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02 SHAHNAZ HUSAIN INTERVIEW

06 JEE Advanced 2026 Witnesses Highest Women (Including SC/ST) Candidate Success Rate in Six Years

08 War Cry of Social Counter-Revolution

All these actions by the Transport Department are not just corruption; they are against Articles 21, 14, 19(1)(d) and the Supreme Court decision in Mukesh vs. State (Nirbhaya) 2017.

Parivahan Vishesh News

6-point letter to the Principal Secretary, Transport: Fraudulent fitness, registration, and permit verification by showing four-wheelers as three-wheelers - this is not just corruption, it's a direct attack on women's safety and road safety!

Registration of sleeper buses without the Commissioner's consent, names differ in Aadhaar and police verification, yet registration is still granted - Editor-in-Chief Sanjay Kumar Bathla sought an immediate meeting with evidence

Presented by: Sanjay Kumar Bathla, Editor-in-Chief, Parivahan Vishesh

Introduction: Editor-in-Chief Sanjay Kumar Bathla today emailed Principal Secretary, Transport, Delhi and Commissioner, Transport Department, Ms. Niharika Rai, IAS, drawing attention to six very important issues. An urgent meeting was requested. This letter is not just a matter of corruption, but a serious issue involving Article 21 of the Constitution - Right to Life and Personal Security and Women's Safety.

Key Facts - 6-Point Demand:

1. 4-Wheeler Fitness Certificate: Under Rule 62 of the CMVR 1989, fitness certificates are issued according to the vehicle category. Granting fitness to a 4-wheeler goods/passenger vehicle as a 3-wheeler auto is a direct violation of Sections 56 and 59 of the MV Act 1988.

2. 4-Wheeler Registration: Under CMVR Rule 47 and MV Act Section 41, the vehicle category, engine, chassis, and wheelbase are unchanged. Registration by changing the category is forged documents, fraud, and conspiracy.

3. 4-Wheeler Permit: Permits are issued according to the vehicle category as per Sections 72, 74 of the MV Act and the Delhi Permit Rules. Issuing permits in the wrong category - legitimizing illegal operations.

4. Names different in Aadhaar and police verification, yet registration: The Aadhaar Act 2016, Criminal Verification Guidelines, and the Justice Usha Mehra Commission Report (22 Feb 2013 - after the Nirbhaya Case) clearly state that verification of public transport vehicle drivers/owners is mandatory. Registration even if the names are different - compromises national security and women's safety.

5. Registration of sleeper buses without Commissioner's consent: According to MoRTH Gazette Notification GSR 1396(E) dt 27.12.2017 & AIS-119 and Delhi High Court Order in W.P.(C) 8794/2017 - Association of Sleeper Bus Operators, model approval, body approval, and special consent of the Commissioner are mandatory for sleeper buses. Registration without consent - a violation of the Hon'ble Court's order.

6. Road Safety and Women Safety: MoRTH Notification GSR 1095(E) dt 28.11.2016 - VLT with GPS, Panic Button mandatory in all public vehicles.

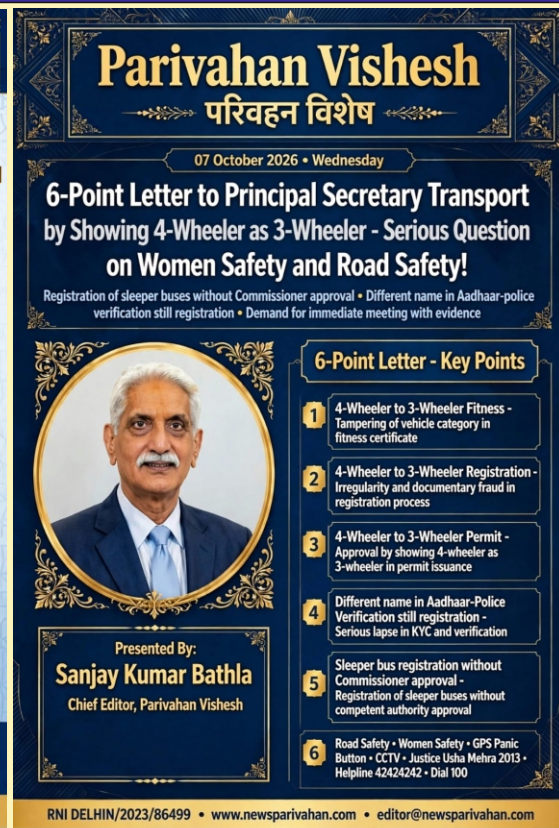
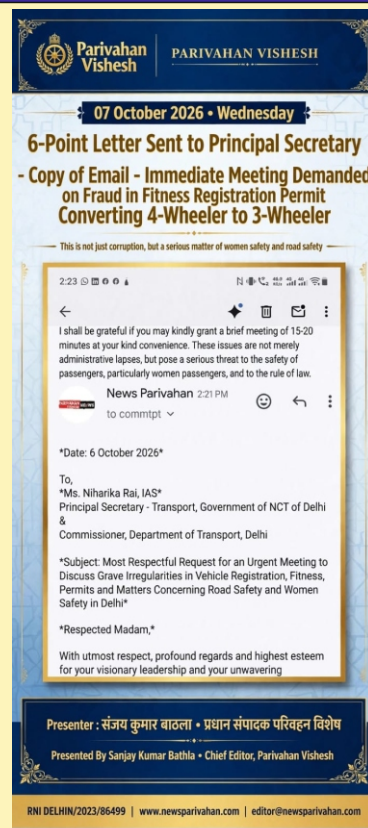
Justice Usha Mehra Commission Recommendations 42, 43, 44 - CCTV, GPS, Control Room, Women Helpline 42424242 integrated with Dial 100 and Transport Control Room. Non-compliance of this - Violation of Articles 14, 19(1)(d) and 21 of the Constitution.

Constitutional and Judicial Basis:

- **Article 21:** Safe travel is a fundamental right of every citizen
- **Justice Usha Mehra Commission 2013:** GPS, CCTV, and women's safety helplines in every public vehicle
- **Supreme Court in Mukesh & Ors vs State (Nirbhaya) 2017:** Transport Department's responsibility for women's safety
- **MoRTH SOP 2020:** Officials' personal responsibility for irregularities in fitness and registration

Conclusion: These six points are not just a lapse in the file, but a concerted systemic failure that is directly endangering the lives of millions of women and commuters in Delhi. The demand for a meeting with the Principal Secretary is to prove with evidence that this is a combined crime of corruption, women's safety, and road safety.

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Bribery - A Problem or a Societally Accepted Habit

Parivahan Vishesh News

Why have we made honesty a problem?

A fiery poem analysis striking at the roots of corruption from the pen of Editor-in-Chief Sanjay Kumar Bathla

Poet Kishan Sanmukhdas Bhavanani, Gondia, Maharashtra

Introduction: We often blame the system for corruption, but have we ever asked ourselves if bribery has become a habit? This poem by poet Kishan Sanmukhdas Bhavanani, Gondia, Maharashtra, presented by the Editor-in-Chief of Parivahan Vishesh Newspaper, highlights this introspection.

Original Poem: Why have we made honesty a problem?

We have made the path to corruption a convenience.

We continue to move forward in the desire to get things done without going through the hassle. Then we ask why corruption continues to grow in society.

> The bribe-giver says, "My work will be done quickly." > The bribe-taker thinks, "This will also run my household." > A small agreement between the two becomes a major illness.

A bribe taken from the pocket shakes the very foundation of the system. Even if the law becomes strict, when our thinking doesn't change.

When public awareness, which is supposed to stop corrupt hands, doesn't work.

We mortgage our integrity in exchange

for convenience.

We blame the system on the high walls of mirror. It applies to every office in the corruption.

The day we refuse to pay bribes to get things done,

The day we choose the right path over the convenience of the wrong path,

That day, not only will the law prevail,

This poem is not an accusation, but a Transport Department, from the fraudulent practices in fitness, registration, and permits. Change will begin not with laws, but with thinking.
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Editorial Conclusion:

but public power will also show its effect.

A small step of honesty will bring about a big change.

Corruption is not only the story of the law, it is also the story of society.

Hidden behind every bribe is our compulsion or arbitrariness.

Change will come only when we question ourselves.

If the work is right, why the bribe? And we will answer honestly.

Facts and Analysis:

Key Point 1 - The Mentality of Convenience: We want work done without lines and hassles, and this haste creates a market for bribes.

Key Point 2 - The Crime of Double Consent: According to Sections 7, 7A, and 8 of the Prevention of Corruption Act 1988 (amended 2018), both the giver and the taker are guilty.

Key Point 3 - Lack of Public Awareness: Strict laws alone will not improve the system; unless citizens cultivate honesty, the system will not improve.

Key Point 4 - Solution - Self-Question: "If the work is right, why the bribe?" If every citizen asks this one question, the wall of corruption will crumble.

Temple of Liberalization and Welfare Allied Trust Registered

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Pinki Kundu

Today's Cybersecurity Thought

Join SEBI's initiative to curb investment fraud. Whole India will understand investing and learn the right way!



Parivahan Vishesh News

SEBI presents: "Samajh Se Investing Simple"

Warning: Stop losing huge amounts of money in investment frauds.

Use SEBI SaaRthi App (for authentic guidance and tools) Citizens must be empowered with the right knowledge so that every investment decision is based on verification, awareness, and trust rather than misleading promises.

Key Messages

- Knowledge is the foundation of safe investing.
- High Returns = High Risk. Verify before you invest.
- Use only SEBI-registered platforms and trusted financial channels.

Initiative Highlights

- Samajh Se Investing Simple is SEBI's flagship investor awareness program.
- It simplifies complex financial concepts into easy-to-understand guidance.
- Citizens are encouraged to check SEBI's verified resources before making any investment.

Why This Matters

- India has seen rising cases of investment fraud, fake trading apps, and Ponzi schemes.
- Lack of awareness leads to huge financial losses, especially among professionals and senior citizens.
- SEBI's initiative promotes a culture of verification, vigilance, and reporting.

Practical Safeguards for Investors

1. STOP – Pause before clicking unknown links or offers.
2. CHECK – Verify SEBI/RBI registration of any financial app or company.
3. CALL – Use only official helplines, not WhatsApp or unknown numbers.
4. REPORT – Dial 1930 or visit cybercrime.gov.in to report fraud.

Verified Resources

- Website: investor.sebi.gov.in/ssis
- App: SEBI SaaRthi App (for authentic guidance and tools)

Outreach Strategy

- Digital Campaigns: Social media posts, WhatsApp forwards, and infographics.
- Community Drives: RWAs, hospitals, banks, and schools.
- Professional Awareness: Targeted sessions for doctors, lawyers, and salaried employees who are easily trapped.
- Youth Engagement: College seminars and interactive workshops.

Investment is not just about money—it is about trust and knowledge. With SEBI's Samajh Se Investing Simple initiative, India moves towards a future where every rupee is invested wisely, every citizen is protected, and every fraud is reported.

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

SHAHNAZ HUSAIN INTERVIEW



1. What do you think is the main thing that should be done to take care of the skin on a daily basis ?To take care of your skin , you need a skincare routine that 's capable of taking care of itself . It 's essential to start with the basics like CTM (CTM) , or cleansing , toning , and moisturizing . Remember , you first need to prepare your skin to be able to handle the products you 're going to use .á Start by cleansing your skin with a gentle face washá Then exfoliate or scrub your skin to remove dead skin cellsá Now use a skin toner which will help in tightening the

2. How can beauty needs be met according to the changing seasons ?Each season requires a specific skincare routine , hence it is important to change your skincare routine as the environment and weather conditions change .For example ,á When the weather is dry you should keep your skin hydrated by drinking water , fresh fruit juices and using hydrating moisturizers and creams or skin serums .á During humid months , you should wear light makeup , use a mattifying moisturizer , and exfoliate your skin twice a week . Use blotting papers or skin wipes to keep your skin fresh throughout the day .á You must remember to use sunscreen every day regardless of the weather conditions because you must protect your skin from tanning , premature aging and sunburn , UV rays are harmful to your skin so I recommend applying it on your face and exposed skin all year round.

