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02 How to Prepare your skin for the changing weather

06 Citizenship: Is the Responsibility to Prove It the Citizen's or the Government's?

08 One Hour of Your 24 Hours, Dedicated to the Bright Future of Someone in Need!

Separating Milk from Water: Why is reconsideration of historical names necessary?

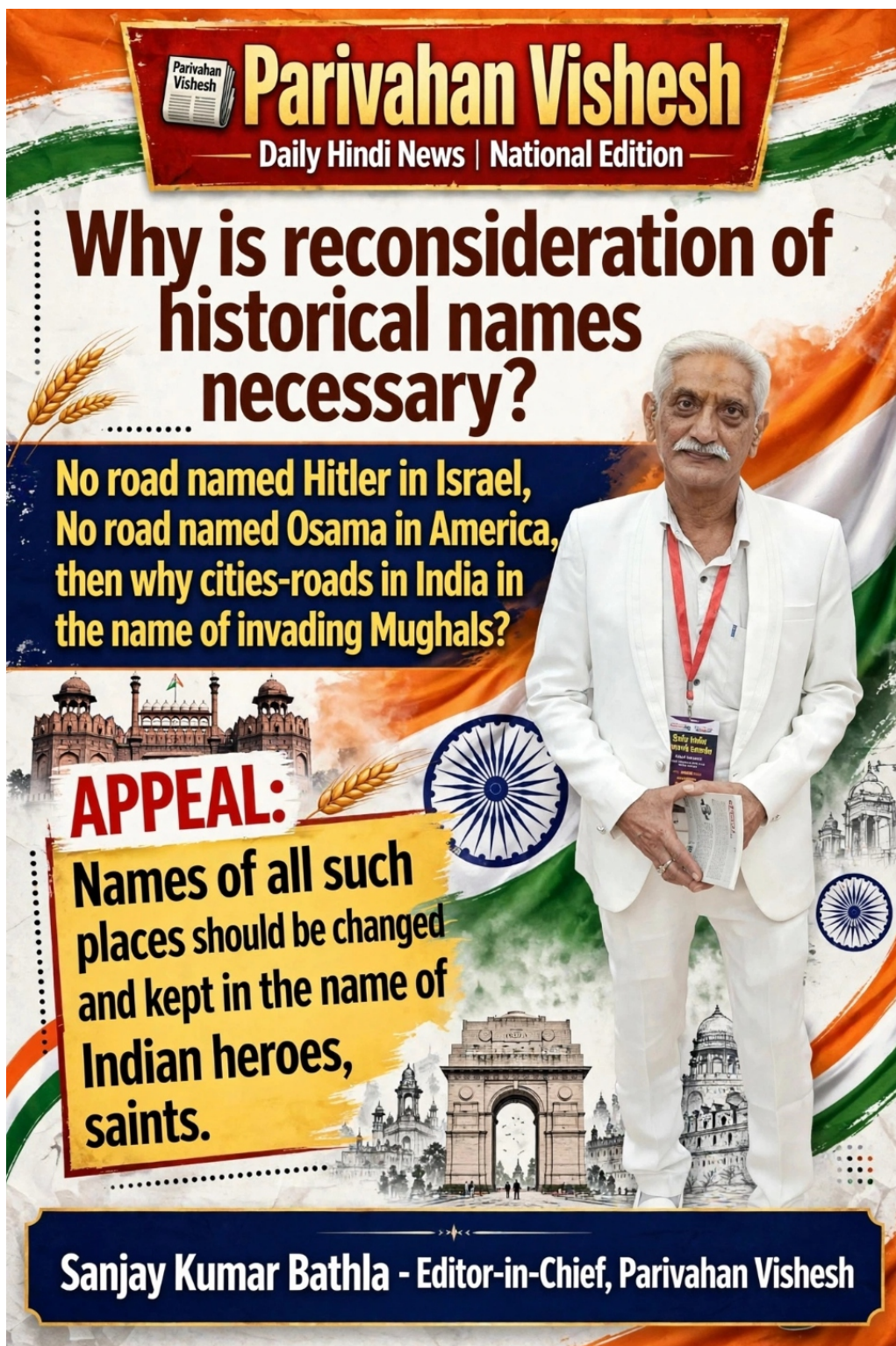
Parivahan Vishesh News

— Sanjay Kumar Bathla,
Editor-in-Chief, Parivahan
Vishesh

Dear readers, today a question is in the mind of every sensible citizen of the country, and now the time has come that milk should be separated from water on this.

One question which often remains in discussion in India — use of historical names in public places.

Argument:- There is no road in the name of Hitler in Israel, there is no road in the name of Osama Bin Laden in America — then why are there cities/roads in India in the name of Mughal rulers? Nizamabad, Babar Road, Aurangabad What is the fact:- Process of changing names has been going on in India. Like — Aurangabad was changed to Chhatrapati Sambhajinagar in 2023, Allahabad was changed to Prayagraj, Faizabad was changed to Ayodhya. — But many names are still same, because they are not just in name of ruler, but connected to 300-400 year old identity of that city, railway station, government documents. Changing name involves big administrative expense and legal process. There are two sides on this:- One side says: Keeping cities in name of those rulers who broke temples, imposed Jizya, committed atrocities, is insult to victims and history should be re-evaluated. — Other side says: Names are part of history, history will not change by erasing them. Mughals have also contributed in Taj Mahal, Red Fort, Urdu language, music, art, and changing names is just politics.*1. What is milk and what is water?*Milk is what is India's own, our heroes, our saints, our freedom fighters. Maharana Pratap, Chhatrapati Shivaji Maharaj, Guru Gobind Singh, Maharani Lakshmbai, Swami Vivekananda, Sardar Patel — who shed their blood for this country. Water is what came from outside and was imposed on us — invaders like Babar, Aurangzeb, Nizam who broke temples, committed atrocities on lakhs of Hindus, imposed Jizya, looted.*2. Understand what world does:*. In Israel, Hitler committed horrific atrocities on



Jews, yet there is no Hitler Road there. — In America, Laden spread terror, yet there is no Osama Road there. This is straight principle of world — No country keeps name of its road in name of tyrant, then why in great country India? Then why in India? — Why names like Aurangabad, Nizamabad, Babar Road — Whose memory do these names remind? Those looters, who looted this land.*3. Will history be erased by changing names? No.* History will remain in

books. But giving public honour and reading history are two different things. We read history of Hitler in books, but we don't install his statue at crossroads. Similarly, history of Mughals should be read, but keeping names of cities and roads in their name should be stopped.*My appeal* I, Sanjay Kumar Bathla, humbly appeal to governments of country, state governments and all citizens —> Names of all such cities, roads, localities and institutions of India, which are in

name of invading and looting Mughals, should be immediately changed and kept in name of great Indian heroes, saints, freedom fighters and patriots. — This is not hatred, this is self-respect. — This is not feeling of revenge, this is justice. What do we want to give to coming generation — memory of tyrants or inspiration of heroes? Jai Hind.

Shardiya Navratri Special - In Editorial Style



Parivahan Vishesh News

Heartfelt wishes for Shardiya Navratri - Fourth Maa Kushmanda Devi who created the Universe with her mild smile, that Maa Kushmanda

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Temple of Liberalization and Welfare Allied Trust (Registered) | Transport Operators and Labour Welfare Association (Registered) Heartfelt wishes to all of you from the Joint Management Board

Maa's incomparable affection and grace may remain on all, this is our wish.

Sanjay Kumar Bathla - Editor-in-Chief | Pinki Kundu - Co-Editor

1. Maa Kushmanda: Meaning of name and form On fourth day of Navratri, Maa Durga's Kushmanda form is worshipped. - Kushmanda = Ku + Ushma + Andā - Means the one whose mild, light smile gave birth to Universe. — When there was darkness all around in creation, then Maa illuminated Universe with her energy. - Maa is Ashtabhujā - Holds Kamandal, bow, arrow, lotus, Amrit Kalash, Chakra, mace and rosary in eight hands. - Vehicle is lion, and Maa's favorite Bhog is Malpua and Kumhda (Petha). - Maa's colour is orange/golden, which is symbol of energy, Sun and life. Maa Kushmanda is called presiding deity of Sun Mandala. Sun itself is illuminated by Maa's brilliance and

energy is transmitted in creation.*2. Puja Vidhi - For devotees*Samagri: Yellow/orange flowers, Akshat, Roli, Chandan, Malpua, fruits, Paan, Supari, Dhoop-Deep, Kalash Vidhi: 1. Take bath in morning and wear yellow clothes. 2. Sprinkle Gangajal on Maa's idol/picture. 3. Establish Kalash and light Deep. 4. Offer Malpua and Kumhda Bhog to Maa. 5. Chant Mantra: > Om Devi Kushmandayai Namah || > Sura Sampoomakalasham Rudhiraplutameva Cha | Dadhana Hastapadmabhyam Kushmanda Shubhadastu Mell6. Do Aarti and distribute Prasad. Special: On this day feeding girls and donating to Brahmins is considered highly fruitful.*3. Katha: Creation of Universe* According to mythological story when Universe was not there, there was void and darkness all around. Then Maa Bhagwati created Universe with her mild smile. From this smile of Maa only Sun, Moon, stars and entire creation was formed. Therefore Maa is called Adi Shakti and mother of creation. By worship of Maa, diseases, sorrows and poverty of devotees are destroyed. By grace of Maa Kushmanda, longevity, fame, strength and health are attained.*4. Main Points - For devotees* - Tithi: Fourth day of Navratri - Devi: Maa Kushmanda - Form: Ashtabhujā, Lion-riding - Favourite Bhog: Malpua, Kumhda - Favourite Colour: Orange, Yellow - Mantra: Om Devi Kushmandayai Namah - Result: Health, longevity, fame, strength, prosperity*5. Editorial Message* Wishes from Parivahan Vishesh family to all readers, transport operators, drivers, labourers and their families - May your life be filled with light, health and prosperity by grace of Maa Kushmanda. > May Maa's incomparable affection and blessings always remain on you.

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Pinki Kundu

Parivahan Vi

Cybercrime's Borderless Nature Cybercrime routinely transcends geographical borders, legal jurisdictions, and traditional policing boundaries. The recent case involving an Italian woman who travelled to Gurugram to file a complaint against a

Beyond Jurisdiction: Cyber Crime Knows No Boundary

man she met on Instagram demonstrates how digital offences can originate in one country, target a victim in another, and require prosecution in a third.

This case highlights the urgent need for cross border cooperation, harmonised legal frameworks, and rapid international coordination to effectively investigate and prosecute cyber offenders.

