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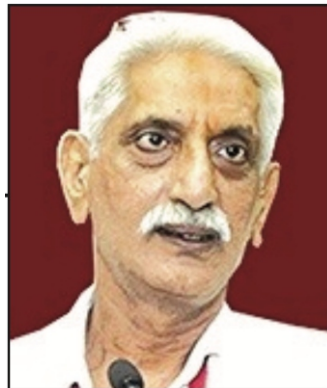
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Today's Message — Give up Ego, Remain Humble, Action is Identity



Parivahan Vishesh News

Today's Message — Give up Ego, Remain Humble, Action is Identity

The True Way of Life — Man is

merely an instrument, everything is the will and grace of the Lord

Sanjay Kumar Bathla, Chief Editor

The biggest truth of life is that power, strength and youth — all three are bound to end one day. What is today, will not be tomorrow. Therefore, giving up ego and remaining humble is the true way of life. Whatever is being received in life, in that itself is the welfare path of the Lord. Man is only an instrument — everything is the arrangement of the Lord's will and grace. -

1. Truth of Decline: Power goes away, strength weakens, youth fades — nothing is permanent, therefore ego is futile-

2. Humility itself is greatness: I have changed myself as much as I had to, now whoever has a complaint should change their own path — self-transformation is the real transformation-

3. Test of Greatness: A person is not big or small by his position, money or age, but by his mind and thoughts-

4. Identification of Right-Wrong: A person is not identified as right or wrong by his words, but by his actions-

5. Thought and Action: Good thinking makes a person great and good deeds make him worthy of respect

1. Ego — The Biggest Obstacle
Ego blinds a man. He forgets that he is merely an instrument. The person who drowns in ego, loses relationships, respect and peace — everything.

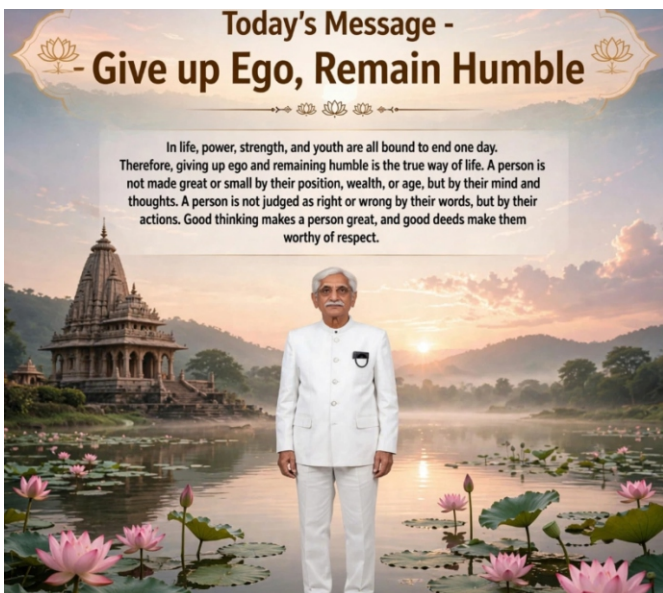
2. Humility — The Biggest Strength
A humble person does not bow down, he is great. Humility gives him a place in everyone's heart. This is the true way of life.

3. Understand the Circumstances, See the Behaviour Before considering someone small, understand his circumstances and before considering someone big, look at his behaviour.

Because real identity is not by face, but by thoughts and real value is not decided by words, but by actions.

4. Action itself is Religion
No matter how beautiful the words are, if the actions are not pure then they have no value. Action itself is the real introduction of a man.

Conclusion — Today's Resolve* > Keep good thoughts, do good deeds, give up ego, remain humble. This valuable discourse teaches us — consider whatever you have got in life as the blessing of the Lord, and leaving



the complaint of what you have not got, make your actions excellent.

Another Life Taken by Delhi Transport Department Bus — Route 949 Crushed Directly in Anand Parbat

Parivahan Vishesh News

Accident on DBG Road Saturday Morning — 1 Dead, 5 Injured | Bus Had Delhi Transport Department Written, Not DTC | Woman Driver Absconded From Spot

Report by Navdeep Singh, Parivahan Vishesh Daily Newspaper — Sanjay Kumar Bathla, Chief Editor

Main Points — With Facts:* - 1. Place and Day: Anand Parbat, DBG Road, Delhi — Saturday, 17 October 2026, Morning- 2. Bus Identification: In the video, it is clearly visible that bus has Delhi Transport Department / Delhi Parivahan Vibhag written, not DTC. Route 949 and PGD (W) is marked on the bus display- 3. Direction: Bus was going towards Tikri Border- 4. Nature of Accident: The bus did not crash on the footpath, it directly crushed scooter riders and pedestrians. The scooter is stuck under the bus. One e-rickshaw and two bikes also came under its grip- 5. Casualties: 1 person died on the spot, 5 people injured — one of the two youths riding the scooter died in hospital, the other is seriously injured- 6. Driver: According to eyewitnesses, the bus was being driven by a woman driver, who absconded from the spot after the accident, police is searching for her- 7. Anger of the Crowd: Before the police arrived, the crowd pelted stones at the bus, window panes of the bus were broken- Situation at the accident site: Debris of damaged two-wheeler near the bus, blood marks on the footpath, a person lying motionless on the road- Police and Crowd: Police in khaki uniform investigating at the spot, crowd surrounded the bus, people appeared angry at the driver Once again a government bus took a life on the roads of Delhi. This time the bus did not have DTC written on it, it had Delhi Transport Department written, but the negligence was the same old. The green bus of route number 949, which is said to be of PGD (W) depot, was going on a busy road of Delhi. On close viewing of the video, it is found that the bus did not climb onto the footpath, but moved forward crushing a person walking directly on the road. Two-wheelers also came under its grip and were completely shattered. The scene after the accident was horrific. A person was lying on the road, there were blood marks on the footpath and there was anger among the crowd gathered around. Police reached the spot and handled the situation, but by then a family's light had been extinguished. The question is not which department the bus belonged to — the question is when will the negligence of government buses stop? Every time after an accident there is talk of investigation, the driver is suspended, but the system does not change. Questions are raised on driver training, speed control, checking of brakes and steering, and monitoring on crowded routes. Delhi Transport Department will have to take responsibility for this incident. Life will not come back with mere announcement of compensation. *Editorial Comment: Every citizen walking on the road is safe, it is the responsibility of the state. When a government bus itself starts taking lives, how will trust be built on the



system? According to sources, one person died and five others were injured, the bus lost control after hitting the scooter. The bus hit an e-rickshaw, two bikes and a scooter rider, which was going towards Tikri Border. Eyewitnesses said that the bus was being driven by a woman, 2-3 people were injured, one died on the spot, one scooter is still stuck under the bus. *Detailed Editorial Article - New Delhi, Anand Parbat.* Once again a government bus took a life on the roads of the capital. This time also the location was the same where an accident had happened a month and a half ago and even then no action was taken. On Saturday morning, route 949 bus of Delhi Transport Department was coming at high speed on DBG Road. The bus hit a scooter, then went out of control and ran over pedestrians and an e-rickshaw. The bus went crushing directly, did not climb onto the footpath. One person died on the spot. The injured were sent to hospital. Police and forensic team reached the spot and started investigation. *Accusation of local people: "There is always jam here, there is no space to walk. Rickshaws and shops have encroached the road. Because of this only, one person died today."* *Editorial Comment: The question is not just of the driver. The question is what did the department learn from the accident a month and a half ago? Accountability should be fixed on driver training, speed control, monitoring on crowded routes and action on encroachment.* *Demands — From Parivahan Vishesh* 1. Immediate high-level inquiry into the accident2. Driver's license and fitness check should be made public3. CCTV and speed governor check on route 9494. Immediate compensation and justice to the family of the deceased5. Safety audit of all buses of Delhi Transport Department should be done and public report should be made.

An Appeal in Public Interest — A Mission for Public Welfare

PUBLIC WELFARE MISSION

An Appeal in Public Interest - A Mission for Public Welfare

Pollution Challans Vs U Turns Vs Closure of Strategic Traffic Signal / Junction in Delhi



Difference between No PUC and Excess Pollution
PUC is mandatory for all vehicles. Heavy polluting vehicles without valid PUC are liable for challans under Motor Vehicles Act.

Article 19 & Article 21

Article 19 - Right to free movement. Article 21 - Right to clean environment & life as guaranteed by Constitution of India.

Motor Vehicles Act Key Sections

- Sec 190(2) - Penalty for pollution norm violation
- Sec 119 - Traffic regulations & U-turns
- Sec 184 - Dangerous driving in closed junctions

Public Interest Appeal: Ensure valid PUC - Follow U-turn norms - Avoid illegal closures at strategic junctions for smoother & safer traffic flow in Delhi

P.S. Bahl, Convenor NSUF Sector-13 Rohini, Ex Dy Commissioner Transport and Delhi Police | Parivahan Vishesh Daily Newspaper - Sanjay Kumar Bathla Chief Editor
Contact: publicwelfaremission.in | info@nsuf.org.in | Issued in public interest - October 2025

Parivahan Vishesh News

Pollution Challan vs U-Turn vs Closure of Important Traffic Signal/Junction in Delhi — Why it is necessary to understand the difference between not having PUC and excessive pollution?*

Author: P.S. Bahl - Law-abiding citizen | Convener, NSUF (Neighbouring Societies Unity Forum) Sector-13, Rohini | President, Vikrant Apartment, Sector-13 Rohini, Delhi-85 | Ex Deputy Commissioner Transport and Delhi Police Officer

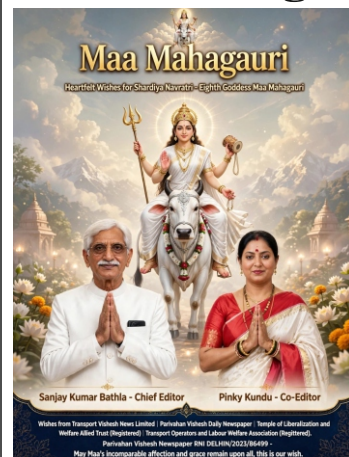
Parivahan Vishesh Daily Newspaper — Sanjay Kumar Bathla, Chief Editor

Main Points — With Facts* - *1. Issue is not personal, it is public? This is not just a problem of challan of one person, it is a question of rights, equality and public welfare of lakhs of drivers of Delhi- *2. Two different situations: (A) Only not having PUC Certificate — documentary deficiency, (B) Actually emitting pollution beyond prescribed limit from vehicle — environmental offence. Is equal heavy penalty in both justified? - *3. Problem of U-Turns* U-Turns in Delhi without signage, without cut and without design, and on the other hand sudden closure of Strategic Traffic Signal / Junction — both increase traffic jam, wastage of fuel, increase in pollution and accidents- *4. Citizen awareness itself is strength* Awareness is our strength, Unity is our voice, Public welfare is our mission. *Detailed Analysis Report* *1. Constitutional Basis — Fundamental Rights* - *Article 14 — Right to Equality* Same law should apply in same circumstances. Weighing a person not having PUC and a person causing more pollution in same scale is against the spirit of Article 14.- *Article

19(1)(d) — Right to Move Freely.* Citizen has right to move freely throughout India. This right is obstructed due to lack of U-Turn and closure of junction.- *Article 21 — Right to Life and Clean Environment* Supreme Court in Subhash Kumar vs State of Bihar (1991) and M.C. Mehta vs Union of India series held that clean air and water is integral part of right to life. But under the same Article 21 citizen also has right to fair, just and reasonable procedure. Heavy challan without proper testing can be against Article 21. *2. Motor Vehicles Act, 1988 — Legal Framework* - *Section 190(2) — Violation of Pollution Standards* After Motor Vehicles (Amendment) Act, 2019, fine up to 10,000 for violation of pollution standards. But this fine is when actual pollution measurement is more than prescribed limit.- *Section 190(1) and Rule 115 — PUC Certificate* Under Rule 115 of Central Motor Vehicles Rules, 1989 PUC is mandatory for every vehicle. Challan can be done for not having PUC also, but it is procedural violation, not actual pollution offence.- *Section 119 — Compliance with Traffic Signs* Rules related to closing U-Turn and junction are governed by Section 28 of Delhi Police Act, 1978 and Gazette Notifications of Delhi Traffic Police. Closing any Strategic Junction without Gazetted Notification is not lawful.- *Section 184 — Dangerous Driving* If accident occurs due to wrong U-Turn, then this section will apply, but first road design and signage should be correct. *3. Judicial Orders and Notifications* - *Supreme Court — M.C. Mehta Cases* PUC system was made mandatory for pollution control in Delhi. The objective of the Court was to reduce Pollution, not to give punishment to citizens.- *Delhi High Court — Traffic Management PILs* The court has many times directed that road design, U-Turn, footpath and signal management should be on the basis of scientific traffic study.- *Gazette Notifications* Standardization of PUC centres, process of pollution checking and rates of fine are fixed under notifications of