3. At what age should cosmetics be started ?You should start a skin care routine as early as the age of 10 , because the sooner you start , the better the results for your skin . However , if you want to know at what age you should start
- skiná And the third step is to moisturize your skin .á Follow this skincare routine and remember to use scrub on your skin twice a week , you will see the difference with fresh and glowing skin .

4. What should women do to take care of their skin after the age of 40 ?Your skin needs plenty of moisture after age 40 , as this is the age when your skin loses its moisture rapidly . I recommend :á Start using skin moisturizing serums , hydrating cleansers , and hydrating moisturizers .á Do n't forget to cleanse your skin with a mild exfoliator thrice a week or every other day to rejuvenate your skin cells and make you look fresh .á Apart from this , use sunscreen daily to protect your skin from damage caused by sun rays .Your nighttime routine should include removing makeup , cleansing , exfoliating , then applying a skin serum , night cream , and gel under your eyes . After 40 , the skin under your eyes requires special care to keep them healthy .

5. What should women do to take care of their skin as they age , apart from using cosmetics ?After 40 , it is very important to adopt a healthy lifestyle that helps in taking care of your skin , because one is meaningless without the other .o I recommend leading a stress- free life ; meditation , mindfulness , and yoga are essential . Adopt healthy eating habits , such as

consuming seasonal fruits and vegetables daily .o Include antioxidant rich foods that will help maintain good skin health such as berries , spinach , apples , grapes .o Nuts and seeds like walnuts , sunflower seeds , almonds , and sesame seeds.o Avoid caffeinated drinks and alcohol , instead drink unsweetened green tea .o Get enough rest , that means 8 hours of sleep is necessary to rejuvenate your skin and health .o If you smoke , quit smoking as it damages the collagen in the skin .

6. What message would you like to give to women regarding skin care ?Your skin requires a lot of care to stay beautiful and healthy , so it 's essential to adopt a lifestyle that supports skin health . This includes a dedicated skincare routine :á Do n't ignore your skin needs for example dry skin needs hydration , oily skin needs to use mattifying products and sensitive skin needs products that are free from harsh chemicals , like Ayurveda based skincare products .á Remember that what you eat has a huge impact on your skin 's health , and so does what you put on your skin . Choose wisely what you put on your skin and what you eat ; sugary foods and drinks can be detrimental to your skin .á Too much oily food is harmful for your skin and gut .· Your gut health is also important so I suggest including yogurt in your diet .

Parivahan Vishesh Newspaper • Health and Science - Public Interest

Parivahan Vishesh News

Excellent scientific information on walking - 30 minutes a day can cure 10 major diseases, more effective than medicine or gym!

Analysis of Think Science's research report - Walking is better than running - From brain to heart, from diabetes to depression - Get free health with the FIT formula

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

Introduction: Today, when pharmaceutical companies and the gym industry are making billions, science is saying that the cheapest and safest medicine is walking.

Think Science's animated documentary, which has gone viral on social media, combines research from 150,000 people, Duke University, the University of Kansas, and the American Heart Association.

The conclusion is shocking: Brisk running isn't always beneficial, but regular, slow walks are more effective.

Scientific Facts - 10 Major Benefits - Countdown10. Brain Reboot - Brain Reboot: University of Kansas - Continuous sitting causes the Hippocampus (architect of memory) to shrink. Walking triggers physical activity, increases brain nourishment, and creates new nerves. Cognitive Decline is prevented.

9. Ocular Pressure Stabilized - Eye Pressure Normal: Aqueous Humor Flood increases in Glaucoma. High-intensity running causes turbulent absorption, while sustained walking causes slow clearance from the ciliary channel, thereby preventing eye blindness.

8. Healthy Rhythm: Cooling Aura Effect - Heartbeat Normal: According to AHA, walking is as effective as running in preventing stroke and heart attack. Fast running increases cortisol, while walking widens the arteries like a natural beta blocker.

7. Respiratory Health - Lung Cleansing: Stagnation and dust block the lungs. Walking accelerates the exchange of oxygen and red blood cells, strengthening adaptive defense with every step.

6. Energy Divide - 6 times better sugar control: Duke University - Runners vs. Walkers in 6 months - Walkers showed 6 times better glucose tolerance. Sustained walking releases sugar molecules slowly into muscle fibers, while running puts a load on the pancreas through turbulent absorption. Walking is a cure for pre-diabetes.

5. Clean Energy Production - Digestive System: Study on 150,000 people - Walking increases digestive motility, insulin waste is 100% efficient, and colon cancer risk is reduced.

4. Muscle Illusion - Toning without a gym: Tactical Footfall Analysis and Posture Blueprint - Straight spine, 90-degree elbows, stable pelvis - this tones core muscles like a gym.

3. Skeletal Fortification - Bone Armor: Living Organ:

Bone Repairs & Remodels. Walking stimulation builds the bone armor system and causes bone regeneration, while running impact causes micro-damage.

2. Biological Oil - End of back pain: Spinal discs do not have a blood supply; they receive nutrition through pumping like sponges. Healthy Movement Flow - Rhythmic Vitality creates effortless, silent motion. 60% of people experience back pain from sitting, but walking relieves it.

1. Chemical Exorcism - End of Depression: Journal of Psychiatric Research - A 30-minute walk daily in 50 people burned cortisol, increased endorphins, and BDNF (brain fertilizer). Stagnation and lazy thoughts are prevented by motion.

FIT Formula - The Right Way? Just walking isn't enough:F - Frequency: Daily. Start with 5 minutes, but continue daily. 3- 5 days a week will do.I - Intensity: Talk Test - 3-5 km/h. You should be able to talk, but not sing. No gasps should come.

T - Time: The magical number 30 minutes / 6000 steps is the baseline. Go for 10,000 later. Swing your arms for an extra 10% burn.3 Golden Rules: 1. Water before walking, 2. Proper shoes - avoid arch collapse, 3. Same time in the morning - set your circadian rhythm with Daily Signal.

Conclusion: Medicine and gym are not free, but walking is. Pharma Gym vs. Free Walk - that's the message of this video. This is most important for drivers, conductors, and office staff in the transport sector - a 30-minute walk every day reduces accidents, illness, and stress.

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ParivahanVishesh

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Walking vs Running - Science Ka Faisla

Stress Spike vs Steady Flow - Duke University Trial Ke Anusaar Walkers Ka Glucose Tolerance 6X Behtar

THE STRESS SPIKE

RUNNER

STEADY FLOW

WALKER

FIT Formula for Better Glucose Health

Runner me cortisol stress badhta hai

Sugar levels me sudden spike & turbulence

Stress hormone cortisol ↑ significantly

Thakan, anxiety, blood sugar volatility

30 min Daily Walk

Consistent 30-minute walk daily improves insulin sensitivity and glucose uptake

6000 Steps Goal

Target 6000+ steps/day to naturally stabilize blood sugar levels

Better Than Intense Running

Lower cortisol, steadier glucose flow, sustainable & low stress

Walker me steady flow pancreas ko sukram

Glucose levels remain steady & balanced

Pancreas less stressed, insulin works efficiently

Improved glucose tolerance & metabolism

Presenter: Sanjay Kumar Bathla

Chief Editor, Parivahan Vishesh

More Health Insights: www.newsparivahan.com
Contact: editor@newsparivahan.com

Note: Based on Duke University Trial - Walking improves glucose tolerance -6x better than running for stress management and metabolic stability. Consult a healthcare professional for personalized medical advice.

Why Do We Feel Sleepy After Eating?

Parivahan Vishesh News

Dr. Vijay Garg

Have you ever noticed that you suddenly feel sleepy or sluggish after eating? Heavy eyelids after lunch, reduced concentration and a desire to rest for a while are common experiences. People often joke that “all the energy has gone to the stomach” after a meal. But digestion alone is not responsible. In reality, the brain, hormones, blood sugar, digestion and our biological clock can all contribute to post-meal sleepiness.Food and the BrainWhen we eat, the body begins digesting food and absorbing its nutrients. Carbohydrates, proteins and fats provide energy and essential nutrients.After eating, several hormones and chemical signals change. One of them is insulin, which plays an important role in regulating blood glucose. These changes can also influence the brain and the systems involved in wakefulness and sleep.Tryptophan and SleepSome foods contain an amino acid called tryptophan. The body uses tryptophan to produce substances such as serotonin and melatonin, which are involved in sleep and the body's biological clock.However, it would be incorrect to say that tryptophan alone makes us sleepy after eating. Its effects depend on many other amino acids, hormones and processes in the brain. Therefore, post-meal sleepiness cannot be explained by a single nutrient.Heavy Meals and Greater SleepinessThe quantity of food also matters. After a very large meal, people may experience heaviness and sluggishness.Meals that are particularly high in calories, fat or refined carbohydrates may be associated with greater post-meal sleepiness in some people.It is a common misconception that most of the body's blood suddenly moves to the stomach for digestion, leaving too little blood for the brain. The body regulates blood flow according to its needs, and normal digestion does not deprive the brain of its blood supply.Our Biological Clock Also Plays a RoleAn important factor behind post-meal sleepiness is the circadian rhythm, the body's approximately 24-hour biological clock. It regulates sleep, wakefulness, hormones, body temperature and many other physiological processes.For many people, alertness naturally decreases somewhat during the afternoon. Therefore, when lunch coincides with this natural dip in alertness, the effects of the meal and the biological clock may combine to make us feel sleepy.This is why afternoon sleepiness is not always caused simply by how much or what we have eaten.What About Blood Sugar?After eating, blood glucose and insulin levels change. In most healthy people, the body manages these

changes effectively.However, a meal containing a large amount of sugar or refined carbohydrates may cause rapid changes in blood glucose in some people, which can be accompanied by tiredness or sluggishness.If someone repeatedly experiences extreme sleepiness, weakness, shaking, sweating or dizziness after meals, it is sensible to seek medical advice.Lack of Sleep May Be the Real ReasonSometimes the meal is only part of the explanation. The real reason may be insufficient sleep at night.If a person is already sleep-deprived, the normal reduction in alertness after a meal may feel much stronger. Therefore, when considering post-meal sleepiness, we should look not only at food but also at the duration and quality of our nighttime sleep.Is It Wrong to Sleep After Eating?Resting briefly after a meal is not necessarily harmful. In many cultures, a short afternoon nap, or power nap, is a normal part of daily life.However, lying down immediately after a very heavy meal may worsen acid reflux or heartburn in some people. A gentle walk or remaining upright for some time after eating may be a better option.How Can We Reduce Post-Meal Sleepiness?A few simple habits may help:- Avoid eating excessively large meals.- Choose balanced meals containing protein, fibre and healthy fats.- Limit excessive sugar and highly refined foods.- Take a short, gentle walk after eating.- Drink adequate water throughout the day.- Maintain a regular and sufficient sleep schedule.- If excessive sleepiness occurs repeatedly after meals, consult a healthcare professional.Post-Meal Sleepiness: A Message from the BodyFeeling mildly sleepy after eating can be completely normal. It may result from the combined effects of digestion, the amount and composition of food, hormonal changes, brain signals and the body's biological clock.However, excessive or persistent fatigue should not always be dismissed as normal. In some cases, it may be associated with poor sleep, medication effects, blood-sugar problems or another health condition.So, the next time your eyes become heavy after a meal, remember that it is not simply “the food making you sleepy.” Inside your body, digestion, hormones, the brain and the biological clock are all interacting at the same time.Food does more than fill the stomach; it also influences the chemical and biological activities of the body and brain. That is the fascinating science behind why we sometimes feel sleepy after eating.