Case Summary: Romance Fraud Across Continents

Victim Profile• Nationality: Italian• Age: 50 years• Profession: Jewellery designer owning multiple showrooms in Reggio Emilia, Italy Accused• Nationality: Indian• Location: Gurugram• Modus Operandi: Built trust through Instagram interactionso Promised marriageo Created AI generated videos to gain confidenceo Requested money citing job losso Received

€900–€1,000 in two instalmentso Cut off contact after receiving funds Victim's ActionsFrustrated by slow action in Italy, the victim flew to India, met ACP (Cybercrime) Gaurav Fogat, and filed a formal complaint at the Gurugram Cybercrime Police Station. An FIR was registered under Section 318(4) of the Bharatiya Nyaya Sanhita (BNS). Why This Case Demonstrates Jurisdictional ChallengesA. Crime Occurred Digitally Across Borders• Communication happened on Instagram. • Financial transfers were cross border (Western Union). • Offender located in India; victim located in Italy. • Evidence stored on global servers. This creates multi jurisdictional complexity involving at least three legal systems. B. Victim's Complaint in Italy Saw DelaysThe victim stated that her complaint in Italy "would have been dismissed for the longest time" because two governments must coordinate and Italian authorities undervalue such cyber fraud cases. C. Need for Direct Physical PresenceThe

victim spent twice the amount she lost on flights, visas, and lodging to pursue the case in India—showing how victims often bear the burden of jurisdictional gaps. Investigation by Gurugram PoliceA. Prompt ActionGurugram Cyber Police registered the FIR immediately and began technical surveillance and bank trail analysis. B. Digital Evidence CollectionPolice traced:• Instagram communications• Bank account details• Digital footprints• Mobile phone used by the accused C. Arrest of the AccusedA 36 year old cyber security expert, Akhil Maurya, was arrested for duping the Italian woman of €900. Cybercrime Knows No BoundaryA. Digital Crimes Ignore GeographyOffenders exploit:• Global social media platforms• Cross border payment systems• Anonymity tools• Weak international coordinationB. Victims Often Must Cross Borders for JusticeThis case shows victims may need to:• Travel internationally• Engage foreign police• Navigate unfamiliar legal systemsC. International Cooperation Is

EssentialEffective prosecution requires:• Mutual Legal Assistance Treaties (MLATs)• Interpol coordination• Cross border digital evidence sharing• Harmonised cybercrime lawsD. Cyber Police Must Handle Global ComplaintsGurugram Police explicitly stated they take cybercrime complaints from within India and abroad seriously, signalling the growing need for international facing cyber policing units. Policy Implications for IndiaA. Strengthening Cross Border Cybercrime ProtocolsIndia must continue developing:• Faster MLAT processes• Dedicated international cyber liaison officers• Real time digital evidence exchange mechanismsB. Enhancing Victim Support for Foreign NationalsPolice stations should:• Provide multilingual support• Offer digital complaint filing for foreign victims• Coordinate with embassiesC. Building Global Trust in Indian Cyber PolicingThis case demonstrates:• Professionalism of Gurugram Cyber

Police• India's capability to handle international cybercrime• The importance of transparent, victim friendly processes

The Italian woman's case is a textbook example of how cybercrime transcends borders, jurisdictions, and traditional policing frameworks.

It underscores the reality that:

Cybercrime knows no boundary, but prosecution still does.

To bridge this gap, nations must strengthen cross border cooperation, streamline digital evidence sharing, and empower cyber police units to operate seamlessly in a global digital ecosystem.

This case also highlights India's growing role in international cybercrime response, demonstrating that proactive policing can overcome jurisdictional barriers and deliver justice—even across continents.

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

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Sanjay Bathla
Editor In chief



How to prepare your skin for the changing weather



Parivahan Vishesh News

Shahnaz Hussain

These days, we are transitioning from the humid monsoon season to the colder

months. With the change in weather, our skin's balance gets disturbed, leaving it dry and lifeless. To protect the skin from this change, the skin care routine needs to be changed from lightweight to deep moisturization. During this time, you need to change your cleanser. While you use gel or foam cleansers during the monsoons, with the changing weather, you now need to switch to lotion or cream-based cleansers that cleanse the skin while preserving its natural oils. Lotion or cream based cleansers maintain the skin's natural oils and moisture levels,



SKINCARE FOR CHANGING WEATHER

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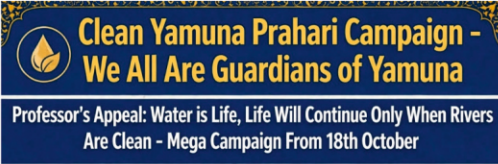
preventing dryness despite changing weather. They leave a light and protective layer of moisture on the skin after cleansing. They are especially useful for dry and sensitive skin and are also beneficial for the elderly. They do not create any foam when applied to the face and are creamy and smooth like a lotion. Which maintains moisture in the skin and

prevents dryness.Reduce exfoliation as the weather changes. During the humid rainy season, we regularly scrub to remove greasy and dead skin. However, as the weather changes, limit your use of scrub to once a week. Excessive scrubbing can weaken the outer protective layer of the skin, leading to dryness.Immediately after exfoliation, apply a

good quality thick moisturizer or lotion on the skin.Avoid using salt or coarse-grained scrubs during this season and instead use ingredients like honey, oats, yogurt, milk or lactic acid that moisturize the skin.As the weather changes, we feel the sun is getting cooler and there are no strong ultraviolet rays in the sun, due to which the sun will no longer cause any harm to the skin. However, the winter sun also causes equal harm to the skin.Even in this season, ultraviolet rays remain active, easily penetrating clouds and glass to reach deep into the skin, causing wrinkles and making you look older. The mountains have already seen their first snowfall of the season. Therefore, if you live in a snowy region, you need to be extra vigilant, as 90% of the sunlight falling on the snow is reflected back into the atmosphere.It has a deep impact on the skin and eyes. It can cause sunburn on the skin and can also burn the cornea of the eyes, which is medically known as photokeratitis. To avoid this, use goggles which will provide a protective shield to the eyes.As soon as we feel the cold weather, we start using geysers etc. and start bathing with hot water, which proves to be harmful for the skin because hot

water takes away the natural oil and moisture of the skin, due to which the skin becomes lifeless and dry. If you are suffering from skin related problems, then you need to be a little more careful because the use of extremely hot water can aggravate old problems like psoriasis and eczema.I suggest you to take a bath with lukewarm water this season and limit the bath time to a maximum of ten minutes / immediately after bath use a good quality soap for about three minutes to lock in the moisture Apply moisturizer or body lotion . Facial skin is delicate, so always apply facial moisturizer . For the body (from the neck down), use body lotion.As winter sets in, we feel less thirsty and reduce our water intake. However, to keep the skin nourished and hydrated, one must drink eight glasses of water a day. If you wish, you can use lukewarm water instead of cold water, but avoid hot water. Drinking enough water will prevent chapped lips, which is a common problem in winter.It prevents constipation and fatigue and maintains energy in the body.The author is an internationally renowned beauty expert and is popular as the Herbal Queen.

Clean Yamuna Prahari Campaign - Mega campaign from October 18, we all are Yamuna's Praharis



Objective of Campaign

- Public awareness for cleanliness of Yamuna River
- Making local people cleanliness guardians
- Special campaign on water conservation and waste management

Parivahan Vishesh | Chief Editor Sanjay Kumar Bathla | Editor in Chief Sanjay Kumar Bathla | Co Editor Pinki Kundra | Co Editor Pinki Kundra | October 2026 | October 2026

Parivahan Vishesh News

Delhi Government's initiative, college-school students will become Praharis, pledge of Jal Hi Jeevan Hai (Water is Life)Parivahan Vishesh Correspondent

A historic campaign is going to start in Delhi regarding cleanliness of Yamuna. Clean Yamuna Prahari campaign is being launched by Delhi Government from 18th October. The objective of this campaign is not just cleanliness, but to create public awareness that Water is Life.

Our correspondent had a special conversation with Professor Sir in Delhi College on this campaign.*What did the Professor say?*

Professor Sir said that he has heard a lot about this campaign and it is a highly commendable initiative.> "As Clean Yamuna Prahari, the government wants to connect every citizen, every person, every child and social reform organizations. And by connecting them, it wants to take a pledge that we will keep Yamuna clean."He said that water is the basis of nature. Our food, lifestyle, everything depends on water. The main source of water is river. Until rivers are clean, our life cannot run well.*This is not just NSS work, duty of every citizen.* Emphasizing, the Professor said that this is not just an issue of National Service Scheme (NSS) children, it is an issue connected to every person. It becomes our moral duty to contribute to cleanliness of Yamuna. By this we will be able to serve the nation and country.*Role of young generation is most important.* He said that mainly young generation, new children, school-college students, all professors should join in this. Professors should encourage enthusiasm in children.Awareness campaign is also running in our college regarding this drive. He expressed gratitude to his Principal, NSS Program Officer Mrs. Indu Dutta and all her colleagues.*Main Points:*1. *Campaign Duration:* 15-day mega campaign from 18th October 2026 to 01st November 2026.2. *Time:* Daily cleaning at Yamuna Ghat from 7 to 10 am.3. *Activities:* Cleaning of Yamuna ghats, water quality testing, plantation, Plastic-free Yamuna rally and street play (nukkad natak).4. *Participation:* All colleges, schools of Delhi, NSS volunteers, social organizations.*Pledge:* In the end, Professor appealed to all — "Who are we all? Praharis of Clean Yamuna! We ourselves have to become Praharis and clean Yamuna. Cleaning water is our moral responsibility and duty towards the country.

Why Diabetic Wounds Struggle to Heal: A Scientific Breakthrough

Parivahan Vishesh News

Dr. Vijay Garg

Diabetes is a chronic disease that affects millions of people worldwide. While much attention is given to controlling blood sugar levels, one of its most serious complications is often overlooked: the inability of wounds to heal properly. A small cut, blister or sore that would normally heal within days may persist for weeks or months in a person with diabetes. In severe cases, an untreated wound can lead to infection, tissue damage and even amputation.Why do diabetic wounds heal so slowly? Scientists have been investigating the biological mechanisms behind this problem, and their findings are helping us understand how diabetes interferes with the body's natural repair system. This growing scientific knowledge may open new pathways for better treatments and improved wound care.## How the Body Normally Heals a WoundWound healing is a carefully coordinated biological process involving blood vessels, immune cells, skin cells and connective tissue. When the skin is injured, the body first stops the bleeding by forming a clot. Inflammation then helps remove harmful microorganisms and damaged tissue. Next, new blood vessels develop, skin cells multiply, and collagen provides structural support for rebuilding the damaged area.Finally, the wound gradually closes and the newly formed tissue strengthens. Each stage depends on communication between cells and the availability of oxygen, nutrients and essential growth signals.In people with diabetes, this orderly process may become disrupted. Several stages of healing can slow down simultaneously, making recovery difficult.## The Role of High Blood SugarPersistently elevated blood glucose is one of the major reasons diabetic wounds heal poorly. High blood sugar can damage blood vessels and nerves, interfere with immune function and contribute to chronic inflammation.Small blood vessels may become less effective at delivering oxygen and nutrients to injured tissue. Without an adequate supply of these essential resources, cells cannot repair damage efficiently.High glucose levels can also contribute to the formation of advanced glycation end products (AGEs). These compounds develop when sugars react with proteins or fats in the body. Their accumulation can damage tissues, increase oxidative stress and interfere with normal cellular communication.Consequently, the body's natural healing response becomes less effective.## Poor Circulation and Nerve DamageTwo common complications of diabetes—reduced circulation and peripheral neuropathy—make wound healing particularly challenging.Poor circulation limits the delivery of oxygen, nutrients and immune cells to the affected area. This weakens the body's ability to fight infection and rebuild tissue.Nerve damage creates another danger. A person may not feel pain from a blister, cut, burn or pressure injury, especially on the feet. The injury can therefore remain unnoticed while continued walking or pressure makes it worse.A minor wound may gradually become a deep ulcer.