Delhi Government and Transport Department. Giving maximum punishment only for not having paper without measurement and without testing is against the principle of Proportionality — as said by the court in S. G. Jaisinghani vs Union of India. *4. U-Turns Vs Closure — Practical Analysis* - *Not having U-Turn* Driver has to take extra 2-3 km detour — fuel wastage, loss of time, 15-20% additional increase in pollution, and traffic pressure.- *Closing Strategic Junction* Without alternative arrangement, closing main junction obstructs access to surrounding colonies, markets, hospitals. This is against public welfare under Article 19 and Article 21.- *Solution* Design of U-Turn as per IRC (Indian Roads Congress) standards, timing and distance of traffic signal on the basis of traffic survey, and before closing any junction Public Notice + Gazette Notification + Approval of Traffic Police should be mandatory. *Public Interest Appeal — Message of P.S. Bahl Ji* > This voice is not only mine, it is ours. Come, let us unite on this public interest issue, become aware and take our voice to the concerned agencies in a peaceful, democratic and legal way. My effort is that proper legal review of this matter should be done and if required it should be raised before concerned competent authorities and Hon'ble courts through proper legal procedure. If the case is appropriate, then possibilities of taking suo motu cognizance by concerned authorities or Hon'ble Supreme Court or filing PIL can also be considered. *Demands — In Public Interest* 1. Clear legal difference should be made between not having PUC and excessive pollution, punishment should be proportionate2. Scientific review of all U-Turns in Delhi should be done, IRC standards should be followed3. Before closing any Strategic Junction Gazette Notification + Public Hearing should be mandatory4. Report of pollution measurement should be attached with Pollution Challans5. The matter should be placed before Competent Authority / Supreme Court through proper legal process

Heartfelt wishes for Shardiya Navratri — Eighth Goddess Maa Mahagauri May Maa's incomparable motherly love and blessings always remain upon you



Parivahan Vishesh News

On behalf of the Joint Management Board of Transport Vishesh News Limited, Parivahan Vishesh Daily Newspaper, Temple of Liberalization and Welfare Allied Trust (Registered), Transport Operators

and Labour Welfare Association (Registered) — Heartfelt wishes to all of you for Shardiya Navratri.

"May Maa's incomparable affection and grace remain upon all — this is our wish."

— Sanjay Kumar Bathla, Chief Editor | Pinky Kundu, Co-Editor
Parivahan Vishesh Newspaper RNI DELHIN/2023/86499

Main Facts — Form of Maa Mahagauri - Eighth Goddess of Navratri:

Maa Mahagauri — Eighth form among Navadurga- *Worship Date:* Maha Ashtami — Special worship on eighth day, havan, Kanya Pujan. *Form:* Fair complexion, white clothes, radiance like the moon — "Gauri" means one with fair complexion- *Vehicle:* Bull (Vrishabha)-

Arms: Four — holds Trishul and Damru, one hand in Abhaya Mudra, one hand in Varada Mudra- *Beej Mantra:* Om Devi Mahagauryai Namah- *Story:* Due to severe penance, Maa's complexion became dark, by Lord Shiva's blessing she bathed in Ganga water and got fair complexion — since then she got the name Mahagauri. *Power:* Goddess of destruction of sins, purity, cleanliness, good fortune, marital happiness and eternal good fortune *Method of Worship — Main Points* *1. Morning Worship:- Bath, wearing clean clothes, Kalash Sthapana, offering white flowers, white clothes, coconut, Panchamrit, Kheer and Halwa-Puri to Maa *2. Katha Recitation:* Listening and narrating the story of Maa Mahagauri — message of penance, sacrifice and devotion of Shiva and Parvati *3. Kanya Pujan:- Worship of nine girls on Maha Ashtami, offering them food, clothes and Dakshina — this is the most sacred tradition of Navratri *4. Havan and Chanting:* Durga Saptashati recitation, Mahagauri mantra chanting — chanting Om Devi Mahagauryai Namah 108 times *5. Special Bhog:- White bhog — Kheer, coconut, white sweets, Halwa-Puri — very dear to Maa *Story of Maa Mahagauri — Brief Summary:* Maa Parvati did intense penance to get Lord Shiva as her husband. Due to the fire of penance her body became dark complexioned. Lord Shiva being pleased, anointed her with Ganga water and Maa's complexion became fair. Since then she is called Mahagauri. This story tells that supreme attainment is achieved only through penance, sacrifice, patience and purity. *Message for Devotees:* Worship of Mahagauri is not just worship, it is worship of purity, compassion and motherly love. Just as Maa's form is white and peaceful, similarly our mind should also be pure. > Devotees are requested — On this Maha Ashtami, have darshan of Maa, do Kanya Pujan, donate food to the poor and receive Maa's blessings. Maa Mahagauri will destroy all troubles and bestow happiness, peace, prosperity and good fortune.

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

Get Ready — We're Coming Soon!



PARIVAHAN VISHESH NEWS DOORDARSHAN

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

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



Sanjay Bathla
Editor In chief



The Mystery of Tooth Layers — Know Your Tooth From Inside to Outside

Parivahan Vishesh News

From the hard outer enamel to the living pulp inside — protection of tooth itself is the identity of a healthy life

Issued in Public Interest — Parivahan Vishesh Daily Newspaper — Sanjay Kumar Bathla, Chief Editor

1. Enamel: The hardest substance of the body, mainly made of hydroxyapatite. The outer shiny armour of the tooth, bears the pressure of chewing. It does not have living cells, therefore once worn out it does not form by itself
2. Dentin: Softer and yellow than enamel, makes most part of tooth. It has microscopic tubules which go to nerve — that is why when cavity reaches dentin, sensitivity to cold-hot starts
3. Pulp / Marrow:* The living centre of tooth. It has blood vessels and nerves which give nutrition to tooth and make it feel temperature-pain. When it gets infected only then root canal is needed
4. Cementum:* Thin calcified

Mystery of Tooth Layers - Know Your Tooth From Inside

Public Welfare Information - Protection of Tooth is Healthy Life

Layers of Tooth - Function & Importance

- Enamel** - Protects from chewing food
- Dentin** - Provides strength and structure to tooth
- Pulp** - Gives nutrition and sensation to tooth

Tips for Tooth Protection

- Brush twice daily with fluoride toothpaste
- Reduce intake of sweet and sticky foods
- Get dental checkup every 6 months
- Avoid tobacco and smoking, it damages gums

Enamel
Hardest and most protective layer of tooth

Dentin
Hard, bone-like layer that gives strength to tooth

Pulp
Nerves and blood vessels, sensitive part of tooth

Cementum
Thin layer covering root

Periodontal Ligament
Fibers that hold tooth to bone

Jaw Bone
Bone supporting the tooth

Parivahan Vishesh Daily Newspaper - Sanjay Kumar Bathla Chief Editor

layer covering the root. Ligament is attached on it only-

5. Periodontal Ligament:* Fibrous tissue which connects tooth to bone. It works like a shock-absorber and makes us feel the pressure of biting

6. Alveolar Bone: Jaw bone — the base supporting the tooth

We chew food with teeth daily, speak, smile — but have we ever thought how many layers this small tooth is made of? Tooth is not just a solid bone, but it is a wonderful engineering of protection, sensation and support.

Outside most is enamel. It is the hardest substance of the body. It protects tooth from chewing pressure, acid and bacteria. But its biggest weakness is this only — it does not have living cells, therefore once damaged it does not form again.

Below enamel is dentin. It is a little soft, yellow and living. Its inner tubules go to pulp. Therefore when worm (cavity) in tooth crosses enamel and reaches dentin, then cold, hot, sweet everything starts paining. This is alarm of body — understand that now treatment is needed.

Innermost is pulp. It is heart

of tooth. Nerves and blood vessels keep it alive. On getting infected of pulp pain becomes unbearable and need of treatment like root canal arises.

Tooth is not only visible above, its root is also equally important. On root there is layer of cementum, which periodontal ligament holds and connects to alveolar bone (jaw bone). This ligament only balances the pressure of chewing and makes us feel that how hard we are biting.

What to do to save teeth? - Brush twice a day with fluoride toothpaste- Reduce consumption of sweet and sticky food items- Get checked by dentist every 6 months- Avoid tobacco and smoking — it damages gums and bone- Do not ignore sensitivity to cold-hot, bleeding from gums or pain — this is early sign

Conclusion: Layers of tooth teach us that protection is from outside, life is from inside. Save enamel, understand sensitivity of dentin and identify pain of pulp in time — only then smile will remain healthy for long time."

What is Nerve Compression? What Naturally Happens in the Body?

What is Nerve Compression?

What naturally happens in the body?

Brain - Control Center

Spinal Cord - Pathway of Messages

Nerves - Carry Messages

Symptoms:

- Tingling
- Numbness
- Pain
- Burning

Causes:

- Disc Bulging
- Bone Wear
- Prolonged Pressure

Other Causes:

- Diabetes
- Vitamin B12 Deficiency
- Sitting in Same Position

Caution: Go to hospital immediately if leg strength decreases, no control over urination.

Parivahan Vishesh News

Pinki Kundu - Social Counselor

We often hear, "My nerve is compressed", "There is a gap in the spine". "There is tingling in hands and feet." But what is a nerve and what actually happens in the body when it gets compressed? Let's understand. *1. What is the function of nerves in our body?* Our brain, spinal cord and nerves together make up the nervous system. The brain works like the control center of the body.1. Spinal cord is the main pathway for exchange of messages between brain and body.2. Nerves carry messages to different parts of the body - for example, when we touch a hot object, the sensory receptors of the skin transmit information of heat to the nervous system. The body can immediately pull the hand back. This is called Reflex Action, that is, nerves help us feel touch, pain and heat as well as help in muscle movements. *2. How does a

nerve actually get compressed?* The roots of nerves coming out of the spine can get pressurized due to many reasons - Bulging outward of the disc between the vertebrae (Disc Herniation) - Narrowing of the space where the nerve passes due to wear and tear or extra growth in bones - Prolonged pressure on the nerve in parts like wrist or elbow.In these conditions, the normal functioning of nerves can be affected.Note: Bulging of disc in every person does not mean that his nerve is compressed. *3. Why does tingling and pain occur when a nerve is compressed?* Nerves transmit messages through electrical and chemical processes. When pressure is put on them or swelling occurs, communication of messages can be obstructed. Due to this, following symptoms can appear:1. Tingling in hands and feet.2. Feeling of burning or numbness.3. Pain reaching up to hand due to effect on nerves of neck.4. Pain spreading from buttock to leg due to effect on nerves of waist.5. Loss of muscle strength in severe condition. *4.

Is nerve compression the reason every time tingling occurs? No!* There can be other reasons also for tingling in hands and feet, such as:1. Damage to nerves due to diabetes.2. Deficiency of Vitamin B12.3. Sitting in same position for a long time.4. Other problems related to nerves.Therefore if tingling occurs again and again, then it is necessary to get proper examination done by doctor. *5. What should be done when a nerve is compressed?* 1. Get proper examination done and take treatment as per doctor's advice.2. Do physiotherapy and safe exercise if needed.3. Avoid sitting in same position for long time and keep moving the body regularly.4. Do not take medicines without doctor's advice and avoid cracking the spine forcefully. *Important Information: If suddenly strength of legs starts decreasing, numbness is felt around private parts or control over urine-stool starts getting lost, then go to hospital immediately. These can be signs of a serious problem.