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Hanuman Ansh: Sanatan Consciousness Awakening from the Silver Screen: Subodh When Cinema Goes Beyond Entertainment and Becomes a Medium of Values, Devotion and Self-Consciousness

Parivahan Vishesh News



Subodh Chandra

Organization
Minister, Vishva
Hindu Parishad,
Indraprastha
Province

Parivahan Vishesh
Daily Newspaper



generations has decreased. At such a time, the dialogue between grandfather and grandson reminds us that family itself is the most effective medium of values.

Sunil Lodhi: Spiritual vision that opens with closed eyes

Among the most inspiring things associated with 'Hanuman Ansh', the journey of visually impaired singer from Bundelkhand Sunil Lodhi is particularly noteworthy. The person who did not receive formal music education, who practiced music by listening to songs of great artists like Lata Mangeshkar and once made a living by singing songs in local trains, his voice is reaching the wider society today. This is not just the success of an artist. This is the story of that India which has the ability to recognize talent. This is the story of that India in which sadhana is not dependent on resources. And this is the story of that India where an artist with closed eyes can open the spiritual eyes of crores of people with his sattvic notes. Perhaps this is the most beautiful and sacred achievement of this film.

When art rises above business and becomes sadhana

Film making today is a big industry. Crores of rupees are invested in it, big publicity campaigns are run and success is evaluated mainly by economic figures. But the journey of 'Hanuman Ansh' shows that if there is a feeling of a bigger purpose behind art, then a wide impact can be created even with limited resources.

The film has been written and directed by Vishal Chaturvedi, while 21-year-old Anupriya Nagar has taken the responsibility of production. A young talent entering the field of film making for the first time after studying economics connecting with such a spiritual subject is in itself important. It gives the message that the young generation is not just a generation that imitates Western lifestyle. It also wants to understand its roots. It is not looking for conflict between modernity and tradition, but is searching for a balance between the two.

Social impact is bigger than box office

The economic success of 'Hanuman Ansh' has also been discussed. The figure of earning more than four hundred and twenty five crores underlines its commercial impact. But looking at this film only from the point of view of box office will limit its importance. The real question is what this film left in the minds of the viewers? If after watching a film, a child asks his grandfather about Neem Karoli Baba, a youth thinks about devotion and service, a family discusses the story of saints with their children and an artist resolves to make his talent useful for society — then that film's earning is not only at the ticket window. Its real earning is in the mind of society.

What does Indian audience want?*

Hanuman Ansh' has also raised an important question — what does the Indian audience actually want? The answer to this is perhaps very simple. The Indian audience does not run away from modern entertainment. It wants good technology, good story, excellent acting. But it also wants its own culture to be respected. It wants to watch a film sitting with its family. It wants to show its children such stories which develop a positive outlook towards life within them. It wants such entertainment in which intoxication, violence and indecency are not made synonymous with modernity. It wants to see its history, culture, saints and tradition in modern language. The success of 'Hanuman Ansh' can be a sign of this changing audience mindset.

Youth and Sanatan: Not opposition, but dialogue

The youth of today's India can carry both science and spirituality together. He can be proud of India's achievements in space and also have reverence for Hanuman ji. He can get modern education and also touch the feet of his grandparents. He can work on the global stage and also keep his values alive. Therefore, the meaning of Sanatan is not to return to the past. The meaning of Sanatan is — taking strength from your roots and moving towards the future. The relevance of 'Hanuman Ansh' is seen most at this point. The young generation does not only need to be told what it should not do. It will also have to be shown what great tradition it is heir to. When the youth understands its

history, saints, culture and spiritual tradition, only then will self-confidence be built within him.

A hint of a cultural renaissance

Is 'Hanuman Ansh' just a film success? Perhaps not. The social reaction seen around it indicates that Indian society wants to re-communicate with its cultural roots. It can be called a small but important hint of a cultural renaissance. This is not a movement of opposition to any other thought or culture. This is a process of understanding one's own identity and living it with confidence. India has communicated with many civilizations over thousands of years. It acquired knowledge, accepted new ideas and changed itself with time. But kept its soul safe. Today also the need is for this same balance.

Message for the film industry

'Hanuman Ansh' also gives a clear message to the film industry. The viewer does not come only by publicity. The viewer connects with the story. Connects with emotion. Connects with belongingness. If the filmmakers' intention is clear and the purpose is not only market, but to give something to society, then the viewer can adopt that film despite limited publicity. The contribution of the squirrel in the construction of Ram Setu was small, but its feeling was not small. In the same way, in the field of art also small efforts can become the basis of big change.

This is not the end, but a beginning

It will not be appropriate to leave the success of 'Hanuman Ansh' considering it only as an achievement of a film. Taking inspiration from it, more such efforts should be made which present the diverse spiritual and cultural traditions of Indian society in modern mediums. In India there are countless life stories of saints. We have thousands of such stories of sages, acharyas, great men, devotees, freedom fighters and social reformers which can inspire today's generation. There is only a need to present them in a new medium and new language. 'Hanuman Ansh' has shown the possibility that a story based on Indian culture can also attract modern audience and can be commercially successful. Now this journey should move forward.

India returning towards Sanatan

Today there is not only a need to say that we are proud of our culture. There is a need that we imbibe our culture in life. There should be dialogue in family. Children should get values. Youth should connect with service. Compassion should increase in society. Dignity should come in art. Positivity should increase in cinema. And along with modernity, our cultural identity should also become strong. 'Hanuman Ansh' has shown such a possibility on the silver screen. When thousands of people together chant Jai Shri Ram, when the eyes of elders become moist, when children get excited and when youth is inspired to know about the life of saints, then it should be understood that this is not just a film being watched — a cultural memory is awakening. And this is the biggest achievement of this film.

The life of Hanuman ji gives us the message of strength with devotion, dedication with service and humility with capability. The sadhana of Neem Karoli Baba tells us that human life should not be only for oneself, but also for others. If after watching 'Hanuman Ansh' even one youth takes a step forward in his life in service, restraint, devotion and compassion, then this film is successful. If a family sits with its children and discusses its tradition, then this film is successful. If an artist gets inspiration to dedicate his talent to society, then this film is successful. And if the youth of India starts considering its culture not as a burden, but as its strength — then this will not be just the success of a film. This will be the beginning of the renaissance of India's Sanatan consciousness. 'Hanuman Ansh' has lit a lamp. There is a need that countless lamps be lit from that lamp. Because Sanatan is not just our heritage — Sanatan is our consciousness.

**Subodh Chandra
Organization Minister
Vishva Hindu Parishad
Indraprastha Province**



UNLOCK YOUR DAY
with Parull Bhatnagar
Expert Astro Numero Vastu Consultant

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NUMEROLOGY PREDICTION • 07 OCTOBER 2026

Day vibration: 1 | A day for new beginnings, leadership, confidence, independence and initiative.
Parivahan Vishesh News

Moolank 1 | Your natural vibration is strongly supported
Today encourages initiative, confidence and independent thinking. A new professional or personal idea can gain momentum when you take the first clear step. Lead decisively, but remain patient with people who need more time to respond.

Moolank 2 | Express your needs with quiet confidence
Cooperation remains important, yet today asks you not to hide your own priorities. A relationship or partnership can improve when you communicate clearly without becoming defensive. Trust yourself while remaining receptive to another point of view.

Moolank 3 | Give a fresh idea a strong voice
Creativity and communication receive an energetic push. A presentation, writing project, meeting or new plan can begin positively when your message is focused. Choose one promising direction instead of scattering enthusiasm across too many possibilities.

Moolank 4 | Start building with a practical plan
A new routine, system or work responsibility can be introduced successfully today. Your organised nature helps turn intention into something workable. Begin with realistic steps and avoid delaying progress because every detail is not yet perfect.

Moolank 5 | A new direction may open quickly
Calls, meetings, travel or an unexpected contact can introduce a fresh possibility. Your adaptability helps you respond, but check the details before committing. A confident beginning is useful when it is supported by sound judgement.

Moolank 6 | Make space for your own priorities
You naturally give attention to family and relationships, but today reminds you to honour your personal goals too. A new home, creative or relationship plan can bring enthusiasm. Support others without putting your own needs permanently last.

Moolank 7 | Turn inner clarity into one practical step
Reflection may have given you a clearer sense of direction. Today is suitable for converting that understanding into action. Choose one meaningful step rather than waiting for perfect certainty; a quiet beginning can become significant over time.

Moolank 8 | Take charge of an important goal
Career, finances and long-term plans can benefit from decisive leadership today. A new strategy or responsibility may strengthen your position when handled carefully. Use authority constructively and avoid creating unnecessary competition or pressure.

Moolank 9 | Begin again with purpose
Recent completion or emotional release may have created room for something new. Use your courage to move forward instead of revisiting an old conflict. A purposeful first step can redirect your energy toward growth and renewed motivation.

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The fourth house is the house of land, building and happiness in horoscope

Parivahan Vishesh News

Pt. Yogesh Pouranik Astrologer (Engg.)
Parivahan Vishesh Daily Newspaper

The fourth house of the birth chart is used to consider how much happiness a person will have in life. From this house, land, building, vehicle etc. are also considered whether the native will have his own house or vehicle or not. The fourth house of the horoscope also gives knowledge about diseases related to heart and chest. The fourth house is also of friendship, how many friends the native will have, how they will be, that is also known according to the planets sitting in this house and their nature. The fourth house is also of the public, whether people will be associated with the person in life or not, this is also considered from the fourth house. In the horoscope of Kaal Purush, Cancer comes in the fourth house, whose lord is Moon and both Mercury and Moon are considered to be the karaka planets of this house.

Effect of each planet in the fourth house of horoscope

Sun: The Sun sitting in the fourth house brings lack of happiness in the native's life. But the native definitely gets some financial gain from mother, but there are some problems related to mother's health.

The native gets benefit from ancestral property. Success is also achieved in the field of social work, although they will have friends but perhaps there will be less attachment. Benefits keep coming from government or a government person. The Sun sitting here gives heart disease.

Moon: Moon being the main karaka planet of the fourth house gives quite good effect, the native has his own land, building, vehicle. They have efficient friends and social circle is also quite large. They have more attachment to mother and it is only with the blessings of mother that they progress in life. But if the Moon is afflicted, it brings restlessness of mind and lack of happiness.

Mars: Mars in the fourth house makes the native very energetic and courageous. Along with that it also gives Mangal Dosh, but the native achieves happiness of more than one land, building and vehicle with his struggle. Mars sitting here gives blood disorder. The native struggles in the first half and provides happiness in the second half. The native's heart can be somewhat hard and can create some separation or distance from mother and also brings deficiency in mother's health. If the native consumes jaggery, then Mars gives good effect.

Due to seventh aspect on tenth, the native earns a lot of name in work field.

Mercury: Mercury in the fourth house is also considered a karaka planet. Mercury sitting here makes the native intelligent and clever. The native is an efficient trader. He has interest in writing and is efficient in getting his work done with sweet speech. Mercury sitting here provides all kinds of happiness to the native. The native maintains good relations with the public and is wealthy.



However, if Mercury is malefic, it brings ups and downs in life.

Jupiter: Jupiter of fourth gives higher education to the native. The person gets good values from mother. Such a native is religious and social. He gets respect, honour and fame from society. Their house is luxurious and full of positive energy. Their heart is pure and endowed with divine power. They get a premonition of any event beforehand. Their friends are also of extraordinary talent.