If infection develops and treatment is delayed, the consequences can be serious.## Why the Immune System May Fail to Respond ProperlyInflammation is necessary for healing, but it must be carefully controlled. In a normally healing wound, immune cells remove bacteria and damaged tissue before the body moves towards rebuilding. In diabetic wounds, this transition may fail. Inflammatory signals can remain active for too long, while cells responsible for repairing tissue may not function effectively.Macrophages, for example, play important roles in both removing harmful material and supporting tissue regeneration. Their activity must change as healing progresses. Disruption of this balance can prolong inflammation and prevent the wound from entering an effective repair phase.Researchers are examining these immune responses to identify ways of restoring the body's natural healing process.## The Scientific Search for a BreakthroughScientists are studying several interconnected mechanisms that may explain why diabetic wounds remain open. These include impaired blood vessel formation, oxidative stress, persistent inflammation, altered cellular energy production and changes in the skin's protective barrier.One important area of research concerns the behaviour of fibroblasts and keratinocytes. Fibroblasts help produce collagen and rebuild supporting tissue, while keratinocytes are essential for forming new skin across the wound. In diabetes, these cells may migrate, multiply or respond to growth signals less effectively.Another promising research area involves the molecular pathways that regulate inflammation and tissue regeneration. Researchers are investigating whether specific proteins, genes and cellular signals could become targets for new therapies.Advanced dressings, growth-factor treatments, cell-based approaches, tissue engineering and carefully designed biomaterials are also being studied. Some approaches are already used in selected clinical settings, while others remain experimental. No single discovery has yet provided a universal solution for diabetic wounds.The real scientific challenge is to determine which biological problems are most important in individual patients and how treatments can safely address them.## From Laboratory Discoveries to Better TreatmentScientific breakthroughs are valuable only when they improve patient care. The treatment of diabetic wounds therefore requires more than an innovative dressing or a new medicine.Effective management begins with appropriate wound assessment, blood glucose control, cleaning and dressing the wound, and checking for infection or reduced blood supply. Foot ulcers may also require off-loading—reducing pressure on the affected area through suitable footwear, casts or other medical devices.When circulation is inadequate, specialists may assess whether vascular treatment is needed. In some cases, removal of dead tissue, known as debridement, is an important part of care.People with diabetes should examine their feet regularly and seek medical attention promptly when they notice a new wound, redness, swelling, warmth, discharge or a change in skin colour. A wound that does not improve requires professional assessment rather than repeated home

remedies.A diabetic foot wound can be serious even when it causes little or no pain. Fever, rapidly spreading redness, blackened tissue or other signs of severe infection require urgent medical attention.## Prevention Is Better Than ComplicationThe best way to reduce the burden of diabetic wounds is to prevent them from developing. Maintaining blood glucose within the range recommended by a healthcare professional, managing blood pressure and cholesterol, avoiding tobacco, wearing properly fitting footwear and attending regular foot examinations can reduce risk. Patients should avoid walking barefoot, cutting corns themselves or applying harsh chemicals to wounds. Even a small injury deserves attention when sensation or circulation is reduced.Education is equally important. Families and caregivers can help older adults and people with limited mobility inspect areas that are difficult to see, particularly the soles of the feet.## The Future of Wound HealingThe study of diabetic wounds demonstrates how a common disease can affect many biological systems at once. The problem is not simply that skin closes slowly; it is that circulation, immunity, nerve function and tissue regeneration may all be impaired.Future treatments may become more personalised, using information about a wound's blood supply, inflammatory state, microbial environment and cellular activity to guide therapy. Researchers are also exploring technologies that monitor wounds and help clinicians identify complications earlier.However, promising laboratory results must be tested through rigorous clinical trials before they can be considered reliable treatments.## ConclusionDiabetic wounds are a major medical challenge, but scientific research is steadily improving our understanding of why they fail to heal. The interaction of high blood sugar, poor circulation, nerve damage, prolonged inflammation and impaired tissue repair creates a difficult environment for recovery.The emerging message is hopeful: by identifying the biological processes that go wrong, scientists may develop more effective and targeted treatments. Until such advances become widely available, early detection, proper wound care, blood glucose management and timely medical attention remain essential.A small wound should never be ignored simply because it appears harmless. In diabetes, awareness and early action can protect mobility, prevent serious complications and save lives. The ultimate goal of scientific discovery is not merely to explain why wounds fail to heal, but to ensure that more patients can heal safely, preserve their independence and enjoy a better quality of life.Scientific basis: Recent reviews published in 2026 reinforce the role of persistent inflammation, impaired blood-vessel formation and malfunctioning tissue-repair cells in diabetic wounds. Researchers are exploring targeted and regenerative treatments, but many remain experimental.

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Can We Keep the Aging Brain Younger? A Promising Scientific Discovery

Parivahan Vishesh News

Dr Vijay Garg

Aging is a natural part of life, but the changes that occur in the brain have become one of the most important subjects of modern scientific research. As people grow older, they may experience slower thinking, difficulty remembering names, reduced concentration and challenges in learning new information. Although some changes are normal, severe memory loss is not an inevitable consequence of aging. Scientists around the world are exploring ways to understand why the brain ages and whether its decline can be delayed.A promising area of research focuses on the hidden biological mechanisms that influence both aging and memory. Recent studies involving mice have drawn attention to the possibility that changes in the body's metabolism and the availability of certain amino acids may affect brain function. These findings offer an intriguing direction for research, although they do not yet establish a proven treatment for age-related memory loss in humans.## Understanding the Brain's Aging ProcessThe brain is an extraordinarily complex organ. It contains billions of nerve cells that communicate through intricate networks, allowing us to think, remember, learn and make decisions. As we age, several processes can affect these networks, including cellular damage, inflammation, changes in energy production and alterations in the connections between neurons. The brain also depends on a steady supply of nutrients and energy. Its cells require amino acids, vitamins, minerals and other substances to maintain their structure,



CAN WE KEEP THE AGING YOUNGER?

A Promising Scientific Discovery

By Dr. Vijay Garg (Eminent Scientist)

produce important molecules and support communication. When these biological systems become less efficient, certain aspects of brain performance may be affected.However, aging is not controlled by a single mechanism. It results from interactions among genes, metabolism, environmental influences, lifestyle and cellular processes. Discovering one important contributor may help scientists understand part of the problem, but it does not explain every aspect of aging.## The Role of Amino AcidsAmino acids are the building blocks of proteins. They support the growth and repair of tissues and participate in numerous metabolic processes. Some amino acids also influence the production of neurotransmitters, the chemical messengers that enable nerve cells to communicate.Scientists are investigating whether changes in particular amino acids during aging affect the brain's ability to maintain healthy neural connections and preserve memories. Research involving mice has suggested that restoring the

availability of a specific amino acid may improve certain measures of memory under experimental conditions.Such findings are scientifically interesting because they point towards a possible connection between metabolism and cognitive health. They also raise an important question: could a relatively simple biological molecule influence some of the changes associated with an aging brain?Nevertheless, an improvement in mice does not automatically translate into the same benefit in humans. Researchers must determine the appropriate biological mechanisms, effective doses, long-term safety and whether the results can be reproduced in human clinical trials.## From Laboratory Discovery to Human HealthExperiments involving mice are essential in neuroscience because they allow researchers to investigate biological processes under controlled conditions. Scientists can examine changes in brain tissue, measure memory performance and study how specific molecules influence

the aging process.Yet, translating these discoveries into human treatments is a long and demanding process. Human brains are more complex, and memory is influenced by numerous factors, including sleep, stress, cardiovascular health, education and social interaction. A substance that improves performance in an animal experiment may have different effects in people. The next steps in this field include identifying the precise molecular pathways involved, understanding how the relevant amino acid influences neurons and determining whether any benefits persist over time. Carefully designed human trials would be necessary before such a discovery could be recommended as a treatment.It is equally important to distinguish between an experimental finding and a practical health recommendation. People should not begin taking amino acid supplements in the hope of preventing memory loss without reliable evidence of their effectiveness and safety.## Can Lifestyle Keep the Brain Younger?While scientists investigate new treatments, existing evidence supports several practical measures that help maintain brain health.Regular physical activity improves cardiovascular health and supports blood flow to the brain. Walking, cycling, swimming and other suitable forms of exercise may contribute to better cognitive health as people age.Adequate sleep is essential for attention, learning and memory consolidation. Persistent sleep deprivation can interfere with concentration and the ability to retain new information.Balanced nutrition supplies the brain with the nutrients it needs. A varied diet containing vegetables, fruits, whole grains, legumes, nuts and appropriate sources of protein supports

overall health. No single food or amino acid has been established as a universal solution to brain aging.Mental stimulation also matters. Reading, solving mathematical problems, learning a language, playing a musical instrument and engaging in intellectually challenging activities can help people remain mentally active.Social connections contribute to emotional well-being and provide opportunities for conversation, shared experiences and intellectual engagement. Loneliness and social isolation, by contrast, can adversely affect overall health.Managing high blood pressure, diabetes and other cardiovascular risk factors is also important because the health of the brain is closely connected to the health of the heart and blood vessels.These measures cannot guarantee that a person will avoid cognitive decline, but they can help support healthy aging and may reduce certain risk factors associated with dementia.## The Difference Between Normal Forgetfulness and Serious Memory LossOccasionally forgetting a name, misplacing an object or taking longer to learn something new can occur with age. However, repeatedly forgetting recent conversations, becoming disoriented in familiar places or struggling with everyday tasks may indicate a medical problem that requires evaluation.Memory loss can have several causes, including medication effects, sleep disorders, vitamin deficiencies, depression and neurological conditions. Some causes are treatable, making early medical assessment important.Scientific progress should therefore encourage both hope and awareness. New discoveries may eventually improve our ability to prevent or treat certain forms of cognitive decline,

but they should not lead us to dismiss symptoms that need medical attention.## A Future Beyond the Fear of AgingThe search for ways to keep the brain younger represents a broader scientific effort to understand aging at the molecular level. Discoveries involving amino acids and metabolic pathways may help researchers identify new targets for protecting memory and maintaining cognitive function.The ultimate goal is not simply to extend lifespan, but to extend the years during which people can think clearly, make independent decisions, learn new skills and enjoy meaningful relationships.Aging cannot yet be stopped, and no simple molecule has been shown to reverse the entire process in humans. Nevertheless, every well-conducted experiment brings scientists closer to understanding why the brain changes over time and which changes might be prevented or treated.The most encouraging message is that brain health is influenced by many interacting biological and environmental factors. Scientific discoveries may provide new tools in the future, while physical activity, sound nutrition, adequate sleep, intellectual curiosity and social engagement remain valuable components of a healthy life.A younger brain may not mean a brain that never ages, but one that retains its ability to learn, adapt and remember for as long as possible. The promise of modern neuroscience lies in turning this aspiration into evidence-based ways of living longer, healthier and more mentally active lives.