Online Medical Courses: A Pathway to Confident Evidence Interpretation

Parivahan Vishesh News

ONLINE MEDICAL COURSES

Pathway to Confident Evidence Interpretation

Special Guide by
Dr. Vijay Garg (Eminent Scientist)

Systematic Review

Research Literacy

Clinical Decisions

Parivahan Vishesh News

Dr. Vijay Garg

Medical science is advancing at an extraordinary pace. New treatments, diagnostic techniques, medicines and clinical guidelines emerge regularly, making it essential for healthcare professionals to remain updated with the latest scientific evidence. However, access to medical information alone is not enough. Doctors, medical students and researchers must also develop the ability to evaluate research critically and distinguish reliable findings from weak or misleading conclusions. Online medical courses are becoming an important tool for developing these skills and strengthening confidence in evidence interpretation. One of the most valuable aspects of online medical education is its flexibility. Medical professionals often work under demanding schedules, leaving limited time for conventional classroom learning. Online courses allow them to study at their own pace, revisit complex concepts and access

educational resources from leading institutions across the world. Topics such as evidence-based medicine, biostatistics, research methodology, critical appraisal and systematic reviews can now be studied without geographical barriers. **Understanding Systematic Reviews** A systematic review is a structured approach to identifying, evaluating and synthesising research studies addressing a specific question. Unlike a traditional literature review, it follows a predefined methodology to minimise bias and improve transparency. When appropriate, the results of several studies may be statistically combined through a meta-analysis to estimate an overall effect. Systematic reviews are particularly important in evidence-based medicine because individual studies may produce conflicting results. Differences in study design, sample size, patient characteristics and research methods can lead to different conclusions. By examining the available evidence collectively, systematic reviews help healthcare professionals

understand the broader picture. Nevertheless, a systematic review is not automatically reliable simply because it follows a recognised format. Its quality depends on the methods used, the relevance of the included studies and the limitations of the available evidence. Therefore, learning to interpret systematic reviews critically is an essential professional skill. **How Online Courses Build Confidence** Well-designed online courses break complex research concepts into manageable learning units. Video lectures, interactive exercises, case studies, quizzes and guided research appraisal help learners understand how scientific evidence is generated and evaluated. Participants can learn to frame focused clinical questions, identify appropriate studies, assess risk of bias and interpret statistical findings. They can also explore concepts such as confidence intervals, relative and absolute risk, heterogeneity and publication bias. These concepts are often challenging for beginners, but repeated practice and accessible explanations can make them easier to

understand. Online learning also encourages independent thinking. Instead of accepting a research conclusion at face value, learners are trained to ask important questions: Was the study appropriately designed? Were the participants representative of the target population? Were the outcomes clinically meaningful? Were limitations acknowledged? Could bias have influenced the findings? As these questions become part of their routine, learners can develop greater confidence in evaluating scientific claims. **From Statistical Results to Clinical Decisions** A major challenge in interpreting medical research is understanding the difference between statistical significance and clinical significance. A result may be statistically significant without producing a meaningful improvement in patients' health. Similarly, a promising treatment may appear beneficial in a small study, but larger and better-designed studies may be needed to establish its effectiveness and safety. Online courses in evidence-based medicine can help learners interpret effect sizes,

confidence intervals, absolute risk reduction and numbers needed to treat. These concepts support a more balanced understanding of treatment benefits and potential harms. For example, a medicine may be reported to reduce the relative risk of a condition by 50 per cent. However, if the original risk was only two cases per 1,000 people, the absolute risk would fall to one case per 1,000. Understanding this distinction helps clinicians communicate benefits more accurately and make informed decisions with their patients. **Recognising the Limitations of Research** Confidence in evidence interpretation should never mean unquestioning acceptance of research findings. Even systematic reviews can be limited by poor-quality studies, incomplete reporting, selective publication and substantial differences between the studies being compared. Learners must understand that the certainty of evidence depends on several factors, including methodological quality, consistency of findings, precision of estimates and the relevance of the evidence to the clinical question. They should also learn to distinguish an absence of convincing evidence from convincing evidence that an intervention does not work. Practical training in critical appraisal, including the use of recognised tools and reporting guidelines, can help learners identify these limitations. Such skills are especially valuable in an era when research summaries, health-related social media posts and artificial intelligence-generated answers are widely available. **Challenges and the Way Forward** Despite their advantages, online medical courses have certain limitations. Learners may struggle with technical terminology, statistical concepts or the absence of direct interaction with experienced instructors. Unequal access to reliable internet services and digital

resources can also restrict participation. These challenges can be addressed through interactive teaching, mentor-supported learning, discussion forums, practical assignments and assessments based on real research papers. Courses should emphasise application rather than memorisation and encourage learners to explain why a particular conclusion is justified by the available evidence. Medical colleges, universities, hospitals and professional organisations should integrate evidence-appraisal training into continuing medical education. Courses should also be regularly updated to reflect advances in research methods, clinical guidelines and digital learning technologies. **Conclusion** Online medical courses offer an effective pathway towards stronger research literacy, greater professional confidence and more informed clinical decision-making. Their true value lies not merely in delivering information but in teaching learners how to question, evaluate and apply it responsibly. When medical professionals can interpret systematic reviews accurately, they are better equipped to assess treatment options, communicate uncertainty and protect patients from unsupported claims. In modern healthcare, confidence should emerge from critical thinking rather than assumption, and sound clinical decisions should rest on the best available evidence. Digital education, when combined with practical experience, expert guidance and a commitment to lifelong learning, can help build a medical workforce that is better prepared to meet the changing demands of science and patient care.

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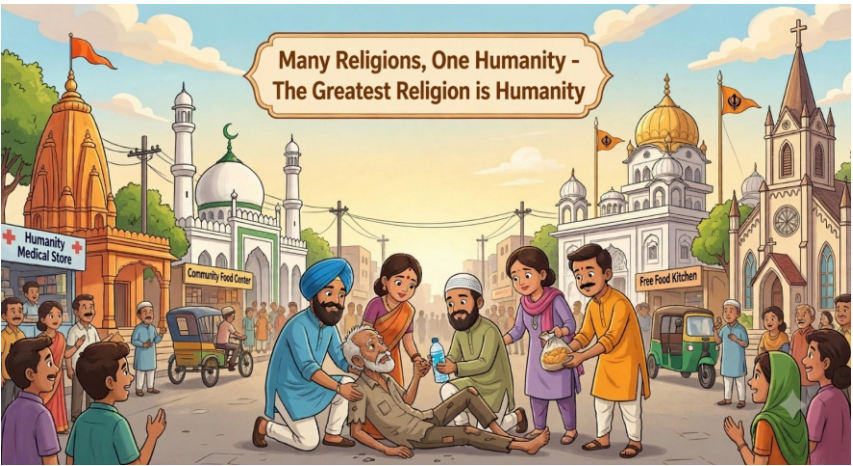


The True Identity of Religion: Action, Truth and Humanity.

Parivahan Vishesh News

Hariom Bajpai Nadaan

In today's era, the scope of the word 'Dharma' has often shrunk to the limits of worship, rituals and words. All around, debates and distances in the name of religion are seen increasing. In such a situation, the most important question becomes, what is true religion after all — Is religion only the name of some beliefs, or is its relation with our daily life and conduct? Saints and great men have always taught that the meaning of religion is to walk on the path of truth. True religion is not what is only visible in our tongue or in words of show, but it is what is reflected in our actions. If there is no truthfulness in our speaking, getting up-sitting and behaviour, then external rituals have no meaning. True religion cannot be found in one sect, it has some universal and eternal bases — To stand by truth in every situation of life. To remain impartial with everyone and not usurp anyone's



right. To understand the sorrow-pain of others and come forward to help. Neither to oppress anyone yourself nor to silently tolerate injustice happening to someone. *The Biggest Need for Humanity Today* Different beliefs, sects and methods can be many, and this diversity is also the beauty of society. But the basic spirit of all these is the same — the path of truth and humanity. This is the common thread that connects human to human. In today's fast-paced and becoming selfish world, where distances between human and

human are increasing, compassion, love and practice of true religion is most needed for the protection of humanity. Until we bring humanity into our actions, even imagining peace and brotherhood is incomplete. Religion does not inspire us to learn hypocrisy, but to become a better human being. Come, rising above external show, let us adopt truth and humanity in our conduct, because this is the biggest and truest religion for any person and society.

Dussehra Celebrations and Garba-Dandiya Celebrations at Green Field E-School



Parivahan Vishesh News

Students in traditional attire gave captivating performances, Director Amay Maurya conveyed the message of following the path of truth and righteousness.

Gayaji: The Dussehra celebrations and Garba-Dandiya dance festival were held in a joyous and traditional cultural atmosphere on the campus of Green Field E-School, Gaya. The program began with a ritualistic Aarti of Goddess Navdurga. School Director Amay Maurya, Head Coordinator R.K. Verma,

coordinators, teachers, and students participated. Students in traditional attire presented captivating performances of Garba and Dandiya dances. Boys attended in kurta-pyjamas, while girls wore traditional lehengas. The school campus was filled with festive colors with colorful costumes, melodious music, and the beats of Dandiya. School Director Amay Maurya, while extending Dussehra greetings to the students, parents, and teachers, said that this festival symbolizes the victory of good over evil. Such events connect students with Indian culture and traditions, while also inculcating

moral values, discipline, and social unity in them. Head Coordinator R.K. Verma said that Dussehra inspires us to follow the path of truth, righteousness, and justice. He praised the students' performances and conveyed the message of love, harmony, and positive thinking. The celebration, decorated with Aarti, Garba-Dandiya, and group participation, was a memorable one for the students. The program concluded with Dussehra greetings and a message of good conduct.

Worship of the Goddess and the Misery of Woman!

Parivahan Vishesh News

Dr. Ghanshyam Badal

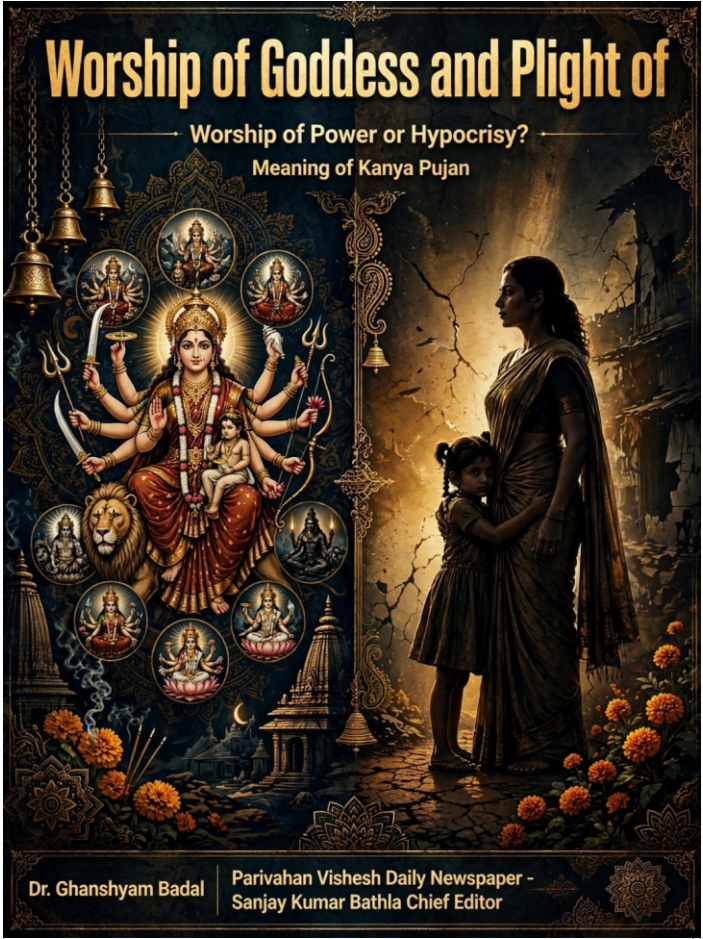
Navratri is going on. There is ringing of bells in temples, Durga Saptashati is being recited in homes, feet of little girls are being washed and slogans of women power are being raised from stages. Eulogizing the glory of nine forms of the Goddess is fine but the slow, faint voice of society on the question of woman's identity, safety and respect in the country raises big questions. On one side there is competition to bow head before the Goddess, on the other side the cycle of bending, suppressing and silencing the living woman continues. The question is whether we are worshipping power or putting a religious cover over our hypocrisy? The news of marital complaints related to Uttarakhand Minister Rekha Arya makes this contradiction even sharper. If even a woman sitting in power needs to file a complaint alleging exploitation, harassment and cheating in her marital relationship, then it is not difficult to guess the difficulties of a common woman. The truth of these allegations should be decided only by investigation and judicial process but the coming

out of the complaint itself raises questions on that social system, in which marriage is considered as a certificate of security for woman and the alleged injustice happening within it is often advised to be buried within the four walls of the house. Post, prestige and political influence cannot make a woman safe in every situation, then what will be the condition of that woman who has neither influence, nor money nor assurance of her voice being heard? How long and lonely will be the path of justice for her? See the irony that at the time when little girls are searched for Kanya Pujan in Navratri, in the same society news of sexual exploitation of girls shames us again and again. How safe are the home, school, road and public places for that girl who is fed food calling her form of Goddess? Do the hands that wash her feet on the day of worship respect her freedom and wish on remaining days? If the girl has to live with fear in her own world, then questioning the sanctity of Kanya Pujan is natural. While discussing crimes against women, accuracy of figures is also necessary. Claim of increase or decrease of any crime should be from proven data. But the truth

does not get erased by debate of figures that sexual violence, domestic harassment, stalking, public humiliation and incidents of suppressing women's voice remain a serious challenge before society. Number of registered cases does not tell the full picture; defamation, family pressure, economic dependence and long process of police-judicial system also stops many women from complaining. And this problem is not limited only to homes. When pictures of alleged misbehaviour, pushing, beating or suppression with women journalists and agitating women in public movements come out, then the claim of democracy also stands in the dock. There can be disagreement with a movement, its demands can also be unreasonable, but does it give license to crush the right of woman journalist to work or the dignity of protesting woman? Maintaining law and order is the responsibility of administration, not humiliating. Strength of uniform does not mean suppressing voice of citizen, but protecting his rights. The question of woman's freedom tests both ruling and opposition. It is easy to claim respect for women while in opposition; it is

