anxiety for several weeks during the previous six months. Around 34% said they had felt like an outsider on campus at some level.
- Institutional gaps: Around 32% said their institution did not have counselling facilities, while only around 56% expressed confidence that their administration would handle serious cases fairly. Judicial Orders and Gazette Background:
 - March 24, 2025 — Amit Kumar & Others vs. Union of India & Others: A two-judge Supreme Court bench, while examining the suicides of two IIT Delhi students, raised concerns about mental health across higher educational institutions throughout the country rather than limiting the issue to a single institution, and constituted the NTF.
 - Composition of the NTF: A former Supreme Court

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Is Your Child Lost in the Race of Screens?

Google's NTF Survey Reveals Growing Attention Deficit

2.43 lakh students surveyed across 11 states — 1 in 3 shows signs of attention deficit — Report dated October 31, 2026

KEY FINDINGS / FACTS AT A GLANCE

- Screening age group:** 2.43 lakh students (from 11 states, 3.5% of the total)
- Signs of attention deficit:**
 - ~9% in 1st grade
 - ~15% in 6th–10th grade
 - ~34% in 11th–12th grade
- Highest cases:** 32% in government schools, 56% in private schools

KEY RECOMMENDATION:

24 March 2025 — Supreme Court orders Centre to frame an NTF guidelines for the protection of children from the harmful effects of excessive screen use.

Warning: Excessive screen time can affect mental and physical health, and may also lead to social and behavioural issues — children and parents need to be alert.

Solutions for Support — Healthy Approach

- Promote screen-free time and balanced lifestyle
- Physical activity and outdoor play are essential
- Encourage concentration and mindfulness
- Support strong family and social connections

Article 21: Right to Education and Appropriate Development of Children | Helpline: Kiran 1800-599-0019

Published by: Public Relations Department Govt. of Maharashtra | Editor: Pradeep Kumar Bawla RNI DELHIN/2023/86499

Healthy Mind — Bright Future — Children are our Responsibility

sexual harassment, and to provide mental-health support.

IMPORTANT CAUTION — Editorial Note:

This is not the final report. The figures that emerged on September 29–30, 2026, are preliminary/emerging findings of the NTF. The NTF itself has clarified that the sample obtained through the survey does not statistically represent the entire student population of the country. Therefore, it would not be appropriate to directly apply the 9% figure to all students across India. It should instead be viewed as an important warning signal for policymaking and further action.

Overall Analysis — The Price of Success From Villages to Metropolises:

Today, families spend a significant portion of their income on their children's education. Competitive-examination pressure, expensive fees, hostel life, language barriers, separation from family, financial concerns, social comparison, and uncertainty about future placements can collectively place a heavy burden on young minds.

When families ask only about marks but do not ask, "How are you feeling inside?"; when institutions maintain records of attendance and rankings but fail to identify loneliness and fear, there is a need to strengthen the system.

The Solution — What Should the System Look Like?

- Regular mental-health screening from admission through placement.
- Trained counsellors, confidential helplines, and emergency-response systems at every institution.
- Faculty mentors and coordination with families.
- Zero tolerance toward ragging and caste- or gender-based discrimination.

Conclusion:

The progress of a nation cannot be measured only by salary packages and foreign universities. It must also be measured by how safe, respected, and heard its young people feel.

The voices of 243,000 students may not represent the final conclusion, but they certainly constitute a serious warning.

HELPLINE BOX

Asking for help is not a weakness; it is a strength. Talk. Listen. Stand together. You are not alone. Kiran Mental Health Helpline: 1800-599-0019 (24x7) Tele-MANAS: 14416 Website: www.newsparivahan.com

Listen up, policymakers: Provide safety where it's needed! The wrong choice of rumble strips on Sagar Road raises questions.

Parivahan Vishesh News

breakers there? The real danger lies from the Law College to the Municipal Corporation's welcome gate—students' lives are at risk every moment.

Presented by: Co-editor Pinki Kundu

Chhatarpur, the city of Chhatrasal. The administration has decided to install rumble strips on this stretch of Sagar Road, but the ground reality tells a different story. A poet-hearted reader asks in his poignant appeal, "Have you weighed these paper maps against the ground reality?"

Key Facts (Fact Box):

- Location: Sagar Road, Chhatarpur (MP)
- Proposed Site (Current Plan): Loknathpuram Tiraha
- Actual Accident Prone Area: From Law College to Municipal Welcome Gate
- Local Situation: Nearly No Accidents in Loknathpuram, High-Speed Vehicles Terrorize the Law College Road
- Horrifying History: Nearly Half a Dozen Vehicles Burnt to Ashes in a Road Accident on This Same Road, Many Lives in Danger

Detailed Analysis:

1. Unnecessary Stop at a Quiet Place - Question: Loknathpuram Tiraha is quiet and safe. There are no accidents there, this is proof of the truth. So why unnecessarily restrict speed there? Why install rumble strips where there's no need? Locals say that this

intersection has low traffic and no history of accidents.

2. Where danger lurks, there's neglect: Turn your attention to where danger lurks. The road from the Law College's threshold to the Municipal Corporation's beautiful welcome gate is a constant stream of vehicles. Hundreds of innocent Law College students and pedestrians risk their lives daily, narrowly avoiding speeding vehicles.

3. Public Interest Demand - Request for Amendment: Policymakers, please amend the suggestion. This is my sole request: safety

is needed where it truly is needed. Shift the focus away from Loknathpuram, let it remain peaceful, and let the wave of safety flow from the Law College to the welcome gate.

Closing Message (in box): "Only life is precious - don't forget to follow traffic rules while on the road, and certainly don't forget to hospitalize any accident victims on the road." Your one right step will save so many lives, every traveler of Chhatarpur will then smile from the heart.

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A Serious Warning – The Dream of a Safe and Secure Future is in Danger – Road to Progress is Blocked!

In the city of Jangipur, a road accident has turned the dreams of many into darkness. The pain of the victims is a reminder that negligence can cost lives.

Jangipur Road Accident – Law Students Victims

The accident occurred in front of the Law College in Jangipur. Many students were injured, and some are in critical condition.

Safe Roads – Secure Future

The question is – how many more lives will be lost before we take road safety seriously? It's not just a road, it's the future of our children.

A HUMANE APPEAL

Let's stand together for better traffic rules and a safer tomorrow — this is not just a request, it's a need from the heart.

Drive Life Responsibly — Rules Are Not Just Regulations, They Are the Protection of Lives

Wear Seatbelt, Wear Helmet, Follow Speed Limits, Avoid Mobile Phone

Jangipur, West Bengal | 2024

Published by: Parivahan Vishesh | RNI No DELHIN/2023/86499 | www.newsparivahan.com | WhatsApp 7053533169

Respect for the elderly is paramount in Indian culture - Ajit Tewatia

Parivahan Vishesh News

On the occasion of International Day of Older Persons, the tenth edition of Daksh Foundation's flagship social initiative, "Khayal Apne Bujurgon Ka" (#KAB2026), was held today at the Matamritanandamayi Auditorium of Amrita Hospital. Students from approximately 35 schools in Faridabad participated in the event, themed "Their Heritage, Our Identity."

The chief guest at the event was Dr. Ajit Tewatia, General Council Member, National Institute of Social Defence (NISD), Ministry of Social Justice and Empowerment, Government of India, and Member, Union Ministry of Steel, Government of India. The objective of the program was to convey the respect for senior citizens, their experiences, and their contributions to building society to the new generation.

Through interaction and respect for senior citizens, the message of social values, traditions, and intergenerational bonding was conveyed. Chief Guest Dr. Ajit Tewatia stated that senior citizens are an invaluable asset to our society. Their life experiences and values serve as a guide for future generations. He emphasized that it is society's responsibility to ensure that the elderly receive respect, security, and a sense of belonging, and that the younger generation learns from their experiences. During the program, the message of "Connecting Generations, Enhancing Values, Strengthening Society" was conveyed. The organizers emphasized the importance of such programs for strengthening social sensitivity and human values. The dignity, security, and welfare of senior citizens are crucial issues in the field of social justice and empowerment. We must develop a social system for senior citizens that provides them with the opportunity to live a life of dignity, understands their needs, and keeps them connected to the mainstream of society. Promoting awareness of senior citizens' rights, access to healthcare, social security, and family-based care is the need of the hour. Brigadier N.N. from the core team of Daksh

Foundation also participated in the program. Mather, Colonel Adarsh Kaplash, Wing Commander H.C. Mann, Major Rajesh Garg, Dr. Sarita Sachdeva, Dr. Charu Rajpal, Dr. Vijendra Singh Deswal, Dr. Ajay Garg, Prof. Raj Kumar Verma, Mr. H.S. Malik, Mr. Arun Gupta, Mr. Surendra Singh and Mr. Prayas Dalal along with other members were present.



The Government of India has issued a notification declaring banks as closed on every Saturday.

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Fake Alert – Beware of PIB Fact Check Viral Claim of Indian Gazette is Fake

Caution:

S.O. 4275(E) — Dated 30 September 2026 — Fake news is being spread in the name of the Ministry

Key Points:

- The Ministry of Home Affairs has not issued any such order.
- PIB Fact Check has verified that this news is fake, and the claim is baseless.

Real Information:

- Banks and customers should not trust such claims.
- 5 days' limit for IBA and UFBUs is not related to this claim.

Stay Alert – Be Careful – Only Trust Authentic Information

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Always verify with PIB Fact Check before believing or sharing any news.

REGD. No. D. L-33002/2026

भारत का राजपत्र The Gazette of India

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CG-DI-E-3009/2026-263498

असाधारण EXTRAORDINARY
भाग II — खण्ड 3 — उप-खण्ड (ii)
PART II — Section 3 — Sub-section (ii)
प्रकाशित के द्वारा PUBLISHED BY AUTHORITY

सं. 9021 नई दिल्ली, बुधवार, सितम्बर 30, 2026/अविन 8, 1948
No. 9021 NEW DELHI, WEDNESDAY, SEPTEMBER 30, 2026/ASVINA 8, 1948

विश्व मंत्रालय (विश्व सेवा विभाग) अधिवृत्त नई दिल्ली, 30 सितम्बर, 2026

का.अ. 4275(क) — विनियम लेख अधिवृत्त, 1881 (1881 का 26) की धारा 25 द्वारा प्रत्यक्ष शक्तियों का प्रयोग करते हुए, भारत सरकार, लोकप्रिय ने, राज्य द्वारा, सभी वाणिज्यिक क्षेत्र के बैंकों (विशेष भारतीय स्टेट बैंक भी शामिल हैं) की सभी कार्यालयों में, प्रत्येक शनिवार को वास्तविक अकांक्षा के रूप में घोषित करती है।

2. यह अधिवृत्त तत्काल प्रभाव में लागू होगी।

[सं. 12/27/2026-BFS-I]
राजिनी पंडित
शुभला पंडित
J. Secy

MINISTRY OF FINANCE (Department of Financial Services)
NOTIFICATION
New Delhi, the 30th September, 2026

S.O. 4275(E).—In exercise of the powers conferred by section 25 of the Negotiable Instruments Act, 1881 (26 of 1881), the Central Government hereby declares every Saturday as a public holiday for all Public Sector Banks, including the State Bank of India, with immediate effect.

[F. No. 12/27/2026-BFS-I]
SHALINI PANDIT
J. Secy

7055 GL/2026

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



The Importance of Vegetarianism - Benefits of Being Vegetarian: A Confluence of Health, Environment, and Compassion

Parivahan Vishesh News
Vegetarian Food is Rich, Delicious, and Healthy - Be Proud to Be Vegetarian - The Indian Thali is the Most Balanced in the World

Author/Presented by Pinki Kundu, Social Counselor, Co-Convener, Bengali Cell, BJP Delhi State, Member, Ujjwala Yojana, Delhi State

Vegetarian food is rich and delicious in itself. There is no shortage of variety, especially when it comes to Indian cuisine. Dal-roti, rice, green vegetables, fruits, nuts, and seeds – it's not just food, it's a complete lifestyle. Health experts and doctors always recommend eating green vegetables and fresh fruits when it comes to recovery from any illness.

What is Vegetarianism: << A vegetarian diet focuses on vegetables, seeds, legumes, fruits, nuts, and grains. It also includes animal products like eggs, dairy, and honey, which are obtained without the death of any animal or the consumption of its meat. It

is the purest form of balanced nutrition.

Benefits of Being Vegetarian - Key Points <<

1. High-Fiber Diet - Improves Gut Health: According to research conducted by NCBI, consuming fiber is best for maintaining gut health. This prevents problems like constipation, stomach pain, and heaviness.

2. Increases Lifespan: According to research conducted at Loma Linda University in the United States, a vegetarian diet not only keeps you healthy but can also increase your lifespan.

3. Prevention of Life-threatening Diseases: Cholesterol, diabetes, heart disease, and obesity – a vegetarian diet can protect you from all these risks.

4. Beneficial for Skin and Hair: A vegetarian diet is also ideal for maintaining glowing skin and strong hair.

Some interesting facts about vegetarianism and

non-vegetarianism - Detailed analysis
• The grain currently fed to animals for meat production could feed 1.3 billion people – this is the greatest proof of food security.

• It takes 60 calories of oil (fossil fuel) to produce 1 calorie of meat – a waste of energy.

• 80% of food poisoning is caused by eating infected meat – vegetarianism is safer.

• Chinese people (who live primarily on a vegetarian diet) consume 20% more calories than Americans, but Americans are 20% more obese – this reflects the digestive efficiency of vegetarianism.

Conclusion: Vegetarianism is not just a choice of food, but a confluence of health, environmental protection, and compassion. Indian culture says – Ahimsa Paramo Dharmah. Be proud to be a vegetarian, because you are not only keeping your body healthy but also saving the earth.