Venus: Venus of fourth makes the native artistic and peace-loving. The native is capable of achieving everything in life with his art and intelligence. Venus sitting here gives pure heart and ability of social leadership to the native. Such a native desires to live a luxurious life and also achieves it. They definitely have expensive things or gifts. Attachment to mother may be a little less but they are caring. Social circle can be somewhat large. They do not hesitate to help people. But for them indulgence itself becomes the cause of disease.

Saturn: Saturn sitting here makes the native disciplined and serious natured. The native gets benefit from old house or ancestral property. They may have more property, vehicles etc. but there is lack of happiness. The native's childhood passes in bad times but happiness is achieved in the final stage. Saturn sitting here brings deficiency in mother's health, friends also do not support on time. But benefit is obtained from government or government sector.

Rahu: If Rahu of fourth is auspicious, then it is going to give unexpected benefits, the native believes in occult science tantra mantra, gets happiness in foreign. Such a native progresses as far away from birthplace as he is. A lot of financial gain comes from foreign and there only he gets happiness of luxurious house and vehicle. They have some mark on their chest and heart is somewhat polluted by nature. Due to negative Rahu, there is some discord with mother and Rahu sometimes makes one run around a lot or get transferred.

Ketu: Ketu in the fourth house brings peace in mind and spiritual happiness of the native. Such a native considers peace of mind as happiness instead of wealth. He chooses renunciation in life and is of wandering nature living a lonely life. Nature's wealth is their wealth, the effect of Vasudhaiva Kutumbakam is seen more in their life, if Ketu sitting here is negative then the native lives a hermit life wandering in forest or jungle by distancing himself from family. Their occult knowledge and spiritual power is more effective, sitting near them definitely gives a feeling of divine power.



Officers should keep special vigil to prevent air pollution: DC

Parivahan Vishesh News

DC Varsha Khanwal reviewed pollution control measures in a meeting with officials.

The department should prepare a special action plan to control industrial pollution, road dust, vehicle emissions, garbage and stubble burning across the district.

The amended GRAP provisions should be effectively followed in the district: DC Jhajjar, October 5 .

meeting of officials was held on Monday to discuss the effective implementation of the revised Graded Response Action Plan (GRAP) and the prevention and control of air pollution across Jhajjar district, part of the NCR. The meeting was chaired by DC Varsha Khanwal.In the meeting, Regional Officer of Pollution Control Board, Sunil Sheoran informed the DC about the preparations of various departments, sensitive areas, hotspots and proposed action plan for pollution control.Work should be done in coordination to prevent air pollutionDC Varsha Khanwal directed officials to effectively implement the provisions of the amended GRAP in the district and ensure all departments work in coordination to prevent air pollution. She said there should be no negligence at any level regarding pollution control and necessary action should be taken by regularly monitoring identified hotspots.He specifically directed for effective control of pollution caused by industrial pollution, diesel generator sets, road dust, vehicular emissions, open burning and illegal dumping of garbage, burning of paddy straw and crop residue and pollution caused by construction and C&D activities.Road dust and vehicular pollution require special attention.The DC directed officials to ensure effective road dust control by implementing mechanical/vacuum sweeping and water sprinkling as needed. He also directed the concerned



departments to take action against polluters and focus on improving traffic management.Strict action will be taken against illegal RMC and HMP units.The DC reviewed the inspections of industrial units and the legal action taken against non-compliant units. He instructed the concerned officials to ensure compliance with environmental standards. He also directed action against illegal RMC and HMP units, disconnecting the power connections of illegal or closed units, and preventing the illegal dumping of industrial, solid, and construction waste in open spaces.Instructions to strengthen field surveillance to prevent stubble burningDC Varsha Khanwal stressed the need for increased field-level monitoring and better coordination between relevant departments to prevent incidents of paddy stubble and crop residue burning. She directed the availability of crop residue management machinery and custom hiring centers, enforcement action, and awareness among farmers about alternative methods of crop residue management.Special monitoring should be done in the identified areasDuring the meeting, the Deputy Commissioner called for special attention to

pollution control activities in identified areas of the Bahadurgarh region, including the villages of Parnaala, Bamoli, Ladrawan, Kasar, Mukandpur, Khairpur, Kanoda, and Gubhana. Actions to remove garbage and construction waste already dumped on vacant plots, roadsides, and open spaces were also reviewed in detail.Emphasis on public awareness and effective grievance redressalThe DC directed the concerned departments to launch a massive public awareness campaign regarding the provisions of GRAP, the harm caused by burning of stubble and garbage, road dust control, the need for PUC and the means of registering pollution related complaints.He said that effective control of air pollution is impossible without citizen participation. Therefore, in addition to raising public awareness, prompt action should be taken on complaints received.SDM Bahadurgarh Abhinav Siwach joined the VC. This officer was presentOn this occasion, ADC Jagnivas, SDM Jhajjar Ravi Meena, SDM Badli Vishal, SDM Beri Renuka Nandal, DDPO Nisha Tanwar, DFSC Aditya Kaushik, ADTO Rajesh Malik, DEO Ratindra Singh and officers of the concerned departments were present.

Mix stubble in the field, not smoke – officials should make farmers aware: DC

Parivahan Vishesh News

The administration is strict on crop residue management, with quick response teams active; drones will also be used for monitoring.

DC Varsha Khanwal appeals to the public to promote environmental protection. Jhajjar, October 6

The district administration is working diligently to promote stubble management within the district, effectively curb stubble burning and other polluting factors, and maintain air quality. DC Varsha Khanwal directed officials to ensure strict adherence to pollution control measures and conduct regular field monitoring.He directed that quick response teams be activated to provide immediate information and take effective action on potential stubble burning incidents. The DC stated that burning crop residue not only pollutes the environment but also impacts soil fertility. Therefore, farmers should be continuously educated and encouraged to avoid stubble burning and adopt scientific and alternative crop residue management techniques.

Keep a close eye on potential areas with

field visits

The DC directed concerned officials to conduct regular field visits and take preemptive action in areas prone to stubble burning. He urged the use of drones as needed to monitor potential sources of pollution and encouraged related departments to work in coordination. He also emphasized the effective implementation of the Bhuvan app and CRM plan.Farmers will be given an incentive of Rs 1200 per acre for mixing stubble in the fields.The Deputy Commissioner stated that the Agriculture Department is providing farmers with an incentive of Rs. 1,200 per acre for incorporating stubble into their fields as part of crop residue management. He directed officials to disseminate information about this scheme and available crop residue management techniques to as many farmers as possible.He also directed that panchayats and local public representatives be involved in the campaign and that constant communication be maintained with farmers. Farmers should be made aware of the environmental and agricultural benefits of stubble management. He clarified that negligence at any level in preventing

stubble burning will not be tolerated and action will be taken as per the rules.Collective efforts are necessary for a clean environment.DC Varsha Khanwal said that an effective solution to the problem of stubble burning is essential for a clean environment and improved air quality. The district administration is working seriously in this direction. She appealed to farmers to cooperate in environmental protection by refraining from burning crop residues and taking advantage of available crop residue management techniques and government schemes.



Seva Setu camp will be organised in Bupnia village today under the Seva Sankalp Abhiyan.

Parivahan Vishesh News

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

District Council CEO Manish Phogat gave the information

Jhajjar, October 6

As part of the district-wide Seva Sankalp Abhiyan, Seva Setu camps are being set up in urban and rural areas to bring the benefits of government schemes closer to the public. Under the guidance of Deputy Commissioner Varsha Khanwal, people are taking advantage of government schemes at the Seva Setu camps.Giving information, Chief Executive Officer of the Zila Parishad Manish Phogat said that Seva Setu camps will be organized in village

Bupniya on Wednesday, October 7, and in village Gubhana on October 8. He said that Seva Setu camps will be organized in village Khanpur Khurd and village Patoda on October 9, village Birohad on October 10, Machhrauli block headquarters and village Dhakla on October 12, village Khuddan on October 13, Salhawas block headquarters on October 14, and village Bhuravas on October 15.

Bahadurgarh to participate in Haryana Swachh Mahakumbh on October 11, preparing for Guinness Book of World Records: DC

Parivahan Vishesh News

A cleanliness drive will be held on West Jua Drain Road from 6 am to 9 am, with participation from officials, employees and social organisations.

DC Varsha Khanwal gave instructions in the meeting of officials regarding the preparations for Haryana Sajai Mahakumbh. Bahadurgarh, October 06



Mahakumbh, being organised on such a large scale, a success. She instructed the officials that all the arrangements related to the Mahakumbh should be completed in time and the officials themselves should stay in the field and monitor the arrangements. She said that the campaign should not be limited to cleaning only one place but should become a public participation

program giving a positive message to the citizens about cleanliness. She instructed the concerned officials to ensure necessary arrangements including cleaning equipment, deployment of employees, garbage collection, transportation, drinking water.Along with cleanliness work, focus is also on security and traffic arrangements.DC Varsha Khanwal directed the officials that during the Haryana Swachh Mahakumbh, special attention should be paid to security and traffic arrangements along with cleanliness work. She said that all departments should discharge their respective responsibilities effectively and there should be no lack of coordination at any level. She said that this Swachh Mahakumbh to be held in Bahadurgarh on October 11 will give the message of collective responsibility and public participation towards cleanliness. She called upon the officials to work with complete seriousness and activeness to make this Mahakumbh a success.SDM Bahadurgarh Abhinav Siwach, EO Nagar Parishad Bahadurgarh Sanjay Rohilla and other concerned officials were present on the occasion.

Seva Sankalp Abhiyan – Seva Setu camps proving beneficial for the villagers

Parivahan Vishesh News

Villagers of Khanpur Khurd reached Seva Setu Camp to become beneficiaries of government schemes

Chief guest BJP leader Dayakishan visited the Seva Setu Camp in village Khanpur Khurd.

Under the guidance of DC Varsha Khanwal and the instructions of SDM Ravi Meena, various departments are providing information about the schemes by setting up stalls.

Residents of Khanpur Khurd area took advantage of government services, public welfare schemes and health check-ups.

Jhajjar, October 6

Under the Seva Sankalp Abhiyan, a Seva Setu camp was organized in Khanpur Khurd village of Matanhail block on Tuesday with the aim of making the benefits of government services and public welfare schemes easily available to the citizens. BJP leader Dayakishan inaugurated the Seva Setu camp as the chief guest. BDPO Anjali Sharma welcomed the chief guest on his arrival at the camp. A large number of area residents reached the camp and obtained information about the schemes and services of various departments and took advantage of the available facilities. Under the guidance of DC Varsha Khanwal, people are being benefited by organizing Seva Setu camps under the Seva Sankalp Abhiyan in Jhajjar district including Matanhail area.Citizens are informed about the welfare schemes, services and programmes run by the government.Chief guest Dayakishan stated that various departments set up

stalls at the camp, where departmental officials and employees provided information to citizens about government-run public welfare schemes, services, and programs. Citizens were also briefed in detail about the eligibility criteria for the schemes, the application process, and the benefits they received. Efforts were made to address the problems and queries of those who visited the camp on the spot.He said that the objective of the Seva Setu Camp being organised under the Seva Sankalp Abhiyan is to bring government schemes and services closer to the common people, so that eligible citizens do not have to visit different offices for information about the schemes and they can get the necessary information and guidance at one place.Chief guest Dayakishan appealed to the villagers to reach the Seva Setu Camp as per the schedule of the administration and get information about the schemes and services of various departments and avail the benefits of the government's public welfare schemes as per their eligibility.Inspired towards health preservation and healthy lifestyleThe Health and AYUSH Departments also organized a health check-up camp at the Seva Setu Camp. Citizens were also screened and provided with essential information and advice regarding health care, a healthy lifestyle, and the AYUSH system. Visitors to the camp benefited from information about government schemes and health-related facilities.Citizens were enthusiastic about obtaining information about various schemes at the camp. Visitors visited departmental stalls to obtain information based on their needs and understood the necessary procedures for availing benefits based on eligibility. Officials and employees encouraged the public to take maximum advantage of government schemes.