difficult to stand on same test after coming to power. By telling one party, ideology or community as contractor of entire injustice towards woman, rest of the society cannot be held innocent. Roots of discrimination against woman are spread to family, tradition, politics, market and institutions. Somewhere she is bound in the name of family honour, somewhere guard is put on her choice in the name of protection of culture and somewhere her pain is weighed on the scale of political profit-loss. In this background the famous blue drum murder case of Meerut comes to the fore with frightening questions. In this case news of death sentence being pronounced to two accused has drawn attention to the brutality of crime and need for justice. In such cases demand for harsh punishment is natural but it should also be remembered that pronouncement of death penalty after a crime does not by itself become guarantee of women's safety. Respect for judicial decision is at its place; beyond that social and institutional responsibility of preventing crime is equally big. Giving punishment after crime happens is justice, but then... keeping someone safe before

crime happens is the real test of governance and society. Our problem is also that on any heinous incident anger boils for few days, debates happen on TV, slogans run on social media and then next sensation covers old pain. Name, face and sorrow of victim becomes subject of discussion, but serious thought is not done on those circumstances which give birth to violence. Society demanding hanging of criminal cannot escape from responsibility of teaching son respect towards woman in its own home. Fear of law is necessary, but meaning of sanskar is not only religious ritual; it is accepting freedom and dignity of other human being. The basic message of Navratri is worship of power. Form of Durga is symbol of resistance against injustice, Mahishasura-vadh is metaphor of struggle against tyranny and tradition of seeing power within woman challenges the mentality of considering her weak. Still the irony is that society considering Goddess as omnipotent often considers its daughter incapable in taking decisions. Sword of Durga is worshipped, but if voice is equally big. Giving punishment of woman's self-respect rises



Administration strict on dust arising from construction and demolition activities, compliance with rules mandatory: DC

Parivahan Vishesh News

DC Varsha Khanwal stressed on ensuring compliance with CAQM directives for dust control at construction sites

Cover the construction site with barriers, spray water regularly and transport construction material only in covered vehicles.

Jhajjar, October 17

The district administration is making continuous efforts to effectively control air pollution in the district and provide a clean and healthy environment to the general public. DC Varsha Khanwal has directed the concerned departments and people involved in construction work to ensure strict compliance with the prescribed rules to control the dust generated from construction and demolition (C&D) activities. She said that dust flying from construction sites not only increases air pollution but also adversely affects people's health, hence it is mandatory to

adopt all necessary measures for dust control.DC Varsha Khanwal said that dust control at construction sites should be ensured by the guidelines issued by the Commission for Air Quality Management (CAQM). Construction sites should be properly barricaded, and construction materials should be kept covered rather than left exposed. Additionally, water should be regularly sprayed on the construction site, internal pathways, and open areas to prevent dust particles from spreading into the air.Construction materials must be transported in covered vehicles.The DC directed that sand, soil, gravel, and construction and demolition debris be transported in fully covered vehicles. This will reduce the risk of spills and dust from construction materials on roads. He also stressed the need to make necessary arrangements for cleaning the tires of vehicles leaving construction sites and keeping the surrounding roads clean.Emphasis on monitoring PM 10 and PM 2.5The DC stated

that monitoring dust levels at construction sites is essential to controlling air pollution. To ensure compliance, he directed that pollution levels be monitored using low-cost PM 10 and PM 2.5 sensors and activities be monitored through CCTV and PTZ cameras at large construction sites. He stated that rising levels of PM 10 and PM 2.5 can increase the risk of respiratory problems, coughs, eye irritation, and cardiovascular diseases. Therefore, prioritizing environmental protection and public health during construction activities is essential. He directed the concerned departments to regularly monitor dust control measures at construction sites and ensure appropriate action if violations are found.DC Varsha Khanwal said that maintaining clean air and a healthy environment is the collective responsibility of the administration as well as every citizen. By adhering to established standards in construction, dust pollution can be reduced and Jhajjar district can be made clean and healthy.

**CAQM**
Commission for Air Quality Management
in Haryana and adjoining States

C&D DUST CONTROL

निर्माण एवं विध्वंस (C&D) धूल नियंत्रण

CAQM DIRECTIONS 11 TO 18

स्वच्छ निर्माण | स्वच्छ हवा | स्वस्थ झज्जर

CLEAN CONSTRUCTION | CLEAN AIR | HEALTHY JHAJJAR

**हरियाणा राज्य प्रदूषण नियंत्रण बोर्ड**
HARYANA STATE POLLUTION CONTROL BOARD
HSPCB

**1 निर्माण स्थल को ढके और बैरिकेड करें**
BARRICADE & ENCLOSE THE SITE

**2 पानी का छिड़काव करें और एंटी-स्मॉग गन का प्रयोग करें**
WATER SPRINKLING & ANTI-SMOG GUN

**3 निर्माण सामग्री का ढका हुआ परिवहन करें**
TRANSPORT MATERIAL IN FULLY COVERED VEHICLES

**4 पहिए और सड़कों की सफाई करें**
WHEEL WASHING & CLEAN ROADS

**5 PM10/PM2.5 की निगरानी करें**
MONITOR PM10/PM2.5 USING LOW COST SENSORS

**6 CCTV / PTZ कैमरे से निगरानी करें**
ENSURE CCTV / PTZ CAMERA MONITORING

**C&D गतिविधियों से निकलने वाली धूल PM10 और PM2.5 बढ़ाकर हमारे स्वास्थ्य को नुकसान पहुंचाती है।**
Dust from C&D activities increases PM10 and PM2.5 and harms our health.

**धूल से होने वाले दुष्प्रभाव**
Health Impacts of C&D Dust

सांस की समस्या
Breathing Problems

खांसी
Cough

हृदय रोग
Heart Disease

आँखों में जलन
Eye Irritation

**निर्माण एवं विध्वंस करके को जले में न जलाएँ**
DO NOT BURN C&D WASTE

**C&D कचरा केवल निर्धारित डिस्पोजलिंग / प्रोसेसिंग स्थलों पर डालें**
DISPOSE C&D WASTE ONLY AT DESIGNATED SITES

**C&D अपशिष्ट का पुनः उपयोग करें (रीसाइक्लिंग / प्रोसेसिंग)**
REUSE / RECYCLE C&D WASTE AT PROCESSING FACILITIES

स्वच्छ निर्माण = कम धूल = स्वस्थ झज्जर
CLEAN CONSTRUCTION = LESS DUST = HEALTHY JHAJJAR

**धूल प्रदूषण/अव्यवस्था की सूचना दें**
REPORT DUST POLLUTION / VIOLATIONS

**1800-180-2024**
HSPCB | JHAJJAR

**hspcb.gov.in**

On Durga Saptami, a huge crowd of devotees gathered to have darshan of Mata Bhimeshwari Devi.

Parivahan Vishesh News

SDuring the main fair in Beri, lakhs of devotees visited the Mata temple, SDM Renuka Nandal took stock of the arrangements and gave instructions to the officials.

The administration is vigilant regarding the convenience, safety and crowd management of the devotees, emphasis is on keeping all arrangements smooth.

Beri (Jhajjar), October 17:

Lakhs of devotees visited the Mata Bhimeshwari Devi temple in Dharamnagari Beri on the day of Durga Saptami and offered prayers at the main fair organised on the occasion of Sharadiya Navratri. A huge crowd of devotees started gathering at the temple since morning and long queues were formed for the darshan of the Mata. Keeping in mind the convenience and safety of the devotees, various arrangements were ensured by the sub-divisional administration. Under the able guidance of Deputy Commissioner Varsha Khanwal, SDM Renuka Nandal is effectively managing the arrangements for the fair. During the main fair, SDM Beri Renuka Nandal visited the fair site and inspected the arrangements. She instructed the concerned officials to ensure that all arrangements are

in order, given the large influx of devotees, so that no devotee faces any inconvenience. She directed special attention to crowd management, security arrangements, drinking water, sanitation, and other essential facilities. The convenience and safety of devotees is the top priority. SDM Renuka Nandal stated that a large number of devotees attend the main fair of Mata Bhimeshwari Devi. Therefore, all concerned departments should work in coordination and discharge their responsibilities with utmost diligence. She instructed officials to ensure smooth movement of devotees within the temple complex and fair area and to remain vigilant to deal with any disruption. She added that providing the best possible facilities to devotees during darshan is a priority for the administration. To this end, concerned officials should continuously monitor the arrangements and take immediate action as needed. Special emphasis on cleanliness and essential facilities. The SDM directed the fair site to maintain cleanliness, ensure adequate drinking water, and ensure the smooth functioning of other essential facilities, including medical assistance. He urged all departments to work responsibly to ensure that the devotees attending the fair face no inconvenience. The administration also appealed to the devotees to cooperate in maintaining the order and have darshan of the Mother Goddess peacefully while following the safety instructions.



The administration will keep an eye on every nook and corner during Dussehra festival: District Magistrate

Parivahan Vishesh News

Officers will handle security and law and order during Ravana Dahan in Jhajjar, Beri, Dujana and Bahadurgarh.

Magistrates will be on duty from 11 am on October 20 till the completion of the programme.

Jhajjar, October 17

The district administration has made extensive arrangements to maintain a peaceful atmosphere in the district on Dussehra and to ensure security during the Ravana Dahan programs. District Magistrate Varsha Khanwal has appointed four duty magistrates in view of the Dussehra programs to be held on October 20. Nodal officers will monitor the arrangements by remaining stationed in their designated areas from 11 am until the Ravana Dahan program is over. In the district, Ravana Dahan events will be held in Jhajjar city, Beri town, Dujana village near Naya Johar Dhanak Mohalla, and Bahadurgarh city. Large numbers of people are expected to attend these events from surrounding rural areas and cities. In view of this, the administration has issued necessary guidelines to the concerned officials to ensure security, crowd management, and smooth traffic flow. District Magistrate Varsha Khanwal

said that Municipal Council Sub-Divisional Engineer Sunil has been appointed as the duty magistrate in Jhajjar. Meanwhile, Public Works Department Sub-Divisional Engineer Mukesh Sharma has been appointed as the duty magistrate in Bahadurgarh, Public Works Department Sub-Divisional Engineer Ajay Kumar in Beri, and Panchayati Raj Department Sub-Divisional Engineer Ishvendra in Dujana. Appointed duty magistrates will coordinate with the relevant police officers to patrol their respective areas. During this period, special attention will be paid to crowd movement, traffic, and law and order. Officers have been instructed to remain vigilant against any potential untoward incident and ensure immediate action if necessary. All officers will also periodically report the situation to their superiors. SDMs will be the overall in-charge of their respective subdivisions. According to the order, the Sub-Divisional Magistrates of Jhajjar, Bahadurgarh, and Beri will be in charge of the overall arrangements in their respective subdivisions. The district administration aims to ensure Dussehra is celebrated in a peaceful and safe environment and to ensure the safety of those attending the events. The administration has also appealed to the public to cooperate in maintaining order.

Administration's action against banned single use plastic



Parivahan Vishesh News

10 challans were issued and a fine of Rs 46,000 was imposed.

Inspection drive was conducted under the guidance of DC Varsha Khanwal, action was taken against shopkeepers violating the rules.

Jhajjar, October 17

The district administration is continuously making efforts to protect the environment in the district and to ban the use and sale of banned single-use plastic carry bags. In this connection, under the guidance of DC Varsha Khanwal, a special inspection campaign was launched against banned plastic carry bags in Jhajjar. During the campaign, a total of 10 challans were issued to shopkeepers for violating the rules and a fine of Rs 46,000 was imposed. This joint action was carried out by the Haryana State Pollution Control Board's Regional Officer, Dr. Sunil Sheoran, under the direction of the Board's JE Sonu Bidhan and Jhajjar Municipal Council's Sanitary Inspector



Anand Malik.