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Healthy Food – The Key to a Healthy Life

— Eat Healthy, Stay Fit – Live a Disease-Free Life —

Healthy Food Includes:

Vegetables, fruits, pulses, nuts, whole grains, and milk products.

Health Benefits:

- Keeps the heart healthy – reduces cholesterol and keeps blood pressure under control (NCBI study).
- Helps in weight management – reduces risk of obesity, diabetes, and heart disease.
- Strengthens bones and muscles – helps in muscle growth and development.
- Boosts immunity – keeps the body healthy and strong.

Interesting Fact:

- A person's stomach produces about 1.3 liters of acid every day.
- 1 kilogram of the human body contains about 60 kilograms of water.
- The brain uses 80% of the energy from the diet.
- 20% of the daily calories should come from protein, and 20% from healthy fats.

Better Heart Health

Improved Skin

Stronger Muscles

Environmental Sustainability

Healthy Food, Healthy Life and a Green Environment

Writer: Pardeep Kumar Saraswat | Editor: Sandeep Kumar Bawala | RNI DELHIN/2023/86499

Sprouted pulses – a nutritious gift from nature. A return to traditional diets is essential in the era of expensive fast food.

Parivahan Vishesh News

The increasing trend of pizza and burgers from breakfast to plate, lacking fiber and protein in the diet – experts say, give sprouted grains their due in a balanced diet.

Presented by: Co-editor Pinki Kundu

New Delhi. Sprouted pulses, grains, and green leafy vegetables played an important role in our traditional diet. Today, the consumption of foods like pizza, burgers, and sandwiches has increased, from breakfast to lunch. Instead of chasing expensive and processed foods, affordable, accessible, and nutritious sprouted pulses can still be an excellent part of a balanced diet.

Fact Box:
• What are sprouted pulses? Soak pulses for 8-10 hours, then let them germinate for 1-2 days.

• Top choices: Mung beans, chickpeas, bottle gourd, moth beans, soybeans, and other pulses.

• How to consume: As a salad with onions, tomatoes, coriander leaves, lemon, and rock salt to taste.

Detailed Analysis - Key Points:

- 1. A Nutritional Powerhouse:**
 - The germination process increases the bioavailability of nutrients in pulses.
 - Fiber: Helps maintain smooth digestion
 - Protein: Essential for building and repairing body tissues
 - Minerals: Essential elements like iron, magnesium, and potassium
 - Vitamins and antioxidants: Support immunity
- 2. Role in a balanced diet:**
 - High fiber helps keep the stomach feeling full for longer
 - Aids in weight management with a balanced diet and regular routine
 - A mixture of different pulses provides the body with a variety of nutrients

3. How to prepare a delicious salad:
Wash the pulses thoroughly and soak them in clean water. After they sprout, wash them again. Add finely chopped onions, tomatoes, coriander leaves, green chilies, and lemon juice. They can also be lightly steamed, which makes digestion easier.

- 4. Caution is necessary in the public interest - Warning Box:**
Cleanliness is paramount.
 - Raw or contaminated sprouts may increase the risk of foodborne infection in some people.
 - Always use fresh water and keep utensils clean.
 - Do not store sprouted pulses in the refrigerator for more than 2 days.
 - It is considered safer for the elderly, pregnant women, young children, and those with low immunity to consume them after parboiling/steaming.
 - Consult a doctor/dietitian for any health concerns.

Conclusion: In the rush for expensive protein powders and imported superfoods, we are forgetting the inexpensive superfoods already available in our kitchens. Sprouted pulses are a more nutritious option at a lower cost. This message should reach every person to give a proper place to traditional, balanced and nutritious food in their plate again.

Parivahan Vishesh

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A Special Section on the Daily News of Transport

Nutritious Greens – The Perfect Superfood!

Small food, big benefits – a natural source of health and energy

What is it good for?

- Moong (green gram)
- Chana (chickpeas)
- Moth beans
- Matki (moth bean)
- Other sprouts – like lentils, etc.

Benefits of Sprouted Greens:

- Rich in fiber – helps in digestion
- Rich in protein – helps build muscles
- Contains vitamins and minerals
- Boosts immunity – keeps you healthy
- Helpful in weight management
- Rich in iron – helps increase hemoglobin levels

Things to Keep in Mind:

- Clean and wash well before eating
- Do not consume sprouts that are spoiled or smelly
- Do not overeat raw sprouts
- Store in a cool, dry place
- Always cook properly before eating

Editor: Pradeep Kumar Darg

RNI No DELHIN/2023/86499

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For a healthier tomorrow

Safe Food, Healthy Life

Parivahan Vishesh News

SHAHNAZ HUSAIN

You’ve been eating fibre. Lentils, oats, vegetables, seeds — the whole checklist, every day, for years. Your nutritionist said fibre is the answer to radiant skin and lustrous hair. That wasn’t wrong. It wasn’t complete. The latest trend in skincare is using fermented foods. – both skincare and haircare.

- Fermented foods improve skin health and beauty from the inside out by balancing the gut microbiome and reducing systemic inflammation
- Fermented foods improve skin health and beauty from the inside out by balancing the gut microbiome and reducing systemic inflammation
- Fermented foods are a potent form of anti-ageing that can improve inflammatory skin conditions and boost the skin’s overall health,
- Fermented foods naturally heal the gut mucosa and nurture a healthy inner ecosystem.
- The probiotic-rich foods are an essential component in maintaining clear, healthy skin, as well as a clear, healthy mind.
- Eating fermented food leads to a healthier gut and in turn fewer blemishes and rash outbreaks, and cells begin to repair.
- Applying the juice from fermented plant-based food directly onto the skin, helps nourish the outer layers, with the skin becoming more vibrant and youthful.

1---Idli and Dosa Batter-----A classic fermented rice and lentil batter staple popular in India that offers light, easily digestible carbohydrates. Applying idli and dosa batter as a DIY face mask or scrub is a viral zero-waste beauty hack that acts as a natural brightener, gentle physical scrub, and tightening face mask that helps with dull or wrinkled skin. Apply leftover residue from the vessel after making breakfast, sometimes mixing in coconut oil or turmeric, massaging it onto the skin, letting it dry partially, and rinsing it off For dull skin: Use the dosa batter. Apply the mixture on your skin and massage well. Keep it on for a while. Dampen the skin after medium drying. Rinse it off after a while. Massage on the face daily for better results. It also enhances the colour of the skin. Wrinkled skin: Dosa batter is one of the best remedies for wrinkled skin. Massage your face with batter& rinse with cold water. Gentle exfoliation: The coarse texture of ground rice and lentils can physically scrub away dead skin cells.

2---Yoghurt-----Yogurt, fermented food is widely used in kitchens for cooking, desserts, soups, cuisines and adds flavor to a lot of dishes. It has probiotic bacteria that is good for your stomach and keeps infections and bacteria at bay. Fermented yoghurt provides natural lactic acid, probiotics, zinc, and B vitamins that help gently exfoliate, moisturise, brighten, hydrate, and clear the skin. Fermented yoghurt is a skincare powerhouse whether you apply it topically or include it in your diet. Because all yoghurt is inherently fermented. It soothes conditions like eczema and reduces redness. It helps combat UV-induced damage, reducing erythema and scaling. Massage yoghurt on your face for 15 minutes before rinsing it off to get rid of dead skin cells, and will smoothen out the wrinkles, fine lines on the face. It will hydrate your dry skin, tighten skin pores and will give your face a healthy glow. Mix ½ cup of plain yogurt, 2 tablespoons of honey, and 1 tablespoon of fresh lemon juice. Section your damp hair, massage the mixture directly into your scalp, and work it through the lengths. Leave it on for 20 to 30 minutes before washing it out with a mild shampoo Mix 2 tablespoons of plain yogurt with 1 tablespoon of raw honey. Apply it to a clean face, leave it on for 15 to 20 minutes, and rinse with lukewarm water. Use this 1 to 2 times a week Regular intake of yoghurt probiotics boosts the skin's overall health and makes it stronger to delay fine lines and wrinkles .Skin irritation: The level of fermentation in the batter varies, meaning the acids and bacteria

FERMENTED FOOD FOR BEAUTY

can cause redness, swelling, or stinging. Infection risk: Fermented foods teem with active yeasts and bacteria that may harm compromised skin barriers or worsen acne. It helps in diminishing the appearance of wrinkles a give a graceful look.

3--- Traditional Buttermilk----- :Buttermilk is traditionally made from the liquid left after churning butter, but mmodern commercial versions are more likely to be made by adding lactic acid bacteria to milk . Real traditional Buttermilk is the cultured liquid leftover from butter-making, packed with gut-friendly lactic acid bacteria. Buttermilk is one of the best natural products and provides various benefits to the skin. Buttermilk works as a natural beauty treatment because it is rich in lactic acid, an alpha hydroxy acid (AHA) that gently exfoliates, brightens, and cleanses the skin . Because of its highly acidic and astringent nature, it treats age spots, freckles, and even tightens skin. Buttermilk can be used to cleanse impurities from the skin surface, and also remove the dead skin cells and control bacterial growth. Mix buttermilk, olive oil, and few drops of almond oil. Add a few drops of rose water to this mixture. Apply it evenly on your face and open areas with a cotton ball , and leave it for few minutes before washing it off with warm water. Mix buttermilk and oats to form a thick paste. Apply it evenly over your face and neck, massage for a few minutes, and let it dry naturally. Wash with plain water and pat dry. It Provides moisturisation and nourishment to the skin. For exfoliation, mix 4 tbsp of buttermilk, 1 tbsp of rosewater, 1 tbsp of organic honey, and 1 tbsp of aloe vera gel in a jar . Blend them into a smooth, fine paste. Apply the paste to your face and neck for a few minutes and then massage it. Rinse with water after 20 minutes

4---Kimchi----- Kimchi is a delicious fermented Korean dish that can give you glowing skin and prevent premature ageing of the skin. Kimchi contains various antioxidants, including vitamins A, C and K, as well as minerals such as calcium and iron , which are essential for skin health. These ingredients contribute to the synthesis of collagen in our skin and support overall skin health. Antioxidants help protect the skin from damage caused by free radicals, environmental stressors, and UV radiation. Kimchi is a salted ,fermented vegetable mixture of spices and vegetables like carrots, Garlic, ginger, cabbage, radishes, leeks, cucumbers, or sweet potatoes. It was invented in Korea almost 1,000 years ago as a way to preserve vegetables .Although typically a salty and sour mixture, this traditional Korean food is now popular across East Asia and all over the world.

But kimchi tends to have a spicier, tangy, and garlicky flavour. The process of fermentation, by mainly lactobacillus bacteria, is thought to enhance the nutritional value of kimchi. The fermentation process produces beneficial lactic acid bacteria that contribute to kimchi’s reputation as a health food.

Kimchi must be kept in a cool and dry place, which is why it is traditionally made in winter. Large earthen vats of kimchi are buried in the ground and sealed for the magic to happen. The author is international fame beauty expert and is called the herbal queen of India

Why is a ₹2,700 medicine priced at ₹27,000?

Parivahan Vishesh News

Questions raised about the price of medicines and hospital transparency in the treatment of a serious disease like cancer.

- Dr. Priyanka Saurabh

The mere mention of cancer brings to a family not only the worry of the disease but also the fear of the cost of treatment. The cost of tests, operations, chemotherapy, radiotherapy, and life-saving medications already challenges the financial capacity of an average family. In such a situation, if the price of an essential medicine is several times higher than the price it reaches the retailer, it becomes a question not only of the market but also of the sensitivity, transparency, and regulation of the healthcare system. Recently, the Supreme Court was presented with the example of a cancer medicine whose retailer reported a price of approximately 2,700 and 3,382 crore in 2021-22. This growth is not inherently wrong or unjustified, as changes in cancer treatment demand, diagnosis, and treatment options also influence the market. However, with the growing market, patient protection must be strengthened. The most important reform is transparency. Patients should receive clear information about the actual price of the drug, the MRP, available alternative brands, and any additional fees charged by the hospital. Hospitals should have a clear policy regarding the obligation to purchase medications. If, for some reason, it is necessary to purchase medications from the hospital pharmacy, the reasons should be explained to the patient. Regular audits of drug prices and reimbursements under government schemes should also be strengthened. Affordable medications do not simply mean providing cheaper brands. The quality, effectiveness, and reliability of the medication must also be ensured. Promoting generic medications may be useful, but an effective communication system between doctors, patients, and pharmacists is also essential. Patients must be confident that a lower-priced alternative is not a substandard or counterfeit drug. Healthcare cannot be viewed simply as a commodity. During illness, both a person's financial capacity and freedom to make decisions are limited. Therefore, the price of life-saving medicines is often higher. Striking a proper balance between these is the responsibility of a democratic welfare system. The difference between 5,281 crore in 2024-25, compared to approximately 2,700, what is the economic justification for setting an MRP ten times higher? How much opportunity does a patient have to understand and compare these prices? The Drugs (Prices Control) Order, 2013 (DPCO) is a framework for controlling drug prices in India. The government sets maximum prices for prescribed drugs listed as essential medicines, and the National Pharmaceutical Pricing Authority (NPPA) performs this role. H

owever, not all drugs are subject to price control in the same manner. This is where the question of balancing pricing transparency and patient interests arises. Another aspect of the Supreme Court's concern relates to the in-house pharmacies of private hospitals. If the hospital requires patients to purchase their medications exclusively from the hospital's designated pharmacy during treatment, the patient's options for price comparison are limited. Patients are already vulnerable due to the severity of their illness and their dependence on their doctor. At such a time, not being informed about alternative sources of medication or lower-cost alternatives poses a serious consumer rights issue. An important distinction must be understood here—it would not be fair to hold every private hospital or every pharmaceutical company responsible. The price of a drug also includes research, production, quality control, transportation, storage, distribution, and other costs. However, if there are abnormal price variations due to these costs, clear accounting and regulatory scrutiny become necessary. The government also indicated in the Supreme Court that the scope for system improvement could be considered. The aspect of government health schemes is also important in this matter. If a patient is treated under a government scheme and the medicines are ultimately paid for from public funds, excessive prices can impact not only the patient but also taxpayers. In this context, the court questioned the system of government reimbursement and the provision of medicines by hospitals. The market for anti-cancer drugs in India has also grown steadily. According to reports available from the Department of Pharmaceuticals' Annual Report for 2025-26, sales of anti-cancer drugs in India were approximately 27,000. The question is how transparent is the entire pricing chain of life-saving drugs. What are the factors that change the price from the manufacturer's point of sale to the distributor, wholesaler, retailer, and hospital? If a drug costs 27,000. This represents a nearly tenfold difference. During the September 22 hearing, a bench of Justices Vikram Nath and Sandeep Mehta made very strong comments on this discrepancy. At the next hearing on September 29th, the court further addressed the issue, asking the central government why there was such a wide variation in drug prices and whether a uniform price limit could be established. The court also questioned the possibility of a uniform 16% margin, but it is important to note that this was a court-ordered question, not a final order or applicable rule. The next hearing is scheduled for October 12, 2026. This case is significant because the issue here isn't just about a single drug costing 2,700, while its maximum retail price (MRP) was 27,000 isn't just a tenfold price difference. For a poor family, this difference can mean the difference between continuing treatment and abandoning it. For a middle-class family, this difference can lead to exhausting savings, taking out loans, or selling assets. Therefore, the system for determining drug prices must strike a clear and equitable balance between the right to profit and the patient's right to life. The Supreme Court's comments have brought this debate back to the nation. What is needed now is not just sharp comments, but a clear policy that ensures transparency in the pricing process, effective oversight of hospital pharmacy systems, judicious use of public funds in government health schemes, and the availability of quality medicine at a reasonable price. Medicine is a tool to combat disease, not a means to profit from a patient's compulsion.