Youth will become the charioteers of developed India @2047: Shekhawat

Parivahan Vishesh News

Under the Seva First Innovation Challenge, a dialogue was held with the youth at Dujana College, urging them to embrace innovation and entrepreneurship. Beri (Jhajjar), October 6 .

The resolve to make India a developed nation by the year 2047 will be realised only with the energy, innovation and active participation of the youth. With the aim of connecting the creative thinking of the youth with public service and nation building, 'Seva First Innovation Challenge' programme was organised in Government College, Dujana under the Seva Sankalp Abhiyan. District coordinator Dinesh Shekhawat interacted with the students in the programme and called upon them to move forward with new ideas and contribute in building a self-reliant India. College Principal Naseeb Singh welcomed the chief guest.Give new ideas to solve youth problems: DineshDistrict coordinator Dinesh Shekhawat said that today's India is progressing rapidly, and the role of youth is paramount. Instead of limiting themselves to job hunting, youth should aim to become job creators by moving forward in the fields of entrepreneurship, startups, and innovation. He said, "A developed India will be built not just through plans and speeches, but through the

innovative thinking of youth and their efforts at the grassroots level."Pledge taken to build a drug-free and responsible societyDuring the program, Dinesh Shekhawat encouraged students to stay away from social evils like drug addiction and to cultivate strong moral character. He emphasized that education is truly meaningful only when it benefits society and the nation. Students pledged to lead drug-free lives and serve the nation. The program concluded with chants of Bharat Mata ki Jai and a pledge to actively contribute to nation-building.Information given on converting idea into industryNeeraj Singh, Industry Extension Officer for the MSME Department, provided students with practical information about startups and the industry. He explained various subsidy schemes, Mudra loans, and youth entrepreneurship policies offered by the Central and Haryana governments, explaining that with proper guidance and hard work, even a small college-level project can blossom into a successful venture in the future.This is presentOn this occasion, co-convener of Vidhansabha Beri, Ravindra Chhara, Yadbir Saini, Anil Dalal, Industry Extension Officer of District Industries Centre, Neeraj Singh, Dr. Seema Kundu, Dr. Rajni Dua, Dr. Sunita Chikkara, Dr. Anita Khasa, Dr. Sajani Devi, Dr. Deepa, Dr. Bhageshwari, Dr. Anju, Dr. Monica along with all the professors and a large number of students were present.



He has also demanded clarification regarding the second AIIMS proposed in Sambalpur. According to available RTI documents, the state had sent a proposal in August 2024, while in the Centre's October 2024 reply, reference was made to Bhubaneswar AIIMS, Baleshwar satellite centre and approved super speciality facilities in Berhampur, Cuttack and Burla. Dr. Yadav said that Sundargarh now needs not announcements, but time-bound health projects and accountable implementation.

JEE Advanced 2026 Witnesses Highest Women (Including SC/ST) Candidate Success Rate in Six Years



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Parivahan Vishesh News

Dr. Vijay Garg

The JEE Advanced examination has once again highlighted an important transformation taking place in India’s engineering education landscape. The 2026 results have witnessed the highest success rate among women candidates, including women from SC and ST categories, in six years. This development is significant not merely as a statistical achievement, but as an indication of the changing aspirations, preparation patterns and educational opportunities available to young women across the country.

For decades, engineering, technology and scientific education were often perceived as male-dominated fields. Although women have always contributed significantly to science and education, their representation in some of the country’s most competitive engineering examinations remained comparatively limited. The changing performance of women in JEE Advanced suggests that this traditional picture is gradually evolving.

JEE Advanced is regarded as one of India’s most demanding competitive examinations. It is the gateway to undergraduate programmes at the Indian Institutes of Technology (IITs), institutions that have produced generations of engineers, scientists, entrepreneurs, researchers and technology leaders. Success in the examination requires much more than memorising formulas. Students must demonstrate conceptual understanding, analytical reasoning, mathematical ability, scientific thinking and the capacity to solve unfamiliar problems under intense time pressure.

Against this demanding background, the rise in the success rate of women candidates in 2026 deserves special attention.

A Changing Picture of Engineering Education

Why Do We Feel Sleepy After Eating?

Parivahan Vishesh News

Dr. Vijay Garg

Have you ever noticed that you suddenly feel sleepy or sluggish after eating? Heavy eyelids after lunch, reduced concentration and a desire to rest for a while are common experiences. People often joke that “all the energy has gone to the stomach” after a meal. But digestion alone is not responsible. In reality, the brain, hormones, blood sugar, digestion and our biological clock can all contribute to post-meal sleepiness.

Food and the Brain
When we eat, the body begins digesting food and absorbing its nutrients. Carbohydrates, proteins and fats provide energy and essential nutrients.

After eating, several hormones and chemical signals change. One of them is insulin, which plays an important role in regulating blood glucose. These changes can also influence the brain and the systems involved in wakefulness and sleep.

Tryptophan and Sleep
Some foods contain an amino acid called tryptophan. The body uses tryptophan to produce substances such as serotonin and melatonin, which are involved in sleep and the body’s biological clock.

However, it would be incorrect to say that tryptophan alone makes us sleepy after eating. Its effects depend on many other amino acids, hormones and processes in the brain. Therefore, post-meal sleepiness cannot be explained by a single nutrient.

Heavy Meals and Greater Sleepiness
The quantity of food also matters. After a very large meal, people may experience heaviness and sluggishness.

Meals that are particularly high in calories, fat or refined carbohydrates



The increasing success of women in JEE Advanced reflects a broader change in Indian society. Parents are increasingly encouraging daughters to pursue mathematics, physics, computer science, engineering and other STEM disciplines. Schools are also becoming more conscious of the importance of providing girls with equal opportunities in science laboratories, mathematics classrooms, competitive-examination preparation and technology-based learning.

The change is particularly meaningful because competitive examinations can expose educational inequalities that are sometimes hidden in ordinary classroom performance. A student may perform well at school but face difficulties in a national-level examination because of limited access to coaching, study material, digital resources or experienced guidance.

The growing participation and success of women therefore indicate that more girls are finding ways to overcome these barriers.

Inclusion of SC and ST Women Candidates
The reference to women candidates from SC and ST communities makes the development even more important. Educational progress cannot be measured only by the achievements of students who already have access to the best schools, coaching centres and urban facilities. True educational progress must reach students from diverse social and economic backgrounds.

For many SC and ST girls, the journey towards an examination such as JEE Advanced can involve additional challenges. These may include geographical isolation, limited educational facilities, financial constraints, inadequate exposure to competitive examinations and social expectations that may discourage girls from pursuing demanding professional careers.

When women from these communities

qualify and compete successfully at the highest level, they demonstrate the transformative power of education.

Their success also has a multiplier effect. A girl who enters an IIT becomes a visible example for younger students in her family, village, school or community. Her achievement can change parental expectations and encourage other girls to consider engineering, science and technology as realistic career options.

Beyond Numbers: The Meaning of the Six-Year HighStatistics are important because they reveal trends, but statistics alone cannot explain the human stories behind them.

Every successful candidate has a different journey. Some may have studied in metropolitan schools with extensive coaching support. Others may have prepared in small towns or villages using online resources and self-study. Some may have benefited from teachers who identified their potential early, while others may have overcome academic setbacks through persistence.

Therefore, the six-year high in women’s success rate should be viewed as a collective achievement involving students, parents, teachers, schools, coaching institutions, educational platforms and government initiatives.

At the same time, the result should not create a false impression that gender equality has already been achieved in engineering education. A higher success rate in one examination is encouraging, but sustained representation requires continued support throughout the educational journey.The Importance of Early PreparationOne lesson from the JEE Advanced experience is the importance of building scientific curiosity at an early age.

Preparation for a highly competitive examination should not begin with the collection of large numbers of books or the memorisation of thousands of questions. It

should begin with strong fundamentals.

Students should understand why a mathematical formula works, why a physical phenomenon occurs and how chemical principles can be applied to unfamiliar situations. Such conceptual learning develops the ability to handle difficult questions.

For girls in particular, schools should actively encourage participation in mathematics and science competitions, laboratory activities, coding programmes, robotics, innovation projects and Olympiads. The objective should not be simply to produce more examination candidates, but to develop confident young women capable of thinking independently.

Teachers Have a Major Role
Teachers are among the most important factors behind the changing educational aspirations of girls.

A teacher who tells a student, “You can do it,” can sometimes change the direction of an entire life. Many talented students do not lack intelligence; they lack confidence.

Teachers should therefore identify students with scientific and mathematical aptitude and provide them with additional challenges. Girls should not be discouraged from difficult subjects because of stereotypes about what is considered “suitable” for them.

Schools can create mathematics and science clubs, organise problem-solving sessions, invite scientists and engineers to interact with students and provide access to digital learning resources.

The role of the teacher is gradually changing from that of an information provider to that of a mentor, motivator and guide.

Technology Is Creating New Opportunities
The expansion of digital education has also helped reduce geographical barriers.



A student living in a village may now be able to watch lectures delivered by experienced teachers, access digital books, solve online test papers and participate in virtual doubt-solving sessions. This does not eliminate educational inequality, because access to reliable devices, electricity and high-speed internet remains uneven, but it has created opportunities that were difficult to imagine a generation ago.

For girls who cannot travel to distant coaching centres, digital learning can be particularly valuable.

However, technology should remain a tool rather than a substitute for disciplined learning. Students need a balanced routine involving conceptual study, practice, revision, mock examinations, sleep, physical activity and mental well-being.Success Should Not Be Defined Only by IIT Admission While qualifying JEE Advanced is a remarkable achievement, it is important to remember that the examination is not the final measure of a student’s intelligence or future success.

Not every talented student will enter an IIT. Some may choose universities, medical education, pure sciences, research, design, entrepreneurship, teaching or other professional fields.

The larger objective of education should be to develop capable, ethical and creative human beings.

A student who fails to qualify should not conclude that life has failed. Competitive examinations measure performance under particular conditions on a particular day. They do not measure every form of intelligence, creativity, leadership, compassion or potential.

A Message to Parents

Parents also have an important role in sustaining the progress reflected in the 2026 results.

Girls should be given the same encouragement, educational investment and freedom to choose careers as boys. Families should not impose limitations based merely on gender.

At the same time, parents should avoid excessive pressure. The desire to see a daughter enter an IIT should never become a reason for constant comparison, fear or emotional stress.

Support should mean providing resources, guidance and encouragement while respecting the child’s individual interests and abilities.

The Road Ahead
The increasing success of women in JEE Advanced is encouraging for India’s future scientific and technological development.

India needs more women engineers, researchers, physicists, mathematicians,

computer scientists, entrepreneurs and technology leaders. Diversity in science is not simply a matter of representation. Different experiences and perspectives can contribute to better questions, better research and better solutions.

The six-year high achieved by women candidates in JEE Advanced 2026 should therefore be treated as a milestone—and also as a beginning.

The next objective should be to ensure that women from every region, community and economic background have access to quality mathematics and science education. Special attention should be given to talented girls in rural areas, small towns and underserved communities.

The success of SC and ST women candidates is particularly inspiring because it demonstrates that educational opportunity can cross social and geographical boundaries. Their achievements can become powerful examples for thousands of young girls who are still uncertain about whether they belong in engineering and technology.