The inspection campaign aimed to effectively curb the use and sale of banned plastic carry bags and to make shopkeepers aware of environmental protection regulations. 10 challans were issued and a fine of Rs 46,000 was imposed. Regional Officer Dr. Sheoran said that during the inspection, action was taken against shopkeepers violating the rules and challans of different amounts were issued. These included four challans of Rs. 10,000 each, making a total of Rs. 40,000, three challans of Rs. 1,500 each, making a total of Rs. 4,500, and three challans of Rs. 500 each, making a total of Rs. 1,500. Thus, a total of 10 challans were issued during the campaign and a total fine of Rs. 46,000 was imposed. Dr. Sunil clarified that inspections and awareness activities are important to stop the use and sale of banned single-use plastic. Shopkeepers should follow environmental protection rules. Regional Officer Dr. Sunil Sheoran appealed to shopkeepers and merchants to refrain from using or selling banned single-use plastic carry bags and to strictly comply with

environmental protection regulations. He stated that plastic pollution poses a serious environmental challenge. To reduce this problem, administrative action, as well as active public participation, is essential. He urged shopkeepers to encourage customers to use eco-friendly alternatives to plastic carry bags, and urged the public to use cloth or other reusable bags when shopping. Clean and pollution free environment will be created with public cooperation. Under the guidance of DC Varsha Khanwal, the participation of citizens and businesses was emphasized as crucial in the efforts being made to protect the environment. To curb the use of banned plastic, it is essential to ensure compliance with regulations and to raise public awareness. Officials appealed to the public to reduce plastic use in their daily lives, avoid banned plastic carry bags, and contribute to maintaining cleanliness. Only through collective efforts and adopting environmentally friendly habits can plastic pollution be reduced and a clean and safe environment be ensured for future generations.

Devotees are getting acquainted with the schemes related to Legal Services Authority in Beri Fair.

Parivahan Vishesh News

PLVs are providing information about legal rights and schemes to devotees at the stall of District Legal Services Authority in Mata Bhimswari Devi Temple premises.

Made aware about various legal services including National Lok Adalat, Free Legal Aid and Mediation Centre

Beri (Jhajjar), October 17 .

On Saturday, Durga Saptami, lakhs of devotees visited the Mata Bhimeshwari Devi temple in Dharamnagari Beri to offer prayers and visit the main fair held on the occasion of Sharadiya Navratri. During this, at the legal aid camp set up in the temple premises by the District Legal Services Authority, the PLV of the authority provided information to the devotees about various legal rights, government schemes and free legal services. Under the guidance of District and Sessions Judge Mr. Rajkumar Yadav and the instructions of Chief Judicial Magistrate and Secretary of the District Legal Services Authority Mr. Vishal, this stall has been set up at the fair to raise legal awareness among the public. Through this stall, devotees are being explained in simple language about legal provisions and available legal aid services, so that they can become aware of their rights and avail themselves of these services when needed. Information about various legal schemes. At the stall, devotees were provided with detailed information about the National Lok Adalat, the Permanent Lok Adalat, the Community Mediation Center, free legal aid, and other District Legal Services Authority schemes. They were told that through legal aid, those in need can receive proper guidance to resolve their problems. Playing an important role in increasing legal awareness. Outside the temple complex, District Legal Services Authority PLVs Karmajit, Saroj Devi, Naveen Rani, and Premvati informed devotees about various legal services. They encouraged the public to be aware of their legal rights and to take advantage of the free legal aid provided by the



authority when needed. This initiative aims to disseminate legal information to the public and make justice services more accessible.

Forests and Hills in Crisis Amid Blind Race for Mining, Question Mark on Future of Tribal Society



Parivahan Vishesh News

From Koira in Sundargarh to Other Mineral Areas of the State, Protection of Environment



al Balance and Local Rights a Big Challenge; More Than 12,700 Hectares of Forest Land Transferred for Non-Forest Use in Five Years*

Report by Dr. Rajkumar Yadav, Parivahan Vishesh Newspaper, Rourkela*

The expansion of mining in Odisha's mineral-rich Sundargarh district certainly presents a picture of economic development, but the impact it has on forests, hills, water sources and the traditional livelihood of tribal communities cannot be ignored. In Koira and surrounding areas, the biggest question regarding the exploitation of natural resources is how much protection local society and the environment are getting amidst the prosperity from mineral wealth. *Forest Land Transfer Figures Worrying:* In Odisha, during the financial years 2021-22 to 2025-26, about 12,794

hectares of forest land was transferred for non-forest use for mining, industry, roads and other development projects. The report also mentions transfer of 693 hectares of forest land in Bonai forest division. These figures are related to the entire state, not just Sundargarh district. Yet the challenge of balance between development and forest conservation in mineral areas becomes clear. *Questions Have Also Been Raised on Illegal Mining:* In May 2025, Chief Minister Mohan Charan Majhi had ordered a vigilance inquiry regarding alleged large-scale illegal mining cases in Hemgir and Koira tehsils of Sundargarh district. During administrative action, pits and coal stocks related to illegal mining in forest areas had also come to light. This episode points to the need to strengthen monitoring and accountability of mining activities. *Benefit of Mineral Revenue Should Reach Affected Villages:* The objective of District Mineral Foundation (DMF) is to

provide funds for the welfare of mining-affected people and areas. Under this, priority is given to areas like drinking water, health, education, pollution control and livelihood. Now there is a need for transparent assessment of implementation, expenditure and actual beneficiaries of these schemes in the affected villages of Sundargarh. For tribal families dependent on forests, forest produce, farming and water sources are the basis of life. Therefore, regular review of environmental conditions, reforestation, rehabilitation and local rights of mining projects is necessary. Development is necessary, but not at the cost of destruction. The government and administration must ensure that the economic benefit from mineral wealth brings improvement in the lives of local people and that nature's heritage also remains safe for future generations.

Fear of Pollution Due to Industrial Waste, Second Incident in a Fortnight; Administration's Accountability Under Question Over Action Limited to Inquiry and Sample Testing

Parivahan Vishesh News

Report by Dr. Rajkumar Yadav, Parivahan Vishesh Newspaper, Barbil

The incident of the water of Odisha's Karo River turning black once again and spreading foul smell has raised serious questions on the system of industrial pollution control. On Friday morning, after the colour of the river water suddenly changed, people who had come to bathe panicked and came out. The matter is serious also because water is supplied to about 8,500 families in 15 wards of Barbil town from this very river. Balani Township is also supplied water from this same water source. *Second incident in October after September:* According to local experts, on September 30 also a complaint of industrial waste mixing in Karo River and water turning black had surfaced. After this, on October 1, the Keonjhar regional team of the Odisha State Pollution Control Board had collected water samples from Kendudihi, Larsada and Matkambeda and sent them to the laboratory located at Patia in Bhubaneswar. But the recurrence of such an incident within a short time raises questions on the effectiveness of the monitoring system. On October 16, WATCO's Joda office, through letter number 4316, informed the regional office of the Pollution Control Board about the matter. WATCO officials have taken a water sample from the intake well located near Santabahal, near the Karobaki reserved forest area, and sent it for testing. However, the final test report of the samples and confirmation of the actual source of pollution is still required. *Action



should go beyond paper inquiry.* The most serious question is how the colour of the river water changed again even after the complaint surfaced at the end of September. If the apprehension of industrial waste being directly released into the river proves to be true, then this is not just environmental negligence, but a matter related to the health of thousands of families and their right to safe drinking water. The responsibility of the Odisha State Pollution Control Board is not limited to only collecting samples. According to the official details of the Board, prevention and control of water pollution under the Water (Prevention and Control of Pollution) Act, 1974 is included in its major responsibilities. *Demand to Fix Accountability from Administration:* Now

it is necessary that immediate investigation of affected sites and suspected industrial discharge points be done, investigation reports be made public and if guilty units are identified, strict action be taken as per law. Also, while ensuring the quality of the water supply source, clear information should be given to citizens whether the water is drinkable or not. The government and local administration will have to tell what action was taken on the previous complaint and what steps have been taken to prevent such a situation again. Merely sending samples after the river water turns black is not enough; providing safe water to the public and freedom from pollution is the real test of the administration

D.A.V. R.G.T.P.P. Public School, Khedar Became a Confluence of Vedic Culture and Values -- Komal Sharma



Parivahan Vishesh News

Haryana / Hisar (Rajesh Saluja):

A sacred Hawan-Yagya was organized in the premises of D.A.V. R.G.T.P.P. Public School, Khedar under Prerna Saptah (Inspiration Week). This event was held under the inspiration of Satyapal Arya, President of Arya Pradeshik Pratinidhi Up-Sabha, Haryana and Vice-President of the school, and under the guidance of school manager Ajay

Elawadi. On the occasion of the birth anniversary of the great personality of Arya Samaj, Mahatma Anand Swami, students offered oblations with Vedic chanting in this program and received the message of Indian culture and a life full of values. The objective of Prerna Saptah organized under the aegis of Arya Pradeshik Pratinidhi Up-Sabha, Haryana is to connect students with Vedic values, make them familiar with the glorious traditions of Arya Samaj and make them aware about building a drug-free and healthy society. The Principal of the school, Komal Sharma, while addressing the students, emphasized on discipline, moral values and importance of respecting elders. She also apprised the students about the nationwide de-addiction movement of Arya Yuva Samaj - 'No Nasha Nation'. She inspired the students to follow the ideals of Swami Anand and contribute to building a cultured society by staying away from social evils like intoxication. She said that D.A.V. R.G.T.P.P. Public School, Khedar has become a confluence of Vedic culture and values. On this occasion, parents of students born in the month of October specially participated in this sacred Yagya. This event was a commendable initiative towards character building of students, which was highly appreciated by the parents.

Little girl in the form of Goddess Durga

At the same time, little girls enthralled everyone with their Garba dan



101 Girls Fed Pangats Prasad on Saptami Navratri

Parivahan Vishesh News

Organized on Successful Completion of Fifth Foot Pilgrimage of Sheetla Mata

Dausa.* Under the auspices of Shri Sheetla Mata Seva Samiti, Dausa, on the occasion of Saptami Navratri, on the successful completion of the fifth foot pilgrimage to Sheetla Mata Chaksu, 101 girls were made to sit in Pangats and fed Prasad. During this, the girls were

worshipped and their blessings were taken. There was an atmosphere of devotion, faith and religious enthusiasm in the event. This religious event was organized by the committee on the grace of Mata Rani and successful completion of the foot pilgrimage. In this, girls were respectfully made to have Prasad. On this occasion, Yatra Coordinator Navratan Saini, Pappu Lal Saini, Mangilal Saini, Vijay Saini, Ankit Saini, Santosh Don, Brijkishore Tiwari and other devotees were present.



Chessboard of Politics and Young India

Race for Chair or Concern for Future?



Dr. Mushtaq Ahmed Shah Sahaz, Harda Madhya Pradesh - Parivahan Vishesh Daily Newspaper - Sanjay Kumar Bathia, Chief Editor

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Chessboard of Politics and Young India, Race for Chair or Concern for Future?

Parivahan Vishesh News

Dr. Mushtaq Ahmed Shah Sahaz

Harda, Madhya Pradesh

Today the political scenario of the country is standing at such a crossroads where new equations are being formed and broken every day. From the temple of democracy to the streets, there is a strange turmoil everywhere. From the corridors of Parliament to Jantar-Mantar, the stronghold of movements, the political temperature of the country is at its peak. In between, the biggest and most burning question is that in this tussle, in which direction is the democracy of the country, its political future and most importantly, our youth going? Do politicians really care about the future of the youth of the country, or has it all become just a political game of saving and grabbing the chair? *The Scenario of Jantar-Mantar, Confluence of Hope and Despair* Jantar-Mantar of the national capital has always been the center to feel the political pulse of India. Today if we look towards Jantar-Mantar, the scenario there is very contradictory and eye-opening. *Anger and Hope:*

On one hand, where a crowd of youth has come out on the streets for employment, paper leak, falling level of education and their democratic rights, on the other hand, efforts to suppress their voice or to bake political bread are also clearly visible. *Changing Political Consciousness:* Today's youth is not just a mask for raising slogans, he is asking questions. Whether it is the virtual war room of social media or the scorching sun of Jantar-Mantar, the youth is now much more aware about his strength and rights than before. *Shadow of Despair:* The reality is also that when after sitting on dharna for months, youth get disappointment in hand, then their faith starts shaking from both the system of the country and the politicians. This disillusionment is a dangerous signal for our democracy. *Ruling, Opposition and Youth — Directionlessness or Planned Politics?* Today the political scenario of the country is divided into two poles, the ruling party and the opposition. But in the fight of these two, the real issue has got lost somewhere. *Viewpoint of Ruling Party:* Governments often attract youth with nationalism, big figures of development and the vision of

Digital India. Success of youth of India on startups and global platforms is appreciated, which is also true. But is this glitter reaching those crores of youth of the country who are becoming overage standing in queue for government jobs every year with degrees in hand? The opposition today has a big opportunity to raise the failures of the government (like unemployment, inflation and social division). But often the politics of opposition also remains limited to only electoral benefit, caste equations and ambition of attaining power. Youth just remain part of their speeches, not of ground agenda. *Do Politicians Really Care?* The bitter truth is that the main focus of today's politics has shifted from 'public interest' to 'throne'. As elections come, youth are called on stages calling them 'future of the country' and 'guardian of democracy', big dreams of employment are shown in manifestos. But as soon as elections end, those promises get buried in files. If politicians really cared about youth, then: - The education system would not have been so helpless that students have to come out on streets for their rights.- Paper leak of competitive examinations would not have become a

regular national tragedy.- Energy of youth would have been used in building the nation, not in politics of hatred. *Who is the Real Heir of Democracy?* Today's young person of the country is in a strange dilemma. He wants development also and protection of his identity also. He wants to stay at the forefront in the race of modernity, but the tightness of the system pulls him back. The echo of Jantar-Mantar and turmoil of the country clearly indicates that democracy is not just the fiefdom of leaders, but it rests on the trust of common public and especially youth. If politicians even now do not leave this blind race of their chair and do not make the future, employment and education of youth their priority, then this dissatisfaction will not be good for any political party, but for the democracy of the whole country. The time has come that leaving this politics of saving or getting the chair, care should be taken of the real strength of the country i.e. 'Youth Power', because the future of the country does not reside in rooms of capitals, it resides in dreams of youth.