Safai Mitra is an important link in the sanitation system: ADC

Parivahan Vishesh News

Health check-up of sanitation workers was conducted on the theme 'Service is my contribution'.

Under the 'Seva Sankalp Abhiyan', special health check-up camps were organised in health institutions across the district; 439 sanitation workers underwent health check-ups.

Jhajjar, September 30 .

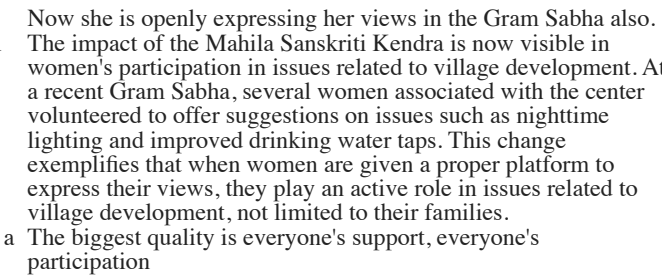
As per the directions of DC Varsha Khanwal, various activities are being organised across the district on the theme 'Service is my contribution' under the 'Seva Sankalp Abhiyan' being run till October 17. In this connection, special health check-up camps dedicated to the honour, health and welfare of sanitation workers were organised in health institutions across the district on Wednesday. The health of about 439 sanitation workers was checked in these camps. At the same time, ADC Jagnivas honoured the sanitation friends in the programme organised in village Hasanpur.

ADC Jagnivas said that sanitation workers are a vital part of society's sanitation system. Their contribution to keeping urban and rural areas clean and disease-free is crucial. Therefore, it is a collective responsibility to regularly care for their health. For this purpose, special health check-up camps are being organized in the district.

Meanwhile, District Council CEO Manish Phogat stated that teams of specialist doctors conducted health checkups of sanitation workers at health checkups camps on Wednesday. Essential tests, including blood pressure (BP) and blood sugar, were conducted along with a general health checkup. Following the checkups, free medications were provided to sanitation workers as needed, and doctors also provided necessary health advice.

CEO Manish Phogat stated that the "Service My Contribution" campaign aims to strengthen the spirit of service and public welfare by ensuring participation from every segment of society. This initiative to check the health of sanitation workers also symbolizes respect and sensitivity towards them.

On this occasion, senior medical officers, health department employees, Swachh Bharat Mission team and a large number of sanitation workers were present.



Change started from one room, the voice reached the entire village

The Mahila Sanskriti Kendra has not only provided a place for the women of Talav village to meet, but also a platform to share their talents, culture, ideas, and problems. This is why the center has gradually become an important part of the village's social activities. Mahila Sanskriti Kendras are being established in the state to promote women's participation and empowerment. By July 2025, 131 Mahila Sanskriti Kendras had been established in the state, and this number is projected to increase to 500 by 2026. The story of Talav village shows that women's empowerment isn't limited to statistics. When women come together, cherish their culture, connect the new generation with traditions, share information on health and social programs, and speak about their village's development in the Gram Sabha, change is visible on the ground. Talav's Women's Culture Center has become a common platform for village women to meet, express their voices, and express their identities.



Parivahan Vishesh News

DC Varsha Khanwal paid tribute to the statue of Pt. Shriram Sharma located in the Mini Secretariat Complex.

Jhajjar 01 October

On the occasion of the birth anniversary of the great freedom fighter Pandit Shirram Sharma, DC Varsha Khangwal paid her respectful homage to his stature installed in the Mini Secretariat complex on Thursday, by offering a wreath. Recalling the personality and achievements of Pandit Shirram Sharma, she described his thoughts as inspirational for society. DC Varsha Khanwal said that the great freedom fighter Pandit Shirram Sharma made significant contributions to social awareness, public service, and social upliftment. Inspired by his thoughts and ideals, we can strengthen mutual brotherhood, cooperation, and positive thinking in society. She added that the birth anniversaries of great men are not only an occasion to remember them, but also an opportunity to adopt their ideals and pass them on to future generations. She added that Pandit Shirram Sharma's life embodied a spirit of dedication to society and public welfare. His thoughts continue to inspire youth and every segment of society to move forward and fulfill their social responsibilities. We should follow his path and work together for the

Jhajjar 01 October

The DC said that solution camps are being organized in the district, including at the Jhajjar headquarters, Bahadurgarh, Beri, and Badli subdivisions. Citizens are taking advantage of the camps to resolve their problems.

These officers and dignitaries were present. On this occasion, ADC Jagnivas, SDM Hajar Ravi Meena, CEO Zila Parishad Manish Phogat, CTM Ritu, DRO Manbir Singh, DDPO Nisha Tanwar along with prominent persons Surendra and Chunnail as well as officers of the concerned departments were present.

Developed India will be empowered by innovation, entrepreneurship and service spirit: Dinesh Shekhawat

Parivahan Vishesh News

Seva First Innovation Challenge was organised in Government College Badli under Seva Sankalp Abhiyan.

Badli (Jhajjar), October 1

As part of the Seva Sankalp Abhiyan, the Seva First Innovation Challenge program was organized at Government College, Badli. Dinesh Singh Shekhawat, Haryana State President of Rashtriya Gau Raksha Vahini Gau Seva Sangh, who was present as the chief guest and keynote speaker, gave the students the message of innovation, entrepreneurship, social responsibility, and active participation in nation-building. He said that the role of youth is most important in building a developed India, and their creative thinking can take the country to new heights. Badli Assembly coordinator Sombir Kodan, co-coordinator and CM Window Eminent Vinod Badhsa, Badli Mandal President and Block Committee Vice Chairman Amit Guhana, Amit Atri and Industrial Extension Officer Manjeet Dahiya from MSME Department and District Industries Center Bahadurgarh, Principal of the college Professor Anand Kadyan, professors and a large number of students were present as special guests in the program. In his address, Dinesh Singh Shekhawat said that under the leadership of Prime Minister Shri Narendra Modi, campaigns like Startup India, Make in India, Digital India, Skill India, and Atmanirbhar Bharat have created immense opportunities for the youth. Today, India is the youngest country in the world, and this youth power is the biggest force behind realizing the vision of a developed India. He said that the Prime Minister's clear message is that youth should not only be job seekers but also job creators and should provide solutions to the problems of society and the nation through their innovations. Giving detailed information about the Seva Sankalp Abhiyan to the students, he explained that this campaign is not just a program but a mass movement that integrates public service, innovation, and national interest. Its objective is to inspire youth to identify real-life problems in society and develop practical

On the occasion of the birth anniversary of Father of the Nation Mahatma Gandhi, special Gram Sabhas will be held in all the district's Gram Panchayats on October 2nd at 11 a.m. Active participation of villagers in Gram Sabhas is essential. Concerned officials should work in coordination to ensure the smooth conduct of Gram Sabhas. DC Varsha Khanwal was reviewing the ongoing preparations for the Gram Sabhas in a meeting of officials on Thursday. He urged people to attend the special Gram Sabhas held in villages in large numbers and ensure their active participation in issues related to village development. He said that the Gram Sabha is an important medium for setting village development priorities with the participation of villagers. Therefore, every villager should participate in it. In the meeting, District Council CEO Manish Phogat stated that the special Gram Sabha will discuss the preparation of the Gram Panchayat Development Plan for the year 2026-27, review of public welfare and service work undertaken under the Seva Sankalp Abhiyan, and prioritize future public

service projects. Additionally, an action plan will be developed to make the village clean and garbage-free under the Swachhata Hi Seva Abhiyan. The CEO stated that the Gram Sabha will also discuss topics related to the development of the Gram Panchayat Plan, making the village child marriage-free and verifying it, drinking water supply, sanitation of water sources, water supply to every household, and water conservation. Villagers will also be informed about verifying family details and income information recorded in the Parivar Pehchan Patra, adding names of eligible individuals, and making necessary amendments. He added that under the Sudha Utsav, villagers will be informed about public welfare schemes and policy reforms of various departments, and suggestions will be sought from villagers for future reforms. The Gram Sabha will also discuss and review important topics identified under the 2026-27 budget. These include drinking water supply in the village, sewage drainage and management, works related to the Amrit Sarovar, the problem of waterlogging, the drought crisis in the village, and verification of all social pension beneficiaries. Sanitation

and solid waste management system will be reviewed in Gram Sabhas. The CEO said that the Gram Sabha will also review sanitation and solid waste management systems, the maintenance of all government assets, and ongoing development work in the village. Participation of officials and employees from relevant departments has been ensured to provide necessary information and guidance on villagers' problems and suggestions. Appeal to villagers for active participation District Council CEO Manish Phogat stated that active participation of villagers in the Gram Sabha can better identify the village's actual needs and development priorities. He appealed to villagers to attend the Gram Sabha at the scheduled time and offer their suggestions and ideas on village development, sanitation drinking water, drainage, public welfare schemes, and other local issues. This officer was present. On this occasion, ADC Jagnivas, SDM Hajar Ravi Meena, CEO Zila Parishad Manish Phogat, DRO Manveer Singh, DDPO Nisha Tanwar, DPRO Dinesh Kumar and officers of the concerned departments were present.



welfare of the vulnerable and needy. On this occasion, SDM Hajarji Ravi Meena, DPRO Dinesh Kumar, Tehsildar Badli Srinivas, President of Shri Brahmin Mahasabha Hajarji Rajkumar, Vice President Kuldeep Sharma and Ravindra Kaushik, Bal Kishan, Vijay Kumar, Sube Singh, Azad Dewan, Omprakash Silani, Dayanand Kablana, Ramkaran Dulhara, Naresh, Shri Bhagwan Silani, Ramkishan Silani, Yogesh, Narendra Vakil, Jaipal Pradhan, Ma. Dayakishan along with other officials and eminent citizens of the society also paid tribute to Pandit Shriram Sharma by offering flowers at his statue. Remembering his life and social contribution, everyone resolved to carry forward his ideals.

technological solutions. Through the campaign, innovations are being promoted in areas such as education, health, sanitation, environmental protection, water conservation, women's safety, digital services, agriculture, and rural development. Dinesh Singh Shekhawat said that the true success of any innovation lies not in winning awards, but in becoming a solution to a problem faced by an individual, society, or nation. He urged students to use their knowledge, skills, and technical abilities for the benefit of society and become agents of positive change. During the program, students were presented with the Seva First Innovation Challenge. The module provided information about the digital platform, the competition process, and the various categories. Students were encouraged to showcase their projects, models, research, applications, and technological solutions to the platform, so that their ideas could make useful contributions to society and governance. District Industries Center officer Manjeet Dahiya provided students with detailed information about startups, self-employment, entrepreneurship, and various central and state government schemes. He elaborated on the subsidies, loan facilities, training programs, and self-employment schemes available to male and female entrepreneurs in rural and urban areas. In the program, Dinesh Singh Shekhawat administered the oath of drug de-addiction to all the students and said that drug addiction weakens the youth, family and society. He called upon the students to take a pledge that they will stay away from drugs themselves and will also make their friends and society aware to become drug-free. He said, "When the youth power moves forward with the resolve of service, innovation, character building and national interest, then the dream of a developed India becomes not just a goal but a reality." He called upon the students not to limit themselves to discussing the problems but to take an active part in the development of the country by pledging to find solutions to them. The Principal of the college, Prof. Anand Kadyan was also present on the occasion.

Representatives from the transport sector held a courtesy meeting in Rourkela, discussing business challenges.

Parivahan Vishesh News

Preparations for a major event in Chhattisgarh, Shravan Bishnoi assured an invitation soon.