Conclusion
JEE Advanced 2026 has provided an encouraging message: women are steadily strengthening their presence in one of India’s most challenging academic competitions. The highest women’s success rate in six years, including SC and ST candidates, represents progress in participation, opportunity and confidence.

But the real measure of this progress will be what happens next.

Will more girls choose physics and mathematics? Will more rural girls enter engineering? Will more women pursue research and innovation? Will IIT classrooms, laboratories and technology companies become increasingly diverse?

The answers will depend on what schools, families and society do today.

A successful examination result is important, but a successful educational movement is much larger. When a girl from a small town or disadvantaged background begins to believe that an IIT, a laboratory or a research institution is within her reach, education has already begun to transform her future.

The rising success of women in JEE Advanced is therefore not only a story about examination results. It is a story about changing aspirations, expanding opportunities and the gradual reshaping of India’s scientific future.

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may be associated with greater post-meal sleepiness in some people.

It is a common misconception that most of the body’s blood suddenly moves to the stomach for digestion, leaving too little blood for the brain. The body regulates blood flow according to its needs, and normal digestion does not deprive the brain of its blood supply.

Our Biological Clock Also Plays a RoleAn important factor behind post-meal sleepiness is the circadian rhythm, the body’s approximately 24-hour biological clock. It regulates sleep, wakefulness, hormones, body temperature and many other physiological processes.

For many people, alertness naturally decreases somewhat during the afternoon. Therefore, when lunch coincides with this natural dip in alertness, the effects of the meal and the biological clock may combine to make us feel sleepy.

This is why afternoon sleepiness is not always caused simply by how much or what we have eaten.

What About Blood Sugar?

After eating, blood glucose and insulin levels change. In most healthy people, the body manages these changes effectively.

However, a meal containing a large amount of sugar or refined carbohydrates may cause rapid changes in blood glucose in some people, which can be accompanied by tiredness or sluggishness.

If someone repeatedly experiences extreme sleepiness, weakness, shaking, sweating or dizziness after meals, it is sensible to seek medical advice.

Lack of Sleep May Be the Real Reason

Sometimes the meal is only part of the explanation. The real reason may be insufficient sleep at night.

If a person is already sleep-deprived, the normal reduction in alertness after a meal may feel much stronger. Therefore, when considering post-meal sleepiness, we should look not only at food but also at the duration and quality of our nighttime sleep.

Is It Wrong to Sleep After Eating?
Resting briefly after a meal is not necessarily harmful. In many cultures, a short afternoon nap, or power nap, is a normal part of daily life.

However, lying down immediately after a very heavy meal may worsen acid reflux or heartburn in some people. A gentle walk or remaining upright for some time after eating may be a better

option.How Can We Reduce Post-Meal Sleepiness?

A few simple habits may help:- Avoid eating excessively large meals.- Choose balanced meals containing protein, fibre and healthy fats.- Limit excessive sugar and highly refined foods.- Take a short, gentle walk after eating.- Drink adequate water throughout the day.- Maintain a regular and sufficient sleep schedule.- If excessive sleepiness occurs repeatedly after meals, consult a healthcare professional.

Post-Meal Sleepiness: A Message from the Body

Feeling mildly sleepy after eating can be completely normal. It may result from the combined effects of digestion, the amount and composition of food, hormonal changes, brain signals and the body’s biological clock.

However, excessive or persistent fatigue should not always be dismissed as normal. In some cases, it may be associated with poor sleep, medication effects, blood-sugar problems or another health condition.

So, the next time your eyes become heavy after a meal, remember that it is not simply “the food making you sleepy.” Inside your body, digestion, hormones, the brain and the biological clock are all interacting at the same time.

Food does more than fill the stomach; it also influences the chemical and biological activities of the body and brain. That is the fascinating science behind why we sometimes feel sleepy after eating.

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Emphasis on unity in the social churning of Bairwa community

Parivahan Vishesh News

Swatantra Singh Bhullar, New Delhi

Parivahan Vishesh Daily Newspaper

New Delhi. 'Samajik Manthan 2026' was organized by various Bairwa community organizations of Delhi at Ambedkar Bhawan located on Rani Jhansi Road. In it, there was deliberation on the unity of the community, social development and the demand for including Bairwa community in the list of Scheduled Castes in Delhi. The main organizers of the program were Mohan Chand Kundara, Bhagwan Das Mimrot, Shyamlal Gothwal and Satish Bhimwal. It was presided over by senior social worker and associate of the community Ramnarayan Khanna, while the stage was conducted by Ind Jonwal. Office bearers of various organizations of Delhi, senior social workers and a large number of people of Bairwa community participated in the program. Speakers including Suraj

Prakash Gothwal, Ramkishan Bansiwali, Ratanlal Bairwa, Munshilal Kundara, Yoga Guru Acharya Madan Singh, Jai Singh Bharti, ML Nagarwal, Bhup Narayan Jarwal, Roshan Lakwal, Dr. Shivlal Kundra and Subhash Bairwa expressed their views from the stage. The speakers emphasized on making decisive and organized efforts regarding the demand for including Bairwa community in Scheduled Castes in Delhi. Along with this, remembering the struggle and sacrifice of the ancestors of the community, a call was made to carry forward their legacy. In the meeting, construction of Bairwa Chaupal or Dharamshala in Delhi was also discussed. At the same time, a proposal was made to organize a grand and huge event in Delhi on the upcoming Bairwa Day, so that the voice of unity and demands of the community reaches across the country. It was decided to form a special committee regarding the demand for inclusion in Scheduled Castes. The committee will visit



Rajasthan and Madhya Pradesh and contact the leaders and representatives of the Bairwa community there and prepare a strategy to effectively place the demand before the Delhi Government and the Central Government. After in-depth discussion on various issues in the program, consensus was reached on furthering

the unity and collective efforts of the community. President Ramnarayan Khanna expressed gratitude to all Bairwa brothers who participated in the program. The community members present congratulated the main organizers for the success of the event.

Disabled passenger's life saved after coming under moving train, RPF jawans show bravery

Parivahan Vishesh News

Report by Special Correspondent, Parivahan Vishesh Newspaper, Gaya Ji.

At Platform No. 4 of Gaya Railway Station on Tuesday, under Operation Jeevan Raksha, RPF jawans saved the life of a disabled passenger from coming under a moving train. During the departure of Train No. 63254



Gaya-Patna MEMU, the disabled passenger tried to board the moving train,

due to which he lost his balance and fell on the platform and started going between the train and the platform. Sensing the danger, Assistant Sub-Inspector Balwant Kumar Singh and Constable Sawan Kumar, who were on duty, took immediate action and pulled the passenger to a safe distance. Due to the promptness of both the jawans, a possible serious accident was averted. The incident was captured in the CCTV camera installed on the Delhi End ladder of Platform No. 4. RPF appreciated the courage, wisdom and dedication to duty of both the jawans.

What are the political implications of the Supreme Court's strictness on changes in Form 6?



Parivahan Vishesh News

Saurabh Varshney

Elections in India are not just a constitutional process for the transition of power, but also the basis for the most important right of citizens in a democracy: the right to vote. Therefore, any change, amendment, or new process in the voter list cannot be considered merely an administrative decision. It involves the law, transparency, and the credibility of constitutional institutions. Therefore, the Supreme Court's strong comments regarding the alleged change in Form 6, used for voter registration during the Special Intensive Revision (SIR), are extremely significant.

The Supreme Court has clarified that it did not approve any such change to Form 6. The court expressed its desire to know at whose level this change occurred and what the entire decision-making process was. CJI Surya Kant's comment that if any illegality has occurred, consequences must be faced, clearly demonstrates the seriousness of the matter. The most important question here is: if a change was made to a form used in a statutory process, under what authority was it made? Was this decision taken collectively at the Election Commission level? Was it agreed upon by all Election Commissioners? Was the prescribed procedure followed? And most importantly, was this change publicly disclosed?

In a democracy, the strength of a constitutional institution like the Election Commission lies not only in its powers, but also in its impartiality and public trust. The suspicion that the Election Commission is influenced by any political party or government is a serious concern for democracy. Therefore, transparency of the process in every decision of the Commission is as essential as its final outcome. The issue of Form 6 is also sensitive because it relates to the registration of new voters. If any additional declaration, document, or condition is added to this process, it could directly impact a citizen's right to vote. Denying an eligible citizen the right to vote solely due to the complexity of the process cannot be considered appropriate for a democratic system.

There's already political controversy surrounding the SIR. Opposition parties are questioning the process and alleging that it could impact a significant number of voters. On the other hand, the Election Commission's argument stands. In such a climate, if ambiguity arises over changes to even a basic document like Form 6, it naturally fuels suspicion.

Another important aspect raised by the Supreme Court in this case is the institutional decision-making process. The Court wants to know whether the decisions related to SIRs were taken solely by Chief Election Commissioner Gyanesh Kumar or whether they were approved by the Election Commission by majority or unanimous consent. This question is not limited to the current controversy. It also touches upon the collective decision-making process and constitutional accountability within the Election Commission.

The Election Commission is not an individual body. It is a constitutional body, and its decisions must be institutionalized. If consensus cannot be reached on a matter,

the prescribed decision-making process, as provided by law, must be followed. If a significant decision is made solely by one individual, and the role of other members is minimized, questions about institutional balance will naturally arise.

However, it would be inappropriate to jump to conclusions about this matter. The Supreme Court has currently declined to grant an interim order suspending the Chief Election Commissioner. The court also clarified that no order can be passed based solely on newspaper reports. This judicial restraint sends an important message for democratic institutions.

The court has sought records from the Election Commission. These records will now reveal the true picture of this dispute. If the records prove that all decisions were taken in accordance with the rules and prescribed procedures, a large part of the dispute will automatically be resolved. But if the records reveal that a significant decision was implemented without the necessary institutional consensus, then the question will not be limited to Form 6 alone.

This case could also pose a litmus test for the Election Commission's credibility. The public will want to know the process behind these crucial decisions regarding the voter list. Is the Election Commission's power based on law or administrative discretion? And if any changes are made, where is their legal sanction?

Today, the need is to resolve every dispute related to the electoral process not through political accusations and counter-accusations, but based on documents, law, and a transparent process. Whether in power or in the opposition, no one should be allowed to compromise the credibility of the Election Commission. The voter list is the foundation of

democracy. As significant as the inclusion of an incorrect name is, the omission of an eligible voter is equally serious. Therefore, if a process is being undertaken to purify the voter list, every step of it must be clear, transparent, and fair.

The Supreme Court has only raised the question: who made the changes to Form 6? But behind this question lies an even bigger question about democracy: should every decision made in the electoral process be held accountable to the public through institutional and legal scrutiny? The answer is undoubtedly yes. Elections are not just a day to cast votes. They encompass the entire process, in which citizens' trust must be maintained at every step, from the voter list to the polling booths and the vote count. Any breach of this trust harms not just one political party but the entire democratic system. Therefore, all eyes are now on the Election Commission's record, which will be presented before the Supreme Court. The record will reveal who actually made the changes to Form 6, under what authority, and under what process. If everything is in accordance with the law, doubts should be removed, and if rules were violated, accountability should be fixed. In a democracy, the sanctity of elections is ensured not only by fair voting but also by a fair and transparent process. The voter's rights are greater than any administrative convenience, and every electoral decision should be judged against this criterion.