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Durga Puja of Bengal: When Devi Maa comes not as a Goddess, but as a daughter

Parivahan Vishesh News

In North - fasting, in Gujarat - Garba, in South - Saraswati — but in Bengal, it's not Puja, it's welcoming a daughter

— Sanjay Kumar Bathla, Editor-in-Chief, Parivahan Vishesh

Introduction: One India, many colours In India, Navratri is one festival, but its colours are different in every state. This diversity is India's real strength. Somewhere Maa is worshipped with fasting, somewhere with dance, somewhere with worship of knowledge. But Bengal's Durga Puja is different from all these. There, Devi is not considered as Goddess sitting on throne, but as daughter who has come home.*Fact: Four forms of Navratri in the country*1. *North India: Festival of restraint and sadhana* In North India, Navratri means nine days of fasting, sattvik food, Kanya Pujan. People keep fast, recite Durga Saptashati.2. *Western India - Gujarat: Festival of energy and celebration* In Gujarat, along with fasting, there is echo of Garba and Dandiya. Night-long worship of Maa happens in form of dance.3. *South India: Festival of knowledge* In South, centre of Navratri is Saraswati Puja. Books, musical instruments and art are worshipped. It is celebrated with great seriousness and grace.4. *Eastern India - Bengal: Festival of emotion* In Bengal, name of Navratri is also different — Durgotsav. Here Devi comes not as Maa, but as Uma / daughter to her maternal home.*Main Point: Why is Bengal's Puja different? *Point 1: Arrival of daughter, not Devi* According to Bengali belief, Goddess Parvati comes from Mount Kailash with her children — Ganesh, Kartikeya, Lakshmi, Saraswati — to her father's house, i.e., Bengal. Therefore here, it is not farewell of Maa, but welcome of daughter.*Point 2: New clothes and whole family* Durga Puja is bigger festival than Diwali for Bengal. Every person wears new



clothes. People return to their homes from far and wide. Whole family sits together and feasts.*Point 3: Tradition of Bhog — Sweets and Fish* In Bengal, bhog is not limited to only fruits-sweets. Here various dishes are made. Along with Mishti, Payas, Khichdi, fish- rice and non-vegetarian food is also offered as bhog. This is connected to Shakta tradition there.*Point 4: Centre of Shakta Tradition* Bengal is home of Shakta tradition. Here Devi herself is considered as Adi Shakti, Prakriti and original energy. From her only creation, sustenance and destruction — all three are born. That is why Devi is considered as symbol of power and connected with whole life, not only with fasting.*Special Tradition: Chokkhudaan — When eyes of Goddess open* The most sacred and emotional tradition of Bengal is Chokkhudaan (donation of eyes).- Clay idol of Devi is made for many days.- Last work is — making eyes of Devi.- This work is done on day of Mahalaya Amavasya.- As soon as artist fills colour in eyes of Devi, it is

believed that life has come in Devi, Devi has awakened.- From here Devipaksha starts.This is not just art, it is height of devotion. As soon as eyes are made, idol becomes Devi.*Analysis: Should we learn from this diversity?* This festival teaches us that religion does not run only by rules, it runs by emotion. Bengal's Puja tells us that:1. Devi can be worshipped not with fear, but with love.2. In religion, one method only is not correct, every tradition has its own beauty.3. Saving cultural identity only strengthens unity of country. Greatness of India lies in this that we worship one Devi in four different forms and still keep same devotion.*Conclusion: Message in public interest* For public welfare it is necessary that we respect our own traditions. Bengal's Durga Puja is not just a festival, but a celebration of family, daughter, society and culture.This message of Parivahan Vishesh is — Understand your culture, embrace your daughters with same love as Bengal embraces its Uma.Jai Maa Durga.

Devotional stream of Shri Ram Katha flowed in Bakri village of Muzaffarpur



Parivahan Vishesh News

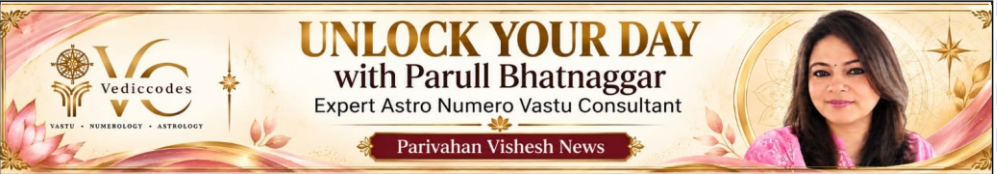
Devotees overwhelmed with emotion by Shiv-Parvati and Agastya Muni episode — Vrindavan's Devi Anita (Raksha) Ji threw light on importance of satsang, devotion and spiritual knowledge

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

Introduction: Great festival of devotion in Navratri* On occasion of Shardiya Navratri, Ram-Janaki Temple premises in Bakri village located in Muraul block of Muzaffarpur district remained immersed in devotional rasa. On second day of musical Shri Ram Katha organized under joint aegis of Durga Puja Management Committee, Bakri and all villagers, atmosphere of devotion and enthusiasm remained in whole village.*Main Facts: Details of event*Event: Musical Shri Ram KathaPlace: Ram-Janaki Temple premises, Bishanpur Bakri Panchayat, Muraul Block, MuzaffarpurOccasion: Shardiya NavratriOrganizer: Durga Puja Management Committee, Bakri and all villagersKathavachika: Devi Anita (Raksha) Ji, Shri Dham VrindavanSupport: Acharya Suryansh Tripathi Ji*Point 1: Glory of Shri Ram Katha explained through Shiv-Parvati episode* Katha narrator Devi Anita (Raksha) Ji threw light on spiritual importance of Shri Ram Katha through episodes related to Lord

Shiva and Mata Parvati.At same time, through episodes related to Maharishi Agastya, she underlined importance of satsang, guidance of Guru and spiritual knowledge. She told that company of saints and unwavering devotion towards Lord inspires person to live life with good conduct, humility and dignified life.During musical Katha, episodes filled with reverence and devotion made devotees emotional. Devotees present in temple premises were seen listening to Katha with concentration.*Point 2: Shri Ram Katha is source of inspiration for life-values and sanskars — Keshav Kumar* On this occasion, villager and Principal Teacher of Primary School Mohanpur Urdu, Muraul honored with State Teacher Award and also District Resource Person (TaRL) and District Technical Team Lead (PBL), Bihar Education Project, Muzaffarpur Keshav Kumar said that episodes related to Lord Shiva, Mata Parvati and Maharishi Agastya provide opportunity to understand importance of reverence, curiosity, satsang and spiritual knowledge.He said that Shri Ram Katha is not only medium of religious faith, but also inspiration to adopt humility, discretion, dignity and sense of duty in life. Such events keep Indian culture and Sanatan traditions alive along with connecting new generation with sanskars. Collective religious programs also strengthen feeling of mutual cooperation, social harmony and brotherhood in rural society.*Point 3: Performance of instrumental

artists captivated audience* Artists of Katha Vachak Mandali had important role in making Shri Ram Katha musical and impressive.- Mukesh Mishra — Harmonium- Rakesh Upadhyay — Tabla- Tarkeshwar Azad — Pad- Ravi Mishra — Organ playingPresentations of artists made atmosphere of Katha even more devotional. Coordination of Katha, music and spiritual contemplation gave special devotional form to event.*Point 4: Active participation of committee members and villagers* In organizing program, active participation of Durga Puja Management Committee members Vimlesh Pandey, Vinod Pandey, Suresh Pandey, Makeswar Pandey, Ramakrishna Pandey alias Santosh Ji, Sunil Kumar, Ranjit Kumar, Babul Pandey, Mukesh Kumar Singh and Vikas Kumar along with villagers Parashuram Pandey, Jagdish Pandey, Sunil Kumar Pandey, Ram Prasad Rai, Chandeshwar Pandey and Sudhir Kumar Pandey and other villagers.*Conclusion: Message in public interest* This Shri Ram Katha of Bakri village is not only a religious event, but a living example of Indian culture, sanskar and social harmony. Such events inspire new generation with humility, sense of duty and good conduct from life of Maryada Purushottam Shri Ram.This message of Parivahan Vishesh is — Keeping Sanatan tradition alive only is to cultivate coming generation.Jai Shri Ram.



MONEY & RELATIONSHIP PREDICTION

Know Your Day • Protect Your Money • Strengthen Your Relationships

Parivahan Vishesh News

14 OCTOBER 2026 | Day vibration: 7 — Analysis, intuition, reflection, research and inner clarity

Moolank 1

Money & Career: Day 7 asks you to slow down before leading. Research, planning and quiet strategy can be more profitable than pushing a decision. Review details before launching or investing.
Relationship: You may want a clear response while the other person needs space. Avoid turning silence into an ego issue; a calm conversation later can work better.
Precaution: Avoid impatience, forcing answers and making financial moves without enough information.
Make Your Day Better: Pause, verify the facts and let thoughtful leadership replace urgency.

Moolank 2

Money & Career: Your intuitive nature works well with Day 7. Observe people and details carefully before entering a partnership or financial commitment; hidden information may become clearer.
Relationship: Sensitivity is high and you may absorb other people's moods. Protect your emotional space without withdrawing completely.
Precaution: Avoid overthinking, self-doubt and assuming that silence means rejection.
Make Your Day Better: Trust your intuition, then confirm it through one clear conversation.

Moolank 3

Money & Career: Day 7 brings depth to your expressive energy. Use the day for writing, planning, learning or refining a presentation rather than scattering attention across too many ideas.
Relationship: Light conversation may not be enough today. A more meaningful exchange can strengthen a bond if you listen as much as you speak.
Precaution: Avoid gossip, exaggerated promises and spending simply to escape boredom.
Make Your Day Better: Turn one creative idea into a well-researched plan.

Moolank 4

Money & Career: Your practical approach combines well with Day 7's analytical energy. Excellent for audits, budgeting, systems and correcting hidden weaknesses before they become expensive.
Relationship: You may become even more reserved than usual. Make sure practicality does not appear as emotional coldness.
Precaution: Avoid excessive criticism, rigidity and delaying action in search of perfection.
Make Your Day Better: Review one important detail and communicate one feeling clearly.

Moolank 5

Money & Career: Day 7 slows your fast-moving energy and asks for deeper evaluation. A new offer may be interesting, but check terms, data and long-term value before saying yes.
Relationship: You may want stimulation while others prefer quiet. Respect different rhythms and avoid creating drama just to make the day feel exciting.
Precaution: Avoid impulsive purchases, risky shortcuts and sudden decisions based on restlessness.
Make Your Day Better: Use curiosity for research rather than distraction.

Moolank 6

Money & Career: Day 7 encourages you to look beneath appearances in money and work matters. Review recurring expenses, promises and responsibilities before taking on more.
Relationship: You may want closeness, yet the day favours introspection. Give loved ones room without interpreting their need for space as lack of affection.
Precaution: Avoid over-giving, emotional assumptions and spending for comfort.
Make Your Day Better: Create quiet balance and reassess one financial or emotional commitment.

Moolank 7

Money & Career: Your Moolank 7 strongly resonates with Day 7, intensifying analysis, intuition and inner clarity. Excellent for research and strategy; avoid rushing major financial action.
Relationship: You may feel deeply but express little. Honest, simple communication can prevent unnecessary distance or misunderstanding.
Precaution: Avoid isolation, suspicion, pessimism and getting trapped in analysis.
Make Your Day Better: Use solitude for clarity, then act on one verified insight.

Moolank 8

Money & Career: Day 7 asks your ambitious energy to become more strategic. Review contracts, taxes, investments or business risks carefully before expanding or committing.
Relationship: Control will not solve emotional uncertainty today. Listen, observe and allow the other person to speak without immediately offering a verdict.
Precaution: Avoid power struggles, secretive financial decisions and excessive work pressure.
Make Your Day Better: Choose strategy over force and make one decision only after proper review.

Moolank 9

Money & Career: Day 7 supports reflection before the next chapter. Complete research, settle pending details and protect resources rather than acting from emotion or urgency.
Relationship: Old memories may surface. Use them for understanding, not for reopening a conflict that has already taught its lesson.
Precaution: Avoid emotional withdrawal, guilt-based giving and carrying other people's problems as your own.
Make Your Day Better: Release one mental burden and focus on the lesson it has given you.