Rourkela, October 1, 2026. An important courtesy meeting was held in Rourkela to promote coordination and address shared concerns among organizations involved in the transport and trade sectors. Shravan Bishnoi, Chhattisgarh State President of the National United Front (Truck Transport Sarathi) UFTSA, other representatives from the National United Front Truck Transport Sarathi, and Brijmohan Agarwal, National Chairman of CAT, along with other officials, were welcomed by Rammehar Sharma, former President and Advisor of the Rourkela Goods Transporters Association, Dr. Rajkumar Yadav, National President of the National United Front, and his team. Ashok Jain, Rishabh Jain, and other officials from Delhi, along with Shri Ramashankar Prasad, Nandkishore Singh, and other representatives were also present. The meeting discussed in detail issues related to CAIT's organizational matters as well as the National United Front (Truck Transport Sarathi) Uftatsa. The main focus of the discussion was the ever-increasing costs facing the transportation business, including pressure on freight rates, toll and operating expenses, vehicle maintenance, driver-related issues, and declining profitability for small and medium-sized transporters. This concern is particularly important in the current economic landscape, as the road logistics sector continues to face cost and competitive pressures. According to CRISIL's analysis, fuel costs could account for approximately 50–60 percent of transportation



operations, while weak demand and excess capacity make it difficult for small operators to fully offset these increased costs through freight charges. ICRA, meanwhile, estimates revenue growth for the road logistics sector at 8–10 percent in FY2027, but also considers the growing influence and competition of the organized sector as important factors. The meeting also emphasized that transporters and traders are the backbone of the country's supply chain, and therefore, the practical difficulties faced by small businesses and traditional transporters should be given adequate consideration in policy decisions. During this meeting, Shravan Bishnoi talked about planning a major event in Chhattisgarh soon and assured to invite representatives and leaders from Odisha, Bihar, West Bengal, Jharkhand, Uttar Pradesh, Madhya Pradesh, Maharashtra, Telangana, and Andhra Pradesh. The meeting is being considered an important initiative towards better coordination between the transport and trade sectors.

Serious questions raised about Vedanta's fly ash disposal system, OSPCB orders investigation

Parivahan Vishesh News

Pollution Control Board swings into action following complaint filed on PMO portal; allegations of impact on agricultural land, water sources, and public life in Jharsuguda-Sundargarh-Sambalpur

Rourkela, October 1. Environmental concerns over the alleged uncontrolled and improper disposal of fly ash from the Vedanta Aluminum Plant in Jharsuguda have now reached the level of an official investigation. Prasun Ganguly, Scientist-F and Head of the Odisha State Pollution Control Board (OSPCB), issued a letter on September 21, 2026, requesting action on the complaint.

According to the letter, referring to a complaint filed by Rourkela resident Rajkumar Yadav on the PMO Public Grievances Portal on September 3, 2026, it states that the improper disposal of fly ash from the Vedanta Aluminum Plant in Jharsuguda has serious impacts on agricultural land, water sources, the environment, and public life in Jharsuguda, Sundargarh, and Sambalpur districts, and poses a health hazard. The Board has directed the Board to thoroughly investigate the issues raised in the complaint, take appropriate action, and inform the complainant and the office of the action taken.

The matter is also significant because questions have been raised at the judicial and regulatory levels regarding the ash pond system at Vedanta's Jharsuguda campus in 2026. In August 2026, the National Green Tribunal directed a joint investigation by the OSPCB and the Jharsuguda District Administration regarding the proposed ash pond near



Siriapali.

According to the company's own environmental compliance records, as of August 2026, its 1,215 MW captive power plant had recorded 2.238 million tonnes of pond ash, and its 2,400 MW thermal power plant had recorded 1.531 million tonnes of pond ash.

The OSPCB's investigation will therefore be crucial in determining whether the storage, transportation, and use of fly ash are in compliance with prescribed environmental standards.

For publication: Karmayogi Lal Bahadur Shastri: A Steadfast Follower of the Path of Duty



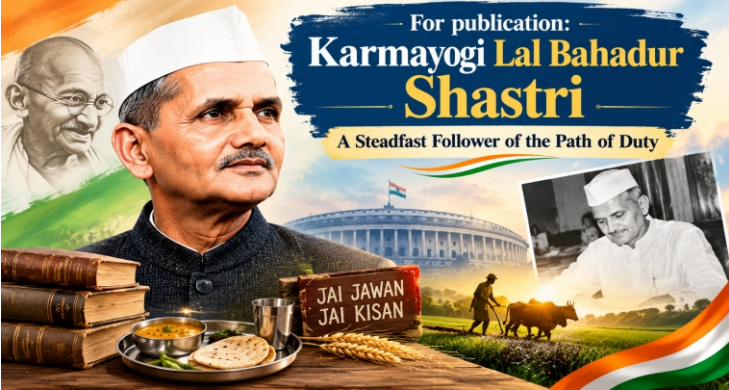
Parivahan Vishesh News

Govardhan Das Binnani 'Raja Babu' Jai Narayan Vyas Colony, Bikaner

As you all know, today, October 2nd, is the birthday of two great personalities. One is the Father of the Nation, Mahatma Gandhi, the proponent of non-violence, and the other is Lal Bahadur Shastri, the epitome of simplicity.

You may also know that Shastriji considered Gandhiji his guru and learned simplicity and commitment to the nation from him. He once said, in Gandhiji's own words, "Hard work is like prayer." It is well known that Lal Bahadur Shastri, one of India's most important leaders, a true patriot, a highly honest man, and an epitome of simplicity, has numerous incidents that clearly reflect his cheerful nature, humility, diligence, straightforwardness, discipline, and determination. Today, as I pay my respects to him, I am sharing with you an incident that will reveal both the cheerful nature and the spirit of selfless service of Shastriji, who embodies the highest standards of Indian culture.

Lal Bahadur Shastri was once appointed a member of the Civil Service Board. However, Shastriji was very shy and never wanted his name to appear in newspapers, where he would be praised and welcomed by the people. A friend of



Shastriji once asked him, "Shastriji, why are you so reluctant to have your name published in newspapers?" Shastriji smiled and said, "When Lala Lajpat Rai entrusted me with the responsibility of the Civil Service Board, he said, 'Lal Bahadur, there are two types of stones in the Taj Mahal. One is the fine marble stones, which the world sees and admires, and the other is the stone in the foundation of the Taj Mahal, which is invisible and whose lives are filled with darkness. But it is they who built the Taj Mahal.' I always remember these words of Lalji and want to remain a foundation stone."

Through this incident, Shastriji clearly conveyed to all his admirers the message of "selflessly avoiding pretense in life and doing what is truly necessary." He was posthumously awarded the Bharat Ratna for his simplicity, patriotism, and honesty.

Govardhan Das Binnani 'Raja Babu' Jai Narayan Vyas Colony, Bikaner Mobile Chat - 7976870397 WhatsApp - 9829129011

Special discussion on World Heart Day Dr. MP Singh needs to pay special attention to health by recognizing the increasing challenge of healthy heart in the era of changing lifestyles.



Parivahan Vishesh News

World Heart Day National Co-Adviser of All India Human Welfare Trust Sunil Thakur National Deputy Secretary Shiv Shankar Rai Pandit Ved Prakash Parashar and Subodh Kumar Sah and Anand Kumar with the special

support of Trust National President Dr. MP Singh and Founder Dr. Hridayesh Kumar organized a seminar at Shiv Mandir Tirkha Colony Ballabgarh Faridabad to make the common people aware of real health issues Dr. MP Singh said.

In the human body, the heart is not just an organ that pumps blood, but it is the basis of continuity of life. It continuously pulsates to deliver oxygen and nutrients to every part of the body. Hence a healthy heart is essential for overall physical health. Changes in modern lifestyles have increased the challenges associated with heart health. Factors such as prolonged sitting, lack of physical activity, unbalanced diet, excess salt and sugar intake, smoking, tobacco, stress, insufficient sleep and air pollution can increase the risk of heart diseases. High blood pressure, diabetes, elevated cholesterol and obesity are also major risk factors that can persist for a long time without obvious symptoms. According to the World Health Organization, heart and blood vessel diseases are the leading cause of death in the world. About 2.24 crore people died from these diseases in the year 2024, which is about 34 percent of global deaths. About 81 percent of these deaths were due to heart attack and stroke. Most of these deaths occur in low- and middle-income countries. World Heart Day is celebrated on 29 September every year to raise awareness of this global challenge. Its aim is to make people aware of the risk, prevention, timely screening and healthy lifestyle of heart diseases. For a healthy heart, regular physical activity, balanced diet, adequate sleep and timely health check-ups are essential to make life a part of life. Heart disease is only a problem of elderly people. Heart diseases were once thought to be primarily a problem related to aging, but now the picture is changing. Age is certainly an important risk factor for heart disease, but lifestyle, heredity, blood pressure, blood sugar, cholesterol, weight, tobacco and physical inactivity also play a role. In a rapidly urbanizing and economically changing country like India, the importance of lifestyle-related risks has increased. Ischemic heart disease was among the leading causes of death for 2021 in WHO data for India. In the same year, the share of non-communicable diseases in total deaths in India was estimated to be around 49 percent. So it is not enough to limit the discussion of heart health to hospital, medicine and operation only. It needs to be linked to a culture of healthy habits from childhood, regular check-ups and risk identification before illness. Heart disease is not the name of one disease. It covers many conditions that affect the heart and blood vessels. These include coronary artery disease, heart attack, heart failure, irregular heartbeat, valvular disease, congenital heart disease and heart problems related to high blood pressure. Stroke is not a direct heart disease, but it is deeply related to the heart-vascular system. A stroke can occur when the supply of blood and oxygen to the brain is interrupted due to a blockage in a blood vessel or other reasons. It is important to understand cardiovascular health as a comprehensive system. Dr. Hridayesh Kumar High blood pressure is often called the 'silent killer' because many people have no obvious symptoms. Long-term uncontrolled blood pressure can adversely affect many organs including the heart, brain, kidneys and eyes. According to WHO's available India profile, there were an estimated 2.566 million cardiovascular deaths in India in 2019, not the estimated 25.66 lakh, and high systolic blood pressure contributed significantly to these. Risk factors such as salt intake and physical inactivity in adults are also recorded in the same profile. So the blood pressure is checked only when there is headache or any other complaint. Blood pressure should be monitored as part of regular health check-ups. Some amount of cholesterol is necessary in the body, but high levels of low-density lipoprotein (LDL) in the blood can increase the risk of plaque formation in blood vessels. Over time the blood vessels can become narrow and the blood reaching the heart can be obstructed. Similarly, diabetes and high blood sugar are also associated with cardiovascular risk. Obesity, especially excess fat accumulated around the abdomen, can be associated with a number of risks such as high blood pressure, diabetes and abnormal blood lipids. According to the WHO, behavioral risks such as unhealthy eating and physical inactivity can be reflected in metabolic risk factors such as blood pressure, blood sugar, blood fat and weight gain, which further increase the risk of heart attack, stroke and other complications. Dr. Hridayesh Kumar believes that Focusing on the quality of the whole diet is more important than looking for a single 'superfood' for heart health. Food includes fruits, vegetables, whole grains, pulses, legumes, fruits and appropriate amounts. This can include healthy fats. On the contrary, it is important to limit the intake of food with excessive salt, sugar, trans fat and unhealthy fats. Constant consumption of highly processed and packaged foods can also go against the concept of a healthy diet. Balance is also possible in Indian food. Simple household food-pulses, vegetables, grains, salad, fruit and as needed milk or other nutritious foods taken in right quantity and variety can become part of a healthy lifestyle. The main thing is the balance of type, quantity and regularity of food. It is not only necessary to go to the gym to keep the heart healthy. Walking, cycling, swimming, using stairs, household chores and other regular physical activities are also useful. WHO recommends at least 150 to 300 minutes of moderate-intensity aerobic physical activity or 75 to 150 minutes of vigorous-intensity activity per week for adults. Additionally, activities that strengthen major muscle groups at least two days a week are also considered useful. The important thing is that a person who is not very active should gradually increase their activity according to their ability, rather than suddenly starting excessive exercise. Digital work culture has significantly reduced physical labor. Sitting in front of computer, mobile and other screens for long hours has become common. The problem is simply not exercising; Excessive sitting throughout the day can also be detrimental to health. Today's life is all about fast pace, competition and the demand to be constantly available. Work pressure, financial