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Traffic rules are not a burden, but a shield for safety of life: SP Traffic Amit Kumar Srivastava

Parivahan Vishesh News

Report Vinay Kumar Mishra, Parivahan Vishesh Newspaper, Gorakhpur

A traffic awareness program was organized on Tuesday at Gangotri Devi Women's Postgraduate College and Gangotri Devi School of Nursing. In the program, SP Traffic Amit Kumar Srivastava made girl students aware about traffic rules and road safety. He said that traffic rules are not a burden, but a shield for safety of life. A few moments of carelessness on road can become a cause of lifelong pain for self along with whole family. He appealed to wear helmet on two-wheeler, seat belt in four-wheeler, follow speed limit, not to use mobile while driving and not to drive under influence of alcohol. He said that discipline on road is the biggest guarantee of safe

return home.

Traffic Sub-Inspector Manoj Kumar Rai gave information about traffic signals and safe ways to cross road. Traffic Mitra Sanjay Srivastava inspired for participation in public awareness. Managing Director of college Ashutosh Mishra said that road safety is not responsibility of one department, but collective accountability towards life. Principal Dr. Poonam Shukla, Vice Principal Dr. Priyanka Tripathi and Principal of Nursing Department Prakash Singh Choudhary also inspired girl students to put rules into practice. Dr. Seema Srivastava, Dr. Sushma Mishra including large number of teachers and girl students remained present in the program. In the end, girl students took pledge to follow traffic rules.



Ranchi's Ritu got her name in the Guinness Book registered pride

Parivahan Vishesh News

Achieved the milestone by creating a 12-kilometer crochet bunting line

Kartik Kumar Parichha, State Head Jharkhand

Ritu Vishwakarma, a resident of Ranchi, the capital of Jharkhand, has earned a Guinness World Record for her art and hard work. A resident of Eklavya Tower in Pundag, Ritu achieved this feat by creating a 12.18 kilometer (7.57 mile) long crochet bunting line. She set this record in collaboration with the organization "Mahila Manovikas (India)" during an event held in Visakhapatnam. Originally from the Kathal Mod area, Ritu has been crocheting and knitting for over 15 years. For her, knitting is not just a hobby but also a medium to express her artistry. She accepted this challenge to gain widespread recognition for this skill. Ritu worked tirelessly for three months to achieve the Guinness World Record. After registering with the organization "Mahila Manovikas," she wasted no time in creating crochet bunting. After working day and night, she created a 12.18-kilometer-long crochet line. The organizers planned to attempt the record for the longest crochet line on August 7, 2026. Ritu received the award notification on August 3, while the official certificate was



sent to her by post on September 30, 2026. Ritu completed her schooling at Rajendra Girls' School and pursued her higher education at Dhanbad-Sindhri. She learned about this international event through a relative. Following his advice, she registered for the event with the organization "Mahila Manovikas." After registering, she diligently began creating crochet buntings for the record. Her more than 15 years of experience in knitting helped her meet this challenge. After being included in the Guinness World Records, Ritu said that if a person pursues their passion with dedication, discipline, and hard work, even the biggest dreams can be fulfilled. Her achievement has brought joy to Ranchi and all of Jharkhand. Ritu's success proves that a skill, nurtured with consistent hard work and proper guidance, can achieve international recognition.

Woman raped in Jharkhand custody, Home Secretary Bandana appears in High Court

Parivahan Vishesh News

Report presented in a sealed cover, three including a constable accused of rape

Kartik Kumar Parichha, State Head - Jharkhand

Ranchi: Following the Jharkhand High Court's strict direction in the case of alleged illegal detention and rape of a woman at the Hazaribagh detention centre despite her acquittal in a criminal case, Home Secretary Vandana Dadel appeared in person before the High Court on Monday. During the hearing of the case, a division bench of Justice Sujit Narayan Prasad and Justice Akhil Kumar sought a clear reply from the state government on the legal basis of the woman's detention and the entire episode. During the hearing, the investigation report of the District Legal Services Authority, Hazaribagh, was presented to the court in a sealed envelope on behalf of the Jharkhand State Legal Services Authority (Jalsa). According to the report, the woman alleged in her statement that she was raped by three policemen,

including Constable Ranjit Mahato. The case is related to a habeas corpus petition filed by social activist Apurva Vivek. The petition challenges the woman's detention in the Hazaribagh Detention Center. Advocate Ujjaini Chatterjee, representing the woman, told the court that she had been acquitted in a criminal case, yet she was still being held in a detention center. The court raised serious questions about what would happen to the woman after she had already completed her sentence. During the hearing, it was also pointed out that the woman had already served a three-year sentence under the Foreigners Act. The division bench wanted to know the legal basis for continuing her detention after the completion of her sentence. The court noted that Article 21 of the Constitution guarantees every person the right to life and personal liberty, and that no person's liberty can be taken away without valid authority of law. In the previous hearing, the court had directed the DLSA, Hazaribagh team to speak to the woman through the Jhalasa and record her statement. The Superintendent of Police also joined the video conferencing hearing and assured the woman of justice.



War Cry of Social Counter-Revolution



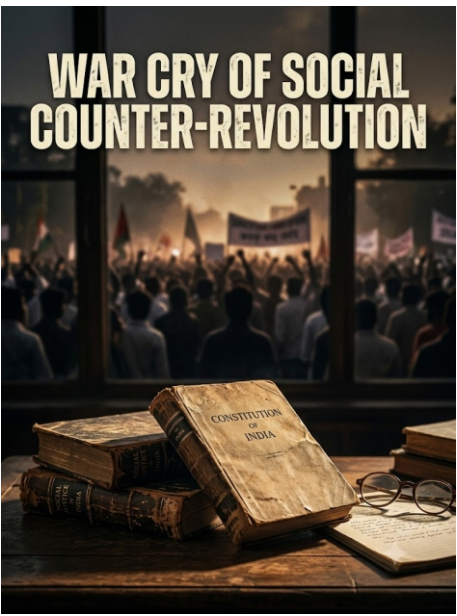
Parivahan Vishesh News

Article: **Rajendra Sharma, Senior Journalist and Editor of weekly magazine 'Loklahar**

Presenter: **Special Correspondent, Parivahan Vishesh Newspaper**

The counter-revolutionary attack of the Sangh-BJP to reverse the social revolution unleashed by the national movement stands on two legs — Hindu supremacism and Manuvad or Brahmanism, which is a combination of both savarna supremacism and patriarchal supremacism. With this attack reaching various levels of governance, a real danger of social counter-revolution has arisen.

From patriarchy to annihilation of caste, from non-Brahmanism of history to the curse of Manu — at first glance this may indeed look to anyone like an agenda of social reform and awakening. Obviously, this was an essential part of the agenda not only of the Phule couple, Periyar, Dr.



Ambedkar and all other social reformers, but in its own slightly different way, also of Gandhi and of the national movement under his leadership. That is why the Constitution of the independent India that was born from the womb of this national movement was at least in conformity with this agenda. The natural expectation from it is that the education system of the country and especially the higher education system will be

helpful in taking this social agenda forward. It will not be surprising that some heated voices from among the sections trampled under their feet and from their sympathizers call patriarchy, the caste system, Brahmanism of history and Manuvad as 'poison' and make the search for its antidote the goal of their scholarship. This is that agenda of social revolution, which the national movement could not complete, but it had not only forcefully placed it before the country, it had also unleashed such forces which were going to take this agenda forward. But what will you call the opposite of this? If someone calls the opposition to patriarchy, the advocacy of annihilation of caste, the criticism of Brahmanism of history and of Manu itself as 'poison'? Naturally there can be only one answer to this — this is the agenda of social counter-revolution. Under the leadership of Narendra Modi, the Sangh-BJP government's covert promotion of the forces and tendencies of social counter-revolution and more openly weakening the tendencies of social revolution was not hidden from anyone. But it seems that in the third term of the Modi regime, the reins of state policy are being handed over on an increasing scale to the forces of social counter-revolution. The demand that came directly from the Prime Minister's Office at the end of September to investigate the presence of Ambedkarite scholarship/thoughts along with Leftist ones in central universities, underlines this truth in darker colours. Since this episode has

been largely ignored in the mainstream media, while in this matter the surprising activism of the Prime Minister's Office directly is clearly visible, which signals the entire governance leaning in this direction, we would like to mention this episode here in some detail. This episode begins with an anonymous tweet that appeared on 26 September on the social media platform X. In this tweet, the present policy makers of the country are warned that the 'poison' of criticisms of patriarchy, caste, Brahmanism, Manuvad is being filled into young minds, through which the leftist gang is using education to prepare recruits for recruitment into its ranks!

However, in the garb of an attack on the Left, actually the RSS's demand to exclude from the ambit of higher education the intellectuals that open the path for the socially oppressed, especially the deprived castes and women, and those that block their path, becomes fully exposed when in the list attached with the said tweet, writings ranging from Dr. Ambedkar's 'Annihilation of Caste' to Periyar, the Phule couple are counted as examples of the said 'poison'. In the picture attached with the tweet there are a total of 35 books, in which for easily understandable reasons, the number of women authors is disproportionately high. That is, this is an example of attempts in the name of Left, to ostracize from the ambit of education all kinds of progressive streams and especially caste-antagonistic and gender-prohibitive ideas of equality, in the same way as through attacks Brahmanism in very ancient times had pushed materialist philosophical streams like Charvaka and Ajivika below even the margins.

What happens after this anonymous tweet comes is even more meaningful. The Prime Minister's Office takes suo motu cognizance of this tweet, writes a letter to the Department of Higher Education in this regard and the concerned department on the same day, i.e. on 27 September itself, writes a letter to all central universities and immediately asks them for their reply on these complaints. Obviously, the central universities immediately get engaged in reviewing this matter. One question asked to the central universities in connection with this complaint is even more apprehension-inducing. They also have to tell how many students are there in courses related to the thinkers/writers who spread the said 'poison'. That is, overall what is the scale of spreading and propagation of this poison? How much and what kind of siege will be needed for this?

Of course, even if this may be the first example of direct intervention of the present regime in favour of casteism and male chauvinism, it is important to remember a continuous series that has been going on behind it. Readers will remember that in the background of many cases of caste discrimination in higher education institutions, including the institutional murder of Rohit Vemula, against the half-heartedly prepared guidelines that the University Grants Commission had prepared on the direction of the Supreme Court, obviously with the involvement of the Sangh Parivar organizations, an attempt was made to raise a storm of opposition. Immediately the Supreme Court also heard it and...



Parivahan Vishesh News

The following is not a scene from a horror movie. There is no dark room, no deserted street, no masked stranger lurking in the shadows. It is a classroom. In a university. In broad daylight. And if the reported account is true, what happened there is perhaps more terrifying precisely because the person who allegedly crossed every boundary was not an unknown predator—but a professor, a Head of Department, a man entrusted with the education, evaluation and academic future of the very students who sat before him.

Picture the scene.

A classroom in a science department. Young men and women sit quietly, each carrying a different story of struggle behind their academic journey. Some have come from modest homes. Some have watched their parents sacrifice everything so that their children could study. Some have travelled miles, fought financial hardship and spent years preparing for the privilege of sitting in that classroom. They came there believing that a university would be a place that would change their lives, where knowledge would liberate them, and where the person standing at the head of the classroom would be worthy of their respect. Then, reportedly, the professor calls out a female student's name.

“Stand up.”

She stands.

He looks at her, and, in the presence of the entire class, the professor reportedly draws attention to her father's humble occupation, making a degrading remark about his profession, and then turns his attention to the young woman's appearance.

Imagine a young woman standing before an entire classroom, suddenly reduced—not to a student, not to a scholar, not to a human being with dreams and dignity—but to an object of someone else's vulgar amusement.

For a few seconds, she reportedly stands frozen. She says nothing. Words fail her. And then, almost imperceptibly, tears begin to gather in her eyes. She does not scream. She does not protest. She simply stands there, trying to hold herself together while silent tears run down her face.

The room falls silent. Her tears speak, because she cannot.