Dr Vijay Garg

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Parivahan Vishesh News
Dr. Vijay Garg

Aging is a natural process, but the decline in physical strength, muscle mass and mobility that often accompanies it is not entirely inevitable. As people grow older, their muscles gradually lose strength and the ability to repair themselves. Everyday activities such as climbing stairs, carrying groceries, walking long distances and maintaining balance may become increasingly difficult. However, scientific research suggests that regular exercise can slow many of these changes and, in some circumstances, improve aspects of muscle function that have deteriorated with age. The discovery of how physical activity influences the biology of aging muscles has opened exciting possibilities for healthy aging. Exercise is no longer viewed merely as a way to build strength or maintain body weight. It is increasingly understood as a powerful biological stimulus that helps muscles adapt, repair themselves and remain functional for longer. **## Why Do Muscles Age?** Muscles undergo several changes with advancing age. Muscle fibres may become smaller, their capacity to generate force may decline, and the nervous system may become less efficient at activating them. The process can lead to ****sarcopenia****, the progressive loss of muscle

Turning Back the Clock on Muscle Aging: The Science of Exercise



mass, strength and physical performance associated with aging. Several biological mechanisms contribute to this decline. Mitochondria, the structures responsible for producing energy within cells, may become less efficient. Cellular repair mechanisms can weaken, inflammation may increase, and the body's ability to synthesise new muscle proteins in response to food and physical activity may diminish. The balance between muscle protein breakdown and synthesis is particularly important. When muscle protein synthesis repeatedly fails to keep pace with breakdown, muscle tissue gradually deteriorates. Reduced physical activity can accelerate this process, creating a cycle in which weaker muscles lead to less movement and less movement leads to further weakness. Yet aging muscles retain a remarkable ability to respond to appropriate physical challenges. This capacity for adaptation provides the scientific foundation for exercise-based interventions. **## How Exercise Rejuvenates Muscle Function** Exercise stimulates several interconnected processes that help preserve muscle health. Although scientists continue to investigate the precise molecular mechanisms, evidence strongly supports the benefits of regular physical activity, particularly resistance training. ****1.** Activating muscle-building pathways****** Resistance exercises, including lifting weights, using resistance bands and performing suitable body-weight movements, place controlled demands on muscles. These demands stimulate

cellular signalling pathways involved in muscle protein synthesis. With adequate nutrition and recovery, the body can repair existing muscle fibres and increase their size and strength. Older adults can benefit from this response, although the rate and extent of adaptation vary according to health, training history, nutrition and other individual factors. ****2.** Improving mitochondrial health****** Muscles need energy to contract and recover. Aerobic activities such as brisk walking, cycling and swimming stimulate adaptations that improve the muscles' ability to use oxygen and produce energy. Exercise also encourages the maintenance and renewal of mitochondria through processes that help remove damaged cellular components and support the development of functional ones. These adaptations can improve endurance and reduce fatigue during daily activities. ****3.** Supporting cellular repair****** Muscle tissue constantly undergoes maintenance and repair. Exercise activates biological responses involved in adapting to physical stress, while adequate rest and nutrition allow recovery to occur. Researchers are investigating how these responses influence inflammation, cellular quality-control systems and age-related changes in muscle tissue. However, it would be misleading to suggest that exercise completely reverses all molecular signs of aging. Its effects depend on the type of exercise, its intensity and duration, and the individual's underlying health. ****4.** Strengthening the connection between

nerves and muscles****** Muscle strength depends not only on the size of muscle fibres but also on how effectively the nervous system activates them. Aging can affect motor neurons and the coordination of muscle contractions. Strength training and balance exercises can improve neuromuscular coordination, movement control and functional performance. These improvements can make standing up from a chair, climbing stairs and maintaining balance easier, thereby supporting independence in later life. **## The Role of Exercise in Combating Sarcopenia** One of the most important benefits of exercise is its potential to prevent or manage sarcopenia. Loss of muscle strength is associated with falls, fractures, disability and reduced quality of life. Preserving muscle function is therefore essential not only for physical appearance or athletic performance but also for healthy aging. Resistance training is especially valuable because it directly challenges muscles to produce force. A programme tailored to an individual's abilities can gradually improve strength, power and endurance. Aerobic exercise complements resistance training by supporting cardiovascular health, stamina and metabolic function. Balance and flexibility exercises help maintain coordination and mobility. Together, these activities address different aspects of physical decline. For older adults who have been inactive for years, even modest improvements can be meaningful. Greater strength may help a person rise independently from a chair, walk to a nearby shop or continue participating in social activities. **## Nutrition: An Essential Partner to Exercise** Exercise alone cannot provide every requirement for maintaining healthy muscles. Nutrition plays a crucial supporting role. Protein supplies the amino acids needed to build and repair muscle tissue. Older adults may need particular attention to adequate protein intake because muscle-building responses can become less efficient with age. Eggs, milk, yoghurt, pulses, beans, soy products, nuts, fish and lean meats can contribute to a balanced diet, depending on individual dietary preferences. Adequate energy intake, vitamins, minerals and hydration are also important. Vitamin D, for example, contributes to normal muscle function, although supplementation is most appropriate when dietary needs, deficiency risk or medical advice indicate it. People with kidney disease or other medical conditions may require individualised dietary guidance. Protein supplements are not necessary for everyone; a balanced diet can often meet nutritional needs. Recovery matters as well. Muscles adapt during the period following exercise, making sufficient sleep, rest between



Editorial

My Thought



demanding sessions and gradual progression essential components of an effective programme. **## What Does the Evidence Mean in Everyday Life?** The practical message from exercise science is encouraging: it is never too late to begin improving physical fitness, although the starting point should reflect a person's current abilities and health. A previously inactive adult might begin with short walks, simple chair-based movements and light resistance exercises. As confidence and strength improve, the duration and difficulty can be increased gradually. A balanced weekly routine can include: - ****Strength training:**** Exercises for the major muscle groups on at least two days each week, adjusted to individual ability. - ****Aerobic activity:**** Walking, cycling, swimming or another suitable activity that gradually builds stamina. - ****Balance practice:**** Safe, supported exercises that improve stability and reduce the risk of falls. - ****Mobility work:**** Gentle movements that help maintain comfortable joint movement and flexibility. Older adults should not assume that exercise must be exhausting to be effective. Consistency, appropriate technique and progressive improvement are generally more valuable than occasional strenuous workouts. Anyone with significant heart disease, severe joint problems, recurrent falls or other medical concerns should seek professional advice before beginning a new exercise programme. Those with frailty or limited mobility may benefit from guidance from a physiotherapist or qualified exercise professional. **## Can Exercise Truly Reverse Muscle Aging?** The word **"reverse"** requires careful interpretation. Exercise can restore some lost strength, increase muscle mass, improve endurance and enhance physical performance. It can also improve several biological processes associated with muscle health. However, these benefits do not mean that exercise returns every muscle cell to the condition of a young person's muscles or eliminates all age-related changes. Some structural and neurological changes may persist, and individual responses differ considerably. The more scientifically accurate conclusion is that exercise can ****partly reverse certain age-related declines while slowing others****. It can help older adults retain capabilities that might otherwise diminish and improve their ability to live independently. Research into muscle stem cells, mitochondrial function, inflammation and cellular signalling may reveal additional ways in which physical activity influences

aging. Such investigations could eventually support more personalised exercise programmes, but established exercise practices already provide substantial benefits. **## A Public Health Priority** As life expectancy increases, the number of people living with age-related muscle weakness is likely to grow. The consequences extend beyond individual health to families, healthcare systems and communities. Preventing avoidable physical decline can reduce dependence, support participation in society and improve quality of life. Schools, community organisations, healthcare providers and local authorities can help by promoting safe walking spaces, accessible parks, community fitness programmes and exercise opportunities for older adults. Doctors can also make physical activity a routine part of preventive healthcare rather than recommending it only after illness develops. Importantly, healthy aging should not be understood as a responsibility resting entirely on individuals. Safe environments, accessible facilities, appropriate medical care and reliable health education all influence people's ability to remain active. **## Conclusion** The science of exercise offers a hopeful message about aging: the human body retains a capacity for adaptation well into later life. Regular physical activity can stimulate muscle-building processes, support energy production, improve coordination and preserve the strength needed for independent living. There is no single exercise that can stop the passage of time, and no scientific basis for promising complete reversal of muscle aging. Nevertheless, a combination of resistance training, aerobic activity, balance exercises, adequate nutrition and sufficient recovery can make a meaningful difference. The real goal is not necessarily to make an older body biologically young again. It is to preserve the ability to move freely, remain independent and participate fully in life. In that sense, exercise is one of the most practical and accessible tools available for turning back some of the functional effects of muscle aging and adding not merely years to life, but strength and vitality to those years.

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Festivals, Family and Peace of Mind

Parivahan Vishesh News

Dr. Vijay Garg

Festivals bring colour, joy and warmth into our lives. They provide opportunities to strengthen family bonds, meet friends, revive traditions and create beautiful memories. Whether it is Diwali, Dussehra, Holi, Eid, Christmas or any other celebration, festivals remind us of the importance of togetherness, gratitude and hope. Yet, amid the preparations, shopping, social obligations and expectations, the true spirit of celebration sometimes gets lost. Instead of peace and happiness, festivals can become a source of stress and exhaustion. The real purpose of a festival is not to display wealth, compete with others or meet unrealistic expectations. Its essence lies in sharing happiness, nurturing relationships and finding peace within ourselves. A meaningful celebration does not require expensive gifts, elaborate decorations or lavish feasts. Sometimes, a simple meal shared with loved ones, a heartfelt conversation or a helping hand offered to someone in need can bring greater satisfaction than a grand celebration. Family plays a central role in making festivals memorable. They offer an opportunity for different generations to come together, share experiences and preserve cultural traditions. Grandparents can tell stories about earlier celebrations, parents can teach children the values behind rituals, and young people can contribute fresh ideas and enthusiasm. Such moments build emotional connections and help children understand the importance of love, respect, cooperation and belonging. However, modern lifestyles have