worries, family responsibilities and being constantly connected to the digital world can add to stress. Chronic stress can affect a healthy routine and can affect a person's sleep, eating and physical activity. So mental health cannot be neglected for heart health. Adequate sleep, a regular routine, meditation, yoga, making time for social interaction and recreation can be part of stress management. Tobacco is among the major risk factors for heart and blood vessels. Smoking can damage blood vessels and cardiovascular system. The effect of tobacco smoke is not only limited to the smoker but also affects the people around. The World Heart Federation has long included tobacco control and smoking cessation as important measures for cardiovascular health. Heart disease has long been seen as a problem more associated with men, but cardiovascular disease is also a serious health challenge in women. The expression of symptoms in women may be different in some cases and they may sometimes feel shortness of breath, unusual fatigue, nausea or other symptoms instead of obvious chest pain. Certain pregnancy-related health conditions may be linked to future cardiovascular risk. Reassessment of health risks may also be necessary after menopause. Hearing the name of heart disease in young age, people often think it is abnormal. But at a young age, risk factors such as obesity, high blood pressure, diabetes, tobacco use, physical inactivity and poor diet may be present. The solution is not to scare the youth, but to normalize a healthy lifestyle from childhood. Sports, physical activity, nutrition education and anti-tobacco awareness can be made more effective in schools and colleges. The discussion of heart should not be limited to food and exercise only. Air pollution is also an environmental risk associated with cardiovascular health. Long-term exposure to polluted air has been found to be associated with cardiovascular and vascular diseases. WHO also includes air pollution as an important environmental risk factor for heart disease and stroke. Therefore, clean air, walkable city, safe bicycle path, open public space and green space are not only environmental amenities, but also public health requirements. An important basis of heart disease prevention is regular health checkups. Information such as blood pressure, blood sugar, HbA1c, lipid profile, weight, waist circumference and family history can help in understanding a person's risk. Not every person needs the same test. Based on age, family history, existing illness and other risks, the doctor can decide the necessary tests. The most important thing is to consult a qualified physician instead of self-medicating if any abnormality is reported. It is very important to recognize the signs of a heart attack. Time is very important in case of heart attack. Symptoms such as pressure, tightness or pain in the chest, pain in the arm, shoulder, back, neck or jaw, shortness of breath, sudden sweating, weakness or nausea can be warning signs. Symptoms are not the same in every person. Therefore, it is not appropriate to dismiss severe or new symptoms as just gas, fatigue, or general weakness. Cardiac arrest and heart attack are not the same condition. In cardiac arrest, the effective pumping of the heart suddenly stops and the person may become unconscious and unable to breathe normally. In such a situation immediate CPR and use of AED if available can be vital in saving life. If more and more people in the society are trained in basic life support, the ability to help before reaching the hospital in an emergency can increase. Schools and offices Promoting first aid training in public institutions and community organizations can be a useful step. There have been remarkable advances in the treatment of heart diseases in the last decades. Angioplasty, stents, bypass surgery, pacemakers, implantable devices and advanced imaging techniques are used in modern cardiology. But the availability of modern treatment does not mean that prevention has become less important. Even after treatment, lifestyle changes, regular intake of medications, medical monitoring and rehabilitation remain important. In Indian tradition, food, routine, physical activity and mental balance have been linked to health. Yoga and meditation can be part of a healthy routine of stress management and physical activity. However, it is not appropriate to assume that any Ayurvedic or herbal product is completely safe just because it is 'natural'. Medical advice is essential before using any supplement or product, especially if a person is already taking medication for heart, blood pressure, diabetes or other ailments. It is also not advisable to leave evidence-based modern treatment without advice. Heart health campaign can be started at home. Improving the quality of food in the family, encouraging children to play, regular check-ups for the elderly, keeping the home tobacco-free and knowing first aid in an emergency are small but important steps. If there is a history of heart disease, high blood pressure, diabetes or other related diseases in the family at a young age, it is especially useful to inform the doctor about it. Family history can be a part of an individual's risk assessment. Prevention of heart diseases is not possible by any one remedy. For this it is necessary to work together on many levels. Improve the individual's lifestyle, create a healthy family environment, encourage physical activity at school and the workplace, and provide timely screening and treatment to the health system. According to WHO, a large number of cardiovascular diseases can be prevented by reducing behavioral and environmental risks. Distance from tobacco, healthy diet, regular physical activity, weight control and timely identification of risk factors play an important role in this. Healthy habits are the strongest protection of the heart -: Dr Chhattar Singh Rawat World Heart Day is not just a day to discuss the heart. This is an opportunity to reflect on the habits of our daily lives that may affect our health in the years to come. Majority of heart diseases can be prevented or controlled by timely identification of risk factors and healthy lifestyle. This is the reason why the meaning of heart protection is not only treatment after illness, but protection of health before illness. Today, when the pace of life is accelerating and a large part of both work and entertainment is connected to the screen, keeping the body active has become more important than ever. A balanced diet, regular physical activity, adequate sleep, better management of stress, distance from tobacco, monitoring of blood pressure and blood sugar and timely medical check-up are strong cornerstones of heart protection. Heart health is a person's personal responsibility, but not just personal responsibility. Equally important are the availability of healthy food, clean air, safe public space, opportunities for physical activity, access to primary health services and emergency medical care. Therefore, for a healthy heart, the individual, family, society and health system all have to work together. The beating heart reminds us every moment that life is the name of continuous movement. Instead of waiting for illness to maintain this momentum, it is essential to start making small changes today. The real message of World Heart Day is that heart care is not a one-day resolution, but a lifelong journey of healthy habits.



Parivahan Vishesh News

Written By Dr. Vijay Garg, Parivahan Vishesh Newspaper Daily

Sanskrit is often introduced as one of the world's great classical languages—a language associated with ancient Indian literature, philosophy, mathematics, astronomy, grammar, medicine and spiritual traditions. For many people, however, Sanskrit remains largely confined to textbooks, temples, ceremonies and academic institutions. This raises an important question: Can Sanskrit move beyond its traditional image and find a meaningful place in everyday modern life?The answer does not necessarily require Sanskrit to replace the languages people already speak. Its future may instead lie in becoming an additional language of knowledge, culture, creativity and communication.A language with an extraordinary legacySanskrit occupies a distinctive place in the intellectual history of India. Works on philosophy, logic, grammar, mathematics, astronomy, medicine, poetry and political thought were composed in Sanskrit over many centuries. Its grammatical tradition, particularly the work associated with Panini, demonstrates an extraordinary interest in linguistic structure and precision. The language also carries an enormous literary heritage. The epics, classical poetry, philosophical texts, dramas and scientific works written in Sanskrit represent different dimensions of India's intellectual and cultural development.Yet heritage alone cannot guarantee the future of a language. A language survives most strongly when people find reasons to use it. That is where the modern Sanskrit debate begins.From ceremonial language to living languageA language can be respected

Beyond Tradition: Can Sanskrit Find a Place in Everyday Life?

without being widely spoken. Museums preserve ancient objects, libraries preserve manuscripts and monuments preserve architectural traditions. But a living language requires something more: regular human interaction.If Sanskrit is to become more visible in everyday life, it needs to appear in ordinary situations—not only in formal ceremonies.Imagine Sanskrit being used occasionally in school conversations, children's games, digital learning platforms, cultural programmes, podcasts, short films, social media content and simple family interactions. Such use would not require everyone to become a scholar of classical Sanskrit.The objective could simply be to make the language accessible.A child learning ten useful Sanskrit sentences is taking a different path from a student studying thousands of grammatical rules. Both have value, but the first may create a more natural relationship with the language.Sanskrit and educationEducation could play a central role in giving Sanskrit a contemporary identity.Instead of presenting Sanskrit only as a subject to be memorised for examinations, schools could connect it with subjects students already enjoy. Sanskrit vocabulary can be explored alongside science, mathematics, literature, philosophy and computer science.Students could examine how ancient Indian texts discussed numbers, astronomy, medicine or logic while also learning to distinguish historical knowledge from modern scientific understanding.Digital tools can make this process even more engaging. Interactive dictionaries, pronunciation applications, conversational exercises, audio lessons, games and artificial-intelligence-assisted language learning could help students approach Sanskrit without fear.The classroom should make Sanskrit feel like a language to be explored, not merely a syllabus to be completed.Sanskrit in technologyTechnology may actually provide new opportunities for classical languages.Digital libraries can preserve manuscripts and make them searchable.



Optical character recognition can help convert old printed material into digital text. Speech technology can support pronunciation and language learning. Machine translation and language models may eventually assist researchers in navigating large Sanskrit collections, although such systems require careful scholarly verification.Sanskrit can also become part of the digital content ecosystem.Short videos explaining Sanskrit words, podcasts discussing classical literature, animated stories based on traditional narratives and educational

applications for children could introduce the language to audiences who might never open a traditional grammar book.The smartphone, therefore, need not be viewed only as a competitor to classical learning. It can also become a vehicle for its revival.Everyday vocabulary and cultural connectionSanskrit already exists in the vocabulary of many Indian languages. Thousands of words used in modern Indian languages have Sanskrit roots or have been influenced by Sanskrit.This provides a natural bridge.People do not always need to learn Sanskrit through difficult literary passages. They can begin with familiar words, names, greetings, numbers, expressions and commonly encountered concepts.Learning the origins and meanings of words can also deepen linguistic awareness. It teaches students that languages are not isolated compartments; they constantly interact, borrow, transform and evolve.Such an approach can make Sanskrit part of linguistic curiosity rather than linguistic obligation.Sanskrit should not become a contestAny discussion about Sanskrit must also recognise India's extraordinary linguistic diversity.India does not have one cultural language. Tamil, Telugu, Kannada, Malayalam, Punjabi, Bengali, Marathi, Gujarati, Assamese, Odia, Hindi, Urdu and many other languages have their own rich histories and literary traditions. Sanskrit's cultural importance does not diminish the value of these languages.Therefore, promoting Sanskrit should not mean placing it above other Indian languages.The healthier approach is addition rather than substitution.A student can learn Sanskrit while becoming stronger in their mother tongue and learning English or another Indian or international language. Multilingualism can expand rather than narrow a person's intellectual world.Can Sanskrit become a language of conversation?There are communities and

educational initiatives that have experimented with conversational Sanskrit. Their experiences demonstrate that Sanskrit can be used for ordinary communication when learners receive sufficient exposure and encouragement.But turning Sanskrit into a widely spoken everyday language would require sustained social participation. Families, schools, universities, cultural organisations and digital communities would all have to contribute.More importantly, learners should not feel embarrassed about making mistakes.Every living language tolerates experimentation. A language becomes accessible when beginners are allowed to speak imperfectly before they speak correctly.If Sanskrit is always presented as a highly formal and sacred language, many people may hesitate to use it. If it is presented as a language that can be learned, spoken, played with and creatively adapted, its psychological distance may decrease.The importance of modern literatureA language cannot live on its classical literature alone.Sanskrit needs contemporary writers who create stories about today's world—technology, climate change, space exploration, artificial intelligence, education, family relationships, urban life, rural transformation and the dreams of young people.Imagine a Sanskrit short story about a teenager building a robot, a science article explaining a lunar mission, or a children's comic featuring environmental conservation.Such literature could demonstrate that Sanskrit is not merely a language of the past. It can also describe the present and imagine the future.Respecting history without romanticising itThe revival of Sanskrit should also be based on historical honesty.Ancient texts are valuable sources of knowledge, but they belong to particular historical contexts. Modern readers should study them critically, understand their limitations and distinguish between historical ideas and experimentally established modern science.Respect for a classical language does not require accepting every traditional claim as scientifically established.In fact, critical study strengthens the intellectual value of the language. Sanskrit can be appreciated

for its literature, philosophy, linguistic sophistication and historical significance while remaining open to evidence-based inquiry.A language of connectionPerhaps the most meaningful future for Sanskrit is not as a language imposed on society but as a language voluntarily discovered by people.A student may learn it because of an interest in Indian philosophy. Another may study it to understand classical poetry. A scientist may explore ancient mathematical texts. A linguist may investigate its grammar. A child may simply enjoy Sanskrit stories.Different motivations can coexist.The future of Sanskrit should therefore not be measured only by the number of people who speak it fluently. Its influence can also be measured by the number of people who can access its literature, understand its vocabulary, engage with its intellectual traditions and use it creatively.Beyond traditionThe real challenge is not whether Sanskrit belongs to the past. Clearly, it has a deep historical connection with India's past. The more important question is whether it can also become relevant to the present.That requires changing the way Sanskrit is introduced.Less fear, more conversation. Less memorisation, more exploration. Less isolation, more integration. Less nostalgia, more contemporary creativity.Sanskrit does not need to become everyone's first language to remain significant. It can occupy a valuable place among India's many languages—as a classical language, a source of literature and knowledge, an object of scholarly study and, for those who choose it, a language of everyday communication.The future of Sanskrit may ultimately depend not on how loudly we celebrate its ancient glory, but on how creatively we connect that heritage with modern human life.A language truly comes alive when people stop merely preserving it and start using it.

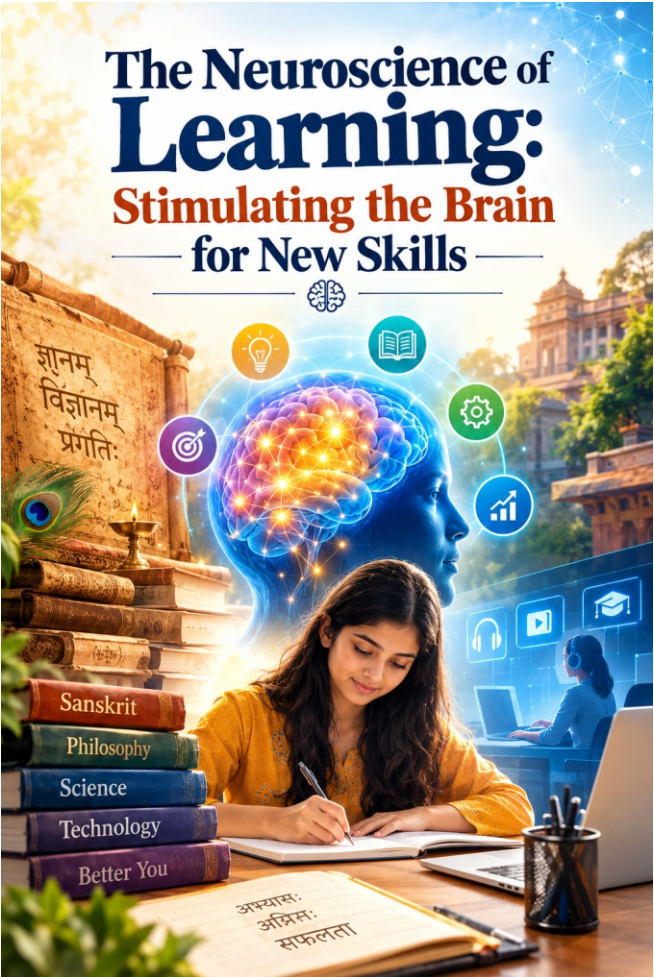
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The Neuroscience of Learning: Stimulating the Brain for New Skills