Before the shock has even settled, the professor reportedly turns to the class and offers himself, astonishingly, as someone who can advise students about alcohol consumption.

Then comes the statement that should make the conscience of every decent society tremble.

Addressing the female students, the man reportedly tells them, in substance, that they should understand who he is; that he has the power to destroy their careers and their lives; that the marks of their theses are in his hands.

And then, reportedly, comes the most grotesque declaration of all: these young women are not his daughters or sisters; they can, in his words, be his girlfriends or wives.

Stop for a moment.

Read that again.

This was reportedly not whispered in a dark corridor. Not muttered behind a closed door. Not said secretly to one frightened individual.

It was allegedly said in a classroom, **in front of students, by a person occupying a position of authority.**

That is perhaps the most frightening part of the entire story. Because when a predator begins to speak without fear in daylight, in a room full of witnesses, the question is no longer merely about the predator.

The question becomes: what has happened to the ecosystem around him that taught him he had nothing to fear?

If the subsequent reports are accurate, students protested. A complaint was lodged. The matter attracted public and media attention. And then came the familiar institutional choreography: explanations, statements, committees, appeals for calm, and—most disturbingly—attempts to persuade or pacify the victim.

And then, reportedly, the complaint was withdrawn. The frightened person disappeared into silence.

Those who had dared to speak were reportedly asked to explain themselves.

And the alleged perpetrator? Conveniently absent.

Perhaps this is how institutional machinery protects itself: not by proving that nothing happened, but by making the person who complained wish that she had never spoken.

BUT WHO GAVE HIM THE COURAGE?

This is where the real questions begin. What gave this so called custodian of knowledge, the courage to speak in such a manner before an entire classroom?

Was it arrogance? Was it intoxication with authority? Or was it something far more disturbing—the knowledge that consequences, if any, would be manageable?

Who taught him that a student's vulnerability could become a weapon in his hands?

Who made him believe that the marks of a thesis could become a bargaining chip against the dignity of a young woman?

Who are the people behind such men—the mentors, patrons, networks, friendships and invisible hands that allegedly enable individuals in positions of authority to behave as though the institution itself belongs to them?

And what happened to similar complaints in the past? How many students came forward before this? How many quietly withdrew? How many were advised to “adjust”? How many were told to forgive? How many were told not to destroy their careers over “one incident”? How many young women were made to believe that silence was the price of completing a degree? And what became of those complaints?

Did the celebrated committees actually deliver justice—or did they merely produce paperwork?

If individuals previously accused of serious misconduct continue to occupy influential positions,

what exactly are these committees protecting? The victim? Or the institution's reputation?

And if the same kinds of complaints keep appearing over the years, can an administration honestly claim that it knew nothing? Was nobody aware of the conduct of such individuals before the latest incident? Were whispers never heard? Were complaints never received? Were students never seen leaving offices with tears in their eyes? Were colleagues never uncomfortable?

Or did everyone know something, but nobody wanted to know enough to act?

There is a profound difference between not knowing and choosing not to know. The first may be ignorance. The second is a moral decision.

AND WHAT OF THOSE WHO WATCHED?

There is another uncomfortable question. What is the responsibility of the people who witness such behavior and remain silent? The classmates who hear it. The colleagues who know. The employees who see. The administrators who receive complaints. The senior officers who hear whispers.

The people who say, “It is not my matter.” The people who lower their eyes because they have a promotion to secure, a contract to renew, a favor to obtain, or simply a comfortable life to protect.

Yes, fear is real. Consequences are real. But so is complicity.

History rarely remembers the excuses of those who stood silently beside injustice.

A university is not corrupted only by the person who commits the wrong. It is also weakened by the silence of those who knew, watched and calculated that speaking would cost them more than remaining silent.

WHO WILL CLEAN THE FILTH?

Someone has to. But who? The administration? The committees? The courts? The media? The Society?

Or will everyone wait for someone else to take the first step? We speak endlessly about protecting our daughters and sisters.

But what does that protection mean if, when a young woman finally gathers the courage to speak, we ask her to forgive the person who allegedly threatened her future? Her dignity?

What kind of compassion asks the wounded to embrace the hand that wounded them?

Forgiveness may be a virtue when freely chosen by the injured. It must never become an administrative instrument for silencing the injured.

A society that pressures a victim to forgive before establishing accountability is not teaching compassion. It is emboldening the

WHEN THOSE WHO GUARD THE SANCTUARY OF KNOWLEDGE BECOME ITS PREDATORS

predators, handing them a license to repeat their behavior, secure in the knowledge that the burden of silence will once again fall upon the victim.

AND THIS IS ONLY THE INCIDENT THAT CAME TO LIGHT

Perhaps this is the most frightening thought of all. This is one incident that reportedly surfaced because someone found the courage to speak—even if that courage was later overwhelmed by fear.

But what about the others? What about the students, scholars, who never complained?

What about the research scholars who depend almost completely upon supervisors for their thesis, evaluation, recommendations, extensions, publications and academic futures?

What about the young scholar who knows that one disagreement with a powerful supervisor can delay a thesis for months or years?

What about the student who knows that refusing an inappropriate demand may mean academic isolation?

What about the woman who calculates the cost of speaking and discovers that silence appears cheaper?

We should not confuse the absence of complaints with the absence of wrongdoing.

Sometimes there are no complaints because fear has already done the work of censorship.

Victim-shaming, whispered questions about a woman's clothes, behavior and the endless demand that she prove her innocence—these are among the oldest weapons used to silence the vulnerable.

And then society congratulates itself for being civilized.

BUT INSTITUTIONAL INJUSTICE DOES NOT END WITH SEXUAL HARASSMENT

There is another class of people whose suffering rarely receives headlines: the temporary, contractual and outsourced employees who keep institutions functioning while remaining permanently insecure.

Some of them have served for years.

They open offices before others arrive. They close them after everyone leaves. They carry files, maintain laboratories, operate systems, process records, assist students, support faculty and perform responsibilities that institutions cannot function without.

And what do they receive in return? A salary that barely keeps pace with life. A contract that must be renewed. A future that remains uncertain.

And, often, the perpetual reminder that they are “temporary”. An institution may spend lakhs beautifying an office, purchasing furniture, renovating spaces and creating impressive surroundings—and yet discover, with remarkable precision, the relevant rule book when a modest salary revision is requested for a person who has served it for years.

How extraordinary is our mathematics of compassion. There is always money for the visible. There is always procedure for the powerful.

But when the person who has quietly served the institution for a decade asks for a little dignity in the form of a modest improvement in wages, suddenly the rule book becomes sacred scripture.

Some such employees have reportedly found themselves confronted with an age ceiling that could prevent them from even competing for regular positions, despite having spent years acquiring precisely the institutional experience that such positions require.

Think about the cruelty of that irony. A person is considered experienced enough to serve an institution for ten years—but

perhaps too old to compete for a position in that very institution.

What kind of system creates experience and then disqualifies the person who acquired it?

What kind of institutional philosophy uses people for years while refusing to acknowledge their years of service?

AND SOMETIMES, EVEN A HOLIDAY REVEALS THE HEART OF AN INSTITUTION

Perhaps nothing exposes institutional insensitivity more painfully than something as ordinary as a holiday.

If one community's important festival is treated with extraordinary generosity while another community's equally important festival receives only a single day, the question is not merely about the calendar.

The deeper question is: Whose feelings are considered worthy of consideration?

Who decides whose celebrations deserve institutional recognition?

Is equality merely a word to be printed in official documents, or does it mean that every employee and student should feel that their dignity, culture and legitimate sentiments matter?

These may appear to be separate issues—harassment, contractual exploitation, unequal treatment, institutional privilege.

They are not. They are symptoms of the same disease. The disease is the abuse of power. The disease begins when one human being starts believing that another human being exists beneath him. It flourishes when institutions protect positions rather than people.

And it becomes incurable when decent people decide that silence is safer than conscience.

THE QUESTIONS WE MUST NOT ESCAPE

So let us ask ourselves, without fear and without pretending: Who protects the powerful when they cross the line? Who protects the student when the accused controls her academic future? Who protects the contractual employee when the person signing the next contract is the same person before whom she must complain? Who watches the watchdog? What happens to complaints after the media leaves? How many committees have delivered justice, and how many have merely delivered reports? How many victims have quietly disappeared from institutions because staying was unbearable? How many careers were damaged—not because someone lacked merit, but because someone dared to speak? How many employees have spent the best years of their working lives in temporary employment? How many people are told to be grateful for exploitation because at least they have a job? How long can an institution preach values to students while violating those values in its own corridors? And perhaps the most painful question of all: When did our fear of losing our own comfort become greater than our fear of losing our collective conscience? **WE OWE OUR DAUGHTERS MORE THAN ADVICE TO “BE CAREFUL”** To the women who read this: no degree and no career is worth the destruction of your dignity. No position is worth surrendering your self-respect. No academic achievement should require you to tolerate humiliation. And no institution should make you choose between your future and your dignity. Speak when you can. Seek support. Stand together. And when one woman speaks, let other women—stand beside her. To parents: believe your daughters. Listen to them before advising them to remain silent. A career can be rebuilt. A degree can be pursued again. A job can be found elsewhere. But the psychological wound created when a person is repeatedly told that her dignity is less important than an institution's reputation, can remain for years.

Do not teach your daughters that endurance is strength.

Teach them that their voice has value. **AND TO THE REST OF US** We do not need more speeches about morality. We need courage.

Not the courage that appears on social media for a day. Not the courage that arrives when the cameras are switched on. Not the courage that is available only when speaking carries no personal cost. We need the difficult kind—the courage that stands beside the powerless when nobody is watching. The courage to say “No” to a powerful person. The courage to ask why a complaint disappeared. The courage to question an institution we depend upon. The courage to defend a contractual worker whose salary is insignificant to us but whose entire household depends upon it. The courage to refuse to laugh when someone is humiliated. The courage to stop calling cowardice “adjustment”. And the courage to understand that silence is not always neutrality. Sometimes silence is permission. And sometimes silence is the final brick in the wall that imprisons the victim.

We have spent generations teaching people to fear authority. Perhaps it is time to teach authority to fear accountability.

Let the universities become places where knowledge creates humility, not arrogance; where authority creates responsibility, not entitlement; where committees deliver justice, not cosmetic reassurance; where a student's vulnerability is protected, not exploited; and where an employee's years of service are valued rather than conveniently forgotten.

The filth will not disappear merely because we refuse to name it. The darkness will not leave because we close the curtains. Someone has to open the window. Someone has to let the light in.

Perhaps that someone is you. Perhaps it is me.

Perhaps it is every student who refuses to remain silent, every teacher who refuses to protect misconduct, every employee who refuses to accept humiliation as destiny, every parent who stands firmly beside a daughter, and every administrator who remembers that an institution exists for human beings—not the other way around.

So I leave the reader with questions rather than conclusions.

How many more must suffer before we stop calling silence peace? How many complaints must disappear before we ask where they went? How many careers must be threatened before we question the hands holding the power? How many young people must lose faith in institutions before institutions examine themselves?

And how many times will we choose our personal safety, comfort and petty interests over the dignity of another human being?

I do not claim to have all the answers. I would genuinely like to hear yours.

Write. Question. Disagree. Challenge. Tell me where I am wrong.

But let us, at least once, refuse to be cowards. Let us rise above the small calculations of personal benefit.

Let us remember that one day every chair of power becomes an empty chair, every designation becomes a line in an old file, every signature becomes meaningless ink, and every privilege eventually disappears. Let us choose, while we still can, to be remembered as human beings.

And perhaps the greatest question before us is whether we still possess the courage to stand beside our women when they are threatened, humiliated or silenced by those in positions of power—or whether we will remain silent and leave them to face that battle alone.

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