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Devi Shakti awakens through meditation in Navratri, Sadhana essential for spiritual purification - Varsha Pradhan



Parivahan Vishesh News

Varsha Pradhan threw light on importance of Dehri Pujan, Kalash Sthapana, Durga Saptashati and three Nadis of body in spiritual discussion organized in Shivpur

(Santosh Kumar Singh)

Varanasi: Festival of Navratri is not limited to only Puja-Paath, fasting and religious rituals but it is also an important opportunity for spiritual purification, positive energy and awakening power of inner self, a person can experience his inner spiritual consciousness through meditation | This thought was expressed by Motivational Speaker, Meditation Trainer and Counselor Varsha Pradhan during special spiritual and cultural discussion organized at residence located in Shivpur | Answering various questions of people present and media representatives, she threw light in detail on traditions of Navratri, Dehri Pujan, Kalash Sthapana, Devi forms described in Durga Saptashati and importance of meditation | During discussion Varsha Pradhan said that in present time due to hectic life people are forgetting importance of many traditional religious beliefs and worship methods | On auspicious occasion like Navratri it is necessary to understand these traditions and imbibe their spiritual importance | *Maa is welcomed through Dehri Pujan*Discussing importance of Dehri Pujan, Varsha Pradhan told that Dehri of house is not only entrance door, but in Indian tradition it is considered as symbol of auspiciousness and arrival of Mangal | On first day of Navratri there is tradition of welcoming Maa Durga by doing Dehri Pujan, she told that for this, threshold can be cleaned by mixing rose water in water | After this, using cinnamon, turmeric, kumkum and rice, Maa

Durga should be remembered by worshipping with rituals | Purpose of this tradition is to create atmosphere of purity, positivity and devotion in house | *Feeling of positivity through regular Kalash Sthapana*On question of Kalash Sthapana being limited only to Chaitra and Shardiya Navratri, she told that there is special religious tradition of sowing barley and establishing Kalash in Navratri, along with this devotees can also regularly establish Kalash according to their faith and worship method | She told method of making Swastik on Kalash, marking Swastik on coconut and worshipping remembering Lord Shri Ganesh, she said that purpose of Puja-Paath is to develop feeling of devotion, peace and positivity in mind | *Discussion on Devi forms described in Durga Saptashati*In answer to questions asked on mention of Devi forms related to protection of various parts of body in Kavach Paath of Durga Saptashati, Varsha Pradhan mentioned worship of Bageshwari Devi in context of skin related problems and Lalita Devi in context of protection of heart | She said that in Indian religious traditions, through various forms of Devi, desire for life, health, protection and welfare is made | *Relation of three Nadis of body and Trigunatmika Shakti*In discussion, subject of relation of three Nadis of body and Devi powers also rose prominently | On this Varsha Pradhan told in context of spiritual beliefs that Ida, Pingala and Sushumna Nadis are associated with powers of Mahakali, Maa Saraswati and Mahalakshmi respectively, according to her balance of these three Nadis is considered important in spiritual Sadhana | She said that concept of Trigunatmak Devi Shakti inspires person towards balance within himself, consciousness and direction of spiritual development | *Meditation told as important Sadhana in Navratri*Varsha Pradhan said that in Navratri along with external Puja-Archana, decoration and rituals, meditation should also be given special importance | Through meditation person can concentrate his mind and can experience peace and positivity within himself | She said that real feeling of worship of Maa Durga should not be limited only to external rituals but should also be connected with self-contemplation and development of inner consciousness, she inspired people to adopt regular meditation, positive thoughts and spiritual Sadhana on occasion of Navratri | Meaningful discussion was held on Indian culture, religious traditions and spiritual side of Navratri in program which was appreciated by people present ||

1097 for information and assistance related to AIDS. Dr. Nidhi Momia, the program's nodal officer and deputy civil surgeon, provided information about the national helpline number 1097 and the Break Free India portal for information and assistance related to HIV and AIDS. She encouraged people to utilize these resources and spread the awareness message to as many people as possible. This rally, organised under the joint aegis of District AIDS Prevention and Control Unit (DAPCU), Red Ribbon Club and Haryana State AIDS Control Society, gave the message of awareness about HIV AIDS to the general public. These officers and representatives of the Health Department were present. On this occasion, MS Dr. Ajay Sindhla, DMS, Dr. Yashpal Momiyia, all Deputy Civil Surgeons, all SMOs, Dr. Rakesh, Disha Cluster Manager Preethi, ICTC Counselors Anju Suhag, Rajendra Mahajan and Meenakshi, DPC Shamsher, PPM Meenakshi, Mamta along with representatives of Red Ribbon Club and health department employees were present.

Forest department raid on alleged illegal stone mining in Jalda, Rourkela, JCB and seven tractors seized

Parivahan Vishesh News

Allegation of mining on forest land in broad daylight; driver and others absconding, questions raised over delay in action on alleged illegal business going on for years



Report Dr. Rajkumar Yadav Parivahan Vishesh Newspaper Rourkela:

A case has come to light of alleged illegal stone extraction and business being run from forest land in Jalda area of Rourkela in Sundargarh district. Amid allegations of no effective action despite long-standing complaints at local level, forest department team conducted raid and seized one JCB machine and seven tractors. During action, drivers and others fled from spot. The case has raised serious questions on safety of forest land, possible loss of government revenue and monitoring system of concerned



departments. If stone excavation has been going on for a long time on forest land without valid permission, then it is a matter of investigation as to why responsible officials did not get information about it and why timely action was not taken on complaints. The question is not just about seizing machines, but about reaching entire network. Who all were involved in process of extracting stone, transporting and selling in market, its impartial investigation is necessary. Also, duration of mining, quantity of stones extracted, possible revenue loss and damage caused to forest

land should be assessed. Government's forest protection and illegal mining prevention policies will be considered effective only when their implementation is visible on ground. Only raid and vehicle seizure is not enough; concrete steps will also have to be taken in direction of identification of culprits, legal action and rehabilitation of damaged land. Now it remains to be seen whether forest department, mining department and district administration take this matter to its conclusion or action remains limited to seized machines only.

Deliberation on challenges of transport business, decision to double service charge

Parivahan Vishesh News

Issue of payment of guarantee charge and irregularity in weight raised; emphasis on transparency, discipline and mutual coordination in business

Report Dr. Rajkumar Yadav Parivahan Vishesh Newspaper Rourkela.

An important meeting of Rourkela Goods Transport Association was organized in the premises of Bajrangbali Complex located at Vedvyas. In the meeting, problems related to transport business, rising operational cost and practical difficulties coming in business transactions were discussed in detail. Members placed their problems before the president of the organization Dr. Rajkumar Yadav and collective decisions were taken for their solution. In the meeting, the issue of no increase in service charge for last 15 years was prominently raised. Members said that due to no revision in charge for a long time, it is becoming challenging to maintain economic balance of transport work in current business conditions. After deliberation, decision was taken to increase service charge from Rs 50 to Rs 100 per ton. Apart from this, serious discussion was also held on the problem of non-payment of guarantee charge by traders to transport organizations. In this regard, decision was taken to inform all concerned traders and motivate them for payment of prescribed charge. Complaints of alleged irregularity in



weight of goods in nearby industrial establishments were also raised prominently. Members emphasized on need for transparency and ensuring correct weight in this subject. In the meeting, this proposal was also passed unanimously that in case of advance payment of more than 20 percent, two percent charge will be applicable. Its objective is to develop clarity in business transactions and working system as per prescribed rules. In present time transport sector is facing challenges like fuel prices, vehicle maintenance, toll charges, expenses of driver-staff, delay in payment and competitive rates of freight. In such situation, remuneration as per

cost, timely payment and better coordination with industries has become important for transporters. President Dr. Rajkumar Yadav appealed to members to adopt mutual cooperation, disciplined working and professional approach. He said that strength of organization lies in collective unity and practical solution of problems. Senior members Ram Meher Sharma, Dilip Agarwal, Nand Kishore Singh, Shankar Lal Sharma, Chandan Behera, Ramagya Prasad Singh, Govind Agarwal, Shyam Prasad along with Ranjan Behara, Prashant Pani, Munindra Singh, Jagannath Panda, Rajesh Jethalia and other members were present in the meeting.

Students should learn disaster management skills: Principal Balwinderpal

Parivahan Vishesh News

Awareness program in Aliwal, Batala on International Day for Disaster Risk Reduction — Do not panic in emergency, learn to be prepared

— Chief Editor: Sanjay Kumar Bathla, Parivahan Vishesh — Batala, Punjab

At PM Shri Government Senior Secondary School, Aliwal in Batala, a special morning assembly was organized on occasion of International Day for Disaster Risk Reduction. This program was organized under leadership of school Principal Balwinderpal to make students and teachers aware about disaster management.

VT Mangal Singh, DM Harbakhsh Singh and Maninder Kaur were also present in program.

Main facts: Details of program

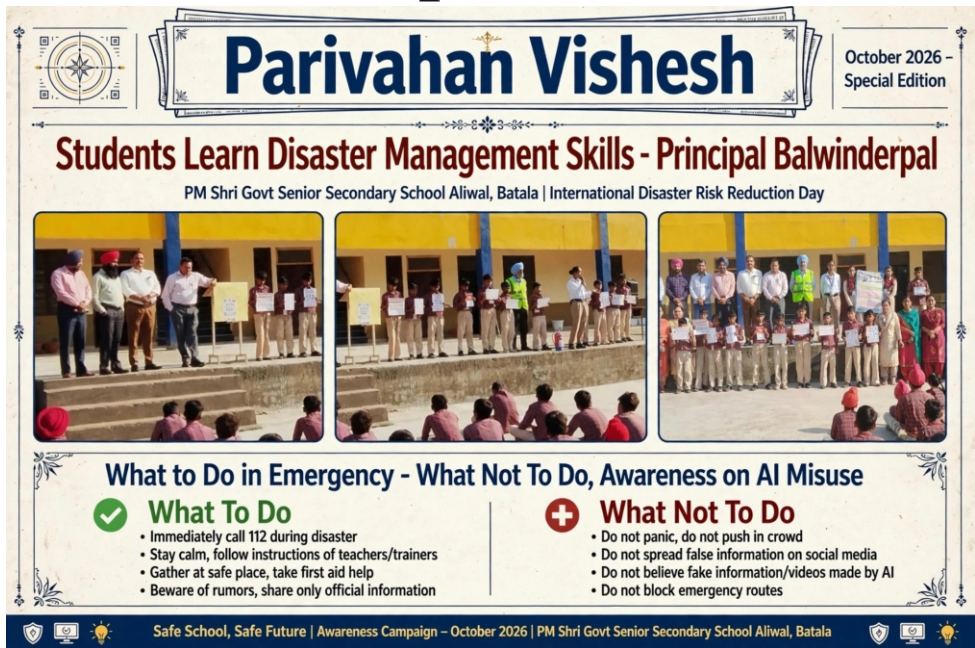
School: PM Shri Govt. Senior Secondary School, Aliwal, Batala

Event: Morning assembly on International Day for Disaster Risk Reduction

Presided by: Principal Balwinderpal Present: VT Mangal Singh, DM Harbakhsh Singh, Maninder Kaur, all teachers and students

Objective: To give information about identification, rescue and preparation of disaster

Point 1: How many types of disasters? — Complete information given to students. Students were told about different types of disasters in program:- Water-related and environmental disasters: Flood, drought, climate change- Geological disasters: Earthquake, landslide, volcano- Chemical and industrial disasters: Gas leak, industrial accident- Nuclear emergency: Nuclear leak and safety- Accident-related disasters: Road accident, fire, building collapse- Biological



disasters: Epidemic, spread of diseases

Detailed information was given about what to do and what not to do in each type of disaster.

Point 2: Do's and Don'ts — What to do, what not to do in emergency?

Do's:- Stay calm, don't panic- Immediately contact 112 for help- Go to safe place and assemble- Follow instructions of teachers- Actively participate in first aid and firefighting drill Don'ts:- Don't spread rumours, trust only official information- Don't run in fear, maintain discipline- Don't enter damaged or weak building- Don't tamper with electricity and gas line Point 3: Practical exercise — Beyond book, learning in field. Not only through speech, but students were prepared to respond effectively during unexpected incidents and disasters through practical drill.

Students practiced earthquake evacuation drill, safe exit route, fire extinguishing demo, first aid and safe lifting of injured.

In program it was emphasized that loss of precious life and property can be reduced with disaster management awareness and preparation. Point 4: Avoid misuse of AI — Special awareness for girl students. At end of program girl students were also made aware to avoid misuse of AI. Tips were given on deepfake, fake messages, online fraud, safe passwords and social media safety. Identification of suspicious link or message and about cyber helpline 1930 was told.