Parivahan Vishesh News

Written By Dr. Vijay Garg, Parivahan Vishesh Newspaper Daily

Learning a new skill is one of the brain's most remarkable abilities. Whether a person is learning to play a musical instrument, operate a machine, solve complex problems, speak a new language or improve a sporting technique, the brain continuously changes in response to practice and experience. This capacity, known as neuroplasticity, allows neural networks to reorganise and become more efficient.Modern neuroscience is now exploring an intriguing question: Can we stimulate the brain to make skill learning more efficient?Researchers have been studying non-invasive brain-stimulation techniques such as transcranial direct-current stimulation (tDCS) and transcranial magnetic stimulation (TMS). These approaches are designed to influence the activity of particular brain regions without surgery. Research has particularly focused on motor learning and rehabilitation.The Brain Changes When We PractiseLearning is not simply the storage of information. Repeated practice changes the way networks of neurons communicate. Connections between neurons can become stronger or weaker, while brain regions involved in a particular task can become increasingly coordinated.For motor skills, areas including the primary motor cortex, premotor regions, cerebellum and other connected networks participate in learning and refining movements. With practice, actions that initially require conscious attention can gradually become faster, smoother and more automatic.This explains why a beginner may struggle to play a musical sequence or ride a bicycle, while an experienced person can perform the same task almost automatically.Where Brain Stimulation Enters the PicturetDCS uses weak electrical currents delivered through electrodes placed on the scalp. The aim is not to "force" the brain to learn but to alter neuronal excitability in ways that may interact with training-induced plasticity.Studies have investigated stimulation of areas such as the motor cortex and cerebellum while participants practise new motor tasks. A systematic review of studies in healthy adults reported improvements in several measures of motor-skill learning following tDCS, although the researchers also emphasised that the number of studies was limited and sample sizes were often small.Other research has examined brain stimulation alongside more complex cognitive and procedural tasks, suggesting that stimulation may have potential to influence certain forms of learning and performance.From Learning to RehabilitationOne of the most promising areas is rehabilitation. After a stroke or neurological injury, patients may need to relearn movements that were previously automatic. Therapists already use intensive practice to encourage the brain to reorganise.Non-invasive brain stimulation is being investigated as a possible complement to rehabilitation rather than a replacement for therapy. Recent research continues to examine whether combining stimulation with structured physical training can strengthen neuroplastic changes and improve functional recovery.But It Is Not a Shortcut to IntelligenceThe excitement surrounding brain stimulation should be accompanied by scientific caution. Research findings are not uniform. Effects can depend on the brain



region stimulated, stimulation parameters, type of task, timing, individual differences and the amount of training.A major consensus paper on tDCS and motor learning noted considerable variability in reported effects and highlighted the need for better reproducibility and standardisation.Therefore, brain stimulation should not be presented as a magic method for making people instantly smarter or eliminating the need for practice. The brain still has to learn.Practice Remains FundamentalThe most important lesson from neuroscience may actually be quite traditional: repetition matters.Brain stimulation, where scientifically appropriate, may eventually help create conditions in which training becomes more effective. But meaningful skill development still requires attention, feedback, motivation, deliberate practice and time.Technology may influence the brain's readiness to learn, but experience provides the information from which learning occurs.The Future of LearningThe future may bring increasingly personalised approaches in which neuroscience, artificial intelligence, rehabilitation and education work together. Brain activity could potentially be monitored to understand when a learner is struggling, while carefully designed interventions could be used to support particular learning processes.Such possibilities raise important ethical questions as well. Who should have access to cognitive-enhancement technologies? How should safety be assessed? What constitutes appropriate use in schools, workplaces and competitive environments? And how can society prevent exaggerated claims from getting ahead of scientific evidence?The real promise of neuroscience is not to replace human effort but to help us understand it better.The brain is not a fixed machine. It changes with experience, practice and learning. Brain stimulation may one day become another tool for supporting that remarkable capacity—but the foundation remains the same: learn, practise, adapt and keep the brain engaged.

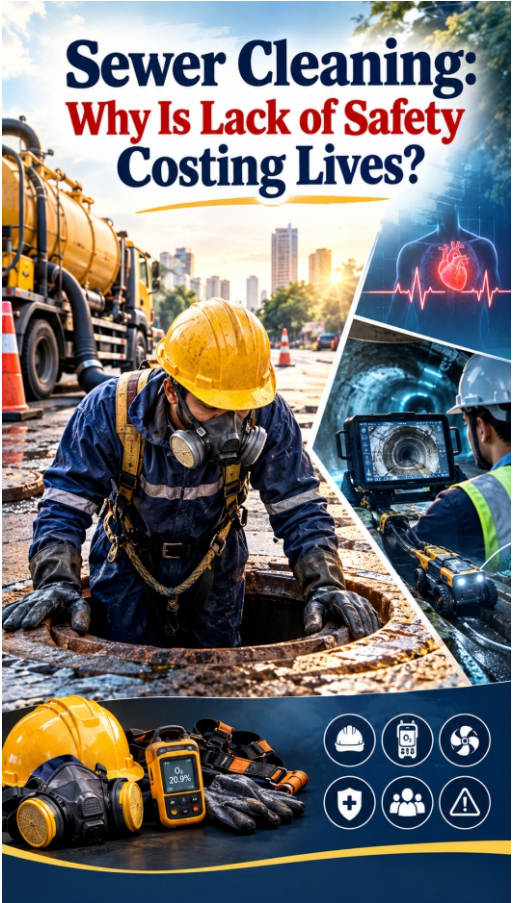
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Sewer Cleaning: Why Is Lack of Safety Costing Lives?

Parivahan Vishesh News

Written By Dr. Vijay Garg, Parivahan Vishesh Newspaper Daily

Sewer cleaning is one of the most essential yet least visible forms of public service. Every day, sanitation workers enter environments that most people never see and perform work that is necessary for cities, towns and villages to function safely. Yet when adequate safety measures are missing, this essential work can become life-threatening. The question is not simply why accidents happen. The deeper question is why workers continue to face serious risks while performing work that society depends upon.A Dangerous Working EnvironmentSewers and manholes can contain toxic gases, contaminated water, sharp objects and other hazards. Some gases may reduce the oxygen available for breathing or cause poisoning. A worker entering such an environment without proper assessment, ventilation, protective equipment and supervision may face severe danger within a very short period.The risks are often invisible. A manhole may look like an ordinary opening in the road, but conditions below the surface can be completely different. The concentration of gases can change, oxygen levels can fall and wastewater can suddenly rise. Therefore, sewer cleaning cannot be treated as ordinary manual labour. It requires trained personnel, appropriate technology, risk assessment and emergency preparedness.When Safety Becomes SecondaryFatal incidents can occur when safety procedures are ignored, equipment is unavailable or workers are pressured to complete a task quickly. In some situations, workers may enter confined spaces without adequate gas detection, respiratory protection, communication systems or rescue arrangements.Another serious problem is the absence of proper supervision. Entering a confined space should never be treated as an individual decision without a safety plan. Before work begins, hazards need to be identified, the atmosphere tested and appropriate precautions established. Most importantly, a rescue plan must exist before anyone enters. A common danger in confined-space accidents is that a second person may enter impulsively to rescue a colleague and become another victim. Rescue should be conducted using trained personnel and suitable equipment.Technology Can Reduce Human ExposureOne of the most important ways to improve safety is to reduce the need for human beings to enter sewers at all.Modern sanitation systems can increasingly use mechanical cleaning machines, suction equipment, robotic devices, cameras and other technologies for inspection and cleaning. These tools cannot eliminate every risk, but they can reduce direct human exposure to hazardous environments. Technology should not be viewed as a threat to sanitation workers. Rather, it should be viewed as a way to transform their jobs from dangerous manual work into safer, skilled technical occupations. A worker operating a machine, monitoring a robotic inspection system or managing a mechanised cleaning operation can perform an important sanitation role without unnecessarily entering a dangerous confined space.Training Is Not OptionalEquipment alone cannot guarantee safety. Workers need regular and practical training. Training should cover confined-space hazards, gas detection, personal protective equipment, communication procedures,



emergency response, first aid and safe use of machinery. Supervisors also need specialised training because they are responsible for ensuring that safety procedures are followed.Training should not be limited to a single orientation session. Skills must be refreshed periodically, especially when equipment, working conditions or procedures change.Protective Equipment Must Be PracticalPersonal protective equipment is important, but it must be appropriate for the actual hazard.Depending on the work involved, workers may require protective clothing, gloves, boots, helmets, eye and face protection, gas-monitoring devices, harnesses and appropriate respiratory protection. However, simply providing equipment is not enough.Workers must know how to use it correctly, equipment must be properly maintained and damaged or expired items must be replaced. Safety equipment that is unavailable, unsuitable or difficult to use cannot provide meaningful protection.The Importance of Gas DetectionOne of the most critical precautions in confined-space work is atmospheric testing.Before entry, the atmosphere should be assessed for oxygen deficiency and hazardous gases. Conditions should also be monitored during the work because the atmosphere can change. A worker should never have to guess whether the air inside a sewer is safe to breathe.Portable gas detectors and other monitoring systems can provide essential information and help prevent workers from entering dangerous conditions. But these devices must be properly maintained, calibrated and used by trained personnel.Emergency Rescue Must Be Planned in AdvanceSafety does not end when an accident occurs. The ability to respond quickly can determine whether an incident becomes fatal.Every high-risk sewer operation should have a clear emergency procedure. Rescue equipment, trained personnel, communication systems and access to medical assistance should be arranged before work begins. The principle should be simple: No entry without a rescue plan.Emergency preparedness also requires regular drills. Workers and supervisors should know what to

do, whom to contact and how to respond without creating additional casualties.Responsibility Is SharedProtecting sanitation workers is not the responsibility of workers alone.Municipal authorities, contractors, employers, engineers, supervisors and government agencies all have responsibilities. Authorities must establish and enforce safety standards. Employers must provide suitable equipment and training. Supervisors must ensure that procedures are followed. Workers must be trained and empowered to refuse unsafe work without fear of losing employment.Contracting arrangements should not allow responsibility for safety to become unclear. When work is outsourced, the duty to protect workers does not disappear.Dignity Must Be Part of SafetySanitation workers perform work that protects public health. Their contribution deserves dignity, respect and fair working conditions.Society often notices sanitation workers only when something goes wrong. Yet clean roads, functioning drainage systems and healthy communities depend partly on their daily labour. A worker should never have to choose between earning a livelihood and protecting their life.Safety is therefore not a luxury or an additional benefit. It is a basic requirement of decent employment.The Role of CitizensCitizens also have a role to play. Waste should not be thrown into drains because plastic, chemicals, construction debris and other materials can block sewer systems and increase risks for workers.Communities should understand that a blocked drain is not merely an inconvenience. Someone eventually has to deal with the blockage.Responsible waste disposal, proper maintenance of drainage systems and public awareness can reduce the hazards faced by sanitation workers.From Manual Entry to Safer SanitationThe long-term goal should be to move toward sanitation systems in which hazardous manual entry is avoided wherever technology and engineering solutions can perform the task.This does not mean eliminating sanitation workers. It means upgrading sanitation work.Workers can be trained as machine operators, equipment technicians, safety assistants, inspectors and sanitation supervisors. Such a transition can create safer employment while improving the efficiency and dignity of the sanitation sector.A Moral Test for SocietyThe true measure of a city's development is not only its roads, buildings, technology or economic growth. It is also how safely the people who maintain that city are able to work. When a sanitation worker enters a sewer, the responsibility does not end at the manhole. It extends to the employer, the authorities, the technology providers and society as a whole.Every preventable death should lead to serious examination of what went wrong and what can be changed.The solution lies in a combination of mechanisation, training, protective equipment, atmospheric monitoring, strong supervision, emergency preparedness, effective enforcement and social respect.Sewer cleaning is necessary work. It should never have to become a death sentence.A clean city should not be built on unsafe labour. Those who protect public health by keeping our surroundings clean deserve the same protection that society expects them to provide to others.

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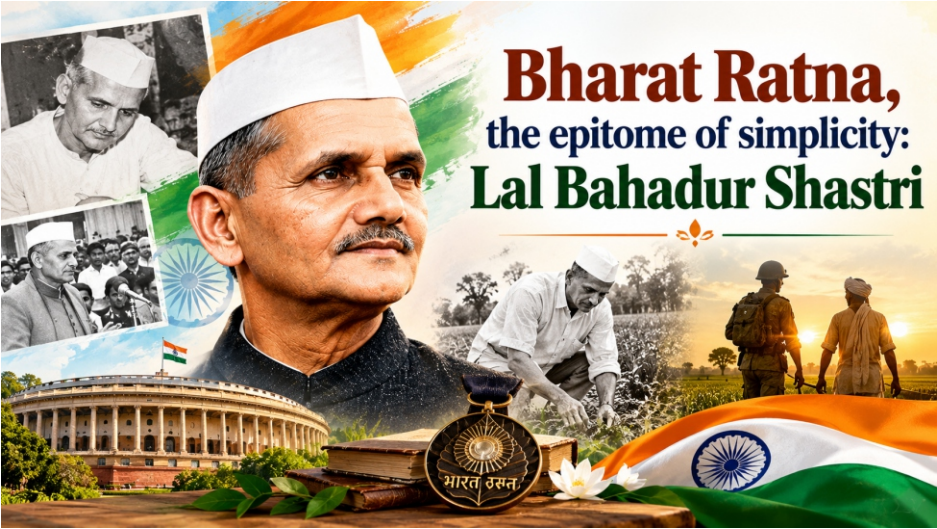
Bharat Ratna, the epitome of simplicity: Lal Bahadur Shastri

Parivahan Vishesh News

(October 2, Lal Bahadur Shastri's birth anniversary)