A Thoughtful Reflection by Dr. Vijay Garg (Eminent Scientist)

introduced new pressures into festive celebrations. Rising expenses, social comparisons, demanding schedules and the desire to organise perfect celebrations can create unnecessary anxiety. Many people feel compelled to buy expensive clothes, exchange costly gifts or organise impressive gatherings simply to maintain their social image. Social media can intensify this pressure by presenting idealised pictures of other people's celebrations. It is important to remember that every family has different financial circumstances, responsibilities and personal challenges. Comparing our celebrations with those of others only creates dissatisfaction. True happiness does not depend on how much money we spend but on how much love, understanding and warmth we share. ****Financial discipline is an essential part of a peaceful festival.**** Families should prepare a realistic budget, prioritise essential expenses and avoid borrowing money merely to impress others. Thoughtful gifts,

homemade sweets and simple decorations can express affection just as effectively as expensive purchases. Celebrating within our means reduces financial worries and allows us to enjoy the occasion without regret. Equally important is the need to protect our mental and physical well-being. Continuous shopping, late-night preparations, excessive social commitments and insufficient rest can leave people tired and irritable. Planning activities in advance, sharing household responsibilities and allowing time for relaxation can make celebrations more enjoyable. No one should feel obligated to attend every gathering or fulfil every expectation at the cost of personal peace. Family members should also recognise the invisible workload that often falls on women, elderly people or a few responsible individuals during festivals. Preparing food, cleaning the house, arranging decorations and welcoming guests require considerable effort. When responsibilities are shared fairly, celebrations become

more inclusive and harmonious. Children can help with simple tasks, adults can divide the workload, and everyone can contribute according to their abilities. Festivals can also be emotionally difficult for some people. Those who have lost loved ones, live far from their families or experience loneliness may find festive occasions painful rather than joyful. Financial hardship, illness and family conflicts can further deepen these feelings. Instead of expecting everyone to appear cheerful, we should offer empathy, companionship and understanding. A phone call, a visit or a few kind words can make a meaningful difference to someone who feels isolated. Another important aspect of peaceful celebrations is responsible behaviour. Excessive noise, reckless driving, wasteful consumption and environmental pollution can diminish the happiness of others. We should celebrate in ways that respect neighbours, protect animals, reduce waste and safeguard the environment. Choosing eco-friendly decorations, avoiding

unnecessary noise and sharing surplus food with those in need can make festivals more compassionate and sustainable. Mental peace can also be nurtured through small personal practices. Taking a few minutes for deep breathing, prayer, meditation or quiet reflection can help us remain calm amid the excitement. Limiting excessive screen time and spending more time in meaningful face-to-face conversations can strengthen relationships. Rather than focusing on what remains unfinished, we should appreciate the people around us and the opportunities we have to celebrate together. Most importantly, families should remember that relationships matter more than rituals performed perfectly. Differences of opinion may arise during preparations, but patience and respectful communication can prevent minor disagreements from becoming major conflicts. Listening without judgement, avoiding unnecessary criticism and accepting imperfections can preserve the warmth of family gatherings. Festivals

also offer an opportunity to extend happiness beyond our homes. Visiting elderly people who live alone, helping disadvantaged families, sharing food with the needy and supporting community initiatives can give celebrations a deeper purpose. When joy is shared with those who have fewer opportunities, festivals become expressions of humanity rather than merely social occasions. Ultimately, the success of a festival should not be measured by the number of guests, the cost of decorations or the photographs posted online. It should be measured by the smiles we create, the relationships we strengthen and the peace we experience. A peaceful mind allows us to appreciate small joys, while a loving family provides the emotional security that makes celebrations meaningful. Festivals come and go, but the memories they leave behind can remain with us for years. Let us therefore celebrate with simplicity, share responsibilities, respect individual circumstances and make room for emotional well-being. Let us replace competition with compassion, extravagance with thoughtfulness and unnecessary stress with gratitude. ****The true beauty of a festival lies not merely in the lights that illuminate our homes but in the love that brightens our hearts.** When family togetherness and peace of mind become the foundation of celebration, every festival becomes a genuine source of happiness, harmony and hope.

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Student Union Elections Conclude in Odisha; BCJD and ABVP in Close Contest

Parivahan Vishesh News

Manoranjan Sasmal , State Head Odisha

Bhubaneswar: Student union elections have concluded across colleges and universities in Odisha, with results declared after polling and counting. Voting began at 8 AM on Thursday, followed by the counting of votes and announcement of results. Celebrations were witnessed on several campuses after the results were announced. However, incidents of tension, clashes involving non-students, and vandalism were also reported at some places. BCJD candidates emerged victorious at Kamala Nehru Women's College, Basudevpur College, Indravati College in Jayapatna, and Khariar Model College. BCJD also secured victories at Niali College and Shri Shri Jagannath College in Pattamunda, Kendrapara district. The organisation won at Biramaharajpur College in Subarnapur district, Kamakhyanagar Degree College, and Dhenkanal Women's College.Revenshaw and Ramadevi BCJD. On the other hand, candidates of the Akhili Bharatiya Vidyarthi

Parishad (ABVP) won the top posts at two prominent colleges in Bhubaneswar — Rajdhani College and BJB Autonomous College. Aryan Mahapatra won the president's post at BJB College, while Abinash Padhi emerged victorious in the presidential election at Rajdhani College. At Gangadhar Meher (GM) University in Sambalpur, ABVP secured a major victory. Swadhin Acharya won the president's post, while Nikhil Agrawal was elected secretary. ABVP representatives won all 13 posts at the university. This year's student union elections witnessed a close contest among the Biju Chhatra Janata Dal (BCJD), ABVP, and the National Students' Union of India (NSUI). Despite the BJP being in power in the state, BCJD managed to retain its influence and organisational presence on several campuses. At some institutions, elections were cancelled and the colleges were declared sine die following tensions among student groups. Meanwhile, at campuses where polling concluded peacefully, victorious candidates and their supporters celebrated by playing music, organising bike rallies, and distributing sweets following the announcement of the results.



ED attaches assets worth Rs 136 crore earned from illegal coal trade in Jharkhand

Parivahan Vishesh News

Action taken again against the syndicate of Anup Majhi alias Lala

Kartik Kumar Parichha, State Head Jharkhand

Ranchi: The Enforcement Directorate has taken a major action against the syndicate of Anup Majhi alias Lala in the case related to illegal coal mining and theft in the leasehold areas of Eastern Coalfields Limited and has temporarily attached immovable and movable properties worth Rs 136.44 crore. After this new action taken under the Prevention of Money Laundering Act, the total amount of assets attached in this case has increased to Rs 815.08 crore. Earlier, the investigating agency had seized properties worth Rs 678.64 crore in this case. The investigation revealed that this syndicate, led by Anup Majhi, had been illegally mining coal from leasehold areas of Eastern Coalfields Limited for a long time. The stolen coal was then sold for cash to various factories in West Bengal. This entire illegal network was actively aided and abetted by certain local administration officials. A large number of shell companies were formed to conceal the ill-gotten gains from coal smuggling. These companies were controlled by Anup Majhi on paper, but were registered in the names of his relatives, employees, and close associate Gurupad Majhi. Cash proceeds from the illegal sale of coal were routed through these shell companies via accommodation entries. The funds were then



deposited into various bank accounts, completely concealing the true source and true ownership of the funds. To launder the proceeds of the illegal trade, the accused syndicate had made significant investments in the tourism and resort business. In the latest action by the Enforcement Directorate, two large hotels and resorts, Garh Panchkot Eco Tourism in Purulia and Viharinath Eco Tourism in Bankura, have been attached. Two immovable properties in Kolkata, balances in bank accounts of shell companies, and shares and mutual fund investments held in the names of members of the Majhi family have also been seized. The investigating agency believes that these properties were constructed entirely with proceeds from coal smuggling. The investigating agency is working to unravel this complex network of illegal mining and money laundering that has been ongoing for a long time in the areas of Eastern Coalfields Limited. Previously, raids and seizures have been conducted at several locations of this syndicate.

A Grand Statue of Maharaja Agrasen Will Be Installed at the Airport

Parivahan Vishesh News

Haryana Hisar // Rajesh Saluja

On the occasion of the birth anniversary of Maharaja Agrasen, the pioneer of socialism and public welfare, who gave the message of mutual brotherhood to the whole world with the principle of 'One Rupee and One Brick', a grand program was organized on Saturday in Barwala, in which Cabinet Minister Ranbir Gangwa participated as the chief guest. On the occasion of this ceremony organized by the Maharaja Agrasen Welfare Society, he also laid the foundation stone of the Maharaja Agrasen Community Center, carrying forward the resolve of social service, social harmony and public welfare. In his address, Cabinet Minister Ranbir Gangwa said that the life of Maharaja Agrasen inspires us with equality, cooperation, service and philanthropy. This community center will become an important place for the people of society, where social and collective activities will be encouraged. He said that the teachings of Maharaja Agrasen Ji will always continue to inspire us to work in the interest of society. The Cabinet Minister said that the historical capital of Maharaja Agrasen, Agroha, is a center of supreme faith for all of us. The Haryana government is



fully committed and continuously striving for the all-round development of Agroha Dham. To bring the glorious history associated with Maharaja Agrasen and our ancient culture before the whole world, the government has started the historic work of getting archaeological excavation done of the historic 'Agroha Theh', so that our coming generations can be proud of their great history. He said that our government has started geo-tagging of these

ancient mounds of the Indus-Saraswati civilization and very soon a grand and modern museum will be established here. The government's resolve is not limited to keeping Agroha only as a historical site. The government is working on a very big plan to develop Agroha as a 'Global City' and an international level religious and cultural tourism center. In the coming time, a large number of people from all over the world will come to visit this sacred land of Agroha. To

give wings to the progress of this entire area, 'Maharaja Agrasen Airport' is located very close to this global city, which will connect this entire area directly and easily with the country and the world. Air service has started from here to places like Ayodhya, Jaipur, Chandigarh, Delhi etc. In the premises of this airport, the government is going to soon install a grand statue of Maharaja Agrasen, which will inspire every traveler coming here with his ideals.

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Pinki Kundu

Today's Cybersecurity Thought

Victim sensitization and awareness are the decisive factors that turn a cyber fraud incident from a financial loss into a financial recovery.

Parivahan Vishesh news

The Barnala case — Rs 3 lakh debited 'without authorisation', Punjab woman wins refund + Rs 20,000 compensation — is a textbook example of how an aware, prompt, and assertive victim can overcome

system failures and secure justice. How Victim Sensitization Leads to Winning Cyber Fraud Cases

Takeaway: When victims know what to do, when to do it, and how to document it, banks and authorities cannot ignore their responsibility.

1. Immediate Reporting Creates a Legal TrailThe woman reported the fraudulent OTP and debit the same day to both:
• Cybercrime police• Her bankThis timely reporting established:
• She did not authorise the transaction
• She did not share the OTP
• She acted responsiblyThe Commission later noted that she had promptly approached authorities, strengthening her credibility.

2. Awareness of Rights Prevents Banks from Shifting BlameBanks often argue:
• "Customer activated online banking."
• "OTP was sent to registered mobile."
• "Two factor authentication proves consent."
But sensitized victims know:
• OTP receipt ≠ authorisation
• Banks must prove due diligence• Banks must show efforts to trace the beneficiary accountIn this case, the bank failed to produce any document showing it tried to reverse the transaction or investigate where the money went. The Commission called it a complete system failure.

3. Documentation and Persistence Force AccountabilityThe victim maintained:
• Complaint copies
• OTP message
• Bank communication
• Cybercrime complaint number

This documentation helped the Commission conclude:
• The bank did not act despite her complaint
• The bank failed to keep its system "clean, safe, secure and functional"
• The reversal was wrongly denied

Her persistence resulted in:

- Rs 3 lakh refund

- Rs 15,000 compensation for mental harassment
- Rs 5,000 litigation cost Total: Rs 20,000 additional relief.

4. Understanding Consumer Forums as a Remedy

Victim sensitization includes knowing that:
• Cyber fraud victims can approach District Consumer Commissions
• Banks are service providers and must ensure secure systems
• Failure to act = deficiency in service

The Commission held the bank responsible for system failure and ordered refund.

5. Awareness Helps Counter Bank Narratives

The bank argued:
• She activated domestic online transactions
• OTP was sent to her number
• She didn't answer verification callBut sensitized victims know:
• Banks must prove actual authorisation, not just OTP delivery
• Banks must show efforts to trace and recover funds
• Banks must maintain secure systems

The Commission rejected the bank's claims due to lack of evidence. Why Victim Awareness Wins — Lessons from the Case

1. Awareness → Immediate Action → Strong Case
Delay weakens cases. Prompt reporting strengthens them.

2. Awareness → Documentation → Evidence
Victims who preserve messages, OTPs, complaint numbers, and bank responses build airtight cases.

3. Awareness → Legal Knowledge → Correct Forum
Knowing that consumer courts can order refunds empowers victims.

4. Awareness → Assertiveness → Bank AccountabilityVictims who challenge banks prevent them from hiding behind technicalities.

5. Awareness → Understanding Fraud Patterns

Victims who know that:
• OTP frauds are common• SIM swap, malware, and spoofing can trigger OTPs
• Banks must investigate beneficiary accountsBroader Implication for Cyber Fraud Handling

This case shows that victim sensitization is not optional — it is the strongest defence against cyber fraud. When victims act quickly and assertively, banks cannot hide behind procedural excuses.

Successful Initiatives by Station House Officer (SHO) Manish in Kohna: 'Mission Shakti' Team Raises Awareness Among Girls and Women

Parivahan Vishesh News

Sunil Bajpai

Kanpur. Under the directives of the Additional Director General of Police (Women and Child Safety Organization) and the close supervision of the Additional Deputy Commissioner of Police (Women's Crimes), the 'Mission Shakti' team—led by the proactive, efficient, and dedicated SHO of Kohna police station, Manish Chauhan—organized a special Navratri event in the Magganpurwa village area (under the Ganga Barrage police outpost). The event saw the participation of female police personnel, ASHA workers, Anganwadi workers, members of self-help groups, as well as school

and college-going girls and local women. During the event, women and children were informed about government-issued helpline numbers for women and girls, various state-sponsored welfare schemes, the functioning of the 'Mission Shakti' center established at the police station, and essential information regarding cyber awareness, health, and hygiene. Furthermore, the women and girls present were invited to share any concerns or problems they might be facing. Unmarried girls, in particular, were advised to immediately contact the 'Mission Shakti' center or the police station via their respective official (CUG) phone numbers if they ever face harassment or trouble from anyone.