Conclusion: Message in public interest. Principal Balwinderpal said that students should learn disaster management skills, because today's student is tomorrow's responsible citizen. Education along with safety — this is guarantee of safe future.

Message of Parivahan Vishesh is — There should be disaster management training in every school, every child should know what to do in crisis. Awareness is biggest safety. Safety • Awareness • Preparation

Public representatives in Rajiv Nagar are unaware of public problems: M.L. Bhaskar



Parivahan Vishesh News

New Delhi. M.L. Bhaskar, Chairman of the SC Department of the Rohini District Congress Committee, has questioned the

working style of the area MLA and Municipal Councilor regarding the poor condition of Rajiv Nagar, located in Ward No. 18 of the Badli Assembly constituency. He alleged that Rajiv Nagar residents have been facing problems related to basic amenities for a long time, but the expected steps to improve the area are not visible.

M.L. Bhaskar said that the condition of Rajiv Nagar makes it seem as if the area has been abandoned. The poor condition of the roads and streets is causing difficulties for local residents in carrying out their daily activities. He said that the public has elected public representatives with the hope of development and resolution of problems in their area, but when people have to struggle for basic amenities in their own area, it is a matter of serious concern.

He said that development in any area

doesn't happen merely through announcements, speeches, and assurances; rather, development work must be visible on the ground. It is the responsibility of public representatives to reach out to the public, listen to their problems, inspect the area, and the coordinate with officials from the relevant departments to resolve them. The public should not be forced to repeatedly run around to address their problems.

M.L. Bhaskar demanded that the local public representatives immediately assess the actual situation in Rajiv Nagar. Repair and construction of the area's dilapidated roads and streets should be initiated on a priority basis. He stated that it is the responsibility of the concerned public representatives and the administration to provide local residents with better roads, a clean environment, and the necessary civic amenities for a dignified life.

He further stated that the people of Rajiv Nagar also deserve development. It is not appropriate for any responsible system to allow residents of any area to suffer due to lack of basic amenities. Public representatives should rise above political rhetoric and focus on the public's problems.

Puja Special Trains between Sambalpur and Santragachi to Meet Festive Rush



Parivahan Vishesh News

Manoranjan Sasmal , State Head Odisha

Bhubaneswar : In view of the anticipated increase in passenger traffic during the upcoming Durga Puja and Diwali festive season, additional Puja Special trains will be operated on important routes to facilitate the comfortable journey of passengers and clear the extra rush. Train No. 08303 Sambalpur–Santragachi Special will depart from Sambalpur at 4:15 PM every Wednesday from October 14 to October 21, 2026, and reach Santragachi at 2:00 AM on the following day.

In the return direction, Train No. 08304 Santragachi–Sambalpur Special will depart from Santragachi at 7:05 PM every Thursday from October 15 to October 22, 2026, and arrive at Sambalpur at 7:45 AM on Friday.

The trains will stop at several stations en route, including

Rengali, Jharsuguda Junction, Raj Gangpur, Rourkela, Chakradharpur, Tatanagar Junction, Kharagpur Junction and Ulubaria. Additional stoppages have been provided at Bagdih, Bamra, Garpos, Bistra, Manoharpur, Rajkharwan Junction, Jhargram, Panskura and Bagnan.

Coach Composition:

The special train will comprise 21 coaches
• AC 3-Tier – 06 Coaches
• AC 2-Tier – 02 Coaches
• Sleeper Class – 07 Coaches
• General- 04 Coaches
• Luggage-cum-Generator-cum-Brake Van with Divyang-friendly facility – 02 Coaches

Passengers are advised to check the latest train schedules and other details through official railway channels before commencing their journey.

Tamil Nadu wins



Parivahan Vishesh News

Manoranjan Sasmal , State Head Odisha

Tamil Nadu received a lovely gift of happiness,

There has been a drizzle of thirteen thousand crores,

Prime Minister Modi gave a wonderful gift,

Thalapathy ji also thanked him and was immersed in "bliss". When we meet true patriots, immense joy flows.

Let us loudly hail the democracy of Mother India,

My country is very dear to me and every citizen of the country,

Let the musical waves echo from beloved Kanya kumari to Kashi.

All states are shining diamonds in the heart of

India.

Why tear apart peace and harmony by discriminating on the basis of caste?

May there be knowledge, science and respect everywhere and happy days.

My India is above all, Jai Hind is my song.

Let us all walk together hand in hand towards development.

Victory is certain and the lotus will bloom with full force.

When all dreams are far from political confines,
So when our hearts meet, roses bloom like this.

Beautiful reception by Thalapathy, the incense of rituals,

Every time the CM has given a lot of love to everyone,

We will bring about all-round development of every part of India.

There will be happiness, prosperity and wealth in every home and there will be pure light.

No lines will draw any separation in the hearts,
Mantra ek jani janmam hoomisch swargadapi gariyasi,

Our strength will increase in respecting and cooperating with the Prime Minister.

The most beneficial dream of thirsty eyes will be fulfilled.- Monica Daga "Anand", Chennai

Thank you for your affection and love

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988444066 - Mobile Number



Dr Vijay Garg

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

Parivahan Vishesh News

Dr. Vijay Garg

Citizenship is more than a legal status. It represents a person’s relationship with a country, including rights, duties, identity and a sense of belonging. Yet, when questions arise about citizenship, an important issue emerges: who should bear the responsibility of proving it—the citizen or the government?This question has profound implications for democracy, justice, human dignity and the rule of law. It becomes particularly significant when people are asked to produce documents to establish their citizenship, especially those who are poor, elderly, displaced or living in areas where official records are incomplete.## The Importance of CitizenshipCitizenship provides a legal foundation for many rights and responsibilities. Depending on the country’s laws, it may determine eligibility for voting, access to certain public offices, passport facilities and other legal entitlements. It also creates a sense of security and belonging.However, citizenship should not become a source of unnecessary fear or insecurity. When people are required to prove their identity or nationality, the process must be transparent, fair, accessible and consistent with the law. A democratic society must protect the integrity of its citizenship system while ensuring that genuine citizens are not unfairly burdened.## The Case for Government ResponsibilityOne argument is that the government should bear the primary responsibility for establishing and

Citizenship: Is the Responsibility to Prove It the Citizen’s or the Government’s?



verifying citizenship. Governments create and maintain official records, issue birth certificates, register births and deaths, conduct censuses and administer identity systems. They are also responsible for ensuring that these systems are accurate, accessible and secure.When records are lost, damaged or incomplete because of administrative failures, natural disasters, displacement or historical circumstances, ordinary citizens should not automatically suffer the consequences. A person may have lived in the same village for generations but lack documents because of poverty, illiteracy or inadequate access to public services.The government is better placed to coordinate information across departments, verify official records and provide alternative methods of establishing identity. Therefore, it has a significant responsibility to ensure that the verification process does not become an obstacle to justice.## Why Citizens Also Have a RoleCitizens, too, have responsibilities under the law. Where legislation requires individuals to register, provide information or submit specified documents, they may be expected to cooperate with lawful verification procedures.Producing authentic documents, responding to official notices

and correcting errors in personal records can help maintain reliable public records. A citizenship system cannot function effectively without reasonable cooperation between individuals and the state.However, the nature and extent of a citizen’s responsibility must be clearly defined by law. Requirements should be proportionate, achievable and accompanied by reasonable opportunities to correct mistakes or explain missing documents.Cooperation should not be confused with placing an unlimited burden on individuals to prove their nationality under circumstances beyond their control.## The Problem of Missing DocumentsThe absence of a document does not necessarily mean the absence of citizenship. Births may not have been registered decades ago. Families may have migrated, homes may have been destroyed, and official records may have been lost. Older people, rural communities and economically disadvantaged families may face particular difficulties in obtaining historical documents.A fair system should therefore allow appropriate alternative evidence, where permitted by law. Such evidence might include older official records, school certificates, land records, family records or other legally acceptable

material. No single category of evidence should be assumed to establish citizenship conclusively in every case; its relevance depends on the applicable legal framework and the circumstances.People should also receive clear information about the documents required, sufficient time to respond and access to assistance when they cannot navigate complex administrative procedures.## The Indian ContextIn India, citizenship is governed primarily by the Constitution and the Citizenship Act, 1955, along with applicable rules and amendments. The legal requirements differ according to factors such as the circumstances of birth, parentage, registration, naturalisation and the relevant period.It is important to distinguish citizenship verification from other administrative exercises, such as voter-list revision and identity verification. These processes may serve different purposes and operate under different legal provisions. Being asked to establish eligibility for inclusion on an electoral roll, for example, is not automatically identical to being subjected to a determination of citizenship under citizenship law.Any verification process must follow the relevant legal framework, provide clear procedures and



Editorial

My Thought



respect the rights of affected individuals. Public discussion should be based on the actual rules in force rather than rumours, assumptions or incomplete information.## The Danger of Arbitrary ProceduresWhen citizenship verification is poorly designed, the consequences can extend beyond paperwork. People may experience anxiety, financial hardship and uncertainty about their future. Daily-wage workers may lose income while visiting government offices, while elderly people and persons with disabilities may struggle to travel or obtain assistance.Administrative errors can also have serious consequences if they are not corrected promptly. A spelling mistake, a difference in the recording of a name or a mismatch between old and new records should be examined carefully rather than automatically treated as evidence of wrongdoing.For this reason, every system should provide a meaningful opportunity to respond to discrepancies, submit additional evidence and appeal adverse decisions. Independent review and access to legal assistance can help protect individuals against mistakes and arbitrary treatment.## Balancing National Security and Human RightsGovernments have a legitimate interest in maintaining accurate citizenship records and preventing fraud. Reliable records support effective administration, uphold the law and help protect the integrity of public institutions.At the same time, these objectives must be pursued without treating every person with incomplete documentation as suspicious. Security and fairness are not necessarily competing goals. A carefully designed verification system can protect both by using reliable evidence, consistent standards and accountable decision-making.The key is proportionality: procedures should be suited to their purpose, and their burdens should not exceed what is reasonably necessary to achieve it.## A Fairer Way ForwardA just citizenship verification system should rest on several principles:1. **Clear laws:** People must know what is required and which legal provisions apply.2. **Accessible records:** Governments should improve registration systems and make existing records easier

to obtain.3. **Alternative evidence:** Reasonable alternatives should be available where original documents are genuinely unavailable, subject to applicable law.4. **Fair hearings:** Individuals should receive notice, adequate time and a meaningful opportunity to explain their circumstances.5. **Protection against errors:** Administrative mistakes should be corrected through simple and accessible procedures.6. **Independent appeals:** Adverse decisions should be open to review under established legal safeguards.7. **Equal treatment:** Poverty, disability, displacement or lack of education should not become grounds for unfair treatment.These principles can help ensure that verification serves the public interest without undermining trust between citizens and the state.## ConclusionSo, who should bear the burden of proving citizenship? The answer cannot be reduced to an absolute rule that either the citizen or the government must always carry the entire responsibility. The applicable law matters, and the precise burden may vary according to the type of proceeding and the circumstances involved.Nevertheless, governments have a fundamental responsibility to maintain reliable records, establish clear procedures and provide fair opportunities for verification. Citizens, in turn, should cooperate with lawful requirements and provide authentic information when reasonably asked to do so.The ultimate objective should be neither to make citizenship impossible to verify nor to make its verification unnecessarily difficult. It should be to establish the truth through a process that is lawful, humane and transparent.A democracy is strengthened when its institutions can protect national interests while treating every individual with fairness and dignity. Citizenship should be governed by evidence and law—not by fear, confusion or arbitrary demands. The true test of a just system is not merely how effectively it identifies those who do not qualify, but also how reliably it protects the rights of those who do.