Chetan Chauhan

There are very few people in the world who think not only about themselves but also about others. They consider the suffering of others as their own. Such a seemingly ordinary person was Shri Lal Bahadur Shastri, the second Prime Minister of independent India. The wisdom and foresight he displayed in taking charge of the country is historic. His personality was very simple, but when it came to the country, he was a very strong man. Lal Bahadur Shastri was born on October 2, 1904, to Munshi Sharda Prasad Srivastava in Mughalsarai, Uttar Pradesh. Shastri's father was a primary school teacher and later took up a job as a clerk in the Revenue Department. Lal Bahadur Shastri's mother's name was Ramdulari. Shastri's mother was a simple woman, filled with truthfulness, self-respect, and patriotism. Shastri's childhood name was Nanhe. He faced many hardships during his childhood. Unfortunately, his father passed away when he was only eighteen months old. A



mountain of troubles fell upon his family. But Shastriji's mother was so self-respecting that she refused to beg anyone and took Shastriji to her father's home. Nana Hazari Prasad pampered Shastriji, but perhaps fate hadn't approved of this either. Shastriji had barely learned to walk when his grandfather passed away. Shastriji's future

once again stood at a crossroads. Shastriji's mother didn't give up and sent him to his maternal uncle's house in Banaras. But happiness wasn't in store for him there either. He needed shelter to complete his studies. To do this, he had to do various menial tasks at his maternal uncle's house, such as sweeping, washing clothes, and so

on. Shastriji's mother taught him, "If you want to succeed in life, never give up." This teaching from her mother taught Shastriji to overcome even the most adverse circumstances. After his primary education, Shastriji received the rest of his education at Harishchandra High School and Kashi Vidyapeeth. Upon receiving the title of Shastri from Koni Vidyapeeth, the enlightened boy removed the caste-indicative word "Srivastava" from his birth forever and added Shastri to his name. The word 'Shastri' became synonymous with the name 'Lal Bahadur'. Shastri ji received the degree of Post Graduate Shastri (scholar of scriptures) from Kashi Vidyapeeth. After post graduation, he returned to politics as a follower of Gandhi, went to jail several times. In 1937 and 1946, Shastri was elected to the provincial legislature. He married Lalita, daughter of Ganesh Prasad, in 1928. With Lalita, he had six children: four sons—Harikrishna, Anil, Sunil, and Ashok—and two daughters—Kusum and Suman. After moving to Allahabad in 1929, he worked with Shri Tandanji as the secretary of the Allahabad unit of the Bharat Sevak Sangh. It was there that he met Nehru. He was subsequently appointed Home Minister in Nehru's cabinet, a position he held until 1951. He was appointed to the influential position of Home Minister in 1961.

Three years later, when Jawaharlal Nehru fell ill, Shastri was appointed Minister without Portfolio. After Nehru's death, he became the second Prime Minister of India in June 1964. Shastri always considered the Prime Ministership an opportunity to serve the country. As the situation in the country worsened, there was a shortage of food grains. He started farming by ploughing the land behind his residence himself. In his message to the nation, he said that as much as it is important to be self-reliant in protecting our independence and the security of the country, it is equally important to be self-reliant in the matter of food grains. It was Shastriji who gave the message of 'Jai Jawan, Jai Kisan' to the entire nation. Shastriji brought Gandhiji's life values into his life and filled the countrymen with the confidence that even an ordinary man can touch extraordinary heights on the strength of his honesty, hard work and dedication. Shastriji passed away on January 11, 1966. He is still remembered with reverence throughout India for his simplicity, patriotism, honesty, and towering personality. He was awarded the Bharat Ratna in 1966.

Chetan Chauhan

RPF conducts intensive bomb detection operation with dog squad during Pitru Paksha Mela

Parivahan Vishesh News

Gaya Railway Station platforms, waiting rooms, and entry-exit gates, including sensitive areas, were inspected.

Gaya. The Railway Protection Force (RPF) is fully alert to ensure the safety of pilgrims and passengers visiting Gaya Railway Station during the Pitru Paksha Mela 2026. In this regard, on Wednesday, a team from RPF Post Gaya, in collaboration with the 47th Battalion CRPF Dog Squad, conducted an intensive bomb and explosive detection operation within the railway station premises. During the operation, the dog squad thoroughly searched various platforms, passenger waiting rooms, entry and exit gates, circulating areas, passenger movement areas, and other sensitive areas at Gaya Railway Station. Unclaimed luggage and suspicious items were

also thoroughly checked. No suspicious items or explosives were recovered during the inspection. Following the inspection, the situation at the station premises was found to be normal. RPF officials stated that security arrangements are being continuously monitored to ensure a safe environment for pilgrims and passengers during the Pitru Paksha Mela. During the dog squad investigation campaign, Assistant Security Commissioner Sanjay Kumar Singh, Inspector in-charge Banarasi



Yadav, Inspector Pankaj Yadav, Inspector Chandan Kumar, GRP Police Station Head Shivkumar along with other RPF officers and jawans were present.

Saryu Sarovar's face changed, 47th Battalion CRPF personnel took charge of cleanliness drive



Parivahan Vishesh News

Saryu Sarovar's face changed, 47th Battalion CRPF personnel took charge of cleanliness drive

Gayaji: On Thursday, the 47th Battalion

Central Reserve Police Force (CRPF) headquarters organized a cleanliness drive around the Saryu Sarovar, located behind the Central Jail. The drive was conducted under the supervision of Commandant Awadhesh Kumar. During the drive, CRPF personnel cleaned the area by removing the garbage and filth accumulated around the Sarovar. On this occasion, Commandant Awadhesh

Kumar said that maintaining a clean and beautiful environment is a collective responsibility. Regular cleaning of public places not only keeps the environment clean but also has a positive impact on people's health. He appealed to local residents to maintain cleanliness and

spread awareness among others. A large number of CRPF personnel, including Second Command Officer KK Singh, Second Command Officer Anil Kumar Singh, Deputy Commandant Pankaj Kumar, Subedar Major Satyendra Singh, participated in the cleanliness drive. Local people also actively participated in the drive. Local people who were taking a walk around the lake also joined the soldiers in the cleanliness drive. The local people were very enthusiastic about the drive. People said that garbage often accumulated around the Saryu lake, due to which one had to face a foul smell while walking. The CRPF personnel have done a commendable and virtuous work by carrying out the cleanliness drive and removing the garbage around the lake. Local people appreciated this effort of the CRPF and said that such drives should be conducted regularly.

Under the guidance of Meenakshi Chaudhary, trainees learned skills and were raised awareness about cleanliness.



Parivahan Vishesh News

Punjab Ludhiana/Rajesh Saluja:

Various activities were organized from September 14th to October 2nd as part of the "Swachhata Hi Seva" campaign, run by the Ministry of Skill Development and Entrepreneurship, Government of India. During the campaign, trainees were taught various skills and were also raised awareness about cleanliness and social responsibility.

Under the guidance of instructors Mamta Farley and Meenakshi Chaudhary, trainees cleaned the road and spread the message of cleanliness by removing garbage scattered around.

A competition was also held for the disabled. By participating in the cleaning themselves, the trainees also inspired people to maintain a clean environment around them.

On behalf of NCSC, Gopal Krishna, Dheeraj Sachdev, Mukesh Kumar, Kulbir Kaur (ANM), Vivek, Gurpreet, Himanshu, Abhishek, Garima, Siya Jain, Pritpal, Harpreet, and Sanju enthusiastically participated in this campaign. During the campaign, children were taught practical skills, along with the importance of cleanliness, discipline, dignity of labor, and social responsibility.

Meenakshi Chaudhary stated that "Cleanliness is Service" is not just a campaign, but the responsibility of every citizen. She emphasized that it is important to develop a sense of social responsibility in children along with skill development. If everyone resolves to keep their home, workplace, and surroundings clean, a clean and healthy society can be built.

She urged the trainees to practice cleanliness themselves and raise awareness about it. By cleaning the road, the trainees conveyed the message that cleanliness is not the responsibility of any one individual or department, but of the entire society.

The trainees displayed exceptional enthusiasm during the campaign. These activities, which combined the learning of skills with the message of cleanliness, connected the training with social concerns.

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Pinki Kundu

Today's Cybersecurity Thought
The Telecom Regulatory Authority of India (TRAI) issued its new spam call rules on 30 September 2026.

Parivahan Vishesh News

This was notified through the Third Amendment to the Telecom Commercial Communications Customer Preference Regulations, 2026, which introduced stricter penalties including 15-day suspension of outgoing services for the first violation and one-year disconnection with blacklisting for repeat violations.

TRAI has introduced strict new rules against spam calls: for the first violation, outgoing services of the offender will be suspended for 15 days and repeat violations can lead to disconnection of all telecom resources for one year along with blacklisting across operators. Key Highlights of TRAI's New Spam Call Rules (2026)• First Violation: Outgoing services on all telecom resources linked to the offender will be barred for 15 days. • Repeat Violations: All telecom resources (SIMs, PRI/SIP trunks, etc.) will be disconnected for one year, and the entity will be blacklisted across operators. • Complaint Threshold: Action can be triggered when five or more complaints are received within 10 days, or when AI-based systems flag suspicious activity. • AI-Based Detection: Telecom operators must use AI/ML systems to identify suspected spammers, even without consumer complaints. • KYC Reverification: Operators must reverify the Know Your Customer (KYC) details of flagged senders and share information

across networks. • New Number Series: TRAI has introduced the 1601 series for service and transactional calls, helping distinguish genuine service calls from spam. • Consumer Complaints: Users can still report spam via 1909, the TRAI DND app, or operator complaint facilities. Enforcement Mechanism • Detection: Calls flagged as “suspected spam” by AI systems must be reported to the originating operator within 2 hours. • Verification: The originating operator must identify the sender’s KYC within 1 business day and share details with other operators. • Network-Wide Action: If five or more numbers linked to the sender are flagged within 10 days, all operators must take coordinated action. Implications for Consumers & Businesses • Consumers: Easier to block spam; faster enforcement through AI and complaint systems. • Businesses: Must ensure compliance; misuse of telecom resources can lead to long-term disconnection and blacklisting. • Apps like Truecaller: Cannot block/filter calls from designated government or service number series (e.g., 1600/1601). TRAI’s Third Amendment to the Telecom Commercial Communications Customer Preference Regulations, 2026 marks a decisive shift to technology-driven enforcement. By combining AI detection, stricter penalties, and coordinated operator action, the regulator aims to significantly reduce spam calls and protect consumers from unwanted commercial communication.

UP ISCON 2026 to be held at BHU from October 2-4, ECMO certification course to be held for the first time

(Santosh Kumar Singh)

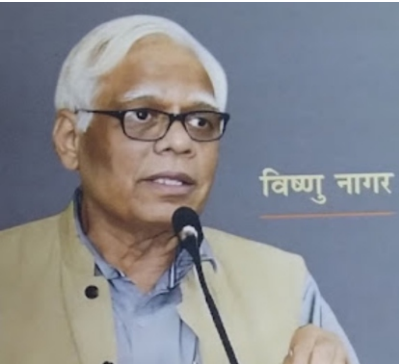
Varanasi: The Uttar Pradesh Indian Society of Anaesthesiologists Conference (UP ISCON 2026) will be held from October 2-4, 2026, at the K.N. Udupa Auditorium of Banaras Hindu University (BHU) in Varanasi. The conference is being organized by the Department of Anaesthesiology at the Institute of Medical Sciences (IMS), BHU, in collaboration with the ISA City Branch, Varanasi. This three-day academic conference will bring together anesthesiologists, critical care specialists, medical professionals, and delegates from across the country. Over 500 delegates are expected to attend. The core committee of the conference is led by Dr. A.P. Singh, Organizing Chairman and Head of the Department of Anaesthesiology at IMS-BHU. Dr. Chhavi Singh is the co-chair, Dr. Nilesh Srivastava is the organizing secretary, and Dr. Rajesh Meena, scientific secretary and DMS-Trauma Center, is the scientific secretary. The conference will be formally inaugurated on October 3, 2026, by Prof. Ajit Kumar Chaturvedi, Vice Chancellor of Banaras Hindu University. ISA President Dr. Naveen Malhotra will be present as the guest of honor at the inaugural ceremony. Prof. S.N. Sankhwar, Director of IMS-BHU, Prof. Sanjay Gupta, Dean of the Faculty of Medicine, and Dr. Rajiv Gupta, Secretary of the ISA, will also play key roles. Eminent anesthesiologists from



various parts of the country will participate in the conference as invited speakers and faculty members. Lectures, interactive academic sessions, panel discussions, and hands-on training will discuss innovative technologies and approaches related to anesthesia, critical care, perioperative medicine, patient safety, and modern patient care. A key highlight of the conference will be five practical workshops on October 2nd, including airway management, POCUS, ECMO, mechanical ventilation, and a regional workshop. These workshops will provide participants with practical and skill-based training in advanced areas of anesthesia and critical care. Another important highlight of UP ISKCON 2026 is the ECMO Certification Course, being held for the first time at BHU. This course will provide healthcare professionals with the opportunity to gain structured training and

experience in the advanced life-support system (ECMO) and its role in the management of critically ill patients. According to the organizers, the conference will provide an important platform for educational exchange, professional development, skill enhancement, and collaboration among anesthesiologists and other healthcare professionals. The conference will promote the dissemination of modern medical knowledge and techniques, ultimately aiming to enhance better patient care. The organizing team of the Department of Anaesthesiology, IMS-BHU and ISA City Branch, Varanasi welcome all the delegates, faculty members and participants to this prestigious academic event. The primary objective of the conference is to enhance knowledge, enhance skills and improve patient care.