SSB imparts self-reliance skills to 50 young women

Parivahan Vishesh News

Skill training will empower young women from the border region - Commander Balwant Singh Negi

Narkatiyaganj. The 44th Battalion of the SSB, Narkatiyaganj, which plays a vital role in the security of the India-Nepal border, concluded its sewing and beauty parlor training program on Saturday, aimed at empowering young women in the border region. Held in the premises of the Government Basic School, Domat, the program was inaugurated by Commandant Mr. Balwant Singh Negi and the public representatives present by lighting a lamp. Under the program, 25 young women received 30 days of sewing training and 25 received 30 days of beauty parlor training. The sewing training was provided to the

young women of Vibrant Village Jamholi, and the beauty parlor training was provided to the young women of Vibrant Village Kari. All 50 trainees who completed the training were awarded certificates. Both training programs were conducted in collaboration with the Sanskriti Foundation (NGO).

The SSB also makes people aware about Beti Bachao-Beti Padhao, environmental protection, blood donation, beekeeping, drug-free India campaign and government schemes in the border areas.

Assistant Commandant of 44th Battalion SSB Ramveer Kumar, BDO Brahmadev Prasad, Block Chief Jai Prakash Paswan, Deputy Chief Rajesh Garhwal, Director of Sanskriti Foundation Nidhi Rai along with SSB officers, public representatives and villagers were present in the function.



Lord Shri Ram gives the message of dignity, duty and ideal life: BL Santosh

Parivahan Vishesh News

New Delhi: At the Adarsh Ramlila Committee, Ashok Vihar Phase 2, skilled artists staged the Ram-Sugreev friendship, Sita-Hanuman meeting in Ashok Vatika, and the burning of Lanka. While the beautiful scenes of Ashok Vatika were shown, the burning of Lanka was also shown live. Chief guests included BJP National Organization General Secretary BL Santosh, Mayor Pravesh Vahi, and BJP

State Treasurer Satish Garg. On this occasion, BL Santosh said that Lord Shri Ram is such an ideal of Indian culture, civilization and life values that it teaches us the right direction



to live life. His life is a unique example of truth, dignity, sacrifice, compassion, devotion to duty and the spirit of public welfare. The character of Shri Ram teaches us that

no matter how difficult the circumstances in life are, we should not deviate from our principles, moral values and duties. The life of Lord Shri Ram is a guide to an ideal lifestyle. Pravesh Vahi said that the entire life of Shri Ram is exemplary for the human society in every aspect. President Ashok Garg, General Secretaries Devraj Koli and Chandan Sharma praised the artists' performance. Usha Goyal, Rajni Gupta, Rashmi Rajpal, Harshit Khandelwal and Anuj Jain were present at the event.

Gutkha-tobacco ban is necessary for a drug-free Uttarakhand



Parivahan Vishesh News

Saurabh Varshney

The health of youth will only be realized through accountability of the administration and effective implementation of the ban. The

resolution for a healthy Devbhoomi is a positive decision for the Dhami government. Uttarakhand is known as Devbhoomi. Its identity is not limited to religious faith, spiritual traditions, and natural beauty; a healthy society and cultured young generation are also its true strengths. Therefore, the ban on gutkha, pan masala, and tobacco products should not be seen merely as a government order, but as an important initiative towards public health. The state government, under the leadership of Chief Minister Pushkar Singh Dhami, has decided to impose a one-year ban on the manufacture and sale of these products. This aims to protect youth from the clutches of addiction and raise awareness among society about the ill effects of tobacco. Tobacco consumption has become a serious social and health challenge today. The easy availability of gutkha and other tobacco products has led to a large number of people becoming addicted. Its increasing prevalence, particularly among adolescents and young people, is a matter of concern. While it often begins as a hobby, peer pressure, or experimentation, the habit gradually impacts both health and economic well-being. Tobacco consumption increases the risk of many serious diseases, including oral cancer. This not only impacts a person's life but also places a financial burden on families for treatment. In such a situation, the government's responsibility is not only to enact laws but also to protect people from the circumstances that push them toward serious illnesses and addictions. If a ban reduces the availability of tobacco products and helps discourage youth from using them, it will be a significant achievement in the public interest. However, the success of any ban is determined not by its stated purpose, but by the results it shows on the ground. The biggest challenge facing the

government will be effectively implementing this decision. Simply issuing a notification will not eliminate the availability of tobacco products in the market. Regular monitoring of manufacturing units, wholesalers, shops, and the distribution system is essential. If banned products continue to be sold clandestinely, the government's decision will fail to yield the intended benefits. The administration must ensure that legal action is taken against violators. Furthermore, there should be no scope for unnecessary harassment or arbitrariness in the name of sanctions. Actions should be transparent, fair, and lawful. Coordination between relevant departments and prompt response to public complaints can make this campaign more effective. It is also important to monitor potential challenges during the ban, such as illegal sales and the supply of banned substances disguised as other products. The government should review the ban periodically to determine the actual reduction in consumption and the benefits it has provided to youth. Legal action alone cannot completely eradicate any addiction. People struggling with tobacco addiction also require counseling, treatment, and family support. Therefore, state governments should conduct awareness campaigns in schools, colleges, universities, and rural areas. Along with educating youth about the harms of tobacco, it is also important to connect them with sports, education, skill development, and employment opportunities. Chief Minister Dhami has emphasized providing opportunities for progress to the youth. The government should move forward in this direction through concrete programs. When young people have options for a better future, they will be more motivated to stay away from negative habits. Strengthening de-addiction centers, health services, and counseling facilities should also be an integral part of this campaign. The role of states is crucial to realizing Prime Minister Narendra Modi's vision of a drug-free India. In a state like Uttarakhand, which is renowned for its tourism, pilgrimage, and spiritual life, the message of a healthy lifestyle can have an even greater impact. However, de-addiction should not be limited to gutkha and tobacco. A comprehensive policy of awareness, prevention, and rehabilitation is also essential to address the problems of alcohol, drug, and other addictions. In the administrative meeting, the Chief Minister also issued instructions to

restore normal life after the monsoon and promptly repair damaged roads. This issue is equally important. Rain, landslides, and damaged roads in Uttarakhand disrupt transportation in many areas. Villagers, students, patients, and pilgrims face difficulties. Therefore, road repair is not just a development project, but also a matter related to public safety and the availability of essential services. The directive to listen to public grievances through Jan Chaupal, Ratri Chaupal, and Tehsil Diwas will only be meaningful if officials actually reach villages and remote areas. The public will not have to repeatedly visit government offices and complaints will be resolved in a timely manner. Monitoring development work in border areas, expanding infrastructure, and providing employment opportunities for local youth should also be among the government's priorities. In a democracy, a government's credibility is built not on announcements but on their implementation. A one-year ban on gutkha and tobacco may be an important initiative, but its true value can only be realized when availability decreases, consumption among youth decreases, and health awareness increases. The responsibility of making Uttarakhand Devbhoomi drug-free lies not just with the government or administration, but with every segment of society. Parents, teachers, social organizations, businesses, and youth must also play their part. The government should regularly review the effects of the ban and present its results to the public. If combined with strict monitoring, public awareness, treatment, and improved opportunities, this initiative can become a concrete step towards a healthy Uttarakhand. The true identity of Devbhoomi will be strengthened only when its young generation is drug-free, healthy, educated, and confident about their future. The author is a senior journalist, thinker and political thinker.

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The spectators were thrilled to see the supernatural view of Panchavati.

Parivahan Vishesh News

New Delhi. At the Adarsh Ramlila Committee, Ashok Vihar Phase 2, skilled artists staged the scenes of Sita's abduction, Surpanakha's mutilation, and Shabri's meeting. Using specially developed technology, the natural scenery of mountains, waterfalls, rivers, clouds, lightning, chirping birds, and the Sundarbans were all captured. The audience was enthralled by the supernatural sights of Panchavati. The lively animals and birds in Panchavati were enthralled. Chief guests included MP Praveen Khandelwal, MLA Pawan Sharma, and BJP State

Treasurer Satish Garg. Praveen Khandelwal stated that Lord Ram is our motivator and we should draw inspiration from him. Satish Garg added that the Shabri meeting is a supreme source of inspiration. This episode inspires us to embrace harmony. President Ashok Garg and Advisor Anil Yadav appealed for cooperation in environmental protection. Devraj, Chandan Sharma, Pradeep Goyal, Sandeep Gupta, Praveen Kumar Singh, Rakesh Sareen, Sanjay Garg, Sandeep Khandelwal, Rahul Gupta, Harshit Khandelwal, Rajendra Prasad, Pradeep Sharma, Lakhan Kushwaha were present in the program.



Grand Launch of Bengali Samiti's Trilingual Souvenir 'Jaya', MLA Vipin Singh Unveils It



Parivahan Vishesh News

Gorakhpur.* The grand unveiling ceremony of the trilingual souvenir 'Jaya' published by Bengali Samiti, Durgabari, Gorakhpur on the sacred occasion of Sharadotsav was held in a dignified atmosphere. In the ceremony, Chief Guest Rural MLA Vipin Singh, Special Guests Vice-Chairperson of Uttar Pradesh

State Women's Commission Charu Choudhary and CO Kotwali Onkar Dutt Tiwari jointly unveiled the souvenir. The program began with lighting of the lamp. Patron of the Samiti Dr. Roop Kumar Banerjee, President Dr. Amarnath Chatterjee and Vice President Vijay Krishna Nandi honored MLA Vipin Singh by presenting an angvastra and a picture of Maa Durga. Secretary Abhishek Srivastava 'Babai' and Literature Secretary Deepak Chakraborty 'Nishant' welcomed Charu Choudhary. CO Kotwali was honored by Joint Secretary Jayant Chatterjee and Director Devojit Sengupta. On this occasion, MLA Vipin Singh said that such souvenirs play an important role in connecting the new generation with their language, culture and glorious heritage. The publication of 'Jaya' on Sharadotsav is a commendable initiative. Charu Choudhary said that Maa Durga is a symbol of power, courage and self-respect. Such cultural events provide an opportunity for women's honor and social awareness. Patron Dr. Roop Kumar Banerjee said that 'Jaya' is not just a souvenir, but an effort to weave literature, culture and social harmony into one thread. President Dr. Amarnath Chatterjee said that through it, an effort has been made to give expression to the feelings of litterateurs and culture lovers. The ceremony was conducted by Devojit Sengupta. On this occasion, a large number of literature lovers, dignitaries and office bearers of the Samiti were present.

The 69th All India English Teachers' Conference will be held at Magadh University from November 26th to 28th.

Parivahan Vishesh News

Educationalists from across the country will deliberate on the role of literature, language, and social change.

Bodh Gaya. The 69th All India English Teachers' Conference will be held at Magadh University, Bodh Gaya, from November 26th to 28th. Organized under the auspices of the Indian Association for English Studies, this three-day national conference will be held at the university's Postgraduate Department of English and Research Center.

The theme of the conference is "Narratives of Change: Exploring Literature, Language, and Society." It will discuss social change, identity, memory, globalization, technology, and contemporary human experiences through literature, language, and culture.

The conference is expected to be attended by

professors, researchers, academics, literary figures, and students of English language and literature. It will feature an exchange of views on literary studies, linguistic research, literary criticism, and the role of literature and language in the changing social environment. The conference is being organized by the Postgraduate Department of English and Research Centre at Magadh University. Professor Dr. Neeraj Kumar is the organizing secretary of the conference.

According to the organizers, membership in the Indian Association for English Studies will be mandatory for participation. Annual, short-term, or life members of the Association can participate.

This conference will serve as an important platform for understanding the interrelationships between literature, language, and society and for strengthening academic dialogue in the field of English studies. The relevance of literature in the changing global environment and its role in social change will also be discussed extensively.



Chennai, October 17: United American University conferred an honorary doctorate on renowned businessman Dr. G. S. Padmanabhan at a distinguished convocation ceremony held in Chennai.

Parivahan Vishesh News

The event, part of the university's Honorary Doctorate Programme, drew prominent industrialists, academicians, and well-wishers who gathered to celebrate his achievements.

Dr. Padmanabhan was honoured for his outstanding contributions to the business community and his sustained efforts in promoting entrepreneurship, employment, and social welfare. Presenting the degree, university officials described him as a visionary leader whose integrity and dedication have inspired countless young professionals across the region.

Accepting the honour, Dr. Padmanabhan expressed his gratitude and said the recognition belonged not only to him but to everyone who had supported his journey. He urged the younger generation to pursue innovation and business with honesty and a strong sense of responsibility toward society.

The ceremony concluded with a vote of thanks and a felicitation address recognising his philanthropic work and leadership. Speaking to the media, organisers noted that such honours encourage excellence and motivate achievers to contribute even more meaningfully to the nation's growth.