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Can We Keep the Aging Brain Younger? A Promising Scientific Discovery

Parivahan Vishesh News

Dr. Vijay Garg

Aging is a natural part of life, but the changes that occur in the brain have become one of the most important subjects of modern scientific research. As people grow older, they may experience slower thinking, difficulty remembering names, reduced concentration and challenges in learning new information. Although some changes are normal, severe memory loss is not an inevitable consequence of aging. Scientists around the world are exploring ways to understand why the brain ages and whether its decline can be delayed.A promising area of research focuses on the hidden biological mechanisms that influence both aging and memory. Recent studies involving mice have drawn attention to the possibility that changes in the body's metabolism and the availability of certain amino acids may affect brain function. These findings offer an intriguing direction for research, although they do not yet establish a proven treatment for age-related memory loss in humans.## Understanding the Brain's Aging ProcessThe brain is an extraordinarily complex organ. It contains billions of nerve cells that communicate through intricate networks, allowing us to think, remember, learn and make decisions. As we age, several processes can affect these networks, including cellular damage, inflammation, changes in energy production and alterations in the connections between neurons.The brain also depends on a steady supply of nutrients and energy. Its cells require amino acids, vitamins, minerals and other substances to maintain their structure, produce important molecules and support communication. When these biological systems become less efficient, certain aspects of brain



performance may be affected.However, aging is not controlled by a single mechanism. It results from interactions among genes, metabolism, environmental influences, lifestyle and cellular processes. Discovering one important contributor may help scientists understand part of the problem, but it does not explain every aspect of aging.## The Role of Amino AcidsAmino acids are the building blocks of proteins. They support the growth and repair of tissues and participate in numerous metabolic processes. Some amino acids also influence the production of neurotransmitters, the chemical messengers that enable nerve cells to communicate.Scientists are investigating whether changes in particular amino acids during aging affect the brain's ability to maintain healthy neural connections and preserve memories. Research involving mice has suggested that restoring the availability of a specific amino acid may improve certain measures of memory under experimental conditions.Such findings are scientifically interesting because they point towards a possible connection between metabolism and cognitive health. They also raise

an important question: could a relatively simple biological molecule influence some of the changes associated with an aging brain?Nevertheless, an improvement in mice does not automatically translate into the same benefit in humans. Researchers must determine the appropriate biological mechanisms, effective doses, long-term safety and whether the results can be reproduced in human clinical trials.## From Laboratory Discovery to Human HealthExperiments involving mice are essential in neuroscience because they allow researchers to investigate biological processes under controlled conditions. Scientists can examine changes in brain tissue, measure memory performance and study how specific molecules influence the aging process.Yet, translating these discoveries into human treatments is a long and demanding process. Human brains are more complex, and memory is influenced by numerous factors, including sleep, stress, cardiovascular health, education and social interaction. A substance that improves performance in an animal experiment may have different effects in people.The next steps in this field include

identifying the precise molecular pathways involved, understanding how the relevant amino acid influences neurons and determining whether any benefits persist over time. Carefully designed human trials would be necessary before such a discovery could be recommended as a treatment.It is equally important to distinguish between an experimental finding and a practical health recommendation. People should not begin taking amino acid supplements in the hope of preventing memory loss without reliable evidence of their effectiveness and safety.## Can Lifestyle Keep the Brain Younger?While scientists investigate new treatments, existing evidence supports several practical measures that help maintain brain health.Regular physical activity improves cardiovascular health and supports blood flow to the brain. Walking, cycling, swimming and other suitable forms of exercise may contribute to better cognitive health as people age.Adequate sleep is essential for attention, learning and memory consolidation. Persistent sleep deprivation can interfere with concentration and the ability to retain new information.Balanced nutrition

supplies the brain with the nutrients it needs. A varied diet containing vegetables, fruits, whole grains, legumes, nuts and appropriate sources of protein supports overall health. No single food or amino acid has been established as a universal solution to brain aging.Mental stimulation also matters. Reading, solving mathematical problems, learning a language, playing a musical instrument and engaging in intellectually challenging activities can help people remain mentally active.Social connections contribute to emotional well-being and provide opportunities for conversation, shared experiences and intellectual engagement. Loneliness and social isolation, by contrast, can adversely affect overall health.Managing high blood pressure, diabetes and other cardiovascular risk factors is also important because the health of the brain is closely connected to the health of the heart and blood vessels.These measures cannot guarantee that a person will avoid cognitive decline, but they can help support healthy aging and may reduce certain risk factors associated with dementia.## The Difference Between Normal Forgetfulness and Serious Memory LossOccasionally forgetting a name, misplacing an object or taking longer to learn something new can occur with age. However, repeatedly forgetting recent conversations, becoming disoriented in familiar places or struggling with everyday tasks may indicate a medical problem that requires evaluation.Memory loss can have several causes, including medication effects, sleep disorders, vitamin deficiencies, depression and neurological conditions. Some causes are treatable, making early medical assessment important.Scientific progress should therefore encourage both hope and awareness. New discoveries may eventually

improve our ability to prevent or treat certain forms of cognitive decline, but they should not lead us to dismiss symptoms that need medical attention.## A Future Beyond the Fear of AgingThe search for ways to keep the brain younger represents a broader scientific effort to understand aging at the molecular level. Discoveries involving amino acids and metabolic pathways may help researchers identify new targets for protecting memory and maintaining cognitive function.The ultimate goal is not simply to extend lifespan, but to extend the years during which people can think clearly, make independent decisions, learn new skills and enjoy meaningful relationships.Aging cannot yet be stopped, and no simple molecule has been shown to reverse the entire process in humans. Nevertheless, every well-conducted experiment brings scientists closer to understanding why the brain changes over time and which changes might be prevented or treated.The most encouraging message is that brain health is influenced by many interacting biological and environmental factors. Scientific discoveries may provide new tools in the future, while physical activity, sound nutrition, adequate sleep, intellectual curiosity and social engagement remain valuable components of a healthy life.A younger brain may not mean a brain that never ages, but one that retains its ability to learn, adapt and remember for as long as possible. The promise of modern neuroscience lies in turning this aspiration into evidence-based ways of living longer, healthier and more mentally active lives.

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One Hour of Your 24 Hours, Dedicated to the Bright Future of Someone in Need!

Parivahan Vishesh News

Dr. Vikram Chaurasia
(Honorary Degree in Humanitarian Studies, USA)

If just one hour out of our 24 hours each day is devoted to the education, guidance, and brighter future of a disadvantaged child, this small effort can bring about a significant change in their life. I firmly believe that such collective efforts can help India move forward on its journey towards becoming a Vishwaguru (a global leader in knowledge and wisdom).Some people question the purpose of repeatedly sharing messages and photographs related to social service on social media platforms and in groups. They ask whether this amounts to self-promotion.My humble view is that when the purpose of sharing a noble initiative is to inspire others, it should not be dismissed merely as personal publicity. If a message reaches thousands of people and inspires even one person to engage in selfless service, its positive impact can eventually reach many people in need. There is a difference between seeking attention for oneself and inspiring others through one's actions. The true value of an initiative should also be judged by the intention behind it and the positive impact it creates.I, Dr. Vikram Chaurasia 'Maitreya', have been making sincere efforts to help those in need through education and guidance, according to my abilities, since my school days. I believe that social service does not necessarily require a high position or abundant resources. Giving time according to one's capacity, teaching someone, and instilling in them the confidence to move forward are also meaningful contributions to society.It makes me happy to see my classmates and friends taking similar initiatives across various states, including Uttar Pradesh, Bihar, Jharkhand, and Rajasthan. Many friends share through messages and phone calls that they are providing free education and guidance to disadvantaged children in their respective areas. For me, it is a matter of deep satisfaction that the spirit of service is not confined to one individual but is spreading to others as well.Life is uncertain, and opportunities to serve do not always remain available to us. However, our good thoughts and deeds can continue through others. Today, we may inspire one person; tomorrow, that person may inspire someone else. In this way, a chain of selfless service can emerge, continuing to transform the lives and futures of countless children even after we are gone.The future of a nation is shaped not only by tall buildings, a strong economy, and modern technology but also by providing education, opportunities, and guidance to children whose potential often remains unfulfilled because of a lack of proper support.Let us resolve to devote some time in our lives to the service of others. Teach a child, guide a young person, or rekindle hope in someone who feels discouraged. None of this necessarily requires a high position, an institutional identity, or substantial financial resources. What we need is a compassionate heart, a commitment to service, and consistent effort.Because true service to the nation lies not merely in moving forward ourselves, but also in creating pathways for others to progress.Let us take a pledge: Dedicate at least one hour out of our 24 hours to the bright future of someone in need.Nation, Humanity, and Compassion Above All.Thinker | Author | Mentor | Research ScholarContact: 9069821319



Appointment of new Governors in 6 states, order issued by President

Parivahan Vishesh News

Notification issued from Rashtrapati Bhavan on 12 October 2026 - Transfer from Sikkim to Kerala and Kerala to Tamil Nadu, opportunity to four new faces

Parivahan Vishesh Bureau

In a significant administrative reshuffle in the federal structure of the country, the President on 12 October 2026 has approved the appointment and transfer of new Governors in 6 states. According to the press release issued by Rashtrapati Bhavan, all appointments will be effective from the date of assumption of charge by the respective Governors.Details of new appointments: Uttarakhand — Dr. Dhal Singh BisenDr. Dhal Singh Bisen Ji has been made the new Governor of Uttarakhand. He is considered an expert in environmental protection and rural development. Karnataka — Dr. Sudha YadavDr. Sudha Yadav Ji has been appointed as the new Governor of Karnataka. She has done remarkable work in the field of education, health and women empowerment. Odisha — Shri Braj Mohan RamShri Braj Mohan Ram Ji has been appointed as the new Governor of Odisha. He is recognized for active contribution in social service and public welfare works. Tamil Nadu — Shri Rajendra Vishwanath ArlekarShri Rajendra Vishwanath Arlekar Ji, who was Governor of Kerala, has now been appointed as the new Governor of Tamil Nadu. He has vast experience in legislative work as former Assembly Speaker. Kerala — Shri Om Prakash MaShurExperienced politician and currently Governor of Sikkim, Shri Om Prakash Mathur Ji has been transferred to Kerala. Mathur Ji, who has several decades of experience in public service, is known for organizational capability. Sikkim — Shri Dushyant GautamFormer MP and strong leader of organization, Shri Dushyant Gautam Ji has been appointed as the new Governor of Sikkim. He is known for youth leadership and organizational skill.Main Points:- These appointments have been considered effective from 12 October 2026 as per President's order.- Transfer of two Governors and appointment of four new faces.- All appointed Governors will soon take oath in their respective states.President approves transfers and new appointments in 6 states on 12 OctoberTaking a major administrative decision, Rashtrapati Bhavan has issued orders for appointment and transfer of new Governors in 6 states of the country. This order was approved by the President on 12 October 2026. All appointments will be considered effective from the date of assumption of charge by the respective Governors.Facts and Details:1. Two names transferred:- Shri Om Prakash Mathur Ji (Sikkim to Kerala): Experienced leader Shri Om Prakash Mathur Ji, who was currently Governor of Sikkim, has now been appointed as the new Governor of Kerala. He is known for organizational experience and decades of contribution in public life.- Shri Rajendra Vishwanath Arlekar Ji (Kerala to Tamil Nadu): Outgoing Governor of Kerala Shri Arlekar Ji has now been given responsibility of Tamil Nadu. His tenure as former Assembly Speaker and senior politician has been remarkable.2. Four new appointments:- Odisha

Parivahan Vishesh - Parivahan Vishesh
Delhi | Delhi Edition | October 2026

New Governors Appointed in 6 States, Order Issued by President

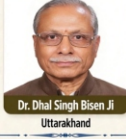
Order on 12 October 2026 - New Governors in Kerala, Tamil Nadu, Odisha, Karnataka, Uttarakhand, Sikkim


Shri Om Prakash Mathur Ji
Kerala


Shri Rajendra Vishwanath Arlekar Ji
Tamil Nadu


Shri Braj Mohan Ram Ji
Odisha


Dr. Sudha Yadav Ji
Karnataka


Dr. Dhal Singh Bisen Ji
Uttarakhand


Shri Dushyant Gautam Ji
Sikkim

Key Details - Key Details:

- Kerala** - Shri Om Prakash Mathur appointed as new Governor of Kerala. Experienced politician, decades of experience in public service.
- Tamil Nadu** - Shri Rajendra Vishwanath Arlekar appointed as new Governor of Tamil Nadu. Former Assembly Speaker, vast experience in legislative work.
- Odisha** - Shri Braj Mohan Ram appointed as new Governor of Odisha. Active contribution in social service and public welfare.
- Karnataka** - Dr. Sudha Yadav appointed as new Governor of Karnataka. Working in education, health and women empowerment.
- Uttarakhand** - Dr. Dhal Singh Bisen appointed as new Governor of Uttarakhand. Expert in environmental protection and rural development.
- Sikkim** - Shri Dushyant Gautam appointed as new Governor of Sikkim. Former MP known for organization and youth leadership.