Political Satire Conference - Killer Secrets



Parivahan Vishesh News

Vishnu Nagar, Independent Journalist and Writer

There is a species found throughout the world that has committed the most heinous crimes against humanity, yet none of its members has ever been ashamed. They committed massacres, gang rapes, thefts, robberies, frauds, built castles

of lies, extended a hand of friendship to Epstein and danced to its tunes, mauled and killed people with the weapon of hatred, created huge mountains of lies, staged fake encounters, and committed many other despicable acts, yet no attempt to shame them ever succeeded, because for them, this was patriotism, this was the virtuous act of protecting the religion. Netanyahu, the murderer of over 70,000 Palestinians, cannot be shamed. He gunned down starving children, women, and elderly people while they were waiting in line for food. The hunters were already prepared. The hungry will come, and we will kill them. We will permanently cure their hunger, thirst, and dreams. We will destroy them. The man who has not hesitated to kill patients seeking treatment in hospitals, who has been charged with corruption, fraud, and treason, who has been declared a war criminal, and against whom an arrest warrant

is pending, was last Thursday at the United Nations General Assembly in New York, calling the delegates from 77 countries "morally cowards" who refused to listen to his speech and walked out in protest. They were protesting the massacre he had unleashed in Gaza. He could not tolerate this. He was mistaking New York for Tel Aviv. That grumpy man told them to die of shame. He even told New York Mayor Zohran Mamdani, in his own city, "Why don't you drown yourself too?" The killers have become so self-confident. They have started preaching about religion and morality. They've started mocking those who oppose the killings. You can be sure that even after he's no longer Prime Minister, he'll live a wonderful life. He'll eat, drink, dance, and jump around. Modi must have taught him, so he'll even practice yoga. Just look at our own country: murderers don't easily fall ill. Suppose he falls ill, even in a

near-death state, he'll still receive the best treatment in the world and rise again. He too will have the year 2047 to fool the public, when he'll make Israel a world leader! All murderers, no matter where they are, know that not all murderers face the same fate as Hitler and Mussolini. Not all bodies suffer the same fate as Mussolini's. Most murderers die comfortably in bed, under the supervision of a doctor. After death, they are buried or cremated, like any other human being, according to their religion. They are confident that if they ever meet their end (they are confident that this will never happen), it will be glorious. Leaders from all over the world will pay them heartfelt tributes. If there were another world like this one, where settlements are settled after death, they would manage everything there too and enjoy themselves. Maybe there would be Palestinians and Gaza, and they would have a golden opportunity to wreak havoc! Hitler and Mussolini had many who shamed them, but no one could

shame them while they were alive. George W. Bush, the destroyer of Iraq—who, based on the lie of Iraq possessing weapons of mass destruction, not only killed its ruler Saddam Hussein but also destroyed the entire Iraq—is today living a life of peace and tranquility at the age of eighty. He has hardly felt any guilt. He has rarely had a disturbed sleep! Maybe he'll be perfectly healthy and live even longer than his father, George H.W. Bush, who died at the age of 94! And here, people think that Chief Election Commissioner Gyanesh Kumar and his two bosses must have been embarrassed and alarmed by the revelations about the Election Commission published in the Indian Express. Absolutely not. Maybe they slept better than they had on other days. Maybe the three of them met somewhere that evening, one holding a single malt whiskey and the other two holding glasses of cow urine, and all three of them clinking glasses and laughing, "They'll make us resign, they'll send us to jail, you idiots!" Maybe Gyanesh ji chirped that evening,

"These newspaper people must be thinking we'd be dead from shame by now, melting from ice to water." Then all three of them must have laughed uproariously. That evening, Gyanesh Ji must have had four pegs instead of two, and the last one was cow urine. Afterward, he must have thrown away the whiskey bottle and vowed to consume cow urine from then on. Cow urine has the same quality as single malt! By the way, when the purpose of life is to protect Hindutva, or Sanatan, then no danger seems threatening! It's been said that everything is forgivable in love and war, and what Gyanesh Ji has done is both love and war for him! The difference is that the work Bajrang Dal goons do on the streets wearing saffron turbans can be done even better wearing a suit, tie, and glasses. Gyanesh Kumar Ji has proven this. By removing people's names from the voter list without stabbing them in the neck, he has been able to remove them from the voter list.

Hindi Fortnight Closing Ceremony at All India Radio, Hisar Concludes with Grand Celebrations



Parivahan Vishesh News

Report by Rajesh Saluja, Transport Specialist, Hisar, Haryana

The closing ceremony of the All India Radio, Hisar, Hindi Fortnight was held in a solemn atmosphere. Dr. Mahendra Singh, Head of the History Department

at Dayanand College, Hisar, attended the event as the chief guest.

Addressing the ceremony, Chief Guest Dr. Mahendra Singh said that there is no need to hate other languages to promote the Hindi language. He stressed that along with learning other languages, we should also give Hindi its due respect and attention.

Agya Ram Pandey, Head of the Department of Journalism and Mass Communication at Guru Jambheshwar University of Science and Technology, who was present as the special guest at the event, advocated for the increased use of Hindi in offices. He said that Hindi is a very easy, simple, and

practical language, which can be easily understood and adopted.

During the 15-day Hindi Fortnight celebration, various competitions were organized on the All India Radio campus. These included a drawing competition for children and a special Hindi program production competition for announcers and announcers. The winners of all these competitions were honored with prizes at the closing ceremony.

AIR Hisar's Center President Pawan Kumar and Engineering Chief Sunita Rani, along with other office officials and employees—Ratan Singh, Senior Technician Krishna Kumar Duhan, Satbir Singh, Subhash Chandra, Vinod Kumar, and Amar Singh—were specially present on this occasion. At the end of the program, all officials and employees pledged to use the Hindi language as much as possible in their daily routines.

The devotee is no longer a devotee, but the lamp of blessing could not be lit!



Parivahan Vishesh News

Rajendra Sharma, satirist, senior journalist, and editor of Lokalkhar

The elders have rightly said: "A pot worth two rupees was lost, but the dog's breed was identified." The Indian public was

what it was, but the people of India turned out to be very sly. After all, what did Modiji demand for twenty-five years of service that this ungrateful public didn't give? He only asked for one lamp—a lamp of blessings; but even that was denied by this public. If not twenty-five years of service, they should have at least considered his seventy-six years of age. If not even that, they should have at least considered that all the ministers, guards, wealth builders, film stars, and top officials were not only lighting the lamp of blessing themselves, but also coaxing others to do so. Dozens of chief ministers were engaging entire governments in everything from lighting lamps to conducting havans. They were lighting lamps and blowing oil in lakhs and crores.

If it felt like a herd mentality, then so be it, at least one lamp had to be lit. A lamp and wick cost barely five rupees, and five rupees for oil. The total expense was ten rupees. Just about what one spits out after eating paan or blowing out in the smoke after smoking a cigarette. Maybe even less. Probably about the cost of every UPI transaction. But they wanted to be fools. They didn't light the lamp. Everyone else passed the test for the blessing lamp, but only one wretched person failed. And not just any failure, but very badly. Some are even saying that the test showed an egg, an egg. In the pride of being in the public eye, the girl didn't even turn up for the public test. Millions of lamps were lit in tribute to the government's blessings, and many lamps must have been lit in tribute to the wealthy, but lamps were simply not seen in tribute to the public's blessings—neither in cities, villages, markets, neighborhoods, nor even in the societies of the wealthy. And what's more, not even in palaces.

And this is when the public didn't have the excuse of at least being so foolish that they couldn't understand what to do and how? Weren't they trained for this very day, from clapping and banging plates to lighting lamps and torches? Granted, it was during the time of the coronavirus pandemic, but the practice was still about banging plates and utensils and

lighting lamps. All that was needed was to light one lamp. Now, no one will accept the excuse that everyone forgot. The coronavirus pandemic isn't so old that people would have forgotten what they learned then. Modi didn't forget to provide free five kilograms of ration a month to 80 crore people even after so many years of COVID-19. So how could the public forget to light a lamp of blessings in return? Is this believable?

And the extreme is that if he didn't light the lamp of blessings, he didn't, and on top of that, he's adding insult to injury by making various excuses. They say Modi has two birth dates, two years apart. That's all fine and well, but first, let's decide whether he was actually born or not. During the 2024 elections, Modi himself stated that he had previously been under the illusion that he was born like everyone else, but after ten years as Prime Minister, he became convinced that he was not born, but was incarnated. Why did he flip from incarnation to birth in just two and a half years? But these are all false arguments spread by mindless Naxalites. Do they think Modi will give up his claim of being an incarnation for birthday blessings? In Hindu tradition, there is no contradiction between birth and incarnation; these are all the creations of foreign minds. Whether it's Ram, Krishna, or Shiva, the birthdays of all our gods are celebrated, and all of them are incarnations. Then, why can't Modi be both an incarnation and a birthday bearer at the same time?

Another excuse is that we are currently grieving. How can we celebrate a birthday? Millions are reeling under floods in Bihar, struggling to find food. In Madhya Pradesh, two and a half dozen tribal children have died of starvation, while dozens have died after consuming toxic liquor. Furthermore, just ten days ago, seven Delhi University students were buried under a PG residence building in Satya Niketan, the capital of Delhi. We are mourning. How can we celebrate a birthday? Our homes are dark, how can we light a lamp at the door? But has Modi ever stopped anyone from mourning? We have the entire year to mourn, so celebrate to your heart's content. He's just asked for one day of celebration. Modiji isn't asking for a single day of celebration for himself, he's asking for it for the country. If he doesn't celebrate even for a single day, Indians will forget how to be happy. Didn't you see how India has slipped to 116th place in the latest World Happiness Report, 12 places below Pakistan? Only someone anti-India would still object to even a single day of celebration. Indians deserve at least one day of happiness!

And another excuse is that whether it's the seventy-sixth or seventy-seventh, Modiji's birthday should be a private celebration. Why should Modi party governments celebrate birthdays?

Voluntary blood donation camp held at IMS-BHU Trauma Center; employees gave a message of service to humanity by donating 30 units of blood.

Parivahan Vishesh News

(Santosh Kumar Singh)

Varanasi: A voluntary blood donation camp was organized on Thursday, October 1, 2026, at the Trauma Center, located at the Institute of Medical Sciences, Banaras Hindu University (IMS-BHU). The camp was held from 10:00 AM to 4:00 PM, and a total of 30 units of blood were voluntarily donated. The Trauma Center's nursing officers and paramedical staff, along with the institute's employees, enthusiastically participated in the camp and contributed to this humanitarian and social initiative. By voluntarily donating blood, donors played a vital role in ensuring the treatment of needy patients and the availability of blood in emergency situations.

Present on this occasion were Professor S.N. Shankhwar, Director of the Institute of Medical Sciences, Professor Sanjay Gupta, Dean Academic, Professor Sanjay Gupta, Professor Rajesh Meena, Acting Professor in Charge of the Trauma Center, Professor Ajit Parihar, Deputy Chief Proctor, Dr.



Kavita Meena, Senior Assistant Registrar Shardul Choubey, and Dr. Manish Nigam, Blood Bank Incharge. The officials and guests present encouraged the blood donors and praised their commendable and exemplary contribution.

The officials stated that blood donation is a great humanitarian service that plays a vital role in providing timely, life-saving blood to critically ill

patients, accident victims, and those undergoing emergency treatment. Adequate availability of blood in a high-level emergency medical center like the Trauma Center is crucial for the treatment of critical patients. They emphasized that blood donation by a healthy individual can be lifesaving for someone in need. The public was also urged to regularly donate blood voluntarily, and gratitude was expressed to all blood donors.

ASDC's youth performed brilliantly at WorldSkills Shanghai, winning five Medallions of Excellence



Parivahan Vishesh News

Sunil Bajpai

New Delhi A major achievement has come for India's automotive skill sector. At the 48th WorldSkills competition held in Shanghai, China, the youth trained in collaboration with the Automotive Skills Development Council (ASDC) won five Medallions of Excellence. Participants from ASDC

demonstrated their proficiency in modern and important skills such as additive manufacturing, car painting, automobile technology, Industry 4.0 and robotic systems integration. India finished in the top-10 for the first time in the competition with a total of six silver medals and 20 Medallions of Excellence. More than 1,400 youth participants from around 70 countries took part in the six-day competition held from 22nd to 27th September. India's largest ever team of 70 members participated in 63 skills.

Medallion of Excellence recipients include Pawan Bhadravati Suresha in Additive Manufacturing, Kaif Khan in

Car Painting, Mohammad Siraj in Automobile Technology, Mallinath and Suhan Mascarenhas in Industry 4.0 and Abhishek Somanna Ssignalli and Vinay Mutiah Hiremth in Robot Systems Integration.

ASDC Chairperson Vinkesh Gulati said that this achievement reflects the talent of Indian youth and commitment to skill training as per global standards. At the same time, ASDC CEO Prasanna Pahre said that performance in future skills like Industry 4.0, robotics and additive manufacturing has proven the effectiveness of industry-based training and intensive mentoring. The preparation of the participants was supported by many institutions including Maruti Suzuki, Toyota Kirloskar Motor, Mahindra & Mahindra, FANUC India, Axalta, Festo India, SHINING 3D, Autodesk, NAMTECH, iACE and NTTF.

The Deputy Commissioner held a meeting to select examination centers for the Annual Secondary and Intermediate Examinations, 2026-27.



Parivahan Vishesh News

Khunti: A meeting of the Selection Committee for the selection of examination centers for the Annual Secondary and Intermediate (Arts, Science, and Commerce) Examinations,

2026-27, was held on Thursday in the Collectorate office room under the chairmanship of Deputy Commissioner Mohammad Javed Hussain. During the meeting, the Deputy Commissioner discussed with the committee

district was presented. The committee also reviewed the list of examination centers from the previous year. The Deputy Commissioner inquired about the arrangements at

members the examination centers, including CCTV, toilets, selection of drinking water, benches and desks, and provided examination necessary instructions. A total of 26 examination centers have been proposed in the district for the Annual Secondary Examination, 2026-27, with an estimated attendance of approximately 5,979 students. A total of 14 examination centers are proposed for the Intermediate Examination 2026-27, which will accommodate approximately 4,368 students. Instructions were given to send this proposal to the department.