Note: All appointments effective as per President's order on 12 October 2026.

Parivahan Vishesh | Editor: Chief Sanjay Kumar Bathla | 1st Editor: Priya Khandelwal | October 2026

- Shri Braj Mohan Ram Ji: Active role in the field of social justice and tribal welfare.- Karnataka - Dr. Sudha Yadav Ji: Well-known personality in the field of education and women empowerment.- Uttarakhand - Dr. Dhal Singh Bisen Ji: Expert in agriculture, environment and rural development.- Sikkim - Shri Dushyant Gautam Ji: Former MP and symbol of strong leadership of Dalit society, strong hold in youth organization.Main Points:- Total 6 states: Kerala, Tamil Nadu, Odisha, Karnataka, Uttarakhand, Sikkim- Date of order: 12 October 2026- Effective date: From assumption of charge- Objective: To further strengthen administrative efficiency and Centre-State coordination in statesConclusion: This reshuffle shows the new administrative thinking of the Central Government, in which experienced and socially active faces have been given responsibility of Raj Bhavans.

Real test of the Drugs (Price Control) Order 2013, Essential Commodities Act 1955 and Drug Price Rules!

PARIVAHAN VISHESH
October 2026 - EDITION - Editorial Poster

The Real Test of Drug Price Control

After cancer, now the turn of heart stents, antibiotics and other drugs?


Drug Prices on the Touchstone of Justice


Before: Rs 27,000
Current Market Price


After Control: Rs 2,700
Suggested / Capped Price

Case: PIL on Drug Price Fixation

- Supreme Court Hearing: 27 October 2026
- Petition: Demand for price control on essential medicines and heart stent, antibiotic
- Question to Central Govt and NPPA - Will there be limit on pharma companies?

Advocate
Kishan Sanmukhdas Bhawnani
Gondia, Maharashtra
Counsel for Petitioner

Parivahan Vishesh | OCT 2026 | Editorial: Health vs Profit? Now decision in hands of judiciary - This is a public interest editorial - for transparency and affordable healthcare

Parivahan Vishesh News

After cancer, it is now the turn of heart stents, antibiotics and other medicines? Supreme Court asked the government - when will patients get freedom from this game of prices?

Advocate Kishan Sanmukhdas Bhawnani, Gondia Maharashtra — Editor in Chief: Sanjay Kumar Bathla

Introduction: Rules in the law book, game of prices in the market*In any civilized society, the purpose of law is not only to maintain order, but also to protect citizens' rights, prevent exploitation and ensure justice.In India, laws, rules and acts are made from time to time to control economic activities, trade, health services, drug manufacturing and distribution. But despite this, there can be loopholes in legal systems, taking advantage of which some businessmen can earn undue profit even while remaining within the limits of rules.Many times the problem is not of absence of law, but of scope of law, its interpretation, monitoring and effective implementation. This challenge is most serious in the drug market, because here the question of price does not remain limited to business profit only, but gets linked to patient's life, continuity of treatment and family's economic security.In a disease like cancer, the expense of costly medicines pushes many families to the stage of exhausting savings, taking loans and even selling property.*Main Fact: What is the case?*Case: Kishan Chand Jain vs Ethics and Medical Registration Board and others, Writ Petition (Civil) No. W.P. (C) 794/2023Hearing: Hearing took place in Supreme Court on 12 October 2026. Next hearing: 27 October 2026Issue: Drug price

control, sale of medicines in private hospitals' pharmacy and prices of medical devices.Shocking example: According to reports, a medicine of Rs 2,700 was being charged at Rs 27,000.Note: Independent official verification of all details of date, bench and orders of this case is necessary. This article is based on details available in media.*Point 1: DPCO 2013 - Law was made, but is there control on every price?*The main framework for controlling prices of medicines in India is the Drugs (Price Control) Order, 2013 i.e. DPCO 2013 issued under the Essential Commodities Act, 1955. The responsibility of implementing it is of National Pharmaceutical Pricing Authority (NPPA).Its objective is to make essential medicines available at reasonable price and to take action on overcharging. But the difference between scheduled and non-scheduled drugs is important in this:- Scheduled drugs: Included in National List of Essential Medicines (NLEM) - maximum price is fixed.- Non-scheduled drugs: More freedom to companies in fixing initial price.- DPCO Para 20: MRP of non-scheduled drugs cannot be increased by more than 10% in any 12-month period.Biggest loophole: Limit of annual increase and control on initial price are two different subjects. If initial price of a drug itself is kept very high, then limit of 10% does not get patient cheap medicine. This legal difference is at the centre of current dispute.*Point 2: 12 October 2026 - Government plan of 30% trade margin on cancer drugs*In hearing of 12 October, from Centre side Solicitor General Tushar Mehta told that there is a plan to limit trade margin of non-scheduled anti-cancer drugs to maximum 30%.Decision on this was taken in NPPA's meeting of 8 October 2026. Government has constituted expert committee, which has to

prepare list of those cancer drugs on which this system will be applicable.Clarification is necessary: Trade margin and MRP are not same thing. Trade margin is difference between purchase price and sale price in distribution chain. Therefore saying that price of every cancer medicine will reduce by 70% would not be appropriate right now.In reports, potential reduction of 20% to 70% in some medicines and estimated saving of about Rs 2,500 crore annually to patients has been told - these are estimates, actual saving will depend on applicable rules.*Point 3: Are only cancer medicines costly? Supreme Court's comprehensive question*This is the most important aspect of dispute. Problem is not limited to cancer only. Medicines for heart disease, diabetes, infection are also part of regular expense of lakhs of families.Along with this, prices of stent, catheter, saline-related material and other medical devices also affect total cost of treatment.Supreme Court questioned government - if trade margin of cancer medicines can be controlled, then why not effective system for other life-saving medicines and medical devices also?Court emphasized on review of comprehensive pricing mechanism of drug market. But there is difference in role of judiciary and role of government - court can ask to consider policy lacunae, but implementation of new price limit will happen only through legal provisions and notifications.*Point 4: Pharmacies of hospitals and medical devices - how many options does patient have?*Regarding pharmacies operating within private hospitals, biggest question is of patient's choice.If admitted patient does not get practical opportunity to buy medicine from outside, then he is not even in position to compare prices. In such case, transparent billing, information of generic options and reasonable margin become important.Similarly, claims of 500% to 1,000% margin on medical devices should be examined separately by product, purchase cost, technical quality and regulatory category. Same limit on every device will be practical only when proper assessment of cost is done.*Point 5: International message for India*In many countries of world there is challenge of balancing patent rights, cost of research, competition of pharma companies, government health insurance and public procurement.For India also such framework can be useful, in which availability of essential medicines, reasonable price, quality and encouragement of innovation are ensured together.Just announcing price limit will not be sufficient. Government will also have to see that due to low price, production of any essential medicine does not stop, artificial shortage does not arise in market...

Grand GK Quiz Competition concluded at ORC Sainik Academy on the occasion of Swachh Bharat Abhiyan and Gandhi Jayanti

Parivahan Vishesh News

Haryana Hisar // Rajesh Saluja

On the auspicious occasion of the birth anniversary of Father of the Nation Mahatma Gandhi Ji and the anniversary of Swachh Bharat Abhiyan, a General Knowledge (GK) quiz competition was grandly organized at ORC Sainik Academy, Panchkula. The program began with a discussion on Gandhiji's thoughts and the importance of cleanliness.Keeping in mind the intellectual development of the students, the academy management had divided the competition into two categories - Junior Category and Senior Category, so that children of all age groups get equal opportunity.Tough competition in Junior category, these talented ones won:In the Junior category, the little students surprised everyone with their amazing knowledge. In this category, Nikhil, Sahajdeep Singh, Krish, Ansh, Samrat and Aryan Chauhan performed excellently and achieved victory.Display of knowledge in Senior category:In the Senior category, the competition was even more exciting. In this, Arunjaya Malhotra, Parth Pandey, Utkarsh Mehta and Dhanishtha Sharma secured first place by proving their talent. All the winners gave accurate answers to difficult questions related to contemporary topics, history and science.Objective - To prepare for NDA, RIMC, RMS and Sainik School:Director of the academy, Mr. Ranjit Ranjan Jha, said that the main objective of such competitions is to increase the level of general knowledge among children and to prepare them mentally for prestigious competitive exams like NDA, RIMC, RMS, Sainik School. He said that "Cleanliness and knowledge are the identity of a true soldier."At the end of the program, all the winning students were honored with medals by the Director and all the teachers and wished for their bright future. With the cooperation of all the teachers of the academy, this event was extremely successful and inspiring.

Chief Minister will inaugurate Bhopa Bazar Overbridge, but disappointment due to change from Y to L model

Parivahan Vishesh News

Gorakhpur. Chief Minister Yogi Adityanath will be on a tour of Chauri-Chaura on October 17. During this, he will pay homage to martyrs at the program organized at the historic Shaheed Memorial and inaugurate the newly constructed overbridge built at Bhopa Bazar railway crossing. District administration has intensified preparations regarding the arrival of the Chief Minister. On Tuesday, District Magistrate Deepak Meena and CDO Shashwat Tripurari inspected the Shaheed Memorial site and the overbridge site and gave instructions to improve cleanliness, security and other arrangements. There is enthusiasm among local people and workers regarding the arrival of CM. On the other hand, there is disappointment also among local traders and people regarding the inauguration of the overbridge. People say that when this

overbridge was approved, its design was in Y model, but now its construction has been done in L model and work has also been completed.Since getting information about design change, traders and some public representatives are continuously making efforts demanding Y model, but they are only getting assurances.The biggest question of local people is that this overbridge is rising from the side of Chamda Mandi and landing directly at Shaheed Memorial. From here there is no good road connecting Mundara Bazar or surrounding villages. In such a situation, question is arising that how many people will be able to use this overbridge. Traders say that if link road/overbridge connecting Mundara Bazar and villages is not constructed, then this overbridge will lose its basic purpose itself and permanent solution to jam problem will not be possible. Along with this, traders, students, patients etc. may have to face trouble.